



Kitchissippi
UNITED CHURCH



Sunday, May 10, 2026

Affirm | Saffirmer
UNITED | ENSEMBLE

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>

FROM REV JENNI'S DESK



Hello folks,

I hope this finds you well!

During this Mental Health week, I have been thinking about many things, but especially my mental health and all of your mental health. I've also been thinking about these two triangles.

The first, Pyramid of Need, relates to trauma and people who have experienced trauma. I've been reading a lot about trauma, and all of us may have experienced trauma at one time or another in our lives. However, each one of us are different in the way that we deal with trauma so certain levels of trauma elicit different responses between people.

Our lives being threatened is perhaps one trauma that most Canadians have not experienced, thankfully, but is something that almost every member God's beloved has experienced. So, when I look at the first triangle and think about how Kitchissippi folks have been welcoming, embracing and providing a safe space for LGBTQ+ refugees in the God's beloved program, I think that we are doing a lot of the things that are needed. And if I'm reading the triangle correctly, talking about trauma is not what is needed necessarily. Developing relationships and creating a sense of community or family is something that we can all work on together. Helping to foster belonging I think is really important for all of us to do for one another. Of course, empathy is so important in all of this.

The second triangle or pyramid was a graphic I found during the pandemic. I didn't create it, but I thought it was really helpful. The first two levels only being circled was interesting to me. I definitely considered the third level super important during the lockdowns as well. I don't know about you, but my friends were really helpful to me during that time. But I think I was also very lucky that we went to live streaming at Rideau Park, because I was with my friends/colleagues and we were able to still carry out our ministry/vocation in a way that we felt was meaningful and creative. I wonder what your experience of the pandemic was according to this second pyramid?

I'd love to hear your thoughts about the first pyramid as well – have you considered all those levels of help when it comes to our God's beloved folks? (And just to remind folks, we came up with the name because all their lives, they've been told that they were evil or have an evil spirit living within them or that they are demonic. Especially when they came out or were 'caught', those words and worse were done to them. Some were sent to conversion therapy. So yes, 'we are all God's beloved' that is definitely part of our theology. And the God's beloved group need to hear it loud and clear that their sexual orientation or gender identity do not preclude them from the kingdom of God.)

Pyramid of Need

Golding, 2015



From 2020:



Some events coming up:

Joy! The concert by Tone Cluster is tomorrow - Saturday - evening - please join us - there is a group of us going. Centretown United at 7pm.

Your Kitchissippi Council meets on Tuesday by zoom at 7pm. If you have any questions for council, write to me or any other council member.

The next Queer potluck is next Saturday May 16th at the church. Sunday May 17th is the International day for the elimination of homophobia and transphobia.

I hope you have had a good week and please know I'm always available for visits/pastoral care - please be in touch!

Blessings,
Jenni

WORSHIP CIRCLE – SUNDAY, MAY 17 AT 11:30 AM

The Worship Circle will meet in the boardroom on May 17, 2026, at 11:30 AM. Please feel free to grab a coffee and a cookie and join us—we'd love to have you.

CANADIAN TULIP FESTIVAL MAY 9 – 18 2026

The Canadian Tulip Festival returns to Ottawa from May 8–18, 2026! Members and friends are encouraged to take time to enjoy the beautiful tulip displays, cultural events, entertainment, and community activities taking place across the city.

The festival is a wonderful celebration of friendship, heritage, and spring in our nation's capital. For more information on events and locations, please visit the festival website –

<https://tulipfestival.ca/>

UPCOMING EVENTS

A Service will be held at **Amica Westboro, 491 Richmond Road, on Tuesday, May 19, 2026.** Please feel free to join us as we share the Gospel with our friends living at Amica Retirement Residence.

INTERNATIONAL POPTLUCK LUNCH

Kitchissippi United Church is organizing an International Potluck on Sunday, May 24, 2026, following worship service. Members are encouraged to bring an international dish to share as we celebrate Pentecost together.

A sign-up sheet will be available in the hall this Sunday. Please sign up so we can adequately prepare for lunch.

BETTER IS PEACE CONCERT

NEPEAN CHOIR & CHORALE CASTENCHEL CHOIR
with
THE OTTAWA SYMPHONY ORCHESTRA AND THE NEPEAN HIGH SCHOOL CHOIRS

Better is Peace

Karl Jenkins, 'The Armed Man', A Mass for Peace
Caroline Shaw, 'The Listeners', An Oratorio

Lee Carter *Direction*
Nicole Bélecque *Piano*
Matthew Li *Bass*
Gabriela Comeau Gort *Mezzo-soprano*

MAY 22, 2026, 7:30 PM

Carleton Dominion-Chalmers Centre
290 Lisgar Street, Ottawa, Ontario

\$35 TICKETS / CHILDREN 12 AND UNDER FREE

  **TO PURCHASE TICKETS AND FOR MORE INFO**
NEPEANCHOIR.CA & CASTENCHEL.COM

Please join KUC choir members **Barth Curley, Liz Snelling, Rob Summerby, Bill Tyson and Wendy Warburton** as they participate in Nepean Choir, Castenchel Choir, the Nepean High School Choirs and the Ottawa Symphony Orchestra's joint production of Karl Jenkins' *The Armed Man: A Mass for Peace*, under the direction of Lee Carter.

The concert takes place **Friday, May 22, 2026, 7:30 p.m.**, at the **Carleton Dominion-Chalmers Centre on Cooper Street**. Tickets are **\$35** (free for those 12 and under), available from the above named choir members, or at nepeanchoir.ca and at the door (numbers limited).

This is a spectacular piece of music that is perfect for the times we live in.

YOU CAN LEARN TO SWIM AS AN ADULT: NEVER TOO LATE – DELANEY SMITH

It's Never Too Late to Learn! Have you ever thought about learning to swim? It's never too late to start! Many adults didn't have the chance to learn earlier in life, but with the right support, confidence can grow at any age.

Swimming is not only a valuable life skill—it also builds confidence, improves fitness, and promotes safety in and around water.

Whether you are starting from scratch or looking to improve, take the step you can do it! This article by Delaney Smith will serve as a guide. Kindly see the link below:

<https://www.ottawaparentingtimes.ca/you-can-learn-to-swim-as-an-adult-never-too-late/>

FUND RAISING AND SILENT AUCTION IN SUPPORT OF CARLINGTON COMMUNITY CONNECTIONS

Spring Tea

In support of:
Carlington Community Connection 



Photo credit: Rev. Karen McBride

Saturday, June 6, 2026

Two sittings: 12:30pm-2:00pm & 2:30pm-4:00pm

Tickets (\$20) are available
from your local
church representative
Donna Kricorissian
or by reserving online:



[https://julianofnorwichottawa.ca/
events/event/spring-tea](https://julianofnorwichottawa.ca/events/event/spring-tea)

*Enjoy a spring tea with assorted finger sandwiches
and desserts, and a silent auction*

 JULIAN OF
NORWICH
ANGLICAN CHURCH

9 Rossland Ave, Ottawa, ON K2G 2K2 | 613-224-7178 |
julianofnorwichottawa@gmail.com

The Churches that support Carlington Community Connections are having a fund raising tea and silent auction. The tea will be held at Julian Of Norwich (Rossland Ave) on Saturday June 6. There will be two sittings-12:30 -2p.m. and another at 2:30-4 p.m. Tickets are \$20.00 each and are available from Donna Kricorissian.

As part of KUC's commitment to this fundraiser we are to provide cucumber sandwiches for 120. There will be a sandwich making bee in the KUC kitchen starting at 1p.m. on Friday June 5th. Hope you can help!

For more information contact Donna K.

SUPPORT FOR CARLINGTON COMMUNITY CONNECTION

Carlington Community Connection (Chaplaincy) is fundraising on May 23 as part of Tamarack Ottawa Race Weekend. Wendy Warburton is participating as part of Team CCC in the Desjardins Charity Challenge -- please consider sponsoring her! You can donate your support to Wendy's 2K Walk Page at justgiving.com and type her name into the Search box at the top of the webpage. Or you can donate to the CCC on the Race Weekend website at runottawa.ca, click on Charity Challenge, then Donate to Charity, and scroll down to find Carlington Community Connection. Either way, don't forget to download your charitable tax receipt.

Another CCC fundraiser will be a social tea on Saturday, June 6 with delicious goodies and a silent auction at Julian of Norwich Anglican Church on Merivale Road. More information will follow soon; tickets will likely be available by mid-May.

KITCHISSIPPI UNITED CHURCH SUMMER TRIP JULY 10 – 12, 2026

KUC Summer Trip – Payment Information & Registration Reminder

We are excited to announce the KUC Summer Trip to **African Lion Safari and Niagara Falls**, scheduled for **July 10-12**.

Members are encouraged to pay the \$100 ticket fee by **Sunday, April 12**. Nancy and Jennifer will be available to receive cash payments in the hall after service on Sunday.

Payments can also be made via e-transfer to **tripgb@kitchissippiuc.com**. Kindly send proof of payment to Rev. Daniel or Jennifer for confirmation.

For those who may not be able to pay the full amount at once, we are offering a flexible installment option. You may pay **\$25 or \$50 now**, with the remaining balance to be completed over the months of **May and June**.

We kindly ask that you confirm your participation and make your payments promptly, as we need an accurate number of attendees to adequately prepare and make the necessary arrangements for the trip.

Thank you for your cooperation and support.

UPCOMING INTERCULTURAL WORKSHOP

Grow in faith, deepen your understanding, and connect with others in our community by attending this upcoming workshop. This session offers a meaningful opportunity for learning, reflection, and spiritual growth.

We warmly encourage all members to participate.

Kindly register here: <https://churchx.ca/local/shop/product.php?id=373>

Come and be inspired, we look forward to seeing you there

LOOKING FOR LAWN CHAIRS FOR KUC SUMMER SERVICES

Welcome to spring—summer is just around the corner! KUC is excited to once again offer outdoor worship services this season.

To help make this possible, we're looking for donations of usable lawn chairs. If you, your family, or friends have any to spare, we would greatly appreciate your support.

Please leave a message at the church office to arrange pickup or let a staff member know if you plan to drop off your chair(s) at the church.

Thank you in advance for your generosity!

KEEP LEARNING: EXPLORE OUR BOOKSHELF

Although Black History Month has ended, we continue to honor the achievements of leaders, pioneers, and trailblazers who inspire us every day. To keep the learning going, our church library is offering a selection of books for members to explore.

There are different books available on the bookshelf in the sanctuary, covering a variety of topics and stories. Members are encouraged to pick a book to read and return it within two weeks so others can enjoy it as well.

Let's keep celebrating, learning, and sharing the stories that shape our community!

SCENT FREE SPACE



We have recently found out that one of our new members has severe asthma and can not tolerate strong scents and perfumes. Please refrain from using this product when attending church services and events. Thank you!

WIDER CHURCH

KNOX UNITED CHURCH COMMUNITY GARDEN

MUSHROOM COMPOST

NOW AVAILABLE

SAT | May 2 & 9
9am – 1pm

SUN | May 3 & 10
11am – 1pm

\$6 PER BAG

\$20 FOR 4 BAGS

See you in the parking lot!

Knox's Community Garden
25 Gibbard Avenue Nepean, Ontario

For more info, call the church office at 613-829-2266.


HYMN SING
 AND SPECIAL MUSIC
 WITH
Ernie & Lynda Cox
 PIANO • VOCALS
 with
Garth Hampson
"The Singing Mountie"

 **MAY 24TH**
6:30 PM
 **ST. ANDREW'S UNITED CHURCH**
CUMBERLAND
 **FREE-WILL OFFERING**
 info@standrewscumberland.org

Singing the hymns we love

We have planned a hymn sing event to be held at **St. Andrew's United Church in Cumberland**, 2557 Old Montreal Road, May 24 at 6:30 p.m.

The hymn sing will feature favourite hymns led by Lynda and Ernie Cox along with special guest Garth Hampson "The Singing Mountie." There will be special music, duets, solos, and the opportunity to sing your favourite hymns.

There is no charge for this event, but donations in the form of a free-will offering will be appreciated for St. Andrew's outreach programs.

KITCHISSIPPI UNITED STAFF

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Office hours
 10am-2pm Monday- Friday
 Please call ahead if you are dropping by!

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