



SEASON OF CREATION

Kitchissippi
UNITED CHURCH

Sunday, September 18, 2022
Creation Time

SUNDAY MORNING WORSHIP at 10 AM LIVE STREAM

WWW.KITCHISSIPPIUC.COM

HERE IS THE LINK TO VIEW THE KUC YOUTUBE CHANNEL ON SUNDAYS

<https://www.youtube.com/channel/UCwATU1rozB1PIlaRmr2teVA>

A MESSAGE FROM REV. JENNI



Good Friday to you!

It has happened, hasn't it? The weather is changing, the cooler weather is more predictable in the mornings and it's time to bring out the appropriate clothing.

This Fall, we are focusing on several H words in the Spiritual Alphabet. The first, for this month, is Hope. You can read more about this inspiration here: <https://www.spiritualityandpractice.com/practices/alphabet/view/14/hope>

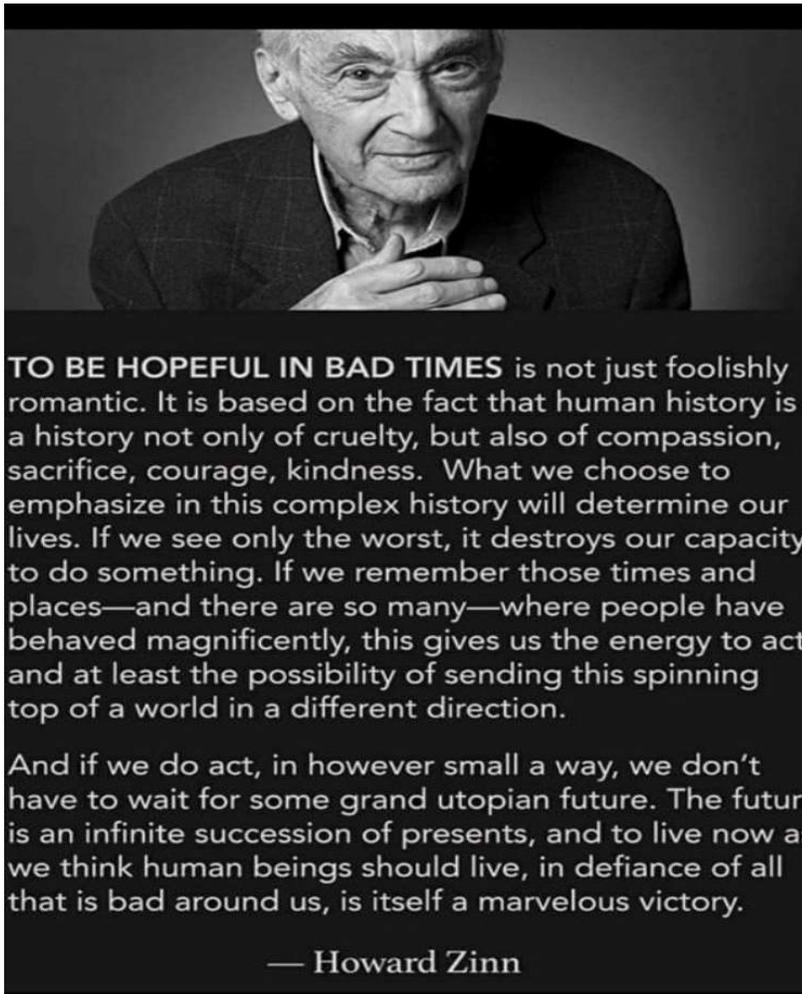
To have hope, to be hopeful, even in the worst situations, is frankly, very difficult to do. You know this if you've ever been depressed, or are awaiting a medical diagnosis for yourself or a loved one. When we are in those spots of discomfort, frustration, overwhelm, it is very hard to see hope in the situation or in the future.

One of the recent sayings I've heard and have come to really appreciate is 'feelings aren't permanent'. For sure, this is true of any emotion, but especially those negative, painful feelings that linger and make us want to go back to bed or curl up in the fetal position. If feelings aren't permanent, however, we can take the longer view and say to ourselves 'I won't feel like this forever...this feeling will pass...' Because when we're in it, *we're in it*: it's hard to see beyond it, isn't it? 'Feelings aren't permanent' is one of the most hopeful things I've heard in awhile.

Personally, I love the image (metaphor?) of the light at the end of the tunnel. Try it: when you feel like you are in a tunnel with no way out, imagine a pinprick of light...just that much - a pinprick. Continue, mentally, toward that pinprick and you will find it gets bigger as you walk toward it.

As we watch our gardens slowly make their way to their death cycle (to be reborn again in spring), we have this powerful visual for impermanence. Maybe we could take a few lessons from our gardens, understanding that life is cyclical, that we go through phases, and as we head into fall (next week) may you find hope in whatever situation in which you find yourself.

I'll leave you with these words from Howard Zinn:



TO BE HOPEFUL IN BAD TIMES is not just foolishly romantic. It is based on the fact that human history is a history not only of cruelty, but also of compassion, sacrifice, courage, kindness. What we choose to emphasize in this complex history will determine our lives. If we see only the worst, it destroys our capacity to do something. If we remember those times and places—and there are so many—where people have behaved magnificently, this gives us the energy to act, and at least the possibility of sending this spinning top of a world in a different direction.

And if we do act, in however small a way, we don't have to wait for some grand utopian future. The future is an infinite succession of presents, and to live now as we think human beings should live, in defiance of all that is bad around us, is itself a marvelous victory.

— Howard Zinn



Sunday, September 18th is Welcome Back Sunday.

We hope you will join us for a special birthdays, anniversaries, and covenanting service with a light brunch in the hall after!

Please join us after the service for a light brunch and refreshments. It will be "pick up" foods to share in the hall with coffee and tea and juice. We would ask that people with last names A-J bring baked goods, (croissants, bagels, muffins, gluten-free items); Last names K-P bring fruit or jams; Last names Q-Z bring proteins (cheese, eggs, etc). We look forward to seeing you!

FAITH FORMATION

Here is this week's Faith Formation Newsletter for KUC families:

<https://mailchi.mp/2ec9e3e7a780/welcomeback2022-12135435>

It has more information for families with children and youth. We invite you to sign up to receive it here: <http://eepurl.com/g95MTb>

Past newsletters can be viewed here:

<https://us10.campaign-archive.com/home/?u=c5239d4f84ee7bc4ac5198c61&id=38f4dfb637>

I'd also like to highlight the Acknowledge the Truth Walk on September 30th, 2022

OUTREACH

REFUGEE SUPPORT

We may hear very soon that our Burundian family has approval to travel to Ottawa! They have been living in Rwanda as refugees and we need to be ready to greet and settle this family: Illuminee (the mother) and her children Key Kenta (F -19), Yan Owen (M- 13) and Chekna Charlie (F - almost 12). We are looking at longer term accommodation in Ottawa but with short notice being very likely, does anyone have or know of a temporary furnished space for perhaps a couple of weeks or so when they arrive? The Syrian family several years ago was very fortunate to have a "soft landing space" for a short time till they moved into an apartment. Please ask family and friends if they know of available short-term space and notify the church at 613-722-7254 if you have suggestions. Once the family is here, we will collect needed items but not until then.

Thanks to KUC and friends for your ongoing support!

UPCOMING MEETINGS AND EVENTS

KUC Walkers Team in the Grand Parade - Thank you to all the walkers who joined our team and to all of you who donated to this event in support of Ottawa West Community Support (OWCS). It was a great success and a wonderful way to celebrate OWCS' 45th year serving seniors in our community.

Trivia is Back – Friday, September 23rd from 7-9pm on Zoom. Generational and Canadian trivia will be experienced. Plus, personal stories! Zoom link <https://us02web.zoom.us/j/82250633588>

NO Fall Rummage Sale - there will **not** be a fall rummage sale this year. We are concerned about the public health issues around a big event and the availability of volunteer help, among other issues. We do think it is an ideal time to perhaps rethink our semi-annual fundraiser sales. If you have any ideas, please talk to the UCW members. Thank you for your support over these many years of rummage sales. Please don't bring any rummage to the church until we advise you if we are going to continue these types of sales in the future.

The Men's Book Club is moving BACK indoors. This club is tailored to retired male participants who enjoy discussing books. It is NOT a traditional book club but rather a "Book Report Club." Each participant reads what they want to read and gives a short dissertation of the book which is intended to spark conversation. **Next meeting is Tuesday, September 20th** at 3:30PM in the KUC Parlour. This group will meet once a month at the church, however, you do not need to be a church member to join in - some are not. If you think this could be of interest, please contact me (Rob Harcourt) AT Robertharcourt360@gmail.com.

FALL 2022- COVID PROTOCOL UPDATE – SEPTEMBER 13, 2022

Kitchissippi United Church Covid 19 Protocol Unanimously agreed to at Council on September 13, 2022

1. Masks are no longer required inside the KUC building. People may make their own decision. We do encourage mask wearing, particularly when singing. Masks and hand sanitizer will continue to be available at all building entrances.
2. Choir members may make their own decisions about masking. Vinyl barriers will be positioned across the front of the choir loft to reduce droplet spread into the larger sanctuary.

3. All congregation members are asked to self-screen prior to attending church services and meetings. If someone has any Covid symptoms, they are asked not to attend and instead watch the service through live streaming
4. All attendees are encouraged to get vaccinated with the new bivalent vaccine as soon as they become eligible.
5. Hepa filters will be placed in the parlor, chapel and boardroom to improve air quality for groups meeting in those spaces. We will continue to open windows in the sanctuary and hall.
6. Socializing in the hall will resume after worship services on Sundays. Masks are optional. People will no longer be required to be seated while eating or drinking.
7. The Reopening Circle will continue to meet periodically through the Fall and Winter of 2022/23 and will update the protocol as required.
8. This protocol is to be followed by congregational members and those renting our building space.

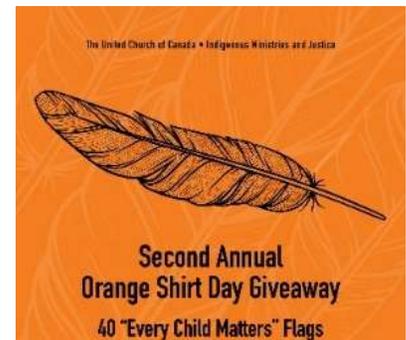
Note * The Reopening Circle thanks all Kitchissippi congregation members and renters for their support and adherence to our Covid Protocols since March 2020. Through our collective efforts serious Covid outcomes have been avoided.

UNITED CHURCH OF CANADA ESSENTIALS

Kwey / Greetings,

You are invited to a very special Indigenous led “Every Child Matters” Walk event on September 30, the National Day for Truth and Reconciliation. This is your opportunity to make a difference as we join together to change the name of the Sir John A MacDonalD Parkway in Ottawa.

This peaceful, family-oriented public Walk honours all of the Indigenous children who died in residential schools, and their families and communities that continue to suffer from this unspeakable tragedy.



Come walk with other individuals, children, families, and representatives of various groups from our communities. Wheelchairs, strollers, bicycles, roller skates, skateboards all welcome!!! We will Walk at a pace that suits everyone!!!

By simply joining the Walk you will support this campaign led by Spiritual Advisor of the Algonquin Nation, Artist and Human Rights activist Albert Dumont, as we Walk the parkway with optimism and confidence in the NCC (National Capital Commission) to announce this change! Let’s Walk together in memory of the children who didn’t survive MacDonalD’s Residential Schools.

All we ask is that you come with a good heart and with a vision that MacDonalD’s name will be removed from the parkway because you took part in this Walk.

There will be Indigenous drumming and singing and educational offerings about the issue suitable for all ages and levels of knowledge.

Logistics

The Walk’s participants will gather at 8:30 A.M. EST in front of the Canadian War Museum at 1 Vimy Place in Ottawa, rain or shine. (We have obtained a permit for this walk).

After a greeting and welcome and Indigenous drumming and song, the Walk will proceed west along the Westbound Parkway for one hour, and then return to 1 Vimy Place via the Eastbound Parkway.

For more information

- Albert Dumont's piece on the campaign: [Let's Shut Down the John A. Macdonald Parkway on September 30, 2022 | Albert Dumont](#)
- National Post piece: [Here is what Sir John A. Macdonald did to Indigenous people | National Post](#)

Background

Sir John A MacDonald (SJAM) set out to commit genocide against Indigenous peoples who had done no harm to him nor to his loved ones. He believed that by erasing the culture and spiritual purpose of this resource-rich country's original inhabitants, he would forevermore be regarded as a hero to Canada's future generations of white-skinned citizens. You will have the opportunity to learn much about this dark chapter of Canadian history and the leadership role Sir John A MacDonald played. There will be educational materials and interactions appropriate for all ages. On this National Day for Truth and Reconciliation, a move to rename the parkway will go a long way to recognize the Truth of history and will be a meaningful step toward Reconciliation.

Meegwetch / Thank you

UCW – WIDER CHURCH

To all UCW Members,

Welcome, all UCW Members are invited to join the National UCW executive in its closing Worship and Communion Service on Friday, September 23, 2022 at 10:15 am Eastern Time. Please have your communion elements ready. Our Worship Leader is Rev. Dr. Japhet Ndhlovu, Executive Minister to Church in Mission Unit, of the United Church of Canada. The zoom meeting will open at 10:00 am.

Join Zoom Meeting

<https://united-church.zoom.us/j/82125641220?pwd=OFBDbUZYNnFkaWQ2azhKa1VUZodNZz09>

Meeting ID: 821 2564 1220 Password: 372539

Carolle Dallas-Arbuckle, National UCW Treasurer

WE ARE HERE FOR YOU - PLEASE REACH OUT

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

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