

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 Office Hours: Tues –Fri. 1 p.m. – 4:30 p.m.

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

Office 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.

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>

PROGRAMME CALENDAR

Services will 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)

SUNDAY, March 29th 5th SUNDAY OF LENT
Worship: Gord Dunbar
Meditation: TBA

SUNDAY, April 5th PALM/PASSION SUNDAY
Worship: Gord Dunbar
Meditation: TBA

HEALTH NOTICE (protecting each other)

As you are aware, the church is closed. To those who have church keys and may still be doing their valuable work in the church, please consider others.

If you are experiencing:



- a fever
- a cough
- difficulty breathing
- a sore throat
- a cold

please refrain from coming in the church until you are better.

If you have been traveling on a plane or a cruise ship, please wait two weeks before coming in.

DONATIONS



Many donate by pre-authorized remittance (PAR), but some use envelopes or put cash into the offering plates. During this COVID-19 pandemic, while the church is closed, if you wish to make a donation, please go to the church web site

(www.kincardineunitedchurch.org), click on “Click Here” under Make a Donation on the left of the home page, and then click on the “Donate” button that appears. By doing so, you continue to fund the connections we make in our community and around the world. Thank you.

OUR REFUGEE FAMILY IS COMING!

Within the next few weeks, our community’s refugee family is coming. The Steering Committee is seeking donations for the family – initially in money – to secure an appropriate house for them, to purchase those items that the government requires to be new and to cover 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.

TELL GORD THE PREACHING TOPIC



Have you ever wanted to hear a worship service addressing a topic that interests you, about which you always wanted to explore, something you've never heard before? Now is your chance. There will be a suggestion box at the back of the worship space for your topic or theme suggestions. To make a suggestion to Gord electronically, just send an e-mail to Gord at gord.kuc@bmts.com and he will put it into the box. On the Sunday immediately before, a topic or theme will be blindly picked by a member of the congregation from the box for Gord to use the following Sunday. The draws will be held to provide the focus for the Sundays of April 26th, May 3rd and May 10th. 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 if you want **announcement about the event/group**, and send her the text you would like to be included

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](#).

COVID-19 and Anxiety

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. People worry about their own health and the health of their loved ones, here and abroad. People may also have a lot of concerns around school or work, their finances, their ability to take part in important community and social events and hobbies, and other important parts of their lives. People who already experience a lot of anxiety may find their anxiety worsening.

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 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:
 - [Cleaning and Disinfection for Public Settings - COVID-19](#)
 - [How to self-monitor - 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.

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.

For more information

In addition to the resource above, check out the following:

- Visit www.flattenthecurve.com for plain language information on reducing the impact of coronavirus and the COVID-19 illness at home and in your community (this resource uses US examples)

PROTECTING A CHILD'S RIGHTS

Emmanuel Dennis Ngongo was 13 years old when he came across the Kenya Alliance for Advancement of Children's Rights (KAACR) through his school's Child's Rights Club. KAACR is a long-standing Mission & Service global partner. When his parents were transferred to another district and he had to change schools, Emmanuel wrote to KAACR to get help in launching a new club.

Kenya has dire statistics on violence against children. Rape, abuse, and child labour occur widely in both rural and urban areas. For many young people, the situation is made worse by their inability to speak out at school or within their communities.

KAACR, a network organization established nearly two decades ago, serves as a platform for like-minded youth to engage in communications and advocacy on ending violence against children in Kenya. Using channels such as WhatsApp and social media, KAACR has reached at least 200 young men and women, many of whom have amazing stories to tell about their transformation. They share ideas and propel change at regional, national, and international levels. Their primary mandate is to champion children's rights everywhere; they believe every child should be protected.

Emmanuel was so inspired by his experiences with KAACR that he launched the Child's Rights Defenders Movement with other peers in 1999, which was hosted by KAACR. He later worked for KAACR as an advocate protecting girls from female genital mutilation and early marriage, and in general youth development work, where he coordinated Youth Employment Summit sessions in Kenya and throughout Africa.

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.