

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

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.

WHAT IS HAPPENING TO THE STAFF THESE DAYS?

All staff are being paid just as they were prior to the order to close the church building.

Sarah MacKenzie is working from home. She continues to complete all the work she did when in the office, while shifting a bit to keep everyone aware of what's available online.

David Hamilton continues to lead us musically during our live-streamed worship. When he comes into the building for his daily practice, he also checks the building to ensure no problems with the facilities arise during this lock-down.

Dave Walker is staying home since the building doesn't need cleaning when closed. However, he has kept David Hamilton current about what needs to be inspected while *Ralph Knowles* is creating a checklist for record keeping.

Liz Dillman and *John Phillips* continue to work from home, processing donations and paying bills. As well, Liz makes sure we receive any governmental supports for which we qualify.

Judy Zarubick – although our Voluntary Associate Minister (and, thus, with no salary) – continues to learn the technology as she helps us connect through live-streaming, through the Fireside Chats and through what is posted on our new YouTube channel.

Gord endeavours to lead the congregation spiritually while working closely with *Rod Coates* and the Council. Please keep the staff in your prayers as they serve our family of faith.



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.

**“We are like islands in the sea,
separate on the surface
but connected in the deep.”**

— William James, American philosopher & psychologist,
considered to be the "Father of American psychology"

PROGRAMME CALENDAR

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

SUNDAY, May 10th **5th SUNDAY OF EASTER, MOTHER'S DAY**
Worship: Gord Dunbar
Meditation: Gord picks another one of your suggestions
— watch the live stream to find out the topic chosen

SUNDAY, May 17th **6th SUNDAY OF EASTER**
Worship: Gord Dunbar
Meditation: TBA

FIRESIDE CHATS



Friday, March 27th, 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). Gord’s chat’s can be found on our website (under menu option “Gord’s Reflections & Fireside Chats”).



#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.

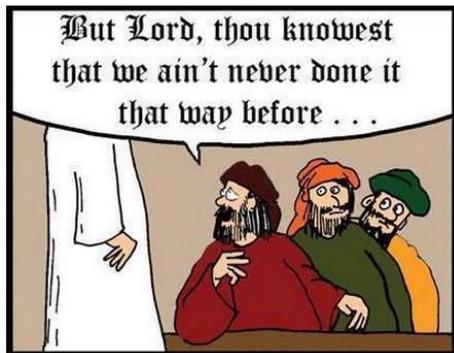


Please help spread the message that we are #HereToHelpGB. Social media messages and videos will be posted on our social media platforms and web sites along with the displaying of posters at places that are still accessible to the public. The messaging will be simple; pictures of Police Officers, Community Partners and/or the public holding signs that read #HereToHelpGB with either the number 2-1-1 or a number that can quickly assist a person in need.

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

ANNUAL CONGREGATIONAL MEETING



Before the order to close the church building, a congregational meeting was scheduled for Sunday, April 19th to receive the Annual Report, to approve the formally reviewed Financial Report and to elect folks to vacant positions.

The Council met electronically and decided to postpone this Annual Meeting until we can meet in person under whatever conditions the government then requires.

Nevertheless, the Annual Report is available on our website at:

http://kincardineunitedchurch.org/sites/default/files/kuc_2019_annual_report_april_7_upload.pdf

If you have any questions about the content of the Annual Report, please contact Rod Coates at rodcoates@tnt21.com. Your questions will be forwarded to the person responsible for that specific report. We will notify everyone as soon as we know when the Annual Congregational Meeting is rescheduled. Thank you for your patience and for your understanding as we continue to live into the reality of caring for each other during this pandemic.

"Invisible threads are the strongest ties."

— Friedrich Nietzsche, German philosopher, cultural critic, composer, poet, and philologist

PROJECT PAN PALS

Big Brothers Big Sisters of Kincardine, in response to COVID-19, has started a new program called "Project Pan Pals" (pandemic pen pals). The concept is to connect their Littles, Bigs, Volunteers, Board members and staff with seniors during this time through letter writing. Social isolation - albeit necessary for all us - is difficult, and this project is a great way to keep people connected at a distance.

If you are interested, you would simply need to supply Big Brothers and Big Sisters with your name and mailing address and they will take care of matching them you with a Pan Pal.

Contact Yolanda Email: bbrosis@bmts.com Telephone: 519-396-3565

For more information, please visit:

<https://kincardine.bigbrothersbigsiseters.ca/what-we-do/project-pan-pal/>

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" link, instructions for donating via e-Transfer or PayPal, and a "Donate" button with logos for Visa, Mastercard, and American Express. To the right, there are sections for "Office Coordinator" (Sarah), "This Week's Worship", "Announcements", "Search Website", and "Site Map". Red arrows point from the highlighted donation section towards the church closure banner and the bottom of the page.

COVID-19 and Anxiety



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 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 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.

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.
- 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 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

WHITE RIBBON CAMPAIGN

This was promoted & encouraged during a Bruce Power Virtual Town Hall with Dr. Arra of Grey-Bruce Public Health.



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.



PAST OVERSEAS PERSONNEL: CAROLINE MCDONALD

As we begin Asian Heritage Month, we look back to one of our past overseas personnel, Caroline Macdonald (1874–1931), a missionary to Japan. Born in Wingham, Ontario, she graduated from the University of Toronto in math and physics. She became the first National Secretary of Japan's YWCA in 1904 and worked to establish hostels for girls in Tokyo. Caroline studied theology in Aberdeen, Scotland, from 1910 to 1911, and after 1913 she became deeply involved in work with prisoners and their families. She was sent to Japan thanks to the support of the Overseas Mission Board, a precursor to Mission & Service. Her prison reforms live on today in Japan.

Her strong sense of prison reform led her to strike up a friendship with Ishii Tokichi, who was sentenced to death for murder. Caroline wrote the preface for his book, *A Gentleman in Prison* (1922), from which this excerpt is taken:

During the days of waiting he took up his pen to write down the circumstances which led him into crime, and the story of his repentance. He worked night and day until his task was finished, for he did not know when the end might come. I saw him for the last time just a few days before his execution and his face was radiant; but of that day and of the end I shall write when the man has told his own story. The sequel is merely the translation of the manuscript I received from him through the prison authorities, and is reproduced, as far as possible, with the same straightforward simplicity as the original. I have not hesitated to depart on occasions from the literal translation, but I think I have not departed from the spirit.

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.