

OCTOBER 9, 2020

	<p><i>Kitchissippi</i> UNITED CHURCH</p> <p>Sunday, October 11, 2020 Livestream worship – 10am at www.Rideaupark.ca</p>
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Message from Rev. Jenni



Good day, all!

First, I wanted to let you know that with the rising cases of COVID in Ottawa, we've made the difficult decision to cancel the outdoor service we had planned at Kitchissippi for October 18th. Also, Rideau Park has closed its registration for worship in the sanctuary until things get better here. We will continue to livestream from Rideau Park and you will hear more about timelines and results of the survey after Kitchissippi Council meets on the 21st.

Second, again, thank you for filling in the survey! Seventy five people filled it in and that is a very great number! I'm reminded how much everyone cares about Kitchissippi church and community - what a blessing you all are!

Third, as Rev. Elizabeth is on medical leave into the future, Rev. Steve and I have decided we still need to take study leave: time to reflect and to plan. I will be taking the week starting on Tuesday and Steve will take the following week. (This means I won't be in the sanctuary on the 18th, and he won't be in the sanctuary on the 25th.)

Fourth, as I prepare the sermon for the week, I'm reminded how much I love the gospels. There is so much that I have yet to learn, to teach and therefore to grow. I'm so thankful that God's love and blessings are meant for all people, regardless of starting point, regardless of current point. The teachings available to us in the gospels help us navigate life's trials, tribulations and celebrations. I keep coming back to the greatest commandment: love God, love neighbour, especially during this election year in the U.S. Our neighbours: divided along red and blue lines, how do we love them the way Jesus tells us to? How do we accept and forgive (which, I believe is part of love)? How do we challenge and confront (also part of love)? Thank goodness God loves us, accepts, forgives, challenges and confronts us that we might know how to as well!

Finally, as I will be studying and planning next week, I will not be writing to you on Monday and Friday, so I'd like to pass along the information for the Broadview Readings Club and the Zoom Coffee Time (which I will facilitate).

Broadview Reading Club - Tuesday the 13th: 1:30 - 3pm - we are reading and will discuss the series of articles on page 32 entitled "Rethinking the Police"

<https://broadview.org/racism-policing-alain-babineau/>

<https://broadview.org/donna-alexander-interview/>

<https://broadview.org/simon-moccasin-interview/>

Here is the Zoom link: <https://us02web.zoom.us/j/89093844185>

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Zoom coffee time is a great way to reconnect with folks virtually. Thursday afternoons from 1:30 - 3pm. Bring your own coffee to your computer or phone or tablet! (Sorry, that joke is not old yet, for me!) Join here: <https://us02web.zoom.us/j/8925057455>

Blessings on your Thanksgiving weekend! Be gentle with yourself. Stay well.

Jenni

p.s. I wanted to share this powerful account by Karen Georgia A Thompson, who contracted COVID many months ago, and lives in the United States. Karen is the Associate General Minister for Wider Church Ministries at United Church of Christ and is a friend of a friend.

She wrote on October 7th:

I got out of my bed at 6AM and went to the ER because I could no longer tolerate the searing pain that ran from behind my ear, down my back along my shoulder blade, and down my arm from shoulder to elbow. I had been awake since 3AM, trying to sleep and wrestling with the discomfort that came no matter which way I placed my body. Contemplating the drive. I wanted to scream and trying to curse the pain was doing no good.

I got in my car with my sister on the phone and drove myself to the ER with the pain.

Last week Monday, I woke up in pain. I tried stretching. I called my brother that time, then I calmly got dressed and drove myself to the urgent care because I could no longer hold the pain that was in my neck and shoulder.

Last week's diagnosis: muscle spasms. How long? Woke up in severe pain. Discomfort around Thursday. Did you injure yourself? No. Ever had this pain before? No.

She: muscle relaxers. Pain killers. No work for 3 days. Stay off the computer. Hope you feel better soon. I did as told. Slept for two days on the meds.

This morning same drill, different location. Pain level? 9 for normal people. I have a high tolerance for pain. Did you injure yourself? No. Accident as a result of work? No. Repeat that three times at check in, with nurse and with doctor.

Prednisone. Shot in the arm. Lidocaine patch. X-ray. 7:30 doctor returns. She is referring me to the orthopedic surgeon. They made an appointment for Friday at 8 AM. Didn't even bother asking me. Narrowing in shoulder pinching nerves hence the tingling in my fingers with the pain.

She: More meds: Muscle relaxer. Stronger pain meds. Prednisone (new addition). Watch out for the pain killer, it's a narcotic. I receive that warning.

Nurse comes in with the paperwork. My blood pressure has gone down because my body is no longer stressed with pain. I start reading the pages the nurse gave me. Some word I can't pronounce. Swelling of joints. Inflammation. Causes: (top of list) VIRUS!

The gift that continues to give.

Nurse assured me it doesn't mean I have the 'rona. I do not roll my eyes. I smile. I thank her. I got off the bed and gave thanks for the mask over my face as I talked to myself and got dressed. Does this dog gone virus ever quit?

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Miss me with the conspiracy theories and the nonchalant responses. Do not come in my face without a mask. People are sick and dying. There is no helicopter, no experimental drugs, no oxygen tank at your bedside. Just you and this unrelenting companion named 'Rona.

Praying for the world tonight as I remember my Daddy and the millions struggling as they grieve and deal with illness.

You want good news? My hair is growing back and I am in excellent spirits. Feeling like a Timex watch....

Takes a licking and keeps on ticking!

Broadview Reading Group - on line



**BROADVIEW (ON-LINE) BOOK CLUB
MEETNG DATES**

OCTOBER: Tuesday the 12th - accommodating for Thanksgiving Monday Monday the 19th Tuesday the 27th	DECEMBER: Monday the 7th Monday the 14th Monday the 21st
NOVEMBER: Monday the 2nd Monday the 9th Monday the 16th Tuesday the 24th Monday the 30th	

Outdoor Worship Cancelled

After considerable thought and prayer it has been decided that we will **cancel our Outdoor Worship Service on October 18th at the front steps of Kitchissippi United Church.** With Coronavirus numbers breaking new highs Ottawa Public Health is directing everyone to isolate as much as possible and we do not want to contradict them. Many of us were looking forward to seeing one another in person and will be disappointed by this announcement. We encourage everyone to take advantage of the various virtual opportunities that exist for us to interact with one other.

Thanksgiving blessings.
Denise Bonomo
Chair of the Worship Circle

Musical Reflection

NEW MUSICAL REFLECTION from Gavan Quinn and the KUC Choir (from Wednesday)
<http://www.kitchissippiuc.com/music-at-kuc/musical-reflections-2/>

Kitchissippi Grannies – Beet Pickle are ready for Picks up!



Kitchissippi Grannies Beet Pickles Pick up

Beet Pickle Sales - Pick up: Jackie and Jennifer will be in the UC lot **THIS Saturday, October 10th, 10 am - 11 am.** You may pick up beets at that time - \$ 6.00 per bottle, exact change would be appreciated. Can't make it at that time - please leave a message at 613-722-0274 and let us know how many jars of beets you would like and a number we can contact you at. We will find a way to connect you and your beets.

We are here for you! Please reach out!

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

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