



Kitchissippi UNITED CHURCH

Sunday, January 9th 2022
Live Stream Service at 10 am

**SUNDAY MORNING WORSHIP at 10 AM LIVE STREAM GO TO
WWW.KITCHISSIPPIUC.COM**

MESSAGE FROM REV. JENNI



Good Friday to you!

I hope this finds you well and enjoying the sunshine! One of the things I have come to love about living in Ottawa is the cold air, the blue skies and the sunshine! (As you likely know, Southern Ontario becomes cloud covered in the fall and it feels like it stays until the spring. I'm sure there are some sunny days, but not many.)

On the coffee time call yesterday, we talked poetry and so I'd like to share with you two poems that were shared that are uplifting. I hope that you find them as well. Please know that if you need to talk, I'd be happy to give you a call or set up a pastoral visit via zoom.

*Epiphany blessings,
Jenni*

UPCOMING MEETINGS AND EVENTS

Tuesdays from 1 - 3pm Broadview Reading Club - we are reading page 54 in both the December and the January/February issue, as we didn't discuss any of the articles in the December issue (due to the Advent resource we read instead).

<https://broadview.org/united-church-minister-stress/>
<https://broadview.org/moderator-christmas-message/>
Zoom: <https://us02web.zoom.us/j/89093844185>

Tuesday January 11th at 7pm - KUC Affirm Committee Meeting - all welcome!
Zoom: <https://us02web.zoom.us/j/84223167504>

Thursdays from 1:30 - 3pm Coffee Time. Bring your own beverage and join for conversation and inspiration. Bring a poem to share if you'd like! Zoom: <https://us02web.zoom.us/j/8925057455>

Omicron: Important Points and Response of KUC's Reopening Committee:

As most of you are aware, the Omicron variant of COVID-19 has displaced the Delta variant and is now the dominant strain in Ontario. Omicron is unlike anything we have seen before. It is far more transmissible than all of the previous strains and the incidence in Ottawa and Ontario is rising almost vertically. We are told that even a minimal exposure to Omicron can lead to infection. We are also told that the cloth and paper masks that have protected us from COVID-19 so far are not effective against Omicron. We now need KN-95 masks. Many online sources are sold out. Dymon Storage of Ottawa currently has a good supply of KN-95 masks and does not expect to run out. Dymon is selling them at \$2 each at all their stores, where there is currently parking, no lineups and no waiting. They are

individually packaged, so you can buy whatever number you like. Dymon also sells them online. Canada Strong masks are also available online at <https://canadastrongmasks.ca/> They frequently restock so check back if they are sold out when you look.

While being far more contagious, Omicron is less virulent than Delta and only about 1% of cases require hospitalization. However there are several serious problems with Omicron that the low figure of 1% obscures.

First, so many people are getting Omicron every day that Ontario's capacity to test for new cases has been exceeded. Therefore the actual number of new cases daily is unknown. It is certainly much higher than the number reported. This lack of COVID-19 testing capacity exists across Canada and around the world. The metric Ontario is now relying on to gauge the spread is the daily number of new hospitalizations.

Second, 1% of a very large number is still a large number. With upwards of 100,000 new cases daily expected in ON, this translates to more than 1,000 new COVID-19 hospitalizations daily, which will rapidly overwhelm Ontario's hospitals.

Third, Omicron is so highly contagious that 20-30% absenteeism is expected across all occupations in the province, including health care workers. This means that our hospitals will have a reduced capacity to treat patients and may be thousands of beds short of the daily need.

Fourth, although vaccination will keep most patients out of hospital and ICU, it won't prevent this in everyone who is fully vaccinated. Also, both vaccinated and unvaccinated people can get quite ill from Omicron without requiring hospitalization. As one example, in Canada there is currently a healthy, active 25 yr. old triple-vaccinated man who has Omicron. He is at home but is unable to walk for more than 5 minutes without needing a break and is coughing severely most of the time.

Finally, it is still unknown what the incidence of "long COVID" will be with Omicron. That number is significant with all of the previous strains. Some cases have lasted a year and a half so far and could be lifelong.

It is prudent for each of us to take every precaution against catching or spreading Omicron.

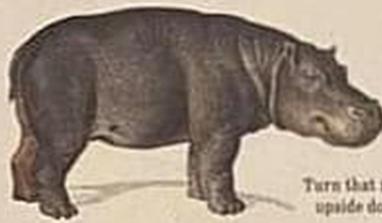
Accordingly, our Reopening and Worship Circles met Tuesday morning, Jan 4 to discuss online worship services in this time of Omicron and the provincial shut down. This is how we have decided to proceed:

We will pre-record Sunday services on Thursday evenings, with Rev. Jenni and the reader coming in first to record their parts and then leave. Gavan and the choir will then gather in the sanctuary to record hymns and anthems. The tech team will consist of three people, who will work from the balcony, distanced from those at the front of the sanctuary. KN-95 masks have been purchased and will be available at the office entrance. If you must come into the church please use one of these masks and be sure to sign in with your name and the time of your visit. With the high transmissibility rate of Omicron, the need for contact tracing will probably increase. Ottawa Public Health is now asking organizations like churches to do their own contract tracing if a case of COVID-19 occurs. If contact tracing is required, Denise Bonomo or Pete MacEwen will contact you. Everyone's confidentiality will be safeguarded.

The Reopening and Worship Circles will meet again on Feb 1 to review the situation.

MEN'S GROUP MEET ON LINE - Gentlemen of KUC and the wider community meet from 9:30am to 11:00 am on **Thursday mornings**. Discussions are wide ranging, as we attempt to solve all the world's problems, every week. If you want to join the Men's Group discussion please contact Doug Patriquin patriquinfam@sympatico.ca or Clayton Porteous at porteousclayton@outlook.com for the Zoom link.

NEED A PEP TALK? In case you need a laugh, please choose your own adventure pep talk:



Turn that frown
upside down.

PEP TALK GENERATOR

CHOOSE ANY BOX FROM EACH COLUMN • 104,976 POSSIBLE COMBINATIONS

1	2	3	4
<input type="checkbox"/> Champ,	<input type="checkbox"/> the mere idea of you	<input type="checkbox"/> has serious game,	<input type="checkbox"/> 24/7.
<input type="checkbox"/> Fact:	<input type="checkbox"/> your soul	<input type="checkbox"/> rains magic,	<input type="checkbox"/> can I get an amen?
<input type="checkbox"/> Everybody says	<input type="checkbox"/> your hair today	<input type="checkbox"/> deserves the Nobel Prize,	<input type="checkbox"/> and that's a fact.
<input type="checkbox"/> Dang...	<input type="checkbox"/> everything you do	<input type="checkbox"/> raises the roof,	<input type="checkbox"/> so treat yourself.
<input type="checkbox"/> Check it:	<input type="checkbox"/> your personal style	<input type="checkbox"/> breeds miracles,	<input type="checkbox"/> you feel me?
<input type="checkbox"/> Just saying...	<input type="checkbox"/> every thought you have	<input type="checkbox"/> is paying off big time,	<input type="checkbox"/> that's just science.
<input type="checkbox"/> Superstar,	<input type="checkbox"/> that sparkle in your eye	<input type="checkbox"/> shows mad skills,	<input type="checkbox"/> would I lie?
<input type="checkbox"/> Tiger,	<input type="checkbox"/> your presence here	<input type="checkbox"/> just shimmers,	<input type="checkbox"/> for reals.
<input type="checkbox"/> Self,	<input type="checkbox"/> what you got going on	<input type="checkbox"/> is a national treasure,	<input type="checkbox"/> mic drop.
<input type="checkbox"/> Know this:	<input type="checkbox"/> the essential you	<input type="checkbox"/> gets the party hopping,	<input type="checkbox"/> you hidden gem.
<input type="checkbox"/> News alert:	<input type="checkbox"/> your life's journey	<input type="checkbox"/> is the next big thing,	<input type="checkbox"/> snuggle bear.
<input type="checkbox"/> Girl,	<input type="checkbox"/> that saucy personality	<input type="checkbox"/> roars like a lion,	<input type="checkbox"/> period.
<input type="checkbox"/> Ace,	<input type="checkbox"/> your DNA	<input type="checkbox"/> is a rainbow factory,	<input type="checkbox"/> can I get an amen?
<input type="checkbox"/> Excuse me but	<input type="checkbox"/> that brain of yours	<input type="checkbox"/> is made of diamonds,	<input type="checkbox"/> now let's dance.
<input type="checkbox"/> Experts agree:	<input type="checkbox"/> your choice of attire	<input type="checkbox"/> makes birds sing,	<input type="checkbox"/> high five.
<input type="checkbox"/> In my opinion,	<input type="checkbox"/> the way you roll	<input type="checkbox"/> should be taught in school,	<input type="checkbox"/> say it again!
<input type="checkbox"/> Hear ye, hear ye:	<input type="checkbox"/> whatever your secret is	<input type="checkbox"/> makes my world go 'round,	<input type="checkbox"/> according to CNN.
<input type="checkbox"/> Okay, listen up:	<input type="checkbox"/> all of y'all	<input type="checkbox"/> is 100% legit,	<input type="checkbox"/> so get used to it.

A Blessing for Epiphany

This is not
any map you know.
Forget longitude.
Forget latitude.
Do not think
of distances
or of plotting
the most direct route.
Astrolabe, sextant, compass:
these will not help you here.
This is the map
that begins with a star.
This is the chart
that starts with fire,
with blazing,
with an ancient light
that has outlasted
generations, empires,
cultures, wars.
Look starward once,
then look away.
Close your eyes
and see how the map
begins to blossom
behind your lids,
how it constellates,
its lines stretching out
from where you stand.
You cannot see it all,
cannot divine the way
it will turn and spiral,
cannot perceive how
the road you walk
will lead you finally inside,
through the labyrinth
of your own heart
and belly
and lungs.
But step out
and you will know
what the wise who traveled
this path before you
knew:
the treasure in this map
is buried not at journey's end
but at its beginning.

New Day's Lyric by Amanda Gorman

May this be the day
We come together.
Mourning, we come to mend,
Withered, we come to weather,
Torn, we come to tend,
Battered, we come to better.
Tethered by this year of yearning,
We are learning
That though we weren't ready for this,
We have been readied by it.
We steadily vow that no matter
How we are weighed down,
We must always pave a way forward.
This hope is our door, our portal.
Even if we never get back to normal,
Someday we can venture beyond it,
To leave the known and take the first steps.
So let us not return to what was normal,
But reach toward what is next.
What was cursed, we will cure.
What was plagued, we will prove pure.
Where we tend to argue, we will try to agree,
Those fortunes we forswore, now the future we foresee,
Where we weren't aware, we're now awake;
Those moments we missed
Are now these moments we make,
The moments we meet,
And our hearts, once all together beaten,
Now all together beat.
Come, look up with kindness yet,
For even solace can be sourced from sorrow.
We remember, not just for the sake of yesterday,
But to take on tomorrow.
We heed this old spirit,
In a new day's lyric,
In our hearts, we hear it:
For auld lang syne, my dear,
For auld lang syne.
Be bold, sang Time this year,
Be bold, sang Time,
For when you honor yesterday,
Tomorrow ye will find.
Know what we've fought
Need not be forgotten nor for none.
It defines us, binds us as one,
Come over, join this day just begun.
For wherever we come together,
We will forever overcome.

JANUARY 7, 2022

We have a few 2022 United Church Calendars still for sale. If you want one (\$6.00) please email Kirsten Gracequist at kgracequist@kitchissippiuc.com in the office to make arrangements to pick one up!

UPCOMING SERVICES

**UPCOMING ADVENT AND CHRISTMAS SERVICES 2021/2022
ON LINE LIVESTREAM SUNDAYS (NO IN PERSON WORSHIP AT THIS TIME)**

HERE IS THE LINK TO VIEW THE KUC YOUTUBE CHANNEL ON SUNDAYS
<https://www.youtube.com/channel/UCwATU1rozB1PIIaRmr2teVA>

Sunday January 9th - Epiphany! Back to the Spiritual Literacy words: Enthusiasm! Energy! (Live Streamed)

WIDER CHURCH

Dear friends, family, and colleagues,

[Justice for Indigenous Women](#) (J4IW) is honoured to announce that a limited number of tickets are now available for our fundraiser, to be held on zoom on **January 18, 2022 from 7-9 pm EST**. Please see below for details.

We have our way: The movement to reclaim pregnancy, birthing, and childcare in Mittimatalik (Pond Inlet, Nunavut)

100% of ticket sales will go directly to the Inuit midwives of Mittimatalik (Pond Inlet), Nunavut to support their efforts to reclaim midwifery which was all but removed from the community through settler colonialism. We also encourage you to buy tickets as holiday gifts for others.



Once you have registered, you will receive a zoom link to the event.
Photo of Lynda Panipak and her daughter Tira Panipak.
Photo Credit: Jamie Griffiths (Chickweed Arts)
"We, as Inuit, have a way of birthing and pregnancy. We know we have our way." -Regilee Ootoova

Your ticket will include the music by multidisciplinary Métis artist Moe Clark, the film screening, as well as a question and answer conversation with women leading this project in Mittimatalik (names to be announced by the community closer to the date). This event will be in English and Inuktitut (with English subtitles/translation).

Please click on this link to purchase your tickets and register for this important event.

https://www.eventbrite.com/e/we-have-our-way-reclaiming-pregnancy-birthing-and-childcare-in-mittimat-tickets-224048353657?keep_tld=1

Please feel free to share this with your contacts and networks.

We thank you for your commitment towards honouring and supporting Inuit women and taking action towards justice and equity.

Sincerely,
Sylvia Smith

JANUARY 7, 2022

Tickets to the event - You can purchase a ticket for yourself, and also to give as gifts.

Suggestion minimum donation is \$50.00. This will be based on your ability to financially support the midwifery project. If you cannot afford the \$50.00, please pay what you can afford, and if you cannot afford to make a donation, you are most welcome to participate. If you can afford more, please know 100% of every dollar you share goes to the midwives of Mittimatalik to make a direct difference where it matters most. **Tickets to the January 18 event from 7:00 – 9:00 pm EST:**

https://www.eventbrite.com/e/we-have-our-way-reclaiming-pregnancy-birthing-and-childcare-in-mittimat-tickets-224048353657?keep_tld=1

The difference this event will make

An extraordinary project is underway near the Northern tip of Baffin Island in Mittimatalik (Pond Inlet), Nunavut. This new initiative, led by Inuit women, will have a huge impact on Inuit women and their families and communities. We invite you to help make it happen!

Traditional Inuit Midwifery has been all but wiped out by Settler Colonialism. Inuit women in Mittimatalik are working to reclaim their traditional ways of pregnancy, birthing, and childcare through community midwifery. They know that restoring their traditional knowledges and ways of birthing will result in healthier babies, mothers, families, and communities.

This virtual fundraiser will include documentary footage made in Mittimatalik, raising awareness about Inuit-led efforts to restore their labouring, birthing, and childrearing practices. Participants will learn about [Pirurvik](#), an innovative Inuktitut Preschool Program that blends Montessori methods with Inuit Qaujimajatuqangit (Inuit ways) and Inungnuinniq (traditional Inuit child-rearing). Never seen-before documentary footage of Elder, Teacher, and community midwife Regilee Ootoova will provide participants with a rich opportunity to learn about Inungnuinniq and birthing, and how these ways have been devastated by Canadian settler-colonialism.

[Justice for Indigenous Women \(J4IW\)](#) is deeply honoured to play a role in providing financial support by hosting this event. We invite you to contribute to this community-driven effort in Mittimatalik to help midwives teach community members about midwifery, support Inuit women in pregnancy and birth, and honour Inuit child rearing practices. 100% of ticket sales will go directly to the midwives in Mittimatalik.

WE ARE HERE FOR YOU - PLEASE REACH OUT

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**THE CHURCH OFFICE IS NOT
OPEN TO THE PUBLIC UNTIL
FURTHER NOTICE.**

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**All office emails and phone
messages will be
checked through the
holiday.**

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Custodian

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JANUARY 7, 2022