



Kitchissippi
UNITED CHURCH



Sunday, October 25, 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/UCwATU1rozB1PIlaRmr2teVA>

FROM REV JENNI'S DESK



Hello folks,

It is another beautiful sunny day in the Ottawa region! Last week, I was in Toronto, Waterloo, and London and I think we had sun the first day. It reminded me, being in southern Ontario for five days, that we are so lucky to get so much sunshine in this area. Sunshine makes me feel good about going out into the day, as I am right now heading to Aqua fit this morning.

But there are so many of us who react to the shortening of the days and experience a phenomena called seasonal effective disorder. I am not qualified to speak about it, except to say that if you're feeling particularly sad or discomforted at the moment, please chat with your doctor.

It has been a very busy fall with a lot of exciting events – like the fibre fling this weekend: go take a look! The rummage sale went well at the beginning of the month, despite finding out that a couple of things that were stored on the stage had been stolen. We don't know who stole them, but we now know that maybe we can't store items on the stage safely. The church has become busier with rentals and is open most afternoons for Music Box teachers and families to come and go to their music lessons. Folks are looking into it, and so more information to come.

Last week, I was away in Waterloo at a course called Conflict Coaching Skills. It was very helpful! I have also been hearing some frustrations, but not directly from the folks who are frustrated and so I invite those folks to please come and talk to me directly? It is impossible to ease frustrations or deal with conflict head on if I don't know about it or don't know who is saying it. Please email me or text me so that we can get together and I can practise my non anxious presence and listening skills? I look forward to hearing from you.

Again – please go to the Fibre Fling this weekend at the church. And I hope you have a wonderful weekend!

Blessings

UPCOMING EVENTS

FALL FIBRE FLING OCTOBER 23RD AND 24TH 2026



OUT of the BOX fibre artists

Fall Fling 2026

Fibre & Mixed Media Show and Sale **Vente d'art textile**

Friday Oct 23, 10-4pm **Le 23 Oct vendredi de 10 h à 16 h**
Saturday Oct 24, 10-1pm **le 24 Oct samedi de 10 h à 16 h**
Admission is by donation **L'entrée se fait par don**

Kitchissippi United Church **Église Unie de Kitchissippi,**
630 Island Park Dr. Ottawa **630, Prom Island Park, Ottawa**
(between Carling Ave & the 417) **(entre l'ave. Carling et L'autoroute 417)**

all proceeds goes to: 
tous les bénéfices seront reversés à

EMO YANGO'S VISIT FROM GENERAL COUNCIL

We look forward to welcoming Emo Yango from the General Council of the United Church of Canada this weekend. On Saturday, October 24, he will meet with God's Beloved executives. On Sunday, October 25 at noon, he will meet with Muslim members of God's Beloved.

We warmly welcome Emo and look forward to meaningful conversations together.

REMEMBRANCE DAY REFLECTION: UNDERSTANDING THE MEANING OF RED & WHITE POPPIES

As we approach Remembrance Day, KUC invites our congregation to learn about the history, meaning, and significance of both red and white poppies, including how funds raised through their respective campaigns are used. This learning initiative aims to encourage reflection, understanding, and respectful conversation.

The Red Poppy

Red poppies are worn as a symbol of remembrance, honouring those who served and sacrificed their lives in war. Inspired by Canadian Lieutenant-Colonel John McCrae's poem *In Flanders Fields*, the red poppy became a symbol of remembrance in Canada in 1921.

People wear red poppies for three primary reasons:

- **Honouring Service and Sacrifice:** Remembering those who served and lost their lives in military conflicts.
- **Recognizing Veterans:** Acknowledging the courage, service, and sacrifices of Veterans and their families.
- **Supporting Veterans and Their Families:** Donations collected through the Royal Canadian Legion's Poppy Campaign provide financial assistance and support services to Veterans and their families.

The White Poppy

White poppies are worn as an international symbol of peace, opposition to war, and inclusive remembrance of all those affected by conflict. First introduced in the United Kingdom in 1933 and distributed by the Peace Pledge Union since 1936, they serve as an alternative or complement to the traditional red poppy.

People choose to wear white poppies for three primary reasons:

- **Remembering All Victims of War:** White poppies acknowledge all those who have suffered or died as a result of war, including military personnel, civilians, refugees, and conscientious objectors.
- **Challenging Militarism:** White poppies encourage reflection on the consequences of war and challenge its glorification or normalization.
- **A Commitment to Peace:** White poppies represent a commitment to peaceful conflict resolution and the hope that future generations will not experience the devastation of war.

Funds raised through the Peace Pledge Union's white poppy campaign support peace education and initiatives promoting nonviolence and peaceful conflict resolution.

A Personal Choice

Some people choose to wear a red poppy, others a white poppy, while some wear both. Others may choose not to wear a poppy at all.

At KUC, we respect each individual's choice. This learning initiative is not intended to promote one poppy over another, but rather to encourage a deeper understanding of the different traditions of remembrance and our shared hope for peace.

We will endeavor to have some white poppies available for display as part of this learning initiative.

UCW MEETING – NOVEMBER 4, 2026 AT 1.00 PM

UCW - Wednesday, November 4 at 1:00 in the Hall. Please join us as we welcome Marg Hall, who will be providing some brief history and stories about the writers of a few of our well known traditional hymns. Marg's presentation will be based on her Mother's research and writings Faith Comes Singing. It will be

very interesting to hear some vignettes about these hymn writers, to learn what motivated them to write certain hymns, etc. Everyone is welcome.

UNITED CHURCH CALENDARS 2027

United Church Calendars - It is that time of year to order the United Church calendars. These are attractive calendars with photos of various United churches across Canada and they also include information on the various liturgical seasons. If you would like to order a calendar at a cost of \$10 please sign up on the sheet on the bulletin board in the hall or call or email the office by November 1.

WORSHIP CIRCLE MEETING – NOVEMBER 1, 2026 AT 11.30 AM

The Worship Circle is scheduled to meet on Sunday, November 1 at 11.30 AM. All are welcome to join. We are searching for a new leader to be trained by Denise to take on being the Circle Chairperson in April.

FOREST TEACHING WORKSHOP NOVEMBER 7 2026

Forest Teachings Workshop: Sat, Nov 7, 1:00 - 4:00 pm
Kitchissippi United Church Ottawa, ON
Saturday, November 7, 2026 • 1 PM - 4 PM

Overview:

Forest Teachings Workshop with Albert Dumont:

A Film Screening and Art Making Workshop Series in celebration of Ottawa's 200th Anniversary

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

Price: \$10 per person

Note: if the price of \$10 is a barrier to attendance at the workshop, just send us an email at schoolfnl@gmail.com and we can work something out!

WORKSHOP DETAILS

This three-hour workshop consists of two parts:

1. *Film Screening* - We will watch Albert's film, "Forest Light, Forest Wisdom", together, in community. In the film, Albert will walk us through the forest and share powerful Algonquin teachings, wisdom and stories. The film is about 30 minutes long. We will then have a deeper discussion with Albert - where he will share more teachings, thoughts, reflections, and insights and then he will take questions from participants.
2. *Art Workshop* - The film screening will be followed by an art workshop where participants will be invited to create art that is inspired by what they learned, helping them integrate the teachings into their heart and mind. Each workshop will have a different art modality, for example: collage, water colour, sculpting, or mixed media.

WORKSHOP OBJECTIVES

Guiding Principle: To share the teachings of Elder Albert Dumont through a filmed Forest Walk and discussion, followed by an art workshop, fostering connection, warmth, wisdom, and healing to all who participate. These workshops have two main goals. The first one is to provide a space for healing and spiritual growth. Through the film and discussion, Albert will share Forest Teachings that cover such topics as humanity, peace, wellness, purpose and understanding who we each are as human beings. He will share ancestral teachings on living an honourable life in relationship with the natural and spiritual worlds. These teachings provide nourishment for mind, body and Spirit. The other main goal is to educate the people of Ottawa, and others visiting Ottawa, during its 200th Anniversary, about who the Algonquins are. We will do this by taking this film and discussion, filled with Algonquin teachings, out into the community to connect with people in a heart-led way, ensuring participants learn more about who the Algonquins are - whose land we are living, working and playing on. Through this learning, we will help to increase understanding, love, connection and friendship - which is all anti-racism and anti-oppression work.

For More Information:

Facebook: <https://www.facebook.com/SchoolOfNeverEndingLearning/>

Instagram: <https://www.instagram.com/schoolofneverendinglearning/>

A REQUEST FOR HOUSING SUPPORT

Special Request: Would anyone who owns their house consider allowing a member of God's Beloved to live in a spare room/finished basement for 6 months to a year? The GB member needs a letter from their landlord, a safe place to live and currently does not have a work permit. (They would pay rent once they start working.) If you might be able to help, please speak to **Rev Jenni or Rev Daniel**? Thank you!

CAROL SING



Please mark your calendars for our 3rd annual Carlington Community Connection fundraiser - Christmas carols at KUC!

Date: Saturday December 5th, 2-4pm.

Invite your family, friends and neighbors to join us. Free will offering, refreshments and crafts for sale after in support of the Chaplaincy/CCC.

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

KITCHISSIPPI UNITED STAFF

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Please call ahead if you are
dropping by!

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