



*Kitchissippi*  
UNITED CHURCH

Sunday, December 4, 2022  
Second Sunday in Advent

**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 day folks,

I hope this finds you well and enjoying the sunshine! December is upon us!

I wanted to share two things with you today. The first is this video from many years ago, The Man in the Mirror by Michael

Jackson: <https://youtu.be/PivWY9wn5ps> Have a listen and walk down memory lane. You'll hear more about this video in relation to the Gospel reading this

Sunday. John the Baptist calls us to do the same! Did you know?

During the Advent season, we might slow down and take a look at the past year and look towards the year to come. One thing I keep reading is that while the pandemic is slowly departing, it's effects are still being felt. Anger, hostility, short tempers, sadness, shame, blame...we are not back to "normal" yet, are we? You might notice your patience is shorter. You might notice your brain is foggy. Whatever you are noticing, is normal. I'd like to share with you this helpful reminder, in the form of a letter by Naomi Holdt, Psychologist.

May you have a renewing weekend,  
Jenni

p.s. If you are able to help deliver plants for Pastoral Care this weekend, that would be wonderful! Find the Pastoral Care Team in the hall after the worship service.

#### **A gentle reminder about why you are utterly exhausted...**

No one I know began this year on a full tank. Given the vicious onslaught of the previous two years (let's just call it what it was) most of us dragged ourselves across the finish line of 2021... frazzled, spent, running on aged adrenaline fumes...

We crawled into 2022 still carrying shock, trauma, grief, heaviness, disbelief... The memories of a surreal existence...

And then it began... The fastest hurricane year we could ever have imagined. Whether we have consciously processed it or not, this has been a year of more pressure, more stress, and a race to “catch up” in all departments... Every. Single. One. Work, school, sports, relationships, life...

Though not intentionally aware, perhaps hopeful that the busier we are, the more readily we will forget... the more easily we will undo the emotional tangle... the more permanently we will wipe away the scarring wounds...

We can't.

And attempts to re-create some semblance of “normal” on steroids while disregarding that for almost two years our sympathetic nervous systems were on full alert, has left our collective mental health in tatters. Our children and teens are not exempt. The natural byproduct of fighting a hurricane is complete and utter exhaustion...

So before you begin questioning the absolutely depleted and wrung-dry state you are in- Pause. Breathe. Remind yourself of who you are and what you have endured. And then remind yourself of what you have overcome.

Despite it all, you're still going. (Even on the days you stumble and find yourself face down in a pile of dirt).

Understanding brings compassion...

Most of the world's citizens are in need of a little extra TLC at the moment. Most are donning invisible “Handle with care” posters around their necks and “Fragile” tattoos on their bodies...

Instead of racing to the finish line of this year, tread gently. Go slowly.

Amidst the chaos, find small pockets of silence. Find compassion. Allow the healing. And most of all... Be kind. There's no human being on earth who couldn't use just a little bit more of the healing salve of kindness.

With love

Naomi Holdt, Psychologist

## UCW CHRISTMAS FUNDRAISER RESULTS

**BAKE/SOUP AND CHILI SALE RESULTS:** The UCW Christmas Bake Sale was a huge success. Sales of baked goods, soup and chili totaled \$1,134. Many thanks to Frank Chapman for the chili, to Jackie Clifford, Hugh Hodgins, Donna Horner, Wendy Warburton and the Reid family for the soups, and to all our many bakers. We couldn't do it without you! Many thanks to Jackie Clifford, Hugh Hodgins, Donna Horner, Wendy Warburton and Nancy Garrard for their work behind the tables, and to Mary Laidlaw and Norah Patriquin for assisting with the set-up.

## Pastoral Care

**Sunday, December 4**

### Flowers for Pastoral Care Circle

The Pastoral Care Circle continues to visit with friends and members in need of support and fellowship. On Sunday, December 4 we will be bringing Christmas plants to our members who cannot get out to church and we need your help delivering these plants. At coffee hour, you can find the names of the intended recipients attached to the plants.



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If you could deliver one or two plants to someone you know or someone who lives near you, that would be appreciated. With your help we will bring joy to the hearts of our church family members. Please speak with Donna Horner, Donna Kricorissian, Frank Chapman or Rev. Jenni after church if you have any questions.

## FAITH FORMATION

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.

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

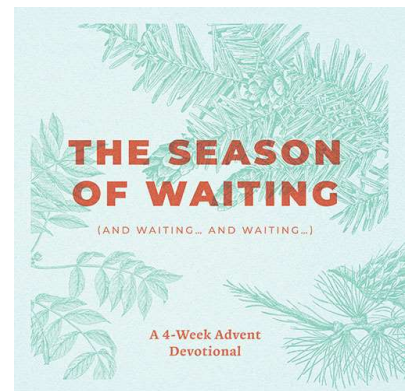
**We will meet on zoom and study:**

Week 3 on December 6th and

Week 4 on December 13th

Zoom link here:

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



### KUC Sunday school families and Youth-Young adults

If you and your family would like to participate in a Christmas cheer project so that newcomer families in our area will experience some additional good wishes for their first Christmas in Ottawa (Canada) please speak to Diana Brushey or Laurie Joe (Faith Formation team).

## UCW Christmas luncheon is back!



### Women's Christmas Potluck Luncheon

Wednesday, December 7 at 12:00 PM in the Hall. We hope you will be able to join us for good food and fellowship. The food is always plentiful and delicious. **All women of the congregation are welcome.**

## ADVENT AND CHRISTMAS SERVICES

**Advent 1** – Sunday, November 27 at 10 AM (Baptism)

**Advent 2** – Sunday, December 4 at 10 AM (Communion/Flowers for Pastoral Care)

**Contemplative Service** – Tuesday, December 6 at 7 PM

**Advent 3** – Sunday, December 11 at 10 AM (White Gift/Mitten Tree)

**Advent 4** – Sunday, December 18 at 10 AM (Pageant)

**Christmas Eve Candlelight Service** – December 24 at 7 PM

**Christmas Day** – Sunday, December 25 at 10 AM (Lay led)

**Twelfth Night/Epiphany Eve Wassail** – Thursday, January 5 at 6 PM

## Kitchissippi's Christmas Outreach

### ADVENT OUTREACH 2022

The Outreach Circle has worn 2 hats this year, especially recently. We have thankfully increased our numbers wearing our Refugee hats, excitedly awaiting the arrival of Illuminee, her daughters Kenta (20), Chekina (12) and son Yan Owen (13) on December 6th! You will have read and heard about their arrival. Do let us know if you can offer additional help. [Refugee Fund envelopes](#) are in the church!



**Advent Outreach** will be somewhat simpler this year, we hope still very effective and we welcome your support. Given lingering Covid-19, flu season and limited human resources, we are not doing hampers, instead we're giving **grocery cards** and **some gift cards** to families we are able to help at Christmas. They will be delivered before mid-December to enable them to do their own grocery shopping.

**December 11 - White Gift Sunday** and **Minwaashin Lodge winter woollies** (Mitts, hats and scarves) **collection**. Specially marked [White Gift envelopes](#) are available in the church. These are for donations to cover the cost of small gifts for Kimberlane and Hampton residential care homes. We've supported happily them at Christmas for many years. The same envelopes may also serve to top up donations of new warm winter hats, mitts, socks for the families at [Minwaashin Lodge](#). In the past few years, we've collected lots via an outdoor toss through the wooden Christmas Tree and we will gratefully accept financial and new woolly donations indoors on December 11 and December 18. Woollies can be placed on the Christmas tree in the Sanctuary.

### DONATION info shown below:

Donations for White Gifts and any other donations to the church can be made three ways:

- 1) By cheque mailed to or dropped off at the church mailbox. Feel free to use your offering envelopes. Indicate on the envelope or cheque: **“Refugee Fund”** or **“Christmas Outreach”**.
- 2) By Interac E-Transfer from your bank account (see more details below on how to do this). Transfer amount to [donations@kitchissippiuc.com](mailto:donations@kitchissippiuc.com) and include a note indicating donation to **“Refugee Fund”** or **“Christmas Outreach”**.
- 3) Via Canada Helps. <https://www.canadahelps.org/en/charities/Kitchissippi-United-Church/> Donation to Kitchissippi United Church and specify **“Christmas Outreach”**

*\*For options 1 and 2 your donation will be included in your annual charitable receipt from Kitchissippi United Church. For option 3 you will receive an immediate charitable receipt from Canada Helps.*

We thank you for supporting our refugee and outreach initiatives throughout the year, and especially in Advent.

KUC Refugee-Outreach Circle

## Christmas Trees for Sale – Y Service Club



Christmas Trees from the Ottawa Y Service Club. With two lots to serve you- The Taggart Family Y at 180 Argyle Ave. and Calvin Christian Reformed Church, 1475 Merivale Rd. We sell Nova Scotia Balsam firs, from 4 – 8 feet high.

Proceeds support several local and international projects:  
The Kibera YMCA primary school in Nairobi. Roll Back Malaria,  
The Carlington Community Chaplaincy, community development work in Maypen – Jamaica and Bujumbura- Burundi plus local Y programs and more.....

Lots open on the three weekends leading up to Christmas.

December 3-4, December 10-11 and December 17-18. Hours of operation are Saturdays: 10 a.m. to 8 p.m. and Sundays: 12 p.m. to 6 p.m. Information: Contact [yservice@primus.ca](mailto:yservice@primus.ca)

## WE ARE HERE FOR YOU - PLEASE REACH OUT

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