



gratitude:

Kitchissippi
UNITED CHURCH

Sunday, September 4, 2022
Pentecost 13 - Gratitude

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!

September? It seems like it was just June and we were celebrating the beginning of summer. It has been a lovely summer for me - I hope it has been for you too?

REST

There were some late nights, but there were also late mornings for sleeping in. Sleep is so important, and I don't know about you, but I get frustrated when I don't get enough sleep, or wake up in the night and worry about things. God calls us to rest: God rested on the seventh day. Jesus went out into boats to get away from folks to think, to rest. Have you been able to rest this summer?

SWIM

I swam in two freshwater lakes this summer - so refreshing, clean, cool. What did you do this summer that refreshed your spirit? Did you swim in any lakes, rivers, oceans?

GROW

I took time to think about my life, my vocation, my teenagers/parenting, and did some reading and writing in my journal. Growth is so incremental, isn't it? I couldn't say 'wow, I grew so much', but I can say that I did some reflecting and processing and that feels good. What does God want from me, us? I believe God wants us to be evolving, growing, learning throughout our lives: to be lifelong learners. I don't think even a life time will be long enough to learn about faith/God, but I don't know about you, I'm going to die trying. Oh, and my tomatoes, kale and flowers did so much growing too. That first batch of tomatoes was wonderful and each time I see a dying dahlia flower and I pluck it off so more can grow, I think of how important it is to trim the dead edges of our lives so new growth can happen. What have you watched grow this summer? How have you grown/evolved?

On Sunday, Rev. Stephane will be leading the worship service. On Tuesday, I will again hit the ground running and see many of you on Sunday September 11th.

Blessings as summer holds on a little longer,
Jenni

CONDOLENCES:

Don't know if you have both of the obits but here they are.

Coby Fuykschot: <https://ottawacitizen.remembering.ca/obituary/jacoba-fuykschot-1085763286/>

Roslyn Mann: <https://ottawacitizen.remembering.ca/obituary/roslyn-mann-1086029456>



Please join us on **Sunday, September 18th** - Welcome back and Covenanting Sunday Children's programming will start then. More information to come.

OUTREACH

Parkdale Food Centre (first Sunday of each month) - Donations of non-perishable food items are needed and can be brought to the church this Sunday!

Carlington Community Chaplaincy Workshop – Sat. Sept. 10 (9am to Noon)

Bellevue Community Centre. 1475 Caldwell Avenue

Theme: *The Chaplaincy after Covid – THE WAY FORWARD*

This is your invitation to learn more about the Chaplaincy, an important community organization we've supported for many years. The workshop will include the following in presentations and open discussions: an overview of the Chaplaincy's current program; plans for new initiatives; what we learned from Covid-19; the drop-in centre and food program; engaging our churches & supporters; recruiting volunteers; the current financial situation; immediate and longer term challenges and suggestions for reaching financial stability. Please join us - we really need participation and ideas from our church members!

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?

Our 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

UCW meeting - Wednesday, September 7 at 1:00 pm in the Hall. All women of the congregation are welcome.

Men's Coffee Group - Gentlemen of KUC and the wider community, meet Thursday mornings from 9:30am to 11:00. Discussions are wide ranging, as we attempt to solve all the world's problems, every week. In good weather we meet at Remic Rapids by the Ottawa River, and when rainy, at Local Heroes on Clyde. If you want to join the Men's Group discussion please contact Doug Patriquin patriquinfam@sympatico.ca or Clayton Porteous at porteousclayton@outlook.com.

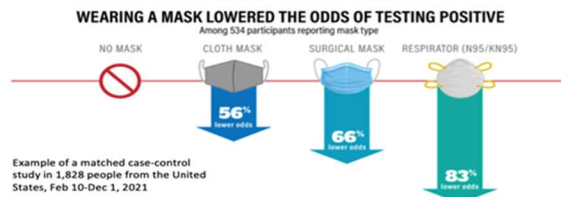
FALL 2022- COVID PROTOCOL UPDATE

We will not be checking vaccine status. We know that two doses of the original vaccine provide minimal protection against the current Omicron strains. Boosters do help. There is a new bivalent vaccine providing better protection against the Omicron variant and we encourage all members of the congregation to get this booster dose when they are eligible.

1. The sanctuary and hall will return to full capacity use. If eating or drinking in the Hall, people must be seated with 6 foot spacing, and masks should be replaced as soon as the snack has been eaten.
2. We will continue to require masks, preferably KN95s and will allow congregational singing with masks on. Masks are available at all entrances. All choir members are welcome to return to practices and Sunday worship wearing masks if they are comfortable with the distancing limitations in the choir loft.
3. Children's programming will resume September 11, including the nursery. For the Fall, many of the preschool, elementary school and young adults' activities will take place outdoors. As with the adults in the congregation, we ask that children over the age of two wear a face mask and be vaccinated as they are eligible. Proof will not be required.
4. We will continue to open windows and use the hall ventilation system. People are asked to dress warmly as the outdoor temperatures fall. We are purchasing three Hepa Filters to be used in the board room, chapel and parlour for children's programming and small group meetings. We encourage Circles to meet by Zoom as winter sets in.
5. We ask people not to crowd too closely together while inside the church. We will continue to plan for safe spacing at worship and social events.
6. We will continue to supply and request that people use hand sanitizer and minimize sharing of communal objects.

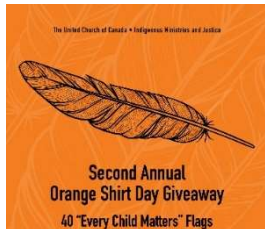
Masks are still an effective public health measure to reduce COVID-19 transmission

- Public health measures, including increased ventilation and filtration, physical distancing and wearing a well-fitted, high quality mask can help reduce SARS-CoV-2 transmission in places where people gather indoors.
- Recent studies from the United States analysed the impact of mask wearing on SARS-CoV-2 community transmission: mandatory masking reduced the incidence of SARS-CoV-2 infection consistently.
- Masking protects both the person who wears the mask and others.
- Community benefits from masking are most pronounced when adopted widely.



Donovan et al. MMWR Morb Mortal Wkly Rep 2022; Brooks et al. JAMA. 2021; Figure adapted from Andrejko et al. MMWR Morb Mortal Wkly Rep 2022.

UNITED CHURCH OF CANADA ESSENTIALS



September 30, 2022 is Orange Shirt Day and the National Day for Truth and Reconciliation. Last year, Indigenous Ministries and Justice held an Orange Shirt Giveaway. This year's Giveaway will take place on August 30. Enter for a chance to win one of forty "Every Child Matters" flags, sized 36" by 60" and with metal grommets. Flags have been purchased from the Whetung Cultural Centre in Curve Lake, Ontario. Proceeds will go to the Save the Evidence campaign to preserve the Mohawk Institute in Brantford. [Enter for your chance to win a flag.](#)

WIDER CHURCH

The Grand Parade 2022- Saturday, September 17, 2022

The Ottawa West Community Support (OWCS) is a non-profit gem of an organization that provides many innovative and practical services to allow older persons to age in place for as long as possible while respecting their dignity and worth. This organization was developed 45 years ago by several community churches, including the amalgamating churches of Kitchissippi United Church. In honour of this anniversary of this vital service, the OWCS is participating in the Grand Parade – a fundraising walk – on September 17th. The walk will take place between the OWCS building in Wellington West and Tunney's Pasture. <https://thegrandparade.org/location/ottawawellingtonwest>

Kitchissippi United Church members remain active in this organization. Marion Reid has been associated with this organization for the full 45 years of its existence, Barth Curley is its current President, Nancy Garrard is a Board member and Gweneth Gowanlock has recently left the Board after many years of service. We have set up a KUC Walkers Team and invite you to join us on September 17th. If you want to join the team or would like to financially support our efforts, please click the link below. Thanking you in advance!

The KUC Walkers Donation link:

<https://secure.e2rm.com/regisrant/TeamFundraisingPage.aspx?teamID=983300&langP%20ref=en-CA>

KUC LIVESTREAMING APPEAL IS COMPLETE

Over the summer, we appealed for donations to install a new pan-tilt-zoom camera on the sanctuary wall, above the piano. This was to give us better coverage of activities at the front of the church, including events such as weddings. The new camera angle will also make it easier for us to switch between views of the lectern, the pulpit and the choir, etc., and show the faces of our congregation, rather than the backs of heads!

The new camera will be operational in September.

Through your generosity, we have raised \$2740, which will cover the full cost of the new camera and connections to the balcony.

Together with existing funds in the technology budget, this will enable us to acquire another camera for use outside the church, to give us live feed for events in the garden or in front of a church building, for example. We would also be able to livestream activities in the chapel.

These enhancements will support what our team of dedicated young tech operators--Kyle, Mason and Bram--and other volunteers and staff are doing every Sunday, providing interesting audio video material in the sanctuary, and livestreaming our services. We are also looking at opportunities to use our technology systems to support our partners in the community.

Thank you again for your generosity, and for your vote of confidence in how we are using technology to help us adapt, as a congregation, to life in the covid and post-covid environment we find ourselves in.

Ian MacGregor (Chair of Council), Doug Brooks (Treasurer) and Doug Patriquin (Chair of Trustees)

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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