

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

Youtube Channel: [KUC YouTube Channel](#)

Envelope Steward: kucesteward@bmts.com ♦ Gord's email: gord.kuc@bmts.com

Office Coordinator's e-mail: 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.

PROGRAMME CALENDAR

SUNDAY, August 16th 11th Sunday after Pentecost
 Worship: Gord Dunbar
 Meditation: Learning Love Repeatedly

SUNDAY, August 23rd 12th Sunday after Pentecost
 Worship: Gord Dunbar
 Meditation: Revolt, Revolution or Resurrection



Services live streamed on Sundays at 10:30 a.m.
 Email kuchurch@bmts.com to get on the email list and receive live stream invitations.

Recent services can be found on our Youtube Channel:
[KUC YouTube Channel](#)

Services will continue to air on Rogers Cable Channel 6 a week later.
 View the schedule here:

<https://www.rogerstv.com/schedule?lid=1&rid=75>

You can view some past services online at

<https://www.rogerstv.com/media?lid=237&rid=75> under Access Programming (no cable tv necessary)

ANNOUNCEMENT INFORMATION DEADLINE

Submit information to kuchurch@bmts.com by 4 PM on TUESDAYS

Thank you.

#HereToHelpGB



A new grassroots campaign launched by the following partners: 211 Central East Ontario, the Owen Sound Police Service, Saugeen Shores Police Service, West Grey Police Service, Hanover Police Service, Ontario Provincial Police, Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services, Bruce Grey Child and Family Services, Women's House Serving Bruce and Grey and The Women's Centre Grey Bruce.

This campaign has been created to reach kids, youth and women who are in abusive situations or feeling scared during this time of isolation. With recent closure of so many public and institutional settings, the caring eyes & ears that usually provide comfort and act as safeguards are not physically present. The goal of the campaign is to let individuals who are in need of support know they are not alone and help is available.

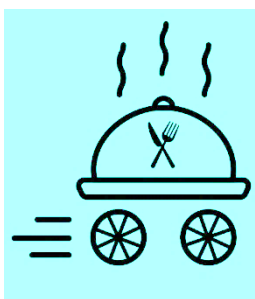


Please help spread the message that we are **#HereToHelpGB**.

Numbers for help:

- 2-1-1 is a 24/7 multilingual helpline to find services in your community
- 9-1-1 is for all emergency situations
- 226-974-0755 is a text support line for women in crisis
- 1-800-668-6868 is Kid's Help Phone

MEALS ON WHEELS IS EXPANDING DURING THE PANDEMIC



For members in our community experiencing financial constraints, are mobility challenged and/or are in extreme isolation during the current pandemic.

Municipality of Kincardine community members in need are being identified by service contact persons through word of mouth, web or social media pages and as existing clients prior to the pandemic.

Residents that would like to inquire about Meals on Wheels for themselves or a loved one can visit the Grey Bruce Home and Community Support Service (HCSS) Website at <https://hcssgreybruce.com/meals-on-wheels/> or call their Central Intake number at 519-372-2091 Press 1.

DONATIONS

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

We have added a couple of options to make on-line donations to the church. These can be found on our church web site <http://www.kincardineunitedchurch.org>

E-Transfer:

- From the web-site additional instructions will guide you through the process using your own secure bank on-line 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.
- No password is required and the Envelope Steward receives an auto email to update your donation record.

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.

Canada Helps:

- Now there is a third option using Canada Helps. Click on the link and a customized entry form will assist with your donation.

These contributions will be administered by John Phillips – KUC Envelope Steward
E-mail: kucesteward@bmts.com and get these donations added to your yearly contribution totals.

The screenshot shows a church website layout. On the left, there is a 'Sunday Worship' section with details about live-streamed services. Below it is a 'Make A Donation' section, which is highlighted with a red border. This section lists three options: Interac e-Transfer, PayPal, and a 'DONATE NOW' button powered by CanadaHelps.org. In the center, a large green box features the hashtag #HeretoHelpGB and provides information for a helpline for abusive situations, including a 24/7 multilingual helpline, a text support line, and Kid's Help Phone. On the right, there are sections for 'Office Coordinator' (Sarah), 'This Week's Worship', 'Announcements', 'Search Website', and 'Site Map'. At the bottom, a red welcome message reads: 'Welcome to our spiritual community. Experience God's abundant love and grace.' Three red arrows point from this message towards the 'Make A Donation' section.

ONE WAY YOU CAN MAKE A DIFFERENCE



For three-quarters of people around the world, hunger is a painful, daily reality. And it's about to get worse. The latest figures from the United Nations predict that more than 250 million people will suffer from severe hunger by the end of the year because of COVID-19.

That's more than double the number of people who are suffering now.

Usually, hunger is the result of conflict, the effects of climate change, and economic

instability. People living in Africa, the Middle East, Asia, Latin America, and the Caribbean suffer most.

But now COVID-19 has made an already dire situation even more brutal.

That's why in addition to helping with sanitation and personal protective equipment, the United Church is working hard to combat hunger worsened by this crisis.

You can help. Make a gift to the United Church's COVID-19 Global Response appeal and help save lives. Every gift will make a difference to those suffering most.

Donate Now

Online via our [secure donation page](#).

Phone 416-231-5931 or toll-free 1-800-268-3781 ext. 2738 and use your Visa or MasterCard.

Send a cheque, money order, or Visa or MasterCard information with donation amount to:

The United Church of Canada
Philanthropy Unit - Emergency Response
3250 Bloor Street West, Suite 200
Toronto, ON M8X 2Y4

Please be sure to note "Emergency Response—COVID-19" on the face of your cheque.

Note: As part of the United Church's Emergency Response Fund, 100% of your donation goes directly to emergency relief with 85% of your donation responding to this designated emergency and 15% responding to future emergencies that do not receive intense media coverage. Donations to Mission & Service enable the United Church to cover all of the costs of emergency response work without deducting any fees from your donation

We work in partnership with proven organizations like ACT Alliance, the Canadian Foodgrains Bank, and long-time Mission & Service partners to make sure that your support goes directly to those who need it. Thank you for your generosity. Your caring makes a world of difference.

COVID-19

The church building is closed until at least September because our highest priority is to protect the most vulnerable among us.

As assigned by the Kincardine United Church Council, a small group is working on protocols to recommend to Council for a safe re-opening of the building. However, NO decision has been made as yet. We will update everyone as soon as a decision is made.

- Worship will be broadcast as usual on local TV the week after.
- We are 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 (email is preferred – kuchurch@bmts.com).
- Fireside Chats are posted every Tuesday on our YouTube Channel, including some humour, some music, a reflection, a prayer and a blessing.

As a family of faith, many of us rely upon one another for mutual support and for companionship. The Membership and Mission Committee has put into place remote ways of pastoral care. May God bless us as we love one another from a distance. If you wish to be added to this contact list email Melinda Smegal at glorycangel@yahoo.ca

Even during COVID-19, Emergency Departments are operating as usual. It is okay to go to the ER. If you or a loved one are suffering from symptoms of a stroke, heart attack, or other new serious health issues, do not delay. Call 9-1-1 or to the nearest emergency department for assessment right away. 🏥 🚑



Even during COVID-19,
it is okay to go to the E.R.
Continue to seek medical
attention for urgent
health issues.

go



www.publichealthgreybruce.on.ca/COVID-19

Symptoms of COVID-19?

**Isolate within your home
and use the self-assessment tool.**

Do you have symptoms of COVID-19 and are having trouble managing at home?



Visit an assessment centre.

Do you have new or worsening symptoms AND are in the priority testing group?



Visit an assessment centre.

The Grey Bruce Health Unit also has a help line at 1-800-263-3456 Ext 3000 if you need help.
Note: Do not call 911 unless it is an emergency.

<https://covid-19.ontario.ca/self-assessment/>

[Link to Grey-Bruce Assessment Centre List](#)

[Link to Priority Testing Details](#)



www.publichealthgreybruce.on.ca/COVID-19

www.publichealthgreybruce.on.ca/covid-19

COVID-19 and MENTAL HEALTH

“Apart But Not Alone”

Offered by CAMH (Centre for Addiction and Mental Health)

<https://action.camh.ca/apart-not-alone>

Sign up to learn concrete ways to manage your stress and uncertainty during this difficult time — and receive regular support and encouragement right in your inbox along the way.

Anxious and stressed out? Help is at hand!

Check out the new Wellness Together Canada portal which provides free online courses like Taking Control of Stress and resources like Moving Beyond Anxiety. <https://ca.portal.gs/>



More Resources: 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+
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 – 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

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

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.

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.

- Government of Canada—www.canada.ca/coronavirus and the COVID-19 Information Line at 1-833-784-4397
- World Health Organization—www.who.int/health-topics/coronavirus
- Ontario Public Health
- Fact Sheets: [How to self-monitor - COVID-19](#), [How to self-isolate - COVID-19](#)
[Cleaning and Disinfection for Public Settings - 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. 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 free, no referral needed. Visit online.bouncebackonline.ca.

MINUTE FOR MISSIONS

AUGUST 9, 2020

TOUCH THE EARTH

Our gifts for Mission & Service support the work of The Healing Fund as we walk together in a path of reconciliation with Indigenous peoples.

We have learned that intergenerational trauma runs deep. The legacy of Indian Residential Schools continues to affect every generation as Indigenous parents struggle to educate their children in the ways of their people.

In spring 2018, six youth travelled from Winnipeg to Sagkeeng First Nation in Fort Alexander, Manitoba, to attend a Zam-mi-nan aki (“Touch the Earth”) cultural retreat at the world-renowned Turtle Lodge. At the three-day retreat, Elders taught the youth some of their traditional teachings to reconnect them with their culture. Educating young people about their history, culture, and land and having them participate in a sweat lodge, ceremonies, and activities under the guidance of Elders is an incredible way to help youth gain confidence and leadership skills. They also helped to produce a documentary video about the retreat, and talk about their experiences with community members and children.

Josephine Kakegumick writes, “I learned so much—it really opened my eyes. I want to change myself for the better. I want to know who I am, I want to learn my language, I want to start dancing more, and I really want to connect with my culture more. I’ve never realized how much I need to heal and have some time to myself.” We are thankful that through our gifts we can offer opportunities for healing to young people experiencing intergenerational trauma.

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.