



Kitchissippi UNITED CHURCH

Sunday, March 29, 2020

Fifth Sunday in LENT

Sunday morning worship will continue online via the Livestreaming that Rideau Park does every Sunday. My friends and colleagues, Steve Clifton and Elizabeth Bryce are the ministers there and have agreed to let me join them to lead worship.

You can find that here: rideaupark.ca - click on Watch Live at 10am on Sunday!

Message from Jenni!

Hello all,

The sun is shining in my backyard - melting the snow on the grass and in the garden, revealing the straw I threw over soil where I hid garlic cloves in November. I am hopeful that those little cloves will have developed into bulbs of garlic and will soon start to shoot up green tendrils that will become garlic scapes. Do I have to cross my fingers for this? Do I simply wait?

Creation is a powerful force. Nearly mathematical, isn't it: 1+1+2. Dark soil + small potential in a bulb = new life, new beauty. Creation continues its beautiful turn from winter to spring all over our city: maple trees are releasing, crocuses are emerging, robins have returned and the snow is melting. All of this is happening outside the windows of our homes. We are watching from inside or from our (safe) walks around our neighbourhoods. We have slowed down and most of us have to stay inside our homes. But Creation? Not resting and not watching - Creation is fully engaged in the process: moving, growing, unfolding. We too, one day, will be able to be fully engaged in process and will be able to move around again in our communities, province and eventually the whole world. For now, though, we watch and wait. We become fully engaged in what it is safe to engage in: physical distancing, catching up with family and friends by phone or computer. For now we breathe in the fresh spring air and remain at home, doing home-y things. For now, we put our busy-ness aside for a quieter pace: prescription and groceries when absolutely necessary, reading, television, online chats with loved ones. A friend beautifully described this time as 'compassionate retreat': retreating from others to keep ourselves and them safe, but also a retreat into ourselves: into what makes your heart sing, into what your purpose might be, into something new. Or maybe it's a retreat for retreat's sake.

Whatever you are doing and thinking at this time, remember that in Creation's turning, God's artistry is found. God created the land, the sea, stars and planets, the sky, the creatures, the light and eventually us. God called it all good. God's beauty is all around us, God's reminders that God is still creating are evident in the red of the cardinal, the blue of the sky, and even the brown of the landscape: for we know it will not remain brown. We know the leaves will unfold as they always have, and we know that we will not remain in our houses forever. We too will emerge and return like the tulips, the garlic scapes and the warmth of the spring breeze.

MARCH 27, 2020

We are all part of Creation's turning - God's great beautiful Creation. Count yourself among God's beloved. Count yourself among the growing. Count yourself among the unfolding.

Thanks be to God!
Blessings one and all,
Jenni

p.s. Stay tuned for a Thursday coffee time coming to your phone (home or cell) or computer! I am setting up a Zoom coffee time for us all to reconnect: 10 am this Thursday. Book club folks: Tuesday afternoon at 1pm. Watch for the invitations to come!

MANAGING STRESS AND ANXIETY

REMEMBER:

Stress occurs when we need to adapt.

Adapting to new conditions, good or bad, is inherently stressful.

Much of the stress we are feeling right now comes from having to adapt very quickly to a totally new, if temporary, normal.

DR. LISA DAMOUR

TIP
2

You are not failing.

You are meeting the challenges as best you can and that is enough. This is a marathon, not a sprint. Pause the push toward productivity. Living with uncertainty, worry for loved ones, and financial anxiety takes real physical energy to experience. Because we often split our emotional and mental health from our physical experience, we don't often connect the toll of these thoughts and feelings on our physical stores of energy and attention. When we acknowledge this loss of energy, it can lead to more realistic expectations of ourselves and others, lessen the guilt, and encourage intentional practices for renewal.

Susan Forshey

Contact Us

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

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