

JANUARY 29, 2020



Kitchissippi
UNITED CHURCH

Sunday, January 31, 2020
Fourth after Epiphany

SUNDAY MORNING WORSHIP LIVESTREAM - 10AM

www.rideaupark.ca

MESSAGE FROM REV. JENNI



Good Friday to you all!

I always wonder on Friday how everyone's week has been, and thankfully, see some of you on Broadview Reading club and coffee time, so that I get to hear first hand. Most of you are coping well, some of you are bored and walking, birding and enjoying the sunshine. (Please feel free to write to me to tell me how you are doing? I'd love to hear from you! jleslie@kitchissippiuc.com)

I suspect some of you are not coping well and beyond bored and into sadness, depression and feeling hopeless. I have had this kind of week. My bad week stemmed from past pain and I began feeling hopeless: like things would never change. I reached out to some friends. I attended a webinar called 'Growing in Spiritual Literacy', through the Centre for Process and Faith, it is an interfaith webinar focussing on one aspect of faith. The Rabbi Barry Block was speaking about "T is about Trust". I wasn't sure whether it would help my mood, but I tried to stay open to the work of the Spirit through this faith leader. You can watch him speak here: https://www.youtube.com/watch?v=Nyo__ZopQCo (you can even see my little thumbnail picture that shows when my camera is off in zoom - I didn't know it was being recorded like that ha!).

What Rabbi Block spoke about was not just Trust in God but also trusting in ourselves to work with God, that we must work with God (Relational Theology, a branch of Process Theology). He said, and I'm paraphrasing, that trusting in fresh possibilities at all times is crucial, and that trusting in God is like trusting in a good parent who is always with you. I think this works even if you didn't have a great parent, because we all can imagine what a good parent might be like, what it would feel like to have one. What REALLY caught my attention was a phrase I had heard many times before: THIS TOO SHALL PASS. But on Wednesday, this is exactly what I needed to hear. When we are feeling hopeless or frustrated or even just out of sorts, it can feel like those feelings will stay around f o r e v e r. That we will feel this way for a very long time and we can't imagine living our days like this. Emotional agility is what we can experience/remind ourselves of in these moments. We are emotionally agile: we can decide which feelings we will dwell upon, which ones we will leave behind. I mean, this is not a cure, but a practice. We don't so much seek a cure for depression, bad feelings, anxiety, feelings of hopelessness - more that we can seek ways to manage them, process them, practice moving beyond them.

Johann Hari, in his book "Lost Connections: uncovering the real causes of depression - and the unexpected solutions", posits that depression and anxiety are caused by disconnections from meaningful work, other people, meaningful values, childhood trauma, status and respect, the natural world, from a hopeful and secure future. Hari argues that reconnection is the key. Reconnecting to other people and to oneself, to meaningful values and work and more are the antidotes. He argues that our society is set up to maintain

JANUARY 29, 2020

disconnection and it is causing us to become depressed and anxious. While Hari doesn't talk directly about spirituality, church or faith, he does study an Amish community in the States. I read all kinds of spirituality and faith into his book. I believe that the connections we find in church with one another and God, a relationship with God (however you refer to God) are so important to our emotional/spiritual wellbeing. Trusting in God's loving presence, God's constant, loving presence is so important. Trusting in our own abilities to partner with God to work for good in our own lives and in the world are crucial to faith.

This too shall pass. And pass it did. Conversations with loving friends and prayer helped move me from feelings of hopelessness to feeling again empowered to face challenges, to live in a good way and to again take up a mantle of praise and thanksgiving for God's loving purposes.

Whatever you are going through, whatever challenges you face, please reach out to loving friends, to professionals, to God. Please remember that this too shall pass. Please remember that you are never alone. Please remember that you have survived 100% of your past challenges.

With love and blessings,
Jenni



ANNUAL REPORT SUBMISSIONS AND KUC ANNUAL CONGREGATIONAL MEEETING

2020 Annual Report is Submissions are due on Friday, February 5th, 2021. Please email your report to Kirsten Gracequist at kgracequist@kitchssippiuc.com

Kitchissippi United Church Annual Congregational Meeting – Sunday, March 14th at 1PM (via Zoom)
More information and the Zoom link to come prior to the date.

HAPPENING THIS WEEK

BROADVIEW (ON-LINE) BOOK CLUB

ZOOM Link: <https://us02web.zoom.us/j/89093844185>

Broadview
SPIRITUALITY, JUSTICE AND ETHICAL LIVING

Tuesday February 2nd Tuesday February 9th Tuesday February 16th Tuesday February 24th	Tuesday March 2st Tuesday March 9th Tuesday March 16th Tuesday March 24th Tuesday March 30th	Tuesday April 6th Monday April 12th Tuesday April 20th Tuesday April 8th
--	--	---

Virtual Coffee Time

Thursdays 2021 and going forward, Virtual Coffee Time resumes from 1:30 pm until 3 pm. You can come and join us for a little bit or the whole time: there are no rules! Imagine yourself in the church hall after a church service, you've just filled your mug with steaming hot coffee and you turn and look around and think: who do I want to talk to this morning (except it'll be in the



JANUARY 29, 2020

afternoon)? We all look forward to the Church hall coffee/tea and conversation, and until then, we will meet this way for everyone's safety. And, sadly, you have to make your own coffee or tea ☺

Please join us: <https://us02web.zoom.us/j/8925057455>

FAITH FORMATION

KUC Faith Formation (Lenten-Easter 2021) Planning and Discussion

Hello all! **Everyone** is welcome to participate this **Tuesday February 2, 2021 at 9 am**. Below is the Zoom information for this meeting!

Blessings, Rev. Jenni, Diana and Laurie

Jenni Leslie is inviting you to a scheduled Zoom meeting

Topic: Faith Formation

Time: February 2, 2021 at 9 am

Join Zoom Meeting

<https://us02web.zoom.us/j/88402894910>

UPCOMING ACTIVITIES

Join us this Sunday, January 31st from 1:00pm-2:00pm for our next zoom mini-gathering!

This week we will be continuing to focus on our feathered friends. Test out your Bird ID knowledge, learn all about the different types of feathers birds have, sing some silly bird songs and so much more!



You don't need to have attended the first Weather and Feathers session to get in on the fun! These gatherings are in partnership with Country Fun Nature Camp so send an email to countryfunnaturecamp@gmail.com to register and then you will be provided with the zoom details.

For The Love of Creation: Finding Our Way Together A Transformative Process for Difficult Times

Saturday, Feb. 6th – 2 pm to 5 pm -- Interactive on-line workshop; with body breaks to minimize screen fatigue

Pandemic, climate change, societal upheaval, personal losses...

With so many hard things happening now, it's normal to feel anxiety, fear, sorrow, anger or despair. It can be tempting to distract, numb ourselves or bury our emotions. This is an invitation to join with others, share our stories and begin to open to the pain about what's happening, so that we might experience ways to:



JANUARY 29, 2020

- feel more alive, better able to cope and focus our energy on what's most important;
- free ourselves from the illusion of separation and experience the truth that we are not alone;
- receive inspiration from new and ancient ways of living in community with justice and compassion;
- discover life-giving benefits for our health, other beings and the greater body of earth

This workshop is an Introduction to The Work that Reconnects, pioneered by Joanna Macy. The work offers a series of practices to help us align with the self-healing powers of the web of life and compost grief, fear and anger into qualities that allow us to respond to the challenges of these times with care and integrity.

The workshop includes: Group processes, paired exercises & personal reflection; Movement, poetry & other spiritual practices; Practical applications for our lives and the world.

Full details and registration: <https://www.firstunitedchurchottawa.org/events/for-the-love-of-creation--38/2021-02-06>.

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

**ALL Email and phone
messages are checked daily!**

Gavan Quinn
Music Director

gavanquinn@gmail.com

www.kitchissippiuc.com

Jerzy Sychalski
Custodian

facebook

