

## This Week in the Life & Work of our Church

### KINCARDINE UNITED CHURCH

721 Princes St. N., Kincardine ON N2Z 2A3

Web site: [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org) Office Hours: Tues –Fri. 1 p.m. – 4:30 p.m.

Envelope Steward: [kucesteward@bmts.com](mailto:kucesteward@bmts.com) ♦ Gord's email: [gord.kuc@bmts.com](mailto:gord.kuc@bmts.com)

Office e-mail: [kuchurch@bmts.com](mailto:kuchurch@bmts.com) ♦ Phone: 519-396-2391

*The Congregation of Kincardine United Church seeks to foster a journey of spiritual growth through hospitality, service, fellowship and study, and, in community, to build up the ministry of every person and together experience God's abundant love and grace.*

### FIRESIDE CHATS

Friday, March 27<sup>th</sup>, Gord began providing “Fireside Chats” at least twice each week. The intention is to help “fill the gap” when we are unable to gather for worship, for study and for conversation in this time of the COVID-19 pandemic. In this manner we can be connected virtually – although at a distance. There are invitations sent out to those on our e-mail list with the link to each new chat (if you wish to get on that e-mail list, please make the request to Sarah MacKenzie at [kuchurch@bmts.com](mailto:kuchurch@bmts.com)). Gord's chat's can be found on our website (under menu option “Gord's Reflections & Fireside Chats”).



### PROGRAMME CALENDAR

*Services will continue to air on Rogers Cable Channel 6 a week later and at least once more during the week. View the schedule here: <https://www.rogerstv.com/schedule?lid=1&rid=75>*

You can also view some past services online at <https://www.rogerstv.com/media?lid=237&rid=75> under Access Programming (no cable tv necessary)

<b>FRIDAY, April 10th</b>	<b>GOOD FRIDAY</b> Worship: Gord Dunbar <b>More info TBA</b>
<b>SUNDAY, April 12th</b>	<b>EASTER SUNDAY</b> Worship: Gord Dunbar <b>Meditation: Story-Telling</b>

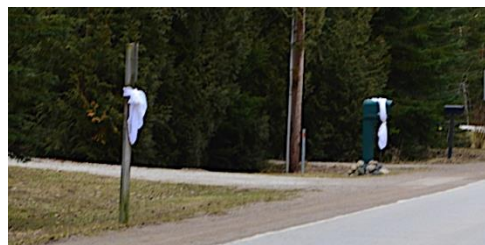
## WHITE RIBBON CAMPAIGN



Our health care providers and first responders are working above and beyond the call of duty these days, and one way to show them we care is to participate in the “White Ribbon” campaign. If everyone went out and tied a white ribbon outside, it would show our health care providers and first responders, who are also our neighbours, that we truly appreciate what they are doing. No white ribbon? How about a white scarf, or a strip of a white pillowcase.

This movement in Grey Bruce is being spearheaded by Rev. Joan Silcox-Smith of the Spiritual Care

Department (Chaplaincy program) in Owen Sound, after learning of it from a colleague in Markham.



## COVID-19: UPDATE

**We are CLOSED until further notice, following the orders from Premier Doug Ford and the recommendations of the Provincial Chief Medical Officer of Health.**

*The Council of Kincardine United Church will continuously monitor the evolving circumstances around COVID-19, keeping the congregation informed regularly about any changes to our practices. Our highest priority is for the safety of everyone – staff, volunteers, congregants and the public – especially the most vulnerable among us.*

- Worship will be broadcast as usual on local TV the week after.
- We are looking into options for live-streaming worship on Sunday mornings.
- Gord’s reflections will continue to be sent out with links to the bulletin & any announcements
- Please contact the church office by phone or by e-mail.
- If you are experiencing symptoms of COVID-19 (dry cough, fever, cold or difficulty breathing), isolate yourself from others as quickly as possible and immediately contact either

**Telehealth Ontario at 1-866-797-0000, OR**

**Grey Bruce Health Unit at 519-376-9420 or 1-800-263-3456**

to report your symptoms and to receive triage over the phone.

Do not call 911 unless it is an emergency.

More information about the local response to COVID-19 is available at

<https://www.sbghc.on.ca/important-information-for-patients-and-visitors/~344-COVID-19-Response>

*As a family of faith, many of us rely upon one another for mutual support and for companionship. The Membership and Mission Committee is putting into place remote ways of pastoral care. May God bless us as we love one another from a distance.*

## DONATIONS

During these difficult times, making donations to the church is severely hampered!

We have added E-Transfers as a “New” donation method and instructions are now available on our church web site <http://www.kincardineunitedchurch.org>

### E-Transfer:

- From the web-site additional instructions will guide you through the new process using your bank software!
- With E-Transfer you can make a contribution directly from your bank account to the church bank account.
- The church receives the full amount as there are “no” fees on our end, unlike many other donation methods that charge us a service fee.

### PayPal:

- The second option is PayPal. From the website, a pop-up will link to the secure PayPal web site, where you can use your PayPal account or use your credit card.

These contributions will be administered by the Envelope Steward and get added to your yearly contribution totals. Please provide donor contact info as needed.

The screenshot shows the Kincardine United Church website. A central yellow banner reads: "KINCARDINE UNITED CHURCH IS CURRENTLY CLOSED Due to the recommendation from the Provincial Chief Medical Officer of Health and under order of the Ontario State of Emergency, Kincardine United Church has closed to protect the most vulnerable in our community. Worship will be broadcast as usual on local TV the week after. We are looking into options for live-streaming worship on Sunday mornings." To the left, a "Make A Donation" section is highlighted with a red box and contains a "Click Here" button. Below this is a "Donate" button with logos for Visa, Mastercard, and American Express. To the right, there are sections for "Office Coordinator", "This Week's Worship", "Announcements", "Search Website", and "Site Map". Red arrows point from the "Click Here" button and the "Donate" button to the central banner. A red arrow also points from the banner to the "Welcome to our spiritual community. Experience God's abundant love and grace." text at the bottom.

## OUR REFUGEE FAMILY IS COMING!



Our community's refugee family is coming. However, because of the travel restrictions for those entering from outside of Canada, their arrival has been delayed. In the meantime, the Steering Committee is seeking donations for the family – especially in monetary donations. While we have rented a house for them which is fully furnished (thanks to many generous donations from the community), we still need money to pay for the rent as well as to purchase those new items that the government requires while preparing for future costs such as healthcare, medications, dental care, eye care, vehicle insurance, etc.

**Cheques can be made out to Kincardine United Church with a memo line “Refugee Family.”**

We will remit the money to the Refugee Steering Committee and your donation will be added to your income tax receipt from us. If you are wanting to help purchase other supplies for the family, go to the Refugee Committee's Facebook page (<https://www.facebook.com/Kincardine-Refugee-Committee-2019-430791440990559/>) where there is a link to a lengthy list of items with instructions on how to access the list.

**Thank you to all of you making donations, for you are making a difference in the community and in the world. Indeed, our amazing, generous family of faith has raised almost \$3,000.00 for *their* family once they arrive. WOW!**

## TELL GORD THE PREACHING TOPIC



Have you ever wanted to hear a worship service addressing a topic that interests you, something you wished Gord would explore, something you've never heard before? Now is your chance. While there is a suggestion box at the back of the worship space for your topic or theme suggestions, because the church building closed, that is no longer an option. Therefore, to make a suggestion to Gord electronically, just send an e-mail to Gord at [gord.kuc@bmts.com](mailto:gord.kuc@bmts.com) and he will place it into the box on your behalf. On the Sunday immediately before, a topic or theme will be blindly picked from the box for Gord to use the following Sunday. The draws will be held to provide the focus for the Sundays of April 26<sup>th</sup>, May 3<sup>rd</sup> and May 10<sup>th</sup>. Maybe you'll tie Gord in knots as he takes only a week to figure it out.

### FOR ROOM BOOKINGS, CHANGES & CANCELLATIONS FOR ALL MEETINGS & EVENTS IN THE CHURCH

1. For **new bookings** visit:

<http://www.kincardineunitedchurch.org/content/booking-room>

2. For **changes or cancellations** to current bookings contact Judy Zarubick and Liz Dillman (our new Booking Facilitators) via this link

<http://www.kincardineunitedchurch.org/contact/Booking-Facilitators>

3. Remember to **email Sarah** at [kuchurch@bmts.com](mailto:kuchurch@bmts.com) if you want **announcement about the event/group**, and send her the text you would like to be included

## COVID-19 and Anxiety



If you or someone you know is feeling overwhelmed or in crisis, there are supports available. Canadian Mental Health Association of Grey Bruce has lots of information on their social media sites and website at <http://cmhagb.org/>

Mental Health Crisis Line of Grey & Bruce (24 hours)  
For ages 16 and up Phone: 1-877-470-5200

Grey Bruce Health Services Crisis Team (24 hours)  
Phone: 519-376-2121 (Ask for Crisis Team)

Kids Help Phone is a free, anonymous and confidential phone and on-line professional counselling service for children and youth. Big or small concerns! Open 24/7 365 days/yr.  
Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca) – for on-line chat as well as resources and information  
Phone: 1-800-668-6868 By Text – Text “TALK” to 686868 Download the “Always There” app to Chat

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Information below is from <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>.

More information is found on the site.

Anxiety is a normal reaction to uncertainty and things that may harm us. For many of us, the coronavirus and the COVID-19 illness make for a very uncertain future.

***What can I do about coronavirus and the COVID-19 illness?***

When you feel anxious and uncertain about the future, it's easy to feel hopeless. Coronavirus and the COVID-19 illness may seem out of your control, but that isn't entirely true.

**Take action**

Taking reasonable action can help you take back control and reduce anxiety. Look to trusted organizations and agencies like the Government of Canada, and World Health Organization for information about steps you can take to reduce your risk of getting sick or passing the illness on to others. If you are more vulnerable to the coronavirus or are in contact with others who may be vulnerable, talk to your doctor or care team about any additional measures to take based on your own situation. The coronavirus and COVID-19 illness situation changes often, so see the following links for up-to-date information on protecting yourself and staying safe:

- Government of Canada—[www.canada.ca/coronavirus](http://www.canada.ca/coronavirus) and the COVID-19 Information Line at 1-833-784-4397
- World Health Organization—[www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)
- [Ontario Public Health](#) Fact Sheets: [How to self-monitor - COVID-19](#)  
[Cleaning and Disinfection for Public Settings - COVID-19](#)  
[How to self-isolate - COVID-19](#)  
[Self-isolation: Guide for caregivers, household members and close contacts - COVID-19](#)

***Explore self-management strategies***

Explore self-management strategies like mindfulness, yoga, meditation, art, or exercise to manage anxious thoughts. You can find self-management strategies for anxiety from Anxiety Canada at [www.anxietycanada.com](http://www.anxietycanada.com).

You can also take the Bounce Back Online, a self-directed course from the Canadian Mental Health Association to help people manage low mood, stress, and anxiety.

The online version is available for free, no referral needed. Visit [online.bouncebackonline.ca](http://online.bouncebackonline.ca).

## COVID-19: United Church Statement



Last modified on [March 13, 2020](#)

Discussion about COVID-19 is growing as confirmed cases of COVID-19 (coronavirus) continue to spread. As a church, we have prepared the [Emergency Plan](#) to help communities of faith plan ahead for contingencies that may or may not arise, realizing that planning ahead is a way to reduce anxiety. We urge communities of faith to respond to COVID-19 with compassion, prevention, and prayer.

### Compassion

Overwhelming statistics outlining the number of confirmed cases and deaths from COVID-19 make it easy to disassociate the numbers from the people and communities involved.

As a church, we seek a compassionate response that acknowledges the personhood attached to each statistic. We know that the people affected include not only those infected by the COVID-19 virus but also their families, friends, co-workers, and community members. We mourn with people whose loved ones have died, who have lost their livelihood through the growing economic impact, who have lost community through self-isolation and limited travel, and, who have lost a sense of security through fear of contamination or racial discrimination.

We also offer our prayers of thanksgiving for the professionals who are providing leadership in the treatment and containment of the virus, and our prayers of concern for those who put at risk their personal health to serve and support others, especially those who are most vulnerable.

### Prevention

We hope the most vulnerable people in our society will be able to rely on us—communities of faith—to do all that we can to prevent the spread of both the virus and of the fears surrounding it. As faith leaders, we can familiarize ourselves with the guidelines outlined in the [Emergency Plan](#) to ensure that people are able to seek comfort in our places of worship. We can ensure that our gathering places promote good preventive practices, and when necessary, we can provide alternative programming—like online worship or Bible study, or bagged lunches for meal programs—for those who are most at risk in large group gatherings or are isolated due to vulnerability. By mirroring the compassionate presence of Christ and providing clear and specific information, faith leaders can help to mitigate the spreading fear around COVID-19. We encourage communities of faith to

- seek and share stories from those most affected by the virus, praying with our kin around the world
- repudiate and dispel all comments about COVID-19 that are prejudiced or racist, or that attach COVID-19 to a race or ethnicity
- practise and model good personal hygiene by washing our hands often, coughing or sneezing into our sleeves, and avoiding touching our face or the faces of those who are most vulnerable
- educate community members on how they can prevent the spread of viruses

### Prayer

Our faithful response of compassion and prevention needs to be surrounded and guided by our continual prayer for the well-being of all people. May we continue to collaborate and learn from health care professionals as we seek ways to honor and respect all people at all times.

For more information, see [Faith Communities and COVID-19](#).

## PLANTING A PATH TO RECONCILIATION

Twenty-eight years ago when it was founded, Faith United Church in Kingston, Ontario, bought land near Highway 15 with the vision of creating a church building. Meeting in a local high school, they eventually decided to put their energy into being a caring community rather than into a building. Then, during the last year, Faith United began a time of discernment around the land. The members of the congregation felt inspired to walk a path of peace and offer the land as a place of healing.

The church and the Indigenous peoples of Kingston are currently in conversation as they collaborate on how to create a space where all can find healing. Talking over tea and shared meals, they are exchanging ideas on how to come together in friendship. Currently they are considering creating a garden for reflection and reconciliation that contains Indigenous sacred medicine plants.

Thanks to a grant from the Justice and Reconciliation Fund, supported by your gifts for Mission & Service, the Indigenous peoples of Kingston and Faith United Church members are able to move forward.

“We open our eyes now,” the Elders and congregation members shared in a report on the initiative. “We aren’t blinded by hopefulness and naïveté: we know our vision for this piece of land is grand in size and workload. We also know that when we walk together in a good way, when we root the process in ceremony and healing, we are acknowledging we aren’t walking this path alone. Together we can. Together we will. One step along the path of peace.”

May it be so!

If Mission & Service giving is already a regular part of your life, thank you so much! If you have not given, please join me in making Mission & Service giving a regular part of your life of faith. Loving our neighbour is at the heart of our Mission & Service.