



Kitchissippi UNITED CHURCH

Sunday, April 5th, 2020
Palm Sunday!

A note from Rev. Jenni

Hello all!

The Zoom invitation for Good Friday morning's worship:

<https://us04web.zoom.us/j/4846399720> (You are not likely to need it, but the Meeting ID is 484 639 9720. (There is a phone in number too : [+1 647 558 0588](tel:+16475580588) and then you will need to enter the meeting ID above.)

A note from Faith Formation: Stay tuned for possibilities to reconnect with one another via a poetry study and some special things for children at this time. More to come!

Holy Week: Can you believe that Holy Week begins on Sunday? I wonder how your Lenten journeys have been going? We all have been seemingly plunged into a wilderness experience as one person quipped "The Lentiest Lent I've ever Lented". I wonder how or if Holy Week will feel different for you this year? Will we take the time to slow down and experience Holy Week for its real meaning: taking the time to reflect upon our own lives as they relate to Jesus' life, teachings, trial, death and resurrection. This does not have to be onerous.

This does not mean you have to spend hours in contemplation/meditation/ prayer/ study/ genuflection. Perhaps we start with the simple questions: how is this time, for me, of COVID-19 similar to Jesus' time in the wilderness being tempted by the evil one? How is this time of staying home like a trial of our wits/resilience? How will we grieve the losses we are experiencing right now? What needs to die off in us during Holy Week?

May I also say that we must resist the temptation to put extra pressure on ourselves during this time of self-isolation? Please resist the urge to 'perform', learn something new, develop a new skill, be productive. Please be gentle with yourself and 'set a low bar' for yourself so that at the end of the day you don't feel like a failure. You are doing the best you can with a worldwide, very difficult situation. Be gentle with yourself.

I've been thinking a lot about bandwidth. Not internet bandwidth but personal bandwidth. How much can you process in a day? How much energy do you have for certain tasks, people, things? How much can you handle? I figure we have been asked to do what seems to be very simple things, that, in actually living them out, are not very simple after all. We are humans that have been mobile and live in community with one another. It has been difficult to adjust to not being mobile and not living in community the way we are used to. We miss our daily and weekly gatherings. We miss people we would see any-given-time. We are being limited in ways that

APRIL 3, 2020

protect us and our neighbours and we may feel restricted and confined. As complex humans, we have had to process these things at a rapid pace. It is my hope and prayer that you have been gentle with yourself, your loved ones and with others as you navigate this "new normal".

Set a low bar. Get in touch with your personal bandwidth. This is a finite period of time. It is a marathon not a sprint, so please conserve your energy.

For Sunday: Consider searching out substitutes for the palms we would be waving in church on Sunday if we were together. Possible substitutes might be cedar or pine branches, a bushy asparagus or Boston fern or other green house plant: whatever you have that might represent palm fronds to you. Have them with you on Palm Sunday for the worship at 10am coming to you through rideaupark.ca.

As always, please reach out to me, to loved ones, if you need to talk!

Blessings,
Jenni

A note from Council Chair

Greetings everyone,

We do hope you are faring well during this trying time of physical distancing. As you know the **church building is closed until further notice**. Rev. Jenni is participating in Sunday morning worship at Rideau Park UC (via their website - <https://www.rideaupark.ca/>) and reaching out electronically to continue a number of activities such as the Book Discussion Group, and Thursday morning 10am coffee via Zoom.

With the Montessori school closed and all other rentals curtailed, we have no rental income, nor any revenue from weekly offering plate donations. We are reviewing options at the moment, including the possibility of government subsidies, but notwithstanding, our revenues will be significantly reduced.

For those inclined, and for those who normally contribute by way of plate offerings, we would very much appreciate it if you would consider contributing by way of cheque to the church office: 630 Island Park Drive, Ottawa, K1Y 0B7, or on-line under the 'Donate Now' button on our website: www.kitchissippiuc.com.

Thank you for your consideration. Do stay well, and connected to one another during this difficult time.

Ian MacGregor,
KUC Council Chair

Maple Syrup anyone??

MAPLE SYRUP FOR SALE - A message From Neil Knudsen

We will have 1 L bottles (\$22) or 500ml (\$12) of both Golden and Amber pure maple syrup ready to go very soon. If you would like to order some – please contact Neil at 613-714-5923 or nknudsen@meridianlocate.com. Neil can deliver or drop at the church when the church re-opens.

We are here for you! Please reach out!

Kitchissippi United Church

630 Island Park Drive
Ottawa, ON K1Y 0B7

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

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KitchissippiUC**

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Faith Formation Leader - **On Maternity leave**

Jerzy Spsychalski (Monday, Wed Friday mornings)

Custodian

Someday we will look back on
this moment and it will forever remind us
to never take the little things for granted. It will
remind us to hug with all our hearts, to pause
to appreciate holding someone's hand, and
to live in the moments that we are
surrounded by others.

Laura Jones

