

TRANS RIGHTS ARE HUMAN RIGHTS	 Sunday November 22, 2020 Transgender Awareness Sunday
SUNDAY MORNING WORSHIP LIVESTREAM - 10AM www.rideaupark.ca	

MESSAGE FROM REV. JENNI



Good day to you all!

I hope this week has been a good one for you!

I have had a very busy week of meetings via Zoom, which have been fruitful and also tiring. I'm looking forward to Zoom Trivia this evening at 7pm! I hope you will consider joining us! You can join as one person and we can figure out teams once you are on the call or you can remain on your own, up to you! Sarah Wray is going to be helping with scoring, as there will be a grand prize! Here is the link and hope to see you at 7pm tonight! <https://us02web.zoom.us/j/84784370493>

Planning for Advent and Christmas is well underway! Please plan to come to the church parking lot on Saturday November 28th (a week from tomorrow) for a fun Welcome Advent event! Please see Mary's announcement in this Friday File.

My teenagers have received their spoken parts for the virtual pageant on December 13th. 61 children and teens have signed up to be part of the pageant and 10 of those are from Kitchissippi! I am looking forward to this!

As you will see this Sunday, Rev. Elizabeth is back part time and we are putting some final touches on Advent on Monday, together with Rev. Steve. The Worship Circle is inviting you to an Advent outdoor worship service at Kitchissippi on Wednesday December 9th in the evening. There will be candles and some music, prayers and scripture. Covid protocols will be in place and you will need to preregister. Stay tuned for more details. With Rev. Elizabeth, Rev. Steve and Rev. Georgina (pastoral care minister for Rideau Park), I will help to lead a Wednesday evening worship service (each of us will be leading one), to be finalized Monday.

Would you like to wish everyone a Very Merry Christmas? Rev. Steve and I thought it would be really fun if people would video themselves (all in Landscape please - where your phone is turned on it's side) and wish everyone a Merry Christmas. Steve would turn the videos into one video for us to play during one of the services this Advent/Christmas. If you are not so technologically inclined, I am able to film you via Zoom. Ugly sweaters, standing by your Christmas tree or hearth are all very welcome! Want to sing it? Add some piano or background music? Creativity welcome!! (Our videos will also be gathered and added to the Wednesday file of Familiar Voices!)

Blessings on your weekend - take good care! (Kick it off with Trivia tonight!) Jenni

BROADVIEW (ON-LINE) BOOK CLUB MEETING DATES

Want to know more? Go to <https://broadview.org/>

NOVEMBER: Tuesday the 24th Monday the 30 th	DECEMBER: Monday the 7th Monday the 14th Monday the 21st
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SAFE DISTANCE – ADVENT CELEBRATION!

You're invited to a (save distance) ADVENT CELEBRATION! Come celebrate the beginning of Advent at Kitchissippi United Church on Saturday, November 28th, 11:00 am – 2:00 pm in the church parking lot (630 Island Park Drive).

Here is what is going to happen that day (snow or shine):

THERE WILL BE MUSIC! Gavan Quinn and Rod Holmes will be playing the organ with all the windows and the front door of the church open and while we will not be able to be inside, we will be able to easily hear his beautiful music from outside.



CHRISTMAS OUTREACH - OPPORTUNITIES TO GIVE As you all know, Christmas Outreach activities have changed this year. No hampers and no mitten tree. However, on November 28th, we will be collecting all sizes (adult, youth and child) of hats, gloves, mitts, and socks for the Carlington Chaplaincy. We will have an outdoor Christmas tree toss involving these gifts for those who want to participate. These can also be dropped off as one of the drive-thru options. More on Local Outreach:

<http://www.kitchissippiuc.com/community/kitchissippi-and-the-local-community/>

We will be collecting for the **Parkdale Food Centre** – food as described in the attached good food list (see below) is always appreciated by the food bank, it has indicated that cash donations and/or grocery cards (Metro, Giant Tiger, and Walmart) are preferred. These offer greater options for both the clients and the food bank. As another part of the activities, we will be creating edible animal-friendly bird decorations to be put in the alcove garden and around the church bushes. It will add some colour to the outside of the church as well as providing food during the winter months.

ORNAMENTS NEEDED We would also like to decorate the outside of the church. So if you have extra (non-breakable) ornaments and decorations that you would like to hang on the bushes, hand on the fence, or stick to the walls, please bring them along.

BYOM (BRING YOUR OWN MUG) We will be offering some hot refreshments on a bring your own mug or cup basis. A drive-thru option will be available for those who are more comfortable remaining in their cars. People will remain in their cars while volunteers gather their respective contributions, mitts, etc, food bank donations, etc.

CAMP KALALLA HONEY PICK UP for those who ordered from the Camp Kalalla CGIT fundraiser, will also be available. Between 11 am and 2 pm on Saturday.

REGISTER HERE: <https://www.eventbrite.ca/e/advent-celebration-registration-129814736371>

While pre-registration is not required, we are asking people to pre-register.

****The registration form will ask for your address and contact info for each attendee in your family: this is part of the Public Health guidelines. If you run into difficulty with the form, please email Diana and Denise.**

There is also the opportunity for people to park cars and participate on foot. Obviously, all walkers are welcome! The forgoing will be carried out under COVID safe protocols. Volunteers will be masked and using gloves, where appropriate. Participants will be asked/remembered to stay 6 feet apart by appropriate signage. PRE- REGISTRATION PREFERRED Contact tracing information will be gathered for those who are walking or getting out of their cars. This will allow us to have a better indication of numbers and be ready, in advance, to change any procedures that need adjusting. Details on pre-registration instructions will be sent out soon! If you have any questions or would like to help on the day please contact Mary Laidlaw at laidlawb@rogers.com or 613-829-0274.

"Good Food" List for Parkdale Food Centre donations

We hope that you will partner with us to promote a healthier diet for our neighbours in need. Donate foods that you eat, and food you would feed your family. Whenever possible, please donate fresh, local, and seasonal food. Not sure what to donate? Use our Good Food list as your guide:

- Canned Fish (Tuna, Salmon, Sardines)
- Canned Legumes (Chickpeas, Kidney Beans, Black Beans, Lentils)
- Canned Tomatoes & Pasta Sauce
- Peanut Butter
- Pasta
- Healthy Cereal
- Oats, Flour, Barley, Rice
- Dried Beans/Lentils
- Fresh Fruits and Vegetables
- Milk, Eggs, Butter
- Gluten-Free Items
- Tooth Paste, Tooth Brushes, Soap and Shampoo
- Feminine Hygiene Products

MEN'S COFFEE CLUB

Following Council's approval of a reopening *pilot project*, 8 members of the men's Thursday coffee group met at Kitchissippi on Thursday morning. Chairs were set up in the Hall more than six feet apart, the ventilation system was on and three windows were open to the cool outside. Duly masked, we enjoyed an hour and a half's conversation, after which everything was cleaned up, surfaces wiped etc.

The group was very grateful to be able to come in out of the cold and looks forward to more meetings in the church in the future.



KITCHISSIPPI ADVENT OUTREACH

ADVENT OUTREACH 2020

Greetings from the KUC Refugee/Outreach Circle.
We miss you and hope you are well.

Here's a snapshot of Advent Outreach plans, more info soon! " **We would very much like to receive Donations by Friday, December 11th. Many thanks in advance for your generosity!**



WHITE GIFTS

We're opening this category for \$\$ donations to include:

- 1) Our purchase of small gifts for the 2 residential care homes we've supported in past years (being confirmed with their management); AND
- 2) Our purchase of gift cards.

Given Covid-19, we have to replace our traditional wrapped gifts for needy hamper recipients.

HAMPERS

Also given Covid-19, we and many other churches are giving grocery cards instead of food this year. Metro/Food Basics grocery cards have been ordered to replace hampers for needy families having an especially difficult time.

Thanks in advance for your support!
Norah Patriquin for Refugee/Outreach Circle

DONATION info shown below:

Donations for White Gifts and any other donations to the church can be made three ways:

- 1) By cheque mailed to or dropped off at the church mail box. Feel free to use your offering envelopes. Indicate on the envelope or cheque: White Gift. Please **No Cash please!**
- 2) By Interac E-Transfer from your bank account (see more details below on how to do this). Transfer amount to donations@kitchissippiuc.com and include a note indicating donation to **White Gift**.
- 3) Via Canada Helps. <https://www.canadahelps.org/en/charities/Kitchissippi-United-Church/> Donation to Kitchissippi United Church and specify "**Christmas Outreach**"

**For options 1 and 2 your donation will be included in your annual charitable receipt from Kitchissippi United Church. For option 3 you will receive an immediate charitable receipt from Canada Helps.*

CARLINGTON COMMUNITY CHAPLAINCY

Carlington Community Chaplaincy
Online Silent Auction Fundraiser November 9th to November 21st, 2020



HOW IT WORKS!

To see which items are available for auction go to the link below:
<http://www.carlingtonchaplaincy.com/2020-silent-auction-fundraiser.html>

Once you have decided on the item(s) that you would like to bid on, please email auction@carlingtonchaplaincy.com with the item number, your name and your bid. We will do our best to update the website daily with new bids. Check the site regularly out for new items being added as well!

NOTE: Each item has a number with a brief description, an estimated value and a minimum opening bid. Send in your bid(s) to the email above.

The auction is now open until November 21st, 2020. The winners will be contacted on **Monday, November 23rd**. The items can be collected from the Chaplaincy after 11:00am on Monday through Friday. Arrangements may have to be made with the donor for pickup of larger items. The items can be paid for by cheque or by credit/debit card or by Interac etransfer to treasurer@carlingtonchaplaincy.com.

For more information, contact Program Coordinator Nicole at programcoordinator@carlingtonchaplaincy.com

Thank for your supporting this new venture! Start your bidding now!

OTHER FUNRAISERS HAPPENING NOW

Potted Flowering Plants for Christmas from the Ottawa Y Service Club

Proceeds support the Carlington Community Chaplaincy, the Kibera YMCA School in Nairobi, the Child Care program of the YM-YWCA in Ottawa, Roll Back Malaria and projects in Jamaica and Sierra Leone.



There are options for ordering, payment and pickup since we cannot have our usual sale space in the Y. **Order by November 21st** to ensure your selection! After this date we may not be able to guarantee your choice of plant or colour. Plants available for pick up on December 1st and 2nd at Kitchissippi United Church.

FOR MORE INFORMATION AND ORDER FORMS GO TO:

<http://www.kitchissippiuc.com/community/kitchissippi-and-the-local-community/y-service-club-christmas-plant-sale/>



Christmas Tree Sale from the Ottawa Y Service Club – Support the Carlington Community Chaplaincy by getting your Nova Scotia Balsam Firs from the Ottawa Y Service Club

FOR MORE INFORMATION AND ORDER FORMS GO TO:

<http://www.kitchissippiuc.com/y-service-club-christmas-tree-sale/>

CGIT HONEY IS HERE

HONEY ORDERS are here and can be picked up on Saturday, November 28th, between 11:00 a.m. and 2:00 p.m. at the church. Please contact Mary Laidlaw at laidlawb@rogers.com or 613-829-0274 if you are unable to make the 28th and alternative arrangements can be made.

WE ARE HERE FOR YOU - PLEASE REACH OUT

Kitchissippi United Church
630 Island Park Drive
Ottawa, ON K1Y 0B7

Rev. Jenni Leslie
Minister

jleslie@kitchissippiuc.com

Diana Brushey
Faith Formation Leader

diana.brushey@kitchissippiuc.com

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

Kirsten Gracequist
Office Administrator

kgracequist@kitchissippiuc.com

**Emails and Phone messages
are checked every day!**

Gavan Quinn
Music Director

gavanquinn@gmail.com

www.kitchissippiuc.com

Jerzy Spsychalski
Custodian



<p>Resilience is @seerutkchawla</p> <p>Inner resources</p> <p>Belief in your ability to cope</p> <p>The ability to adapt to what arises</p> <p>Often the result of having been through tough stuff</p> <p>An innate human trait</p>	<p>Resilience is not</p> <p>Toughness</p> <p>Insulation from difficulty</p> <p>A special power only strong people have</p> <p>An absence of stress, fear, or distress (it's the ability to cope with it)</p> <p>Unachievable</p> 
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