



Kitchissippi

UNITED CHURCH

Sunday, June 7th, 2020
PRIDE SUNDAY

Make disciples

*“Go and make disciples of all nations,
teaching them to obey everything I have commanded you.”*
—Matthew 28.19-20

What he commanded was love.
Our calling is not to manipulate people
to change their religious affiliation.
(If that were true, we would be converting people to Judaism.)
It's to help people become students of the way he taught:
to live loving lives.

How do we do that?
The same way he did: we show them.

In the worst of conditions, in the awfulest of times,
we show love.

We throw ourselves on the mercy of God
to help us love, for we can only with God's help.

Only by loving
will we help others love
(but beyond our knowing or seeing).
This is the grace of God: that the little mustard seed
of our love of a single neighbor
changes the nations.

Steve Garnaas-Holmes

Unfolding Light

www.unfoldinglight.net

June 3, 2020

JUNE 5, 2020

Good Friday afternoon to you all!

I struggle to write to you today, as there is so much that is wrong in the world and so many are finding this time painful and are hurting right now. The current COVID restrictions are easing up due to the economy but the virus itself is still as strong, as far as we know. The isolation is taking its toll on our mental health. Racism and anti-racism are dueling in the public square, in our neighbourhoods, families and on social media. There is a good chance that our friends who are people of colour (POC) are feeling like they are in the darkest valley right now. I encourage you to reach out in love to listen. We may not understand exactly how it feels if you are white, but it is a great opportunity to live love. My colleague at General Council wrote this piece and it is excellent: <https://broadview.org/what-i-need-from-white-people/>

While the world is in turmoil due to covid and racial tension/police brutality, it is also turning into summer with all that entails. The weather is gorgeous, the flowers stunning, the vegetables are growing, the baby bunnies are growing and eating and being outside is again a delight. Our hearts may be uplifted from some of our covid isolation as we are allowed to speak to our neighbours and have distanced visits with friends. These moments of connection are like a balm for the soul: they lift our spirits. I believe it is only in connection that we heal, grow, find God. (Yes, some mystics and monks have found healing, growth and God in isolation.) I encourage you to reach out to others for connection.

I'm attaching a short video and a couple of pictures of "my" baby bunnies. The video was taken from my desk at my back window. I love how they take a dandelion from the bottom and chew!

God is in these small creatures, in beauty in creation - I hope you will take time this weekend to seek out God's presence - 'throw yourself on the mercy of God'.

As June began on Monday, we entered Pride month. This Sunday is the 2nd annual Pride Sunday, designated by the United Church. Our worship at Rideau Park will include this celebration, and The Rev. Rob Oliphant will be preaching. Looking forward to worshipping with you.

May you be a blessing, may you find blessings,
Jenni



Plant donations needed!

The north garden (QWY wallside) is being refurbished this year. We are looking for perennial plant donations. When your Spring plants are finished blooming we would appreciate it if you would dig out a small piece and give it to us. In particular we are interested in Columbine, bleeding heart, iris, lungwort, snow in summer, bugleweed, sea pinks, primula, pansies, violets, forget me nots, phlox both tall and creeping. When you have plants ready for sharing call or email Denise Bonomo to arrange pickup or drop off. Denisebonomo@outlook.com or 613-728-6164

We are here for you! Please reach out!

Kitchissippi United Church

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**CHURCH OFFICE
CLOSED UNTIL
FURTHER NOTICE DUE
TO THE COVID-19
PANDEMIC**

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