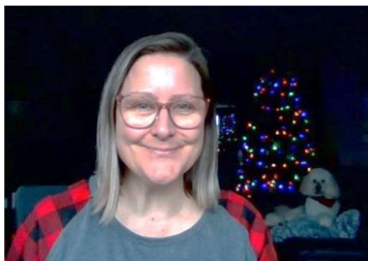


	<div data-bbox="885 176 1403 306"> <h1>Kitchissippi</h1> <p>UNITED CHURCH</p> </div> <div data-bbox="935 338 1369 426"> <p>Sunday, February 28, 2020 Second Sunday in Lent</p> </div>
<p>SUNDAY MORNING WORSHIP LIVESTREAM - 10AM www.rideaupark.ca</p>	

MESSAGE FROM REV. JENNI



TRANSFORMATION

I've been thinking a lot about transformation lately. I've been watching my house plants closely because I have some spider mites on my hibiscus. The spider mites migrated to my shamrock (oxalis), creating another little colony. I've been spraying with dish soap and water often each week, hoping each plant will not succumb to these wee creatures. Every time I see

a little web on the hibiscus, the plants around it get a shower. It's a common problem, apparently, one I haven't had to deal with so far (but then, I haven't kept a hibiscus alive this long before). I was confessing my worry in coffee time this week and others said they were hoping to keep their hibiscus and geraniums alive until they can put them outside this summer (where they will thrive). Recently, I realized that not only was my hibiscus NOT going to die, but it was sending out buds, new leaves and growing! It has transformed from a worry, to a possibility to an unfolding promise of colourful flowers! With a watchful eye, some spray and some hope, this plant may have renewed life.



Our own transformation can be as simple as this, but not always. Our worry can be prolonged ('will I ever get through this?'), our movement to having a little hope can present as a moment, hour or whole day of thinking things will get better ('oh, why do I feel a little lighter?'). Intentional work is often needed for us to move from worry to thinking that transformation is possible. Someone wise said 'the only thing constant is change' and adapting to it is imperative for our emotional, spiritual and physical wellbeing. I believe God, with God's ever-interested, watchful kindness, cares for us in our sickness and in our movement towards transformation. Like a careful gardener, God sprays us, when needed, with the Holy Spirit, accompanies us through the wilderness of our fears, disappointments and longings and gentles/guides us with patience, wisdom and grace at all times. Our openness to healing and wholeness is crucial. Our senses turned toward creativity, beauty and wisdom is also essential. God is a faithful gardener: watching, hoping and waiting for our growth, new life and transformation. God is with us, we are never alone. Thanks be to God!



This week:

Sunday: Worship livestreamed with Rideau Park @ rideaupark.ca. Second Sunday in Lent, last Sunday of Black History Month.

Tuesday: Broadview Reading club meets - 1-3 (Discussing articles on pages 16 and 26 in the March edition.) Zoom link: <https://us02web.zoom.us/j/89093844185>

Wednesday: Lenten Reflections by Zoom at 7pm. This is a 1/2 an hour service to go deeper into Lent. They are called Conversations with Jesus and the leader (Steve, Elizabeth or I) will explore the conversations Jesus has with important Biblical folks. Zoom link here: <https://us02web.zoom.us/j/5583434610>

Thursday: Coffee Time 1:30-3pm. Bring your own coffee/tea! Zoom link here: <https://us02web.zoom.us/j/8925057455>

I hope you have a wonderful, transformative week, open to the Spirit and grounded in God's love!
Blessings,
Jenni

Here is a wonderful poem to end the week:

Weather Report

Variable,
as conditions shift continually,
often obscuring
not reality but your perspective.
Expect intermittent clarity
as a large mass of wonder
causes what you've already seen
to precipitate as not everything
there is to see.

Steve Garnaas-Holmes
Unfolding Light

KUC ANNUAL CONGREGATIONAL MEETING

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

FAITH FORMATION – ECO-CHRISTIANITY LENTEN STUDY

(NEW) KUC's FAITH FORMATION -This week's Lenten study with Sarah Wray and the Eco-Christianity Circle includes two species at risk.

Here is Wednesday's selection is a reading from **Wild Hope: Stories for Lent from the Vanishing** by Gayle Boss. KUC has an additional copy of the book available for purchase for those who wish to follow along (subsidies available if needed), or you can find the audiobook or ebook available for instant purchase and [download here](#).

The video is Sarah reading the chapter on Staghorn Coral. It is a beautiful, short narrative that is well worth the read/listen! <https://youtu.be/dLpECJRoxCs>

Below, you will find Sarah's species overview, a call to action, and some personal reflections on our learning.

Staghorn Coral

Staghorn corals are appropriately named for their antler like structure and are made up of tiny animals called polyps. They have a symbiotic relationship with zooxanthellae, an algae which provides food through photosynthesis while the coral provides shelter. This algae is also what results in corals having their beautiful colours. Staghorn corals are so important as they are one of the fastest growing corals, fundamental in the construction of reefs and offer habitat to so many marine creatures.



The biggest threat staghorn corals are facing is climate change. Corals are very temperature sensitive and the rising water temperatures are resulting in coral bleaching. This is because as water temperature rises corals expel their symbiotic partner zooxanthellae and lose their source of food and colour. Staghorn populations have declined by over 80% and are critically endangered.

There are some really amazing documentaries that explore the issue of coral bleaching such as Chasing Corals (which can be found on Netflix) or Can We Save Our Reef. I find documentaries fascinating especially since I really like visuals and it helps me feel closer to the issues.

Looking for more information? Check out these great organization's websites

Great Barrier Reef Foundation (<https://www.barrierreef.org/>)

Coral Reef Alliance (<https://coral.org/aboutus/>)

Save the Reef (<https://savethereef.org/charities.html>) (The page I have directed you to also lists other charities that work towards helping corals)

Below is a list of 25 things to consider when trying to prevent Coral Bleaching

<https://www.blue-oceans.com/index.php/environment/marine-science/coral-bleaching/25-ways-to-prevent-coral-bleaching>

Reflection: Sarah

One of the things I really like about the way Gayle Boss writes is that she showcases the issue that the species is facing but also that there are people working to help them. When it comes to species at risk, the topic can often get really heavy and I think it is important to remember that not all is lost and there are still things that can be done to help. Ending on a note of hope with “He knows the dire prognosis. Still, he volunteers to be a coral midwife and reef planter. Beneath his fear and despair he is still a young admirer of small soft-bodied animals bound together, building shelter for the ocean’s multitudes.” I find this approach really impactful.

Reflection: Diana

I have known of coral as being complicated and necessary, beautiful creatures, working in symbiosis with algae and building homes for many ocean-dwellers. But I didn’t know how amazing they are. This short chapter of just a couple of pages opened my mind to understand that reefs are effectively mini civilizations dating back centuries. And, learning about how they reproduce (cloning themselves for their bit of reef, and then needing ocean currents to ensure that they also have genetic diversity), and the delicate balance of co-existence is truly something else. I was humbled to ponder how these individual tiny, symbiotic beings build some of the largest living structures on earth, hosting incredibly diverse collections of sea life. Hearing the staggering news that 97% of this delicate, colourful, critical species has literally crumbled is devastating, and dire news for us. Ecology is learning, again, and again, that the smallest, simplest organisms are in fact wonderfully and fearfully made, connected and necessary for life on earth. To know Creation is to love it, to love is to care, to care is -- I pray -- to act. I am humbled again to learn of those who are trying to help propagate coral, placing hope and faith in both sea life and in humanity.

Here is the Friday Species at Risk selected by Sarah Wray as part of our Eco-Christianity Lenten study.

This information and reflection is original work by Sarah, with inspiration from our book study of Wild Hope.

Ontario Turtles Synopsis

In Ontario you can find eight different species of turtles; the Blanding’s Turtle, Eastern Musk Turtle, Midland Painted Turtle, Spotted turtle, Snapping turtle, Wood Turtle, Northern Map Turtle and the Eastern Spiny Softshell. All eight turtle species found in Ontario are classified as species at risk. Turtles are cold-blooded and can often be seen basking in the sun around their wetland homes. During the winter they hibernate in the bottom of wetlands and breathe through their butts.

The major threats that turtles are facing are roads and habitat loss. Nesting females prefer sandy and gravelly areas for laying eggs so often wind-up laying on the sides of roads. This results in a lot of turtles being hit by vehicles. Because roads also often fragment wet areas this also results in increased turtle mortality. Ontario turtles take an average of 14 years (Although it does depend on the species) to start reproducing but less than 2% survive to adulthood. Turtle eggs often get preyed upon by animals like raccoons and foxes which lower survival rates as well.

For more information checkout this great organisation that provides lots of information about turtles and what to do if you find an injured turtle.



Ontario Turtle Conservation Center (<https://ontarioturtle.ca/>)

Call to action: Learn how to safely move turtles across the road <https://www.youtube.com/watch?v=F4aPiN-kGYA>

For snapping turtles, you can also use a car mat or towel to help move them across the road. I also keep a high-visibility vest in my car and gloves. Since the turtles are scared, they might urinate to try to deter you from moving them.

Reflection:

Turtles have a very soft spot in my heart. My love for turtles really developed through working with Ontario Parks and participating in their Turtle monitoring programs. Working at parks was the first time I ever really got to see wild turtles up close and learn about their lives. Since then, I've made programming focused on turtles and teaching others how to safely handle turtles. I've submitted turtle observations to iNaturalist to provide researchers with population data. Even turtles that are deceased are important to record as trends can help show where protections such as fencing and culverts need to be placed. I remember driving on Highway 7 on my way to Bon Echo or Murphys Point and wanting to cry at all the dead turtles I was seeing along the road. I've stopped when it has been safe to do so whenever I see a turtle cross the road. It might be a small action but I like to think that whenever I take a moment to stop and help a turtle cross the road that I'm doing my part in helping such an incredible creature navigate the pitfalls created by humans.

SUNDAY SCHOOL – ACTIVITIES and ZOOM LINKS

Join us this Sunday, February 28th from 1:00-2:00pm for our next Sunday School zoom gathering!

The theme for this week is Snow Moon Zoom. Last night there was a beautiful full moon and the rainbow dog moon was also around it which inspired this session. We'll be having a Lenten chat, learn about winter night animals, and a special reading of Owl Moon. Pretend it is a cold winter's night and have some mitts, hat, scarf and hot chocolate nearby! We hope to see you there!

There will be a second, bedtime reading of Owl Moon at 7 pm on Sunday if there is interest

-- please email Diana.brushey@kitchissippiuc.com

Please find the Zoom information below:

Topic: Snow Moon Zoom

Time: Feb 28, 2021 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/82120702522?pwd=QmNRY29ReWlzY2FNT2NKUllaQXRhdz09>

Meeting ID: 821 2070 2522

Passcode: Moon

Second Zoom Information for 7pm Owl Moon Reading:

Topic: Owl Moon Reading

Time: Feb 28, 2021 07:00 PM Eastern Time (US and Canada)

Join Zoom Meeting:

<https://us02web.zoom.us/j/83754738376?pwd=VG9oejhFSkNWODhqM2dGcTRuOUdEZz09>

Meeting ID: 837 5473 8376

Passcode: Owl

HAPPENING THIS WEEK

BROADVIEW (ON-LINE) BOOK CLUB

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

Broadview
SPIRITUALITY, JUSTICE AND ETHICAL LIVING

Tuesday March 2st	Tuesday April 6th
Tuesday March 9th	**Monday April 12th
Tuesday March 16th	Tuesday April 20th
Tuesday March 24th	Tuesday April 8th
Tuesday March 30th	

VIRTUAL COFFEE TIME CONTINUES..

Thursdays 2021 is Virtual Coffee Time from 1:30 pm - 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 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>



SOMETHING NEW

COVID-19 technology – Computer help anyone?

During these COVID-19 times, more and more of us are exploring and using different technologies – computers, i-phones, Zoom, Google Meets, Instagram, Facebook, YouTube, on line learning, shopping registration,... The list and possibilities are endless and so are the unknowns :)

- How do you change the background on a Zoom call?
- How do you share screen?
- What is the difference between a GIF and an emoji and how can I find them?
- How can I forward something on YouTube?

The questions and answers can be both complex and very simple.

Maybe we should have an Ask the expert forum. Somewhere we could ask simple technology questions and where simple answers are available. It could be via a simple Q&A in the Friday file or a Zoom meeting, or one-one or some other forum. Is this something that would interest you? Do you have questions or do you have the answers?

Please let me know if this is something you think we should explore. You can send me (Mary Laidlawan e-mail at memlaid@gmail.com) or through the church.

LENTEN MUSIC FROM THE KUC CHOIR AND UPCOMING EVENTS

A NEW MUSICAL REFLECTION -Total Praise by Richard Smallwood - Recorded by Gavan Quinn and the KUC Choir via zoom. Enjoy. <http://www.kitchissippiuc.com/music-at-kuc/musical-reflections-2/>

LENT - Stay tuned for upcoming activities in Lent with Ivan K

Ivan, who has been active with our church community for the past 2 years, is in Recreation and Leisure Studies at Algonquin College. He will be doing one of his practicums at KUC, working with others to offer different activities in March-April 2021. A core group of mentors will meet today to help draft a programming and mentorship schedule for the coming weeks. Watch the Friday File for more information on opportunities to participate and help.

KUC INVESTMENT CLUB



The Kitchissippi Investment Club is a group that meets monthly for an hour or two. The aim of the club is to discuss the stock market and try to determine who the next Tesla or Shopify might be, and have fun doing it. Will it be in the environmental, high tech, energy or medical fields? For example we recently reviewed what's going on in US infrastructure construction and who are the companies involved.

The Investment Club is not a traditional investment club. We do have imaginary portfolios and compete but it is all fake finance, better known as "play dough." **In other words there is NO REAL MONEY involved.**

There are currently eight regular participants. Some are well versed in the investment game while others (ahem) know nothing but are learning and having fun doing it. The club is co-ed but we're looking to balance the female side.

If you are curious....give it a try. David Balcome, Ian MacGregor or Rob Harcourt will be happy to discuss with you.

WIDER CHURCH

RECORDING - "Racism, White Privilege and the Invention of Race" on February 21st, part of the "Conversations for Our Times"

Please find below a link to our recording of Rev. Anthony Bailey's presentation "Racism, White Privilege and the Invention of Race" on February 21st, part of the "Conversations for Our Times" series at St. Basil's parish. The response to our invitation was greater than we had anticipated and many people were not able to link into the discussion because the limit on the number of participants at the webinar had already been reached. We apologize for that disappointment, and are happy to be able to offer the recording for viewing now — <https://youtu.be/IOckgIMIHhc>. If possible we ask that you forward this link to people with whom you may have shared the invitation.

You might want to note that our next event will be on Sunday, March 28 at 2:30 with Dr. Mary Jo Leddy, one of Canada's foremost and original spiritual explorers and human rights advocates. A founder of Romero House in Toronto, she is known for her work with refugees. She teaches courses in theology at Regis College in Toronto and is widely recognized as a writer and speaker. Dr. Leddy will be discussing themes in her most recent book, *Why Are We Here? — A Meditation on Canada*, which reflects on the moral challenges facing Canada in this time of social exclusion and environmental ruin.

FEBRUARY 26, 2021

We will send out the Zoom webinar link for Dr. Leddy's talk later in March. Thank you for your interest in and support of these Conversations for Our Times as we confront the challenges facing us all.

Rosemary Williams
Mission and Social Justice Committee
St. Basil's parish, Ottawa

WE ARE HERE FOR YOU - PLEASE REACH OUT

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Ottawa, ON K1Y 0B7

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

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

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