

	<p><i>Kitchissippi</i> UNITED CHURCH</p> <p>Sunday, August 8th, 2021 16th after Pentecost</p>
<p>SUNDAY MORNING WORSHIP LIVESTREAM - 10AM www.rideaupark.ca</p>	

A MESSAGE FROM REV. DIANNE CARDIN



Dear friends,

With Tulip Festival in our rear view mirror, we come into Sunflower season! I have seen so many beautiful sun flowers in stores, in fields, in vases, and in photographs. I recall a memory from when I was about 7 years old. Our family went to visit my Mom's brother's family on their farm near Oakville, Manitoba. One of the many crops he grew was sun flowers. They were huge and beautiful as I recall. The golden sun flowers reached up towards the sun and moved as the sun moved during the day. Some of the flower heads were gigantic and the centre with seeds were bulging with goodness. In the fall of the year, Uncle Winnie always had freshly roasted sun flower seeds, baked in their well-used wood stove. They were delicious! We always had a bag of them to take home with us. It was a simple time, a simple activity and it warms me to this day! I have very fond memories of their sharing produce from their land. No wonder sunflowers are a symbol of JOY.

What I have come to learn is that each sunflower is actually thousands of teeny flowers. As many as 2,000 can make up the sunflower bloom. It is best to cut sunflowers in the morning as ones cut in the afternoon may wilt! Sunflowers are harvested now for their seeds as well as their oil. Each sunflower can contain as many as 1-2,000 seeds! Birds love to snack on sunflower seeds so you might think of growing some for feathered friends. There are about 70 species of these annual plants with the genus name, *Helianthus*. Sunflowers are known to absorb toxins. They have been planted to help soak up nuclear radiation. Millions were planted after the devastating tsunami destroyed reactors in the Fukushima nuclear power plant in Japan.



The Central Experimental Farm in Ottawa has a beautiful field. Monkland, an hour drive from Ottawa has 20 acres of stunning sunflowers and four trails throughout their fields. They are open Wednesday to Sunday. Stanley's Old Maple Lane Farm in Ottawa is open on weekends for sunflower enthusiasts.

So this summer create your own family stories and memories. They will nourish souls and minds for years to come. We are people of story. Jesus told many stories and they nourish and inspire us to this day.

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Enjoy these August days.
Blessings,

Dianne
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Email : dianne.cardin@sympatico.ca

IN PERSON WORSHIP AT RIDEAU PARK UC - NOW HAPPENING

IN PERSON WORSHIP AT RIDEAU PARK UNITED WITH KITCHISSIPPI UC

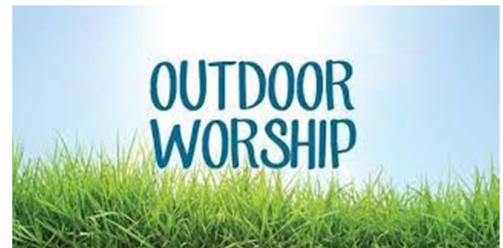
While the webcast (Livestream) will continue, RPUC sanctuary is reopening for in-person attendance on **Sunday August 15th.**

HERE IS THE LINK TO REGISTER IF YOU WANT TO ATTEND

https://www.rideaupark.ca/event/sunday-worship-service-in-sanctuary-and-webcast/edate/2021-08-08/?fbclid=IwAR2ygly4BjBY5C3JTV3asogDm_Jp1VOoTq-pkLUP_8W_hwGoKKkF1G9PhE4

NEXT Sunday, August 22nd at 10:00 am Kitchissippi United Church will have its second outdoor, in-person worship service of 2021 at our building at 630 Island Park Drive.

We will have distanced seating again and request that people wear masks if they can't socially distance themselves from others while they move around. Please bring your own lawn chair if you can. In case of rain bring your poncho and umbrella. If it is pouring rain on Sunday morning the service will be cancelled. Cold refreshments will be served, please bring your own cup/mug.



Rev. Dianne Cardin and The Worship Circle look forward to seeing you there!

COMMUNICATIONS AND TECHNOLOGY UPDATE

Communications update - There has been a lot going on this summer to improve the ways we communicate with our church family. We are pleased to announce that we have hired a summer student, Nathan Schmidt. Nathan will be working with Kirsten and Diana on looking at our social media presence and various other communications related projects on the go. He will also be working with Diana on some Faith Formation preparation for this fall.

Technology update - The biggest thing however is the work that is going on to bring technology into our worship! While we have all enjoyed our shared services with Rideau Park United Church, we have been working to bring live streaming into our sanctuary in September. We are also planning to have TV and monitors in place to allow for videos, hymns, and prayers to be displayed on the screen during the service. Our work will help us all enjoy worship together be it from the comfort of our sanctuary or our own home. Many thanks to Doug Patriquin who has taken the lead on the equipment, the wiring, and the systems to ensure that we are ready for September. Stay tuned for more developments.

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Heart Garden - Thank you very much to Mike Patriquin for building us a "heart" box. It is an invitation to folks passing by to pick up a heart in the box) and either "plant it" in our garden or create a garden of their own.



The QR code on the Heart Garden Box can be scanned and it will take you to the following website:

<https://linktr.ee/KUCHeartGarden>

ALCOVE GARDEN AND THE PARLOUR – LOOKING GOOD

Thank you Mary Laidlaw, Frank Chapman and Jerzy for purchasing and installing new drapes for the Parlour! Here are some current photos of the parlour and Alcove Garden – Enjoy!



ON GOING ACTIVITIES AT KUC

Next Trivia Night: Friday August 20 at 7 pm. This time you have the opportunity to bring your own Canadian Trivia question. Put it in a category: Geography, History, Arts or General. Make sure your answer is authoritative. And tell a story about it if you wish. Who knows what we will learn! Everyone is welcome! Hosted by Nancy Brodie Zoom link: <https://us02web.zoom.us/j/82250633588>

BROADVIEW (ON-LINE) BOOK CLUB

Broadview reading group will be meeting next **Tuesday, August 17 via Zoom.**

Zoom link: <https://us02web.zoom.us/j/89093844185>

The readings for next week are in the July/August issue of Broadview, articles on pages 32, 34 and 36.

MESSAGE FROM M&P

Behind the Scenes at KUC

Earlier this year the Friday File contained a number of notes outlining the activities of each of our staff members during the time of covid-19 closure. Here is an update on what has been happening behind the scenes.

Rev. Jenni - Minister

The first note was about Jenni and her activities – as she pivoted to mesh with the ministerial staff at Rideau Park UC – to deliver Sunday morning worship by livestream. Through the winter and spring Jenni continued to be engaged in worship leadership on Sunday mornings in covid-necessary fashion, as well as in other activities to maintain community during a very trying time. Her initiatives included regular mid-week messages, and on-line leadership of the Broadview Reading Club on Tuesdays and coffee time on Thursdays. For those who took advantage of these events, there was never a period of more than a few days without the opportunity to speak with others in our church family. With Jenni's encouragement, these activities have been continued by volunteers while she is on Sabbatical leave. ***"Whoops; we forgot to mention in Jenni's update that she instituted trivia night by Zoom, and was constantly available, by phone calls, Zoom and e-Mail, for pastoral care"***

Kirsten - Office

Kirsten has proven that she can manage a very self-sufficient church office from anywhere. With her gifts for innovation and flexibility, Kirsten has been the pivot-point for our operations, and has maintained effective administration throughout. This includes periods of building closure, the suspension and re-starting of the Montessori school, and ensuring regular communications to keep everyone informed. No beats missed. Of late, Kirsten has been working with the members of the communications group who are designing a plan for return to worship in-person and on-line in some form in the fall. This is a significant undertaking and a major technology challenge. Kirsten will also be working with our summer student on many aspects of communication for KUC.

Diana - Faith Formation

When Diana returned from parental leave, covid restrictions were in full force. Her job suddenly looked quite different from its complexion when she left. The objectives were the same, but delivery opportunities had changed significantly. Through her adaptation and technical savvy Diana has engineered Faith Formation messaging for our kids, youth and their families, through activity kits, interactive challenges and other participative activities. This is no mean feat – somewhat like working in a dark closet – with any in-person feedback to inform the course. Diana delivered the reflection at our out-door service on July 25, is very involved in Wild Wonder Camp (the successor to Camp Awesome) in pandemic format, and is working on a myriad of ideas for the fall.

Gavan - Music Director

We all have seen Gavan frequently on Sunday mornings, live-streamed from Rideau Park UC. He has participated in preludes, postludes, solos and duets with the musicians of Rideau Park. As well, completely behind the scenes, and through the magic of technology, Gavan has worked with the Kitchissippi UC choir to produce a number of anthems and musical offerings, many of which appeared weekly on Wednesdays on the KUC website. There are currently some 28 musical reflections on the KUC website – wonderful listening; with visuals provided by Kirsten. Music has always been very important to the KUC congregation, and there is no lack of opportunity to hear our outstanding choir during this somewhat solitary time.

Jerzy - Custodian

From the outset of the pandemic, Jerzy has continued to maintain the church building in good working order. He ensured that areas being used were cleaned regularly and after each usage. As all can imagine, cleaning has taken on a whole new dimension in the era of a highly transmissible virus. When the building

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was closed Jerzy took care of activities which could be better done in the absence of use, such as painting the kitchen, replacing the parlour toilet, installing new curtains in the parlour, tidying up the balcony and doing a variety of repairs. Jerzy's "if you need me, I'm there" outlook has been a great benefit in liaising both with Kirsten and with the re-opened Montessori school. It is good to have him on our team.

So, you see, our wonderful team members simply re-wrote their methodologies to deliver on their mandates, regardless of unforeseen challenges. We are fortunate to have such creative and willing staff who are continuing the KUC leadership behind the scenes and preparing for the time when we meet again in person. A most sincere Thank You to all.

SUMMER OFFERINGS

Kitchissippi United Church continues to make a difference through the summer by responding to needs in the community, offering pastoral care, accompanying people on their grief journey, providing spiritual education opportunities, and extending vital nursing support. We depend on the generosity of our members and adherents to meet expenses. Thank you everyone for your continued support.



Here are some ways that you can give: <http://www.kitchissippiuc.com/contact-us/donate/>

WE ARE HERE FOR YOU - PLEASE REACH OUT

Kitchissippi United Church
630 Island Park Drive
Ottawa, ON K1Y 0B7
PHONE: 613-722-7254

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

**All email and phone
messages are checked daily!**

www.kitchissippiuc.com



Rev. Dianne Cardin (interim) dianne.cardin@sympatico.ca
Minister Cell Phone 613-327-7275

Rev. Jenni Leslie
Minister jleslie@kitchissippiuc.com
(Rev. Jenni will be on sabbatical leave from May 2021 – September 2021)

Diana Brushey
Faith Formation Leader diana.brushey@kitchissippiuc.com
DIANA WILL BE ON VACATION FROM AUGUST 1 to AUGUST 13

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Gavan Quinn
Music Director gavanquinn@gmail.com

Jerzy Spychalski
Custodian