



Kitchissippi
UNITED CHURCH



Sunday, July 05, 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



Good hot summer day to you,

I hope you are well and finding cool spaces to relieve some of the heat and humidity.

One thing I didn't know until this heat wave is that it's important if you are taking certain medications, especially for depression and anxiety, to be aware that you might be more susceptible to heat exhaustion and dehydration. Please see below for more info.

This Sunday we will be in the hall, with lots of fans going and cold water at the ready!

Please see the postcard attached (lovingly created by Jennifer- thank you Jennifer!) for information about this summer's services.

Have a wonderful weekend,

Blessings,
Jenni

The next few days are going to be hot! Antidepressants & that heat? Not a great mix.

If you're on meds like SSRIs, SNRIs, tricyclics, or anything in the antidepressant/antipsychotic family, this is your reminder that the heat can hit different for us.

These meds mess with how your body regulates temperature (thanks, hypothalamus), and they can increase sweating (hello, hyperhidrosis) or make you feel extra hot compared to everyone else.

Why? It's not totally clear—but serotonin, the "happy hormone," plays a role in regulating your internal temp, and when that system's overstimulated, it can backfire.

So if you're on meds like:

- 💊 Sertraline (Zoloft)
- 💊 Citalopram (Celexa)
- 💊 Fluoxetine (Prozac)
- 💊 Duloxetine (Cymbalta)
- 💊 Mirtazapine (Remeron)
- 💊 Amitriptyline or other tricyclics
- 💊 Escitalopram (Lexapro)
- 💊 Venlafaxine (Effexor XR)
- 💊 Paroxetine (Paxil)

🔥 You may be more prone to overheating

💧 You may dehydrate faster

That extra sweating?

Probably not just you

This can lead to: –

- Heat exhaustion
- Heat stroke
- Dehydration
- Heat rash
- Dizziness
- Fatigue

and more So please—take care of yourself:

- ✓ Drink water like it's your job
- ✓ Take breaks from the sun
- ✓ Rest when needed
- ✓ Don't push through heat exhaustion

Taking care of your mental health shouldn't mean risking your physical health. But knowing the risks? That's part of protecting yourself.

Please share this with someone who needs the reminder. Stay safe out there!

HEAT ALERT

If you're taking sertraline, citalopram, duloxetine, fluoxetine, mirtazapine, or any other SNRI/SSRI—
you are more prone to overheating and dehydration.

These medications can affect your body's ability to regulate temperature and thirst, increasing the risk of heat-related illnesses.

Stay safe in this heat!

KUC SUMMER SERVICE UPDATE


JULY

-  5th - 10am - hall
-  12th - 7pm - lawn - Vespers
(possibly welcome back the Niagara Falls bus)
NO morning service
-  19th - 10am - hall
-  26th - 10am - hall

AUGUST

-  2nd - 7pm - lawn - Vespers
NO morning service
-  9th - 10am - hall (plus meeting after for those who want to become members of Kitchissippi)
-  16th - 10am - hall - Welcoming New Members
-  23rd - 10am - Forest Church with Andrea
-  30th - 10am - hall - **OTTAWA PRIDE SUNDAY** - continental breakfast after and then to the Parade!

SEPTEMBER

-  6th - 7pm - lawn - Vespers
NO morning service



PARKING LOT MAINTENANCE NOTICE

FM Interlock (Franko) will be patching potholes with hot asphalt on **Thursday, July 2 and Friday, July 3.**

Please note that members will not be permitted to park in the parking lot on July 2 and July 3 while the paving work is being carried out.

To allow the asphalt to properly set, we ask members to **avoid driving over the repaired areas for at least 2-3 days after the work is completed**

If you need to visit the church during this period, please use the **angled parking spaces along the Queensway wall**, as vehicles parked there will not interfere with the paving work.

Thank you for your cooperation and patience while these repairs are being completed.

DONATION TO MULTIFAITH HOUSING INITIATIVE IN SUPPORT OF THE ODENAK PROJECT

A heartfelt thank you to all the choirs who presented such a wonderful concert last Sunday. We are also grateful to everyone who generously donated to the **Multifaith Housing Initiative** in support of the **Odenak Project.**

The concert was part of a United Church campaign to raise **\$150,000** in support of Odenak.
<http://www.multifaithhousing.ca/united-we-dream.html>

If you would still like to contribute, donations can be made through the Kitchissippi United Church fundraising page:
<http://pro.gofundme.com/team/621558>

To learn more about the historical connection between Odenak and Kitchissippi United Church, please see the attached *Sharing Time* document from two years ago (document is attached to email).

Nancy Brodie

FOREST TEACHING WORKSHOP WITH ALGONQUIN ELDER – ALBERT DUMONT

Forest Teachings Workshop with Algonquin Elder, Albert Dumont
A Pazaman (Smudging Fire) Circle Collective Project: A Film Screening and Art Making Workshop
Series in celebration of Ottawa's 200th Anniversary

Date: Saturday, July 11, 2026

Time: 1:00 - 4:00 pm

Location: St. Stephen's Presbyterian Church, 579 Parkdale Avenue Age:

Age: Intergenerational - suggested minimum age is kids about ten years old, accompanied by their parent/guardian

Price: \$10 per person Purchase your tickets here: <https://www.eventbrite.ca/o/school-of-never-ending-learning-121298340078>

Sylvia Smith

DOCUMENTARY SCREENING 1946: THE MISTRANSLATION THAT SHIFTED CULTURE

Riverside United Church will be screening the documentary *1946: The Mistranslation That Shifted Culture* on **Friday, August 14, from 12:00 p.m. to 4:00 p.m.**

This documentary explores how the words *arsenokoitai* and *malakoi* in the New Testament were translated in the 1946 **Revised Standard Version (RSV)** of the Bible. It examines the claim that these Greek terms, which some scholars believe refer to abusive or exploitative sexual behaviour rather than loving, consensual same-sex relationships, were translated using the word "**homosexual**" for the first time in an English Bible in **1 Corinthians 6:9** and **1 Timothy 1:10**.

Through interviews with biblical scholars, linguists, theologians, church leaders, and David Fearon, the film considers how this translation choice has influenced Christian teaching, public policy, and attitudes toward LGBTQ+ people. It also recounts how, in 1959, Fearon questioned the translation and was told that, although it might have been inaccurate, "the damage had already been done."

The documentary invites viewers to reflect on the importance of careful biblical translation and how translation choices can shape faith, theology, and society.

FOOD ALLERGIES, SCENT SENSITIVITIES & ACCESSIBILITY AT KUC JULY 2026

In the coming months, the KUC Council will be discussing how to develop clear policies regarding nut/peanut and other food allergies, while also considering the needs of those with sensitivities to scents, candle smoke, and other odours.

Please email Jennifer at the KUC office if you would like to share your thoughts on these matters or leave a message and someone will contact you.

Thank you all as we continue discerning our commitment to inclusion and to making KUC accessible and welcoming to everyone.

SUNDAY SUMMER REFRESHMENTS VOLUNTEERS NEEDED

During the summer, we serve juice and cookies after the church service. We are looking for volunteers to sign up for one or more Sundays to help with this ministry.

Volunteers will be asked to:

- Purchase 2–3 boxes of cookies and 2 bottles of juice.
- Bring the refreshments to church on their assigned Sunday.
- Set up before fellowship time and clean up afterward.

Please keep your receipts and submit them to Adah for reimbursement.

The sign-up sheet, along with detailed instructions, is available in the kitchen.

Thank you for your support and willingness to serve!

Jane Christie

KARL & MARION REID 70TH ANNIVERSARY PARTY POSTPONED

As many of you know, a celebration was planned for **July 11, 2026** to mark the Platinum Anniversary of **Karl and Marion Reid**.

Due to Karl's ongoing recovery from a recent fall, the celebration has been postponed. A new date will be announced at a later time.

We appreciate your understanding and continued support, and we wish Karl a smooth and speedy recovery.

Thank you.

Jennifer Reid

For the family

KUC SUMMER TRIP JULY 10 - 12

Fifty-five members of Kitchissippi United Church will be travelling to African Lion Safari and Niagara Falls from July 10–12.

We recognize that some people who wished to join us were unable to secure a spot. If this trip is successful, we will explore the possibility of offering a second trip in late September or early October. Thank you for your interest and understanding.

REQUEST FOR SLEEPING MATS FOR GOD'S BELOVED SUMMER TRIP

As we prepare for the God's Beloved Summer Trip, we humbly request donations or loans of **sleeping mats, yoga mats, camping mats, or similar portable sleeping pads** for participants.

Your generosity will help ensure that everyone has a comfortable place to rest during the trip. If you are able to contribute or lend a mat, please contact us.

Thank you for your kindness and support of God's Beloved ministry.

TRANSGENDER RIGHTS IN OTTAWA

Tara Sypniewski was a founding member of Gender Mosaic and now runs Wellington West's Ottawa Trans Library.

We encourage God's Beloved and other Circles/groups at KUC to learn more about Tara and the Ottawa Trans Library, a valued Ottawa-based advocate for human rights through the link below.

<https://kitchissippi.com/a-history-of-advancing-transgender-rights-in-ottawa/>

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! 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 COMMUNITY

CGIT Camp Kalalla has a mission to develop leadership in girls and young women. You can support our work right now in these ways...

Please **share the information** if you know a **camper or LIT** who might be interested in:
- our classic camp programme, July 19-26. (Visit www.kalalla.com for more details)
- our LIT programme, July 18-26. (Visit <http://kalalla.com/leader-in-training/>)

We are also always happy to receive applications to join our wonderful **staff** team. Visit <http://kalalla.com/camp-kalalla-jobs/>

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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