



Kitchissippi
UNITED CHURCH

Sunday, November 20th, 2022
Creation Time – Hospitality
Trans Awareness and Remembrance Sunday

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 morning!

The weather has certainly shifted into this season of winter and I wonder if you had a chance to read the article I linked last Friday file? From the NY Times: What Scandinavians Can Teach Us About Embracing Winter. I know that sometimes NY Times are behind pay walls, so I wanted to give you a couple of paragraphs to chew on:

"In Tromso, the sun doesn't rise at all for two months. They get, at most, a few hours of indirect light a day from the end of November to the end of January. Yet the residents of Tromso have low rates of seasonal depression. One reason, I learned, is that they tend to have a "positive wintertime mind-set."

People there see the winter as a special time of year full of opportunities for enjoyment and fulfillment, rather than a limiting time of year to dread. In fact, my research found that this positive wintertime mind-set was associated with well-being, including greater life satisfaction and more positive emotions.

Strategy 1: Get Outside

Norway has a concept called friluftsliv, which translates roughly to "open air life." According to Per Kare Jakobsen, a researcher at the University of Tromso who studies friluftsliv and open-air tourism, "the way Norwegians are brought up with the strong cultural tradition of friluftsliv is key to understanding our (generally quite positive) mind-set." This means dressing for the weather — from woolen socks and leggings to safety-focused reflective strips on your jacket — and getting outside. There is a special word for it: "outdoorphins". Bundle up, go outside, smell the air, go to a place that you like to look at, bring some hot chocolate in a thermos.

This Sunday is Trans Awareness Sunday and I found this while doing some research: Communications toolkit Campaigning for trans rights

<https://tgeu.org/wp-content/uploads/2022/10/tgeu-communications-toolkit-2022.pdf>

Join us on Sunday as we welcome Tara (founder of the Ottawa Trans Library in Hintonburg) and Charlie, who was our Interim Faith Formation Leader when Diana was on parental leave.

NEXT SUNDAY is Advent ! We have a baptism planned (Baby Xai (pronounced zai) and the UCW will hold a bake sale, including soup and chili, so please come with cash on hand to stock your freezer! Ophelia will also have a craft table for her art. We will also be starting the worship service 5-10 minutes early for a Christmas Carol Sing. You'll have a chance to request your favourites!

I'll leave you with this prayer by our former Moderator, The Very Rev. Richard Bott:

As the season turns, God,
and the "triple-threat" of
COVID, Influenza, and RSV
are becoming a danger to
our communities...
our children...
the loops of my mask
again wrap around my ears,
as the loops of my neighbours' masks
wrap behind theirs.

So my orisons will be sung
with covered lips, but an open heart.
So my hands will be lifted
(just a bit tender, from my boosters)
in praise and in action,
to carry hope and healing,
justice and joy,
as I go along my way.

Bless our smiles,
though hidden they may be;
bless our love and care for one another,
made tangible, by this simple covering.

Bless those who care,
and those who caretake...
and we pray for all the medical professionals
who are working tirelessly, though exhausted -
may we do all we can,
to help them,
as they help the world.

In the power of the Breath of God,
Holy Spirit, divine;
in the name of Christ,
healer, divine;
in the love of the Creator,
I pray.
Amen
#pandemicprayers

Whether you chose to go outside or not, I hope you have a great weekend!
Blessings, all,
Jenni



This Sunday, November 20th (after the service) - Volunteers are needed to set up the Christmas decorations and Christmas tree in the Sanctuary.

FAITH FORMATION – ADVENT STUDY

The Study group finished this paper by Marjorie Suchocki <https://www.openhorizons.org/what-is-christian-process-theology-marjorie-suchocki.html> and began a conversation about Advent, which starts next Sunday.

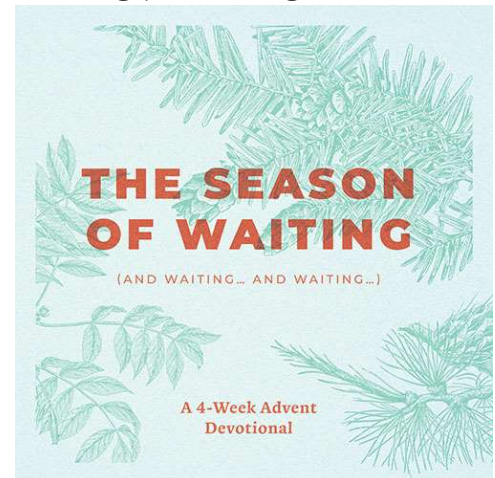
We are using Kate Bowler's online Advent study called "**The Season of Waiting (And waiting...and waiting...)**" here: <https://katebowler.com/>

Access the resources:

Option 1) Download from the website <https://katebowler.com/>. You will see a "pop up" that will lead you to the free resource. (If that doesn't happen for whatever reason, please see the top menu, on the far right that says Advent. You will then see a place to enter your name and email address. You can then download the resource and it will be saved as a download to your computer/tablet.

Option 2) Pdf of the resource is attached to the KFF email (November 18, 2022)

Option 3) Hard copy - please contact Kirsten Gracequist 613-722-7254 in the office to pick one up.



We will meet on zoom and study:

- Week 1 on November 22nd
- Week 2 on November 29th
- Week 3 on December 6th and
- Week 4 on December 13th

Zoom link here:

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

OUTREACH

REFUGEE SUPPORT

We've just learned that our Burundian family will arrive the first week of December!! Finding a home for Illuminee and her family is our top priority. We have no leads on "soft landing " spots for a week, so we're looking for an affordable rental immediately. Settlement costs will be high. We have numerous offers of donations of new and nearly new household items (see list below, slightly revised thanks to a few offers). We will be purchasing new mattresses, winter clothing, stocking the pantry and equipping the family for their first year in Canada. Financial help and teamwork to settle the family are essential...thank you for being part of the team! For more info or if you have questions, please contact Norah Patriquin(patriquinfam@sympatico.ca) and thanks in advance!

Please consider a donation to Kitchissippi Refugee Fund to help cover START UP COSTS for the family.
<https://www.kitchissippiuc.com/contact-us/donate/>

WAYS TO GIVE TO THE REFUGEE FUND

- 1) Secure Interact etrasfer – Donate by etransfer at donations@kitchissippiuc.com (**note Refugee Fund**)
- 2) Canada Helps – To make an online donation go to <http://www.canadahelps.org/en/charities/Kitchissippi-United-Church> (select **Refugee Fund - Apply your donation to a fund set up by this charity***)
- 4) Donation in the plate in Sunday – or mail donation/cheque (no cash please) to Kitchissippi United Church 630 Island Park Drive, Ottawa, ON K1Y 0B7 (**note Refugee Fund**)

NEEDED ITEMS

bed frames sheets , pillow cases pillows - 4 min. duvets or blankets towels - 4 bath size facecloths - 4 min. kettle pots 2 or 3, various sizes	toaster glasses mugs plates bowls cutlery bowls for cooking measuring cups and spoons	coffee pots oven mitts desk table chairs couch bookshelf frying pans
--	--	---

UCW BAKE SALE IS BACK!

Sunday, November 27: UCW Bake Sale: Shop for yummy Christmas baking in the Hall after church at the UCW’s Christmas Bake Sale, PLUS Frank Chapman’s famous firehall chili (made with a little help from his friends). All are welcome to donate cookies, candy, cakes, preserves and more. Please bring donations to the Hall before 10 a.m. For information, call Wendy Warburton at 613-722-7163, or email soprano2nu@yahoo.ca.



WE ARE HERE FOR YOU - PLEASE REACH OUT

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

www.kitchissippiuc.com



Rev. Jenni Leslie
 Minister

jleslie@kitchissippiuc.com

Diana Brushey
 Faith Formation Leader

diana.brushey@kitchissippiuc.com

Kirsten Gracequist
 Office Administrator
 Office Phone: 613-722-7254

kgracequist@kitchissippiuc.com
 Cell 613-715-2294

Gavan Quinn
 Music Director

gavanquinn@gmail.com

Jerzy Spychalski
 Custodian