

# This Week in the Life & Work of our Church

## KINCARDINE UNITED CHURCH

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

**The congregation of Kincardine United Church strives to be a loving, hopeful and inclusive community of faith that nurtures Christian discipleship.**

Link to Sunday 11:00 a.m. Zoom Service: <https://us02web.zoom.us/j/84938054100>

Passcode: 3962391

Office Coordinator's email: [kuchurch@bmts.com](mailto:kuchurch@bmts.com) ♦ Office phone: 519-396-2391

Office Hours: 1:30 – 5 p.m. Tuesday through Friday

Gord's email: [gord.kuc@bmts.com](mailto:gord.kuc@bmts.com) ♦ Gord's cell (for pastoral emergencies): 519-386-6346

Donation Steward: [kucdonate@bmts.com](mailto:kucdonate@bmts.com) Web site: [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org)

YouTube: [KUC YouTube Channel](#) Facebook: [KUC Facebook Page](#)



## POTLUCK

**DATE:** OCTOBER 30, 2023  
**SOCIAL TIME:** 11:30 AM  
**LUNCH:** 12:00 NOON

**The Loaves and Fishes Potluck is going to begin again on Monday, October 30, 2023. As we recognize that driving in the evening is not always a possibility for everyone wanting to attend it is going to be lunch time meal.**

Everyone is invited to come and share friendship, laughter and food. As those who have attended know, there is always a large variety of food and more than enough to feed all who come to our table.

**We invite everyone to come to our Loaves and Fishes lunch – bringing friends, family, neighbours and what you are able for food. If you are not able to bring something, we also welcome you at our table.**

If you are unable to carry your dish into the Friendship Hall there will be a cart at the side entrance you can put it on and we will bring it down. If you need assistance carrying it from your car just let us know and we will bring it in for you.

*“Taking the five loaves and the two fish and looking up to heaven, he gave thanks to God and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. <sup>20</sup> They all ate and were satisfied.”* Matthew 14:18-20

## DID YOU MISS THE SERVICE?



Our services are recorded and uploaded to YouTube within an hour or two after they finish, and if not then, usually by the next day:

[KUC YouTube Channel](#)

Some of these videos are also available on our web site homepage in the drop down menu under “Worship”.

Services air on Rogers Cable Channel 6 a week later and repeats at various times thereafter. 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)

## **WHITE GIFT SUNDAY NOVEMBER 19, 2023**

Our annual White Gift Sunday is fast approaching.  
Once again our gifts will be taken to Cape Croker First Nation.

The following are suggestions of items that would be appreciated as gifts:

### **KIDS UNDER 12**

- Toys and games
- Clothes

### **YOUTH – BETWEEN 13 AND 18 (med to large size)**

#### **Girls**

- Flannel PJ bottoms and tops
- Makeup
- Perfume
- Clothes

#### **Boys**

- Flannel PJ bottoms
- Aftershave
- Clothes

### **ADULT WOMEN – SIZES LARGE TO XXXL**

- Warm Pajamas
- Comfortable clothes – sweatshirts etc
- Warm Socks

### **ADULT MEN – SIZES LARGE TO XXXL**

- T-Shirts
- Golf shirts
- Aftershave, Deodorant
- Outdoor socks (for working on fishing boats and outdoors)

*Your gifts are greatly appreciated by the residents of Cape Croker and help provide a joyful Christmas. Thank you.*

**PROGRAMME CALENDAR** (services are both in-person and live streamed)

- SUNDAY, Oct. 29      11:00 a.m. **All Saints Memorial Service**  
Worship Leader: Gord Dunbar  
Meditation: Love IS Our Legacy
- SUNDAY, Nov. 5      11:00 a.m. **Remembrance Sunday**  
Worship Leader: Gord Dunbar  
Meditation: What is Victory?
- SUNDAY, Nov. 12      11:00 a.m. **24<sup>th</sup> Sunday after Pentecost**  
Worship Leader: Gord Dunbar  
Meditation: Becoming
- SUNDAY, Nov. 19      11:00 a.m. **White Gift Sunday**  
Worship Leader: Gord Dunbar  
Meditation: I Dare You!
- SUNDAY, Nov. 26      11:00 a.m. **Reign of Christ Sunday, Communion**  
Worship Leader: Gord Dunbar  
Meditation: It's The Little Things
- SUNDAY, Dec. 3      11:00 a.m. **Advent 1**  
Worship Leader: Gord Dunbar  
Meditation: Upside Down or Right Side Up?
- SUNDAY, Dec. 10      11:00 a.m. **Advent 2**  
Worship Leader: Gord Dunbar  
Meditation: Raising Our Family
- SUNDAY, Dec. 17      11:00 a.m. **Advent 3**  
Worship Leader: Gord Dunbar  
Meditation: I'm Tired!
- WEDNESDAY Dec. 20      7:00 p.m. **Longest Night Service – Service of Prayers for Healing**  
Worship Leader: Gord Dunbar
- SUNDAY, Dec. 24      11:00 a.m. **Advent 4**  
Worship Leader: Gord Dunbar  
Meditation: I Beg Your Pardon
- 4:00 p.m. **Come As You Are Children's Christmas Pageant**  
Worship Leader: Gord Dunbar
- 7:00 p.m. **Christmas Eve Candlelight & Carol Service**  
Worship Leader: Gord Dunbar



A FREE EVENT, OPEN TO ALL!



**AnxietyLab**

RN PSYCHOTHERAPY

Jennifer Chreptyk

BScN, RN, CNP

# ANXIETY WORKSHOP

FOR YOUTH AND THEIR FAMILIES

October 27, 2023

7pm-8pm

Knox Church, 345 Durham St., Kincardine



ANXIETY CAN BE A DISRUPTIVE FORCE FOR YOUTH AS THEY NAVIGATE SCHOOL, FRIENDS AND THE COMPLICATED JOB OF GROWING UP. BUT IT DOES NOT HAVE TO BE. LEARN HOW ANXIETY WORKS PLUS SOME POWERFUL TOOLS THAT CAN KEEP THIS OFTEN-MISUNDERSTOOD EMOTION IN CHECK. ESSENTIAL LEARNING FOR YOUTH AND THE FAMILIES/CAREGIVERS THAT SUPPORT THEM.



# HOME AT LAST 'HAL'

## A Program to support aging, frail adults or people with special needs to settle at home upon discharge from hospital

The secret ingredient of this service is the personal attention given. On discharge day, a HAL attendant will meet the patient in their room, support them through the discharge process and escort them to their home, in an accessible van. Once settled, the attendant can assist with errands such as grocery, prescription or medical equipment pickup, if required.

There is **no fee** for services provided by HAL, however the client will be responsible to pay for pharmacy costs and/or groceries.

The attendant ensures the client is safe and comfortable, providing Home Management.

Our HAL program also includes a next day telephone reassurance call, a complimentary 'Meals on Wheels' meal and more follow-up calls from HAL staff.

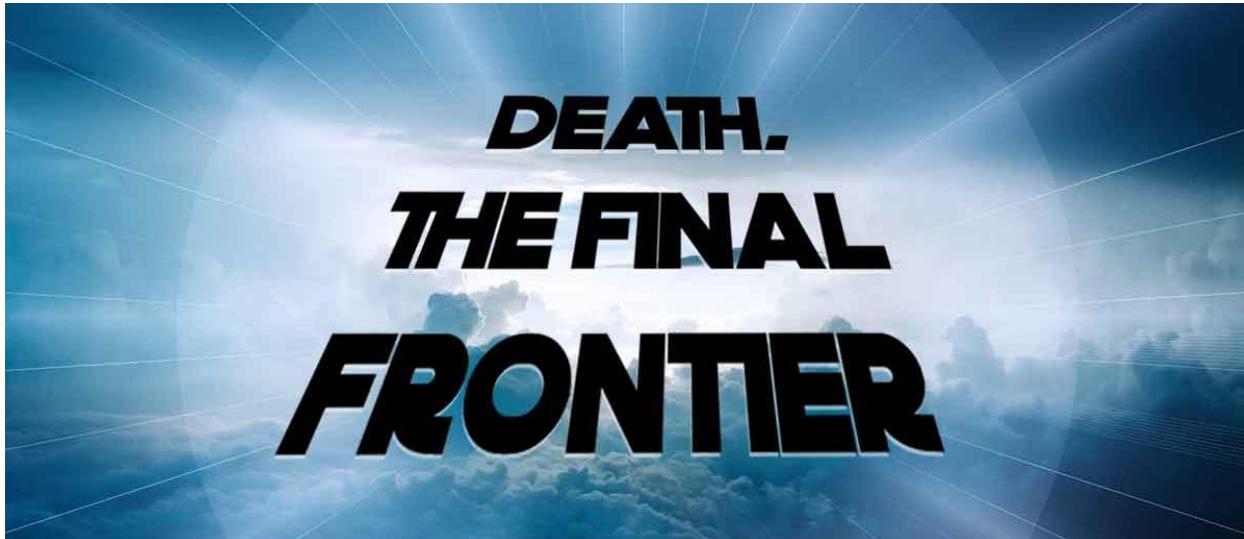


**Participating Hospitals:**  
**Grey Bruce Health Services:** Owen Sound, Meaford, Markdale, Wiarton  
Lions Head, Southampton  
**South Bruce Grey Hospitals:**  
Walkerton, Chesley, Durham, Kincardine, Hanover

### *'HAL' – Taking the Alone Out of Going Home*

For more information contact  
VON at 519-376-5895 ext 402 or 519-373-4423  
Denise Wray – HAL Coordinator – [Denise.Wray@von.ca](mailto:Denise.Wray@von.ca)

**MEMBERSHIP AND MISSION COMMITTEE PRESENTS**



**This five-part series, finishing in October, ponders the following:**

- September 24** Funeral Arrangements  
Presenter – Davey Linklater Funeral Home
  
- October 1** Financial Pre-planning Ideas  
Presenter – Carol Brouse, Retired CA
  
- October 15** MAiD (Medical Assistance in Dying)  
Presenter – Dr. Damian Gunaratne
  
- October 22** Consent and Capacity  
Presenter – Lisa Toner, Lawyer with The Ross Firm
  
- October 29** End of Life Doula  
Presenter – Cheryl Cottrill

Each session will begin at 12:15 and will be held in the Chapel.  
Each session will be approximately one hour in length  
and include a question-and-answer time.  
You may attend only the sessions that interest you or all of them.

***Light refreshments will be served.***

Everyone is invited to attend and bring others with you who  
might be interested.

If we get a large turnout we can move to a bigger setting.

## **MEMBERSHIP AND MISSION COMMITTEE MEETING DATES 2023 AND 2024**

November 21, 2023	May 21, 2024
December – no meeting	June 18, 2024
January 16, 2024	September 17, 2024
February 20, 2024	October 22, 2024
March 20, 2024	November 19, 2024
April 16, 2024	December – no meeting

For the location of meeting and start time please contact Elizabeth Dillman at 519-396-5546 or [dillman.l@bmts.com](mailto:dillman.l@bmts.com).

### **UCW SAVE THE DATE**

**Sat. Nov. 4 - UCW Fall Gathering in St. Jacobs. Lunch/social @ 11:30 followed by programme.**

**More details should be available soon.**