

APRIL 23, 2021

	<p><i>Kitchissippi</i> UNITED CHURCH</p> <p>Sunday, April 25, 2021 Sunday – Fourth of Easter</p>
<p>SUNDAY MORNING WORSHIP LIVESTREAM - 10AM www.rideaupark.ca</p>	

MESSAGE FROM REV. JENNI



Good Friday to you!

WOW, that snow was a shocker wasn't it this week? Waking up to it covering the ground, my car and gardens was interesting! As a colleague in another city reflected, "April snow is joyful, much more so than March snow" - because we know it won't last very long! Isn't that true, hey?

I'd hazard a guess that many of us could put up with a lot, if we knew it was a short period of time, that it wouldn't last for long. (I am not advocating that we put up with abuse, intolerance, discrimination, racism etc.)

I have been thinking about the pandemic and what we have all put up with. At the beginning, we didn't know what we were facing, no one knew, really. And, as scientists and doctors began to understand the virus, knowledge was disseminated and learning took place. We became more familiar with this "foe": knowing more about what not to do and what to do to keep ourselves, our families and indeed our communities safe. Going from the unknown to the known can be a great relief - like moving from the proverbial "grey area" into an enlightened space, where things are made plain. I feel as though we are moving closer and closer to full knowledge of the virus as more and more vaccines are given: we can see an end to the isolation and restrictions.

How have you pivoted? How have you adapted? Have you found safe 'work arounds' that still respect the rules, but also help you? For example, inspired by some folks' walking groups, a friend and I began walking together twice to thrice a week. With the latest restrictions, we decided that even though we were walking with masks on, we would not walk together. However, both of us have cell phones and ear buds and so we decided we could still walk together (and hold each other accountable) by talking on the phone for the duration of our walk. We were walking together virtually, but not physically in each other's company.

What I am describing is emotional agility. There are ways to see options and pivot when obstacles come up. More and more I believe we will be called to do this with our faith and with our church. Our faith is not a fixed entity: we learn and grow and our faith changes overtime, it is not static. For example, my relationship with Jesus is different than it was 10 and 20 years ago. I see God differently now than back then. Think of this: how did you see God when you were a child? A teenager? A young adult? A new parent? As someone who is grieving? As a senior? A grandparent? I'd guess that your sense of God has changed over those times and wherever you are now with your understanding because your life circumstances have shaped your faith. This is so important! Allowing your faith to be flexible, to be open to newness and possibilities is healthy and Spirit-filled!

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We must be agile in our understanding of church as well. Our churches are changing and I feel like it goes without saying, as a lot of you have experienced the amalgamation on a personal level. We must adapt and grow our understanding of what it means to be church in this day and age. The church is not fixed, not static. We must learn where the church is going, what the church is becoming: both for our own personal understanding and for our community of faith and for our community in general.

Who was it that said that the only constant is change itself? The more agile we are, the better capable we are of coping, learning, growing, understanding and being God's people in the world.

I'm so glad to be on this journey with you! May we learn and grow and discover new possibilities together!

Here are a couple of resources I have found helpful. This first one is a blog that links faith and emotional agility. <https://susiegrade.com/2017/02/11/emotional-agility/>

This one is video of Susan David, who wrote the book Emotional Agility:
<https://youtu.be/NDQ1Mi5l4rg>

TONIGHT! TRIVIA NIGHT at 7pm. Canadian Trivia and sharing stories! Everyone welcome! Zoom link: <https://us02web.zoom.us/j/82250633588>

Sunday Worship - rideaupark.ca

Tuesday - Broadview Reading Club - 1-3pm, discussing articles on pages 12 and 16, all welcome. (This will be my last Broadview Club before my sabbatical begins. Peggy Clarke will be opening the Zoom meeting and the link will remain the same throughout May and June. Thank you, Peggy!) Zoom link: <https://us02web.zoom.us/j/89093844185>

Wednesday Creative Worship Working Group - 930 - 11am. We will be discussing themes for September when we hope to be back in the sanctuary. All welcome! Zoom link: <https://us02web.zoom.us/j/8925057455>

Thursday - Men's coffee time - 9:30am - If you'd like to join this group of men, please be in touch with Doug P. Coffee Time **NEW TIME** at 2 pm - 330 pm. Everyone welcome, bring your own beverage. (This week will be my last coffee time until September, but the group will continue with Norah and Denise leading it each week through May and June. The Zoom link will stay the same. Thank you Denise and Norah!) Zoom link: <https://us02web.zoom.us/j/8925057455>

Two Upcoming and Recurring events: Tuesdays - Men's Book club - This is held the 2nd Tuesday of each month at 330pm. Please be in touch with Rob Harcourt for more information.

Fridays - Investment Club - This is held the 3rd Friday of each month at noon. Please be in touch with Ian MacGregor for more information.

As I mentioned, I am tying up loose ends this coming week, so if you'd like to chat, please send me an email and we'll find a time!

Blessings on your emotional and faithful agility,
Jenni

FAITH FORMATION - SUNDAY SCHOOL



Behind the Scenes

Did you know?

Since returning from parental leave last year, Diana Brushey, our Faith Formation Leader, has brought to the table her many talents and particular ingenuity in ministering to the physically distanced. She has been conducting a number of creative activities which appeal to children, many of whom have been subjected to endless covid-19 rule changes regarding their educational experience at school.

Together with the able assistance of Sarah Wray, Diana has been leading Sunday School Zooms with the young and young at heart; and together they have been preparing and delivering at-home learning kits with season-appropriate activities for the whole family to do together. The most recent project is a series of mindfulness packages for families, with resources to support spiritual, emotional, and mental health.

In other aspects of her role, Diana helped design and set up the reopening survey, led Eventbrite registration for our (limited) in-person attempts, and continues to assist with Ivan's practicum supervision. Recently she has been involved with applications for summer/part-time student programs for additional input over the coming months.

Sarah took the lead on conducting an Eco-Christianity Lenten study with reflections and resources, all available online.

Both Diana and Sarah have extensive skill with technology, which has facilitated any number of interesting videos and other visuals in their presentations – did you see the kitchen table theology for Easter?! We are blessed to have the expertise of both Diana and Sarah at play for Faith Formation at KUC.

THIS SUNDAY



Country Fun & Kitchissippi United is inviting you to a scheduled Zoom meeting.

Topic: States of Being Part 2

We will be continuing our theme from last week about States of Being. Delving deeper into what makes an ecosystem and learning more about creation.

Time: Apr 25, 2021 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/84901329310?pwd=cUx3QTlXbUg4akJPQ05zODRMLzZqUTog>

Meeting ID: 849 0132 9310

Passcode: Ecosystem

FLOWER POTS NEEDED!



Needed! – Gently used flower pots are needed for spring gardening at KUC – donations can be left in the Alcove garden by the parlour door. Many thank, from Denise Bonomo

OUTREACH

A note from the Refugee/Outreach Circle:

Various United Church representatives are meeting on zoom next Wednesday April 28 to share information on refugee sponsorship - who's doing what, whether sharing could be done, etc. to form a network. There are quite a few summaries from various church representatives.

Janet Nield of Orleans United is setting up the zoom for April 28, 1:30-3:00pm. If you'd like to come to the meeting, please email Janet directly at janetnield@bell.net and she'll send you the zoom invitation, as well as adding you to the distribution list. If you'd like the summary of information shared to date, please contact Norah (patriquinfam@sympatico.ca)...we're glad to share the information, and the challenging and rewarding involvement..

WIDER CHURCH

Ottawa's annual Fibre Fling 2021

Art Show and Sale is back!

From **April 23rd to May 15th** to be dazzled by the beautiful textile and mixed media works created by Ottawa's own 'Out of the Box' artists....virtual event.

Go to www.fibre-fling.ca for more information!

RISK FAITH - DARING HOPE - AN INVITATION

All United Church leaders and members are invited to register for the upcoming Town Halls hosted by Moderator Richard Bott. The Moderator and the Strategic Planning Project Team are gathering input to map a common mission and vision for the church from 2022 to 2024. The pandemic, the governance restructuring, and changing demographics continue to reshape the church. What should our direction be for the next few years as Christians in the 21st century? **Add your input- churchs-strategic-direction: GO TO <https://generalcouncil43.ca/council/strategic-planning-process-2021>**

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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