



Kitchissippi UNITED CHURCH



DECEMBER 2023
Advent I

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>



Hello folks,

After an Autumn of various events that have made me introspective, I was recently made aware of a study in the US, by the Surgeon General, called *Our Epidemic of Loneliness and Isolation*, written this year. The thesis is that more than ever, people feel overwhelmingly lonely and disconnected. While this began before the pandemic, it was exacerbated by it, which has left more and more people feeling lonely and disconnected. We all know that these feelings are painful and negatively affect our mood, but it turns out they can also be physically harmful as well. Studies have shown that loneliness can be like smoking 15 cigarettes per day!

Why do I mention this? Christmas *can* be a lonely time for people: remembering all the years of our homes full of people and laughter and merriment and facing the current reality of some or all of those people no longer with us can be devastating. Sometimes our Advent worship services can be bright and merry and lack the quiet reflective time that we often really need. (Hopefully, our church services have both, if not in equal measure, enough to be able to console and comfort.) We have, throughout the years, held a Contemplative Service just for this purpose: to provide a quiet, worshipful space to face our vulnerabilities and be reassured that God is with us: God's love surrounds us at all times in all places. We will hold this service on Tuesday December 5th at 7pm in the sanctuary.

From the paper by the US Surgeon General, there are a few antidotes that we can do to ease loneliness for ourselves:

- Invest time in nurturing your relationships through consistent, frequent, and high-quality engagement with others. Take time each day to reach out to a friend or family member.
- Minimize distraction during conversation to increase the quality of the time you spend with others. For instance, don't check your phone during meals with friends, important conversations, and family time.
- Seek out opportunities to serve and support others, either by helping your family, co-workers, friends, or strangers in your community or by participating in community service.
- Be responsive, supportive, and practice gratitude.
- Participate in social and community groups such as fitness,

*There's power in love.
There's power in love to
help and heal when
nothing else can.
There's power in love to
lift up and liberate
when nothing else will.
There's power in love to
show us the way to live.*

Michael Curry

religious, hobby, professional, and community service organizations to foster a sense of belonging, meaning, and purpose. (Our Epidemic of Loneliness and Isolation: The U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community, 2023)

On December 10th, there is an opportunity at church to serve others: the White Gift and Mitten tree throw/toss. We are collecting toiletry items, socks, toques, mittens for a few organizations. Please see the Outreach announcement for more information. Volunteering with others is definitely something that has helped me in the past when I've felt lonely and depressed. There is a Christmas Dinner that is served each year at St. Peter and St. Paul, 152 Metcalfe. They need folks (and they love it when families volunteer together!) to food prep on December 23rd, drop off baking on the 24th and volunteer on the 25th for their 1:30 and 4 seatings of a full turkey dinner. I have volunteered in the past and it is really well run, very festive and you get to meet lots of people. Oh, you also get to sit and eat a meal with everyone too! Let me know if you'd like a buddy to go with as I will be going this year. Here's the link to fill out:

<https://www.peterpaulottawa.com/events/posts/christmas-dinner-volunteers>

If Advent and Christmas are difficult times for you, please reach out to me, to trusted friends? Know that you are not alone. May you rely on your faith as well: knowing that you are God's beloved, a kindred spirit in a network of faithful people, with whom God is well pleased.

Advent blessings,
Jenni

BLESS THIS ADVENT by Kate Bowler

As Advent 2023 is experienced, you are invited to take some time each day for reflection and then are invited to gather together with others for connection and conversation. Kitchissippi United and Riverside United are teaming up to offer an Advent time of reflection. The resource for this program will be "Bless This Advent" offered by Kate Bowler.

Please download your digital copy onto your desktop:

https://katebowler.com/seasonal_devotional/blessthisadvent/.

This resource includes a daily reading from Dec 3rd to Dec 25th. There will be Zoom gathering on Tuesdays – Dec 5, 12 and 19th from 1:30 to 3:30pm. The Revs Paul Dillman and Jenni Leslie will co lead these study sessions.

Dec 5, 2023 01:30 PM

Dec 12, 2023 01:30 PM

Dec 19, 2023 01:30 PM

Join Zoom Meeting

<https://us02web.zoom.us/j/81535812683?pwd=RmVXcoRjWjV2WTZsUzd1WmFSWU1NZz09>

Meeting ID: 815 3581 2683

Passcode: 666036



UCW CHRISTMAS BAKE SALE IS BACK!



The UCW's annual Christmas bake sale will be held Sunday, December 3 in the hall after church. We are looking for Christmas baking and soups to sell. If you are making soup, please let Wendy Warburton know and we will give you containers for it. The more hands, the merrier! Questions: You can reach Wendy at soprano2nu@yahoo.ca or 613-722-7163.

PASTORAL CARE

Sunday, December 3 (after worship)

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 3 we will be bringing Christmas plants to our members who cannot get out to church and we need your help in delivering these plants. At coffee hour, you can find the names of the intended recipients attached to the plants.

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.



PAGEANT AND POTLUCK



AFTER THE PAGEANT SERVICE on Sunday, December 17 we will hold and festive Potluck.

(People with last names A-K please bring desserts/sweets, L-Z please bring Savory foods). Please clearly label and wrap items that contain nuts, eggs, and other potential food allergy risks.

UPCOMING WORSHIP SERVICES AND SOCIAL EVENTS

NOVEMBER and DECEMBER

Sunday, December 3 – Advent 1/ Communion/ Christmas Bake Sale/ Flowers for Pastoral Care

Tuesday, December 5 – Contemplative Service at 7PM

Wednesday, December 6 – Ladies Christmas Potluck Luncheon at noon in the Hall

Sunday, December 10 – Advent 2 – Human Right's Sunday/ White Gift

Sunday, December 17 – Advent 3/ Pageant/ Potluck Luncheon *(People with last names A-K please bring desserts/sweets, L-Z please bring Savory foods)*

Sunday, December 24 – Advent 4/ Christmas Eve Service at 7PM

REFUGEE SUPPORT UPDATE

Our family from Burundi, Illuminee, Key Kenta, Yan Owen and Chekna are doing very well as they approach the 1st anniversary of their arrival in Ottawa on December 6! They have settled into life here, are about to experience another winter with warm clothes, good schooling, employment and comfortable housing. They are assuming responsibility for the lease as of December 1st and KUC has offered a small monthly supplement for the next 12 months to help with their overall costs. The Refugee Fund is available for this support, and specially marked envelopes will enable any donations that may be made.

CHRISTMAS OUTREACH 2023

Looking to Christmas Outreach - KUC is again planning the following projects, and we'd be delighted to have your support in any of these. Specially marked "White Gift" or "Christmas Outreach" envelopes will be available in church from November 26 on for donations. E-transfers to KUC are also welcomed.



1. **White Gifts** – These are small gifts, toiletries, socks, etc. purchased for the residents of Hampton, Kimberlane and Alexander residential care homes. (FYI, decades ago, such gifts were emberwrapped in white tissue paper) Nancy Brodie has kindly offered to lead this project, to purchase and deliver with her team – thanks!
2. **Mitten Tree: December 3 and 10** – We would love mitts of any size to decorate the mitten tree in the sanctuary for December 3 and 10.
3. **Minwaashin Lodge collection: December 10** – Warm winter woollies including these mitts, hats, scarves and socks of all sizes will go to Minwaashin Lodge by mid-December. We're planning another toss through of donations through the special Christmas tree... details to follow!

With thanks for your support, KUC Refugee/Outreach Circle

Y- SERVICE CLUB CHRISTMAS TREE FUNDRAISER - KIBERA SCHOOL

Christmas Tree in support of the Y-Service Club



The Taggart Family Y at 180 Argyle Ave. starting December 1st. We sell Nova Scotia Balsam firs, Light and Medium Density from 4 – 9 feet high Proceeds support several local and international projects such as: 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... Operational details.

The lot is open on the three weekends leading up to Christmas. Dec 1-3rd, Dec 8-10th and Dec 15-17th. Hours of operation are Fridays: 4 p.m. to 8 p.m. Saturdays: 10 a.m. to 8 p.m. and Sundays: 12 p.m. to 6 p.m. Information: Contact us davidottysc@gmail.com

WE ARE HERE FOR YOU - PLEASE REACH OUT

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