

Monday Greetings!

I hope this email finds you and your family well!

Yesterday's Indigenous Prayer Sabbath was a moving experience for me and others. By the power of technology, we were able to hear and learn from Daniel Spiritwolf and Raven Brightmoon as they sang and drummed. In person in the Rideau Park sanctuary, thanks to the 10 people in a space expansion, we were able to welcome Sylvia Smith and Alice Kakekepetum. If you missed it, here is the direct

link: <http://collaboratevideo.net/MaxPlayer98/default.aspx?cid=rpuhost&pid=480p&vid=20200621>

Alice K shared parts of her life story, leaving out and only alluding to some of the more difficult times. While she did not endure the Indian Residential School system, life on the reserve was not easy, and she mentioned briefly that school was hard (and I didn't get the sense that it was academically). When Sylvia asked what her biggest lesson was and Alice answered 'forgiveness...we need to be able to forgive the people or things that have hurt us', I was shocked, amazed, humbled. When I think of all the petty things I hold onto and don't forgive, well, let's just say, hearing Alice say that was such a life lesson, or epiphany (as one wise person wrote to me). It made me tear up to think of all the horrible experiences Alice has endured and she still chooses to forgive, regularly. Later, she told me that it can keep you stuck if you don't forgive, and again, I thought how wise she is. I remain humbled and so grateful for the teachings shared with us yesterday. (If you had an 'ah-ha' moment or any other feedback, please write to me?)

Our learning as white people is important: listening and amplifying black, indigenous and people of color's voices is our call right now. I believe we need to hear so that we might learn, grow and the drivers to take down systemic racism in all the places it's thrived. The Gospel of Jesus is our guide: written by middle eastern people about a middle eastern Jew, with brown or black skin and brown eyes. What did he teach us? Love God, love one another: the greatest commandment. How are you living out this faith right now? How are you seeking to follow Jesus' call to be his disciples, to set the captive free, to feed the hungry, clothe the naked, heal the sick?

God is with us in this work and we work together, in community! It is hard work. And the road will be muddy and rough. But we will get there. I offer this voice recording (at the end of this message) for comfort and challenge. I found it on my phone and it was recorded in August 2013. I have no idea where or why or with whom. Someone is singing beautiful harmony. But it is an amateur recording, so please be warned.

STUMP THE PREACHER THIS SUMMER!

Do you want to try to stump the preacher? Is there a scripture passage you have always wondered about? A Bible story that you would like explained? Over the summer you can "stump the preacher". Submit a passage and Jenni, Elizabeth or Steve will make it the subject of a Sunday sermon in the summer months. We look forward to your submissions! (jleslie@kitchissippiuc.com)

WATCH LIVE: United Church Women Cooking Show · Hosted by [Jordana Wright](#)

If you are a United Church community member, it is very likely that you have encountered a vintage United Church Women cookbook. Maybe you have one sitting in your kitchen right now?

These family treasures, much-loved storybooks, and sacred documents have made their way into kitchens across Canada through inheritance, gifting, and the odd yard sale.

On this episode of United Church Virtual Penpals, we catch up on current events and cook Jo Omand's Hot Artichoke Dip recipe from the 1981 Forest Hill United Church cookbook.

RSVP to chat with friends, be a helpful sous chef (thanks in advance!), or just to enjoy a fun cooking show. See you then!

TUNE IN LIVE HERE: <https://www.facebook.com/JordanaActivatesSpace/>
On Tuesday, June 30th at 1:00 pm (EDT)

Rev. Jenni