

## 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)

Youtube Channel: [KUC YouTube Channel](#)

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

Office Coordinator's 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.*

### LET'S CELEBRATE KINCARDINE UNITED CHURCH

What an amazing family of faith we continue to become! During this pandemic each of us is connecting in new and creative ways. As a result, our ministry is thriving, reaching out into the community to continue to make a difference to many during our isolation. To celebrate the many ways our congregation vibrantly answers God's call to love one another, **let's give a special gift financially to the church.** Mark your special gift as "Gord's Haircut." Why? Because if over \$2,000.00 is raised by our 169<sup>th</sup> anniversary Sunday on June 14<sup>th</sup>, **Gord will shave all the hair from his head – trimmed and then with a safety razor.**



Gord will record his transformation and you can find it on our new [KUC YouTube Channel](#) that evening. So, to donate that extra, you can click the "Donate" button on our website at [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org), you can contact our Envelope Steward, John Philips, at [kuc.steward@bmts.com](mailto:kuc.steward@bmts.com) to increase your PAR or you can mail in a cheque to the church at 721 Princes Street, Kincardine, ON. N2Z 2A3. How ever you choose to celebrate the ministry of our faith community, we are so blessed.



### FIRESIDE CHATS



Connect with us every Tuesday and Friday through Gord's Fireside Chats. Through humour, reflection, prayer and shared videos, let's connect when we are unable to gather for worship, for study and for in person conversation. You can find the Fireside Chats on our YouTube channel:

[KUC YouTube Channel](#) or go to our website ([www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org)) and click on the sub-menu "Gord's Reflections and Fireside Chats." **See you online!**

## PROGRAMME CALENDAR

SUNDAY, May 31st      Pentecost Sunday  
Worship: Gord Dunbar  
Meditation: TBA

Services live streamed on Sundays at 10:30 a.m.

Email [kuchurch@bmts.com](mailto: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](#)

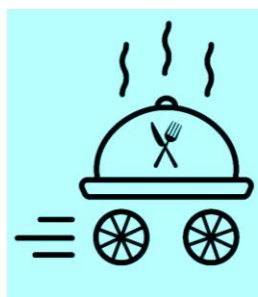
Services will continue to air on Rogers Cable Channel 6 a week later.

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)

## 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.

## MISSION AND SERVICE COMMITMENTS IN THIS TIME OF COVID-19



Kincardine United Church is a leader in giving generously to Mission and Service. Mission and Service makes commitments on behalf of the United Church of Canada to partners across Canada and internationally. Those commitments provide the foundation for the budgets of the partners with which we work. Please continue offering your generous gifts to Mission and Service – which is the way we reach out to an aching world to make a difference – so that our partners can continue caring for people in the name of Christ. 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



## COVID-19

**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 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](mailto:kuchurch@bmts.com)).

*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](mailto:glorycangel@yahoo.ca)*

**ANNOUNCEMENT INFORMATION DEADLINE**  
**Submit information to [kuchurch@bmts.com](mailto:kuchurch@bmts.com) by 4 PM on TUESDAYS**  
**Thank you.**

## 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](http://www.publichealthgreybruce.on.ca/COVID-19)

[www.publichealthgreybruce.on.ca/covid-19](http://www.publichealthgreybruce.on.ca/covid-19)

**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 go to the nearest emergency department for assessment right away. 🏥 🚑



[www.publichealthgreybruce.on.ca/COVID-19](http://www.publichealthgreybruce.on.ca/COVID-19)

## COVID-19 and MENTAL HEALTH

**NEW “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](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 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](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](http://www.ontario.ca/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](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 free, no referral needed. Visit [online.bouncebackonline.ca](http://online.bouncebackonline.ca).

## 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 image is a screenshot of the Kincardine United Church website. A large yellow banner in the center 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 rounded rectangle. It contains a "Click Here" button and text: "You can make your donation (one time only or weekly or monthly) via e-Transfer or PayPal for instructions on e-Transfers Click Here or to donate via PayPal click on the Denote button (below)". Below this is a "Donate" button with logos for Visa, Mastercard, and American Express. To the right of the donation section, there are four red arrows pointing left towards the "Make A Donation" section. At the bottom of the page, there is a red text overlay that says: "Welcome to our spiritual community. Experience God's abundant love and grace." The website layout includes a "Sunday Worship" section with "Our Regular Sunday Worship Service" and "SEE POSTING" (Wheel Chair Accessible), an "Office Coordinator" section with contact info for Sarah, a "This Week's Worship" section with a "Click to view latest Bulletin" link, an "Announcements" section with a "Click to view latest Announcements" link, a "Search Website" section with a search box and "GO" button, and a "Site Map (view all page links)" section.

**MINUTE FOR MISSIONS**

**MAY 24, 2020**

**SEARCHING FOR PEACE IN THE KOREAN PENINSULA**

Over 65 years ago, the Korean War ended in an armistice agreement. The agreement created the Demilitarized Zone, or DMZ: a place where the two parts of the country can come together. The two parts of Korea, North and South, have very different political and economic systems and ideologies. Some may think the differences are too great for the two countries to overcome and unite.

Mission & Service of The United Church of Canada supports partners like the National Council of Churches in Korea that are working to unite both countries through a path of peace. There have been non-violent gatherings at the DMZ as well as walks for peace.

We are thankful to be in partnership with Korean Voices for Peace and the World Council of Churches, which lift up the plight of families who are divided and a region that is still in conflict. The United Church is part of Korea Peace Now! Women Mobilizing to End the War, a global campaign to get a Korean peace agreement by 2020. We pray that reunification will take place and are thankful that we are able to support this path through our gifts for Mission & Service.

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.