

THE THIRD SUNDAY
OF EASTER

Kitchissippi
UNITED CHURCH

Sunday, April 23rd at 10am
Third Sunday after Easter

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/UCwATU1rozB1PIIaRmr2teVA>

A MESSAGE FROM REV. JENNI



Good Friday to you!

The return of Spring temperatures and birdsong reminds us of spring activities: planting seeds that become our summer vegetables, watching our neighbourhoods and gardens for signs of new life and perhaps planning summer getaways.

As we are in the Easter season of Listening, I wonder if you've been listening for the birdsong in the early hours, noticing the Canadian Geese and their distinct cries or listening to the dried leaves from the fall rustle in the breeze?

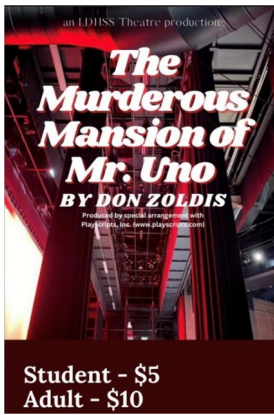
Part of listening, I believe, is listening to our own inner knowledge, some call it intuition, some call it self care. Listening when our bodies need a break, when our emotional health is not great, when we are snapping at our loved ones; we do need to listen to these important messages. Journaling, speaking with a trusted loved one or a therapist, meditating, praying are all good ways to get in touch with your mind, body and spirit.

Those who have explored Emotional Intelligence know that the ability to be self aware is helpful in every aspect of living. Here is a great starter video: <https://youtu.be/LgUCyWhJf6s>
Here is an article: <https://www.verywellmind.com/what-is-emotional-intelligence-2795423>

Another way that I have found really wonderful is the work that Andrea is doing with The Work that Reconnects. This work centers on the teachings of Joanna Macy (here is a short video outlining the work she teaches: <https://youtu.be/7fnEUhZlirw>). Andrea will be with us on Sunday and helping us to explore these important wells of knowing inside of each one of us. I have personally taken several courses with Andrea and find them to be very helpful.

Other announcements:

Fraud alert! If you've received a text or email from me asking for help, please know it is not from me! I would never write and ask you for money!



Mason and I forgot to mention on Sunday that Mason is in the Spring production this weekend of the play *The Murderous Mansion of Mr. Uno*. Mason plays a scientist who thinks he has it all figured out! During the intermission of the play, you will be asked who you think has done the murdering! Saturday at 1:30 and Sunday at 6:30pm are the times Mason will be in the play (they have two casts). Longfields-Davidson Heights is located at 149 Berrigan drive and is accessible.

ANNUAL CONGREGATION MEETING

Annual Congregation Meeting – Sunday May 7th, 2023

The Kitchissippi United Church Annual Congregational/General Meeting will be held on Sunday, May 7th after the service. The Annual Report will be prepared for your review in advance of the Congregational meeting.

FAITH FORMATION

Child & Youth Programming

Youth Event - info forwarded by Charlie Scromeda!

St Peter's Lutheran Church is excited to invite you to a FREE unique pollinator workshop for **youth ages 12-19!** Join us on **Saturday, April 22nd from 10am to 12pm at 400 Sparks St** to learn about pollinators, why they are important, and what you can do to help them. This workshop, hosted by Watersheds Canada, in collaboration with Greening Sacred Spaces Ottawa, will include interactive discussions and hands-on activities both in- and outdoors. It's also a great opportunity to meet youth from other Ottawa churches who share a common goal of creating a better world for ourselves and future generations.

Email workshop.1mu9z@ncf.ca for more details, or register at <https://forms.gle/DtT5Fx1q3c7Z7ack7>

OUTREACH

Refugee Fund - Illuminée, Key Kenta, Yan Owen and Chekna are a wonderful family, doing well in their new home, Ottawa. However, there are a lot of financial challenges and KUC's Refugee Fund is supporting them this year. Please consider a financial donation in one of the specially marked Refugee Fund envelopes, through Canada Helps or an e-transfer to the church at donations@kitchissippiuc.com. Many thanks for your ongoing support!

SPRING RUMMAGE SALE IS BACK!

RUMMAGE SALE- NEXT WEEK



Friday, April 27 (7-9 pm) and Saturday, April 28 (9 am-noon)

Volunteers needed- Wednesday evening set up (High school students looking for 'volunteer hours' are welcome). Thursday (all day) and Friday (evening), then cleaning up after 12 on Saturday.

Please watch for volunteer sign-up sheets in the hall as many volunteers will be needed to cover all the tasks and times. Thank you.

One change in this rummage sale is that we will not be selling clothes or shoes. The Salvation Army or St. Vincent's will be very grateful for your clothing donations.

Please email kgracequist@kitchissippiuc.com or phone the office at 613-722-7254 to arrange a time to drop off donations. Another change in this Rummage sale is that there will be a Bake Sale table.

Donations of well-wrapped baking ready for sale would be much appreciated. Donations of baking can be dropped off at the church during the day on Friday, April 28.



UCM - MAY MEETING

UCW - Wednesday, May 3 at 1:00 in the Hall

Have you ever wondered what documents and information you should regularly update to ensure your family isn't left scrambling for important information when you are not able to provide it to them. Please join the UCW meeting on May 3 at 1:00 in the hall to learn from Kathryn Elliott. She will present the "Shoebox Guide to What's What and What's Where." Copies of the Shoebox Guide will be available at the meeting (hard copies and e-versions). Come share your experiences and questions. This presentation may be useful as a follow up to the Compassionate Ottawa session which took place after church on March 26.

WIDER CHURCH



Muffins for the Chaplaincy

The Cardington Chaplaincy is still looking for people to donate muffins on a regular basis for the breakfast program. We provide an average of 400 healthy bagged breakfasts every week to community neighbours. **Please Contact Shemi at programcoordinator@carlingtonchaplaincy.com**

Since 1949, Camp Kalalla has provided empowering experiences for girls and young women (ages 7-16) through a traditional camp program including swimming, kayaking, canoeing, crafts, hiking, campfires, overnights, Discovery Time (facilitated group discussions), evening Vespers, and our Leader-in-Training program. Accredited by the Ontario Camps Association, Kalalla grows skills and self-confidence in our campers, builds lifelong friendships, and creates fun, laughter, and magical moments at our beautiful 100-acre camp in the Gatineau hills. Join us!



2023 camper dates are July 23-30. For more information see www.kalalla.com, or contact us at registrar@kalalla.com(camper info), staffing@kalalla.com (staffing), or rentals@kalalla.com (site rentals).

WE ARE HERE FOR YOU - PLEASE REACH OUT

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