

OCTOBER 2, 2020



Kitchissippi
UNITED CHURCH

Sunday, October 4th, 2020
Livestream worship – 10am
at www.Rideaupark.ca

Message from Rev. Jenni



Good day, all!

OCTOBER!?! While this is hard to believe, the weather has let us know, hasn't it? I hope this finds you well.

Many of you, myself included, have begun to worry about what this covid winter will hold. Personally, I have set my sights on a lot of in-my-house time, and have been thinking of ways to help alleviate isolation and loneliness. Thankfully, my work with all of you means that I have regular meetings, weekly gatherings virtually and pastoral visits to make over the phone or via zoom to keep me feeling connected to the Kitchissippi

community. Most of my friends are amenable to online visits, but I will miss the summer (distanced) gatherings under my gazebo.

I've been wondering what might help the Kitchissippi community throughout the winter. I know that some of you have found your way and might not feel worried about isolation this winter. I'm wondering about a few things that might put us in front of our screens a bit more, but might also help connect us too. Would you be interested in a games night, maybe once a month? I've just been reading about a group that played bingo successfully with 100 people! This sounds chaotic to me, but might be fun. I'd love to try trivia (Bible or Canadian), Scattergories and Boggle. What might you enjoy? What about a film night? I can stream a movie on zoom and we can have discussions about it afterwards (I can also learn how to organize breakout groups to facilitate small group conversations). We've been talking about the potential of a return of the poetry study and film study and those can take place by zoom as well. Please let me know if there are other ideas that you have?

A couple of things we know about humanity is that we need to have **things to look forward to** and we need **to feel connected**. I am looking forward a quieter Thanksgiving (often the kids, dog and I would drive to see my family after worship on Thanksgiving Sunday, which is nice but also tiring: they are a 6 hour drive away in Southern Ontario), looking forward to trying new recipes (thanks to a couple of new cookbooks - some from the library), a scaled back Christmas (without the frenetic pace of all the many wonderful activities we do), and less pressure to do all the things I've done in the past. I wonder what you are looking forward to? (Those with new grandchildren or great grandchildren (I'm thinking of you, Donna K and Eleanor A respectively) will be watching for all those beautiful milestones babies reach - first smile, laugh and all those snuggles you will hopefully be able to have.) What winter and indoor activities do you do that keep you occupied and feeling well?

In all of our struggles, in all of our frustrations, God is with us. I'm not talking about the inactive 'guy in the sky', either. I believe in a God who is active **with us** at all times: grieving our losses with us, feeling

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compassion for our struggles and being present in our day to day activities. The United Church of Christ in the States has a slogan that is helpful: God is still speaking. Our own New Creed says similarly: We believe in God, who has created and is creating. God continues to move, work, speak, listen and create every moment of every day. As Jesus says in several of the Gospels: "Let anyone with ears to hear listen!" Mark 4:23. Our ears, hearts, minds, eyes need to be open to hear, feel, intuit, think, perceive and see the works of God in our everyday lives. How is God speaking to you in this moment? Through the beauty of a leaf letting go of the branch? Through forceful rain that falls? Through kindness you show or are shown?

I pray for all of us in these times - for your wellbeing, mental health, experiences that connect and for things to look forward to. I pray that you will reach out to professionals if you feel life going sideways. I pray that you will reach out to me to discuss how you feel God is absent or present, or to reach out for a virtual coffee. I have time in my schedule for zoom visits or phone calls - please send me an email? (jleslie@kitchissippiuc.com)

This Sunday is Worldwide Communion Sunday, so please have some type of solid substance and some type of liquid substance at the ready on Sunday morning at 10am. (I'm a big fan of coffee and donuts, but at Rideau Park and Kitchissippi, the tradition is bread and grape juice. Tea and toast would also work. Scones and juice, pita and watery hummus. You get the idea. God is present in all of it!)

Blessings one and all as we start a new month - please stay safe and healthy!
Jenni

Broadview Reading Group - on line



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

OCTOBER: Monday the 5th 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	

Musical Reflection

NEW MUSICAL REFLECTION from Gavan Quinn and the KUC Choir

<http://www.kitchissippiuc.com/music-at-kuc/musical-reflections-2/>

Kitchissippi Grannies – Beet Picks are ready



Kitchissippi Grannies Beet Pickles Pick up

Beet Pickle Sales - Pick up: Jackie and Jennifer will be in the UC lot on 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.

Wider Church

Eastern Ontario Outaouais Regional Council Updates

Eastern Ontario Outaouais Regional Council

The Eastern Ontario Outaouais Regional Council of The United Church of Canada supports more than 200 communities of faith in a region that stretches north of the Ottawa Valley and south to the St. Lawrence River.



For EOORC and UCC Updates, please visit <https://eoorc.ca/resources/covid-19/>

Ottawa Pastoral Care Training 2020-2021

Ottawa Pastoral Care Training Program (OPCTP)

In May, our Advisory Board made the decision that, until further notice, our mail outs to churches, institutions and individuals on our mailing list will be done via email (rather than postal mail as in the past) and our courses, workshops and events will be delivered virtually through Zoom.

Attendance at our Continuing Education Event on the topic of “Pastoral Care in an Era of Physical Distancing” in June, and the number of registration requests for our Fall 2020 Basic Course, indicate the important work of pastoral/spiritual care is continuing, if not increasing, since the pandemic shut everything down in March. We are working to help meet the need for training.



Listening is: “the highest form of hospitality”, of the sort that does not set out “to change people, but to offer them space where change can take place.”
Henri Nouwen

Our Fall 2020 Continuing Education Event will take place on Tuesday, November 10, 2020, from 7pm to 9pm via Zoom. Roshene Lawson, Clinical Chaplain in Therapeutic Support Services at Bruyère Continuing Care and St. Vincent Hospital will provide us with insight into the topic of “Spiritual Care in the Face of Medical Assistance in Dying.” GO TO the following site from more information. <https://ottawapastoralcare.com>

***The Ottawa Pastoral Care Training Program is an Inter-Denominational Program
Affiliated with the Christian Council of the Capital Area***

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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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