

 A graphic for the Third Sunday of Lent. It features a wooden cross with a purple cloth draped over it, set against a background of green ferns. The text "THIRD SUNDAY OF LENT" is written in purple, serif capital letters to the left of the cross. The entire graphic is enclosed in a decorative border of brown, leafless branches.	<p><i>Kitchissippi</i> UNITED CHURCH</p> <p>Sunday, March 7, 2021 Third Sunday in Lent</p>
<p>SUNDAY MORNING WORSHIP LIVESTREAM - 10AM www.rideaupark.ca</p>	

MESSAGE FROM REV. JENNI



Good Friday, all!

Happy end of the first week of March! The sun is shining and it's brisk outside - beautiful winter weather! One of the things I love about Ottawa (as opposed to Southern Ontario, where I grew up) is this sunny, cold weather!

How have your Lenten practices been going? Do you meditate? Meditation sounds really daunting, but at its core it is being present in the moment. I was thinking about this while I drank my tea this morning. Watching the steam rise from my mug is a peaceful time, but I can't watch for very long because I like to drink it while it's hot. Have you tried this - to stay in the moment and watch your hot beverage's steam rise? Breathing in and out and focussing on one thing is not easy for some of us and that is another core concept of meditation: focussing on only your breathing, for example. One of the first meditations I participated in was about walking in the woods on a path and coming into a clearing where you see a cabin. It is your cabin. Imagine what it looks like inside and then find a comfy spot. It can be summer or winter, you could sit on the screened in porch and have a cold drink, or could be on the couch snuggled under a blanket in front of a fireplace with a hot beverage. I think I was in my 20s when I experienced that meditation and it has stayed with me: I return to "my cabin" when I need a timeout, a breather.

If you would like to experience meditation anytime, Rev. Steve is offering it every Thursday morning at 10am. You will also have an opportunity to experience meditation with Ivan and I. Ivan is doing a practicum for his course at Algonquin and will be offering this online at the end of both the Broadview Reading Club on Tuesdays and Coffee time on Thursdays with a new start and end time! He will be offering a few other activities as well, so please watch for Diana's announcements about what might be when. The new start time for Coffee time will be 2:15pm, coffee time ending at 3:45 and Ivan's activity starting at 3:45 until around 4:15. Please stay tuned!

PIE day last year, March 15th was our last Sunday in church. This year, we will be having an online service by Zoom at 7pm. Just a reminder that PIE means public, intentional and explicit. This is a call to all Affirming ministries and those in the process (and those not too!) to talk about what PIE means to them and to their ministry. Worship will include music and storytelling. If you'd like to tell your story, or if you have a poem or a prayer that you'd like to read that pertains to the theme, please bring it! Come to hear and learn and continue to grow into our Affirming promises. (While Rideau Park is an Affirming Church, Kitchissippi has been in the process of becoming Affirming for a few years now and we are at the last stages - we need to write our Action Plan, have a vote of the congregation and have the Action Plan approved by the Affirming

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Ministries person. We would then be able to celebrate and have the Affirming logo on our website, signs, letterhead etc. If you have any questions about this, please do not hesitate to ask one of the Affirming Committee leaders: Laurie Joe, Norah Patriquin, Sylvia Smith, Ashley Barnes, Kate Holden and Diana and I.)



PIE DAY AT KITCHISSIPPI UNITED 2019

Happening This week:

Sunday: Worship livestreamed with Rideau Park @ rideaupark.ca. Third Sunday in Lent.

Tuesday: Broadview Reading club meets - 1-3 (Discussing articles on pages 16 and 26 in the March edition.)
Zoom link: <https://us02web.zoom.us/j/89093844185>

Wednesday: Lenten Reflections by Zoom at 7pm. This is a 1/2 an hour service to go deeper into Lent. They are called Conversations with Jesus and the leader (Steve, Elizabeth or I) will explore the conversations Jesus has with important Biblical folks. Zoom link will be given in the Monday message.

Thursday: Coffee Time 1:30-3pm. Bring your own coffee/tea! Zoom link here: <https://us02web.zoom.us/j/8925057455>

Here is a Rideau Park event that we are invited to participate in: SOUP!

UCW Soup-er Winter Fundraiser! Delicious, homemade soup for sale at Rideau Park. To order, and for more details, e-mail nmcpherson@rogers.com or phone Nancy at 613-737-7339 by Saturday, March 13th. Pick-up of soup (frozen, in two sizes) will be at the Beecroft door of the church (closest to rear parking lot) on Wednesday, March 17th from 1pm to 3pm. Some varieties include squash, carrot & ginger, pea, curried vegetable, sausage-lentil and chicken. Please order and pay in advance, as quantities are limited. If you know a Rideau Parker who doesn't have e-mail, please spread the word. Two sizes: 2 cup/500ml (\$5.00) and 4cup/1 litre (\$10.00) freezer bags. Great for singles or families! Mix and match! Payment by e-transfer to ucwfinance@rideaupark.ca or by cheque to "RP - UCW", RPUC, 2203 Alta Vista Drive, K1H 7L9.

I hope you all have a wonderful weekend! (Don't forget to watch and breathe through the steam rising from your tea/coffee!)

Blessings!

Jenni

UCW MEETING

UCW IS MEETING IN MARCH

The KUC UCW will be meeting via Zoom next **Wednesday, March 10 at 1:00 pm** This will be an ad hoc meeting to connect with one another and discuss parlour updates and fundraising ideas. All women of the congregation are welcome!

Topic: UCW meeting

Time: Mar 10, 2021 01:00 PM Eastern Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81299161240>

FAITH FORMATION – ECO-CHRISTIANITY LENTEN STUDY

FAITH FORMATION

Eco-Christianity Lenten Study

We continue our Lenten study on Species at Risk, following the book Wild Hope: Stories for Lent from the Vanishing, by Gayle Boss. Sarah Wray is recording excerpts from the book and also adding her own topics on species closer to home.

All are welcome to follow along by watching the videos or reading Sarah's synopses, the calls to action, and personal reflections.

All of the links with videos and our study guide with written reflections are available at this link: <https://linktr.ee/KitchissippiFaith>

The video from last Friday is available on Ontario Turtles, by Sarah Wray: <https://youtu.be/w4vhayR7icg>

Monday's reading for this week was on the Black-Footed Ferret. Here's the video: <https://youtu.be/wtNas4wB5Z4>

Sarah's response to this reading:

I was really inspired by this passage as it showed cohesive action by a variety of different stakeholders. Seeing how biologists and farmers were able to come together and adapt practices and make compromises to help protect this species is really uplifting. I think it also speaks to how interconnected nature is and how by influencing one aspect there can be unintended consequences. This is how I think management decisions need to be made when it comes to species at risk. It's also such a wonderful story to see how a species, thought to be extinct, managed to endure so many challenges. On another note, I think this story can lead to deeper discussions about what the intervention of humans in regards to species at risk could/should look like. In my studies at Trent, this was touched on a lot of discussions related to how much should be done, what species should be focused on etc.

Today's selection is Indiana Bats + Sarah's addition on Ontario bats.

Video link: <https://youtu.be/-nglclrNYYo>

Reflection: Sarah

Gayle Boss uses a lot of imagery surrounding the “group-body” and I think it's my favourite part of the passage. Showing how, as a group, bats are trying to adapt to this fungus. She also ties this force into resurrection which ties nicely in the story of Lent where before the resurrection of Jesus there is this time of

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sorrow before there is an insurgence of hope. This ties nicely into Species at Risk where there is this sense of hopelessness but we are showing that not all is lost and there is a need to still believe change can be made.

Stretching & Stories with Ivan - Starting next Tuesday, March 9th

Ivan Kabonge is in Recreation & Leisure Studies at Algonquin and is completing a practicum placement with KUC in March through to mid-April. Ivan will be working with KUC mentors to present short activity sessions most **Tuesdays from 3:00pm - 3:30 pm** and **Thursdays from 3:45 pm-4:15pm**.

The activities will start with simple stretching or gentle movement to help your body as we sit so often for Zooms. After stretching your body, you are invited to stretch your mind with a social activity of sharing stories and challenges.

As part of his learning, Ivan will also have some mentoring sessions with various guests from KUC and the community. As his overall career goal is to eventually end up in sports management, if you have any contacts in this field who might be willing to do an informal chat or Q & A with Ivan, please let Diana know: diana.brushey@kitchissippiuc.com

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Diana Brushey Faith Formation Leader

KUC Tax receipts and Offerings

Donations and Tax Receipts

By now you should have received your 2020 tax receipt in the mail. If you have not received it or have any questions please contact the church office or Nancy Brodie, Envelope Secretary.

We did not order new envelopes for 2021 but it is fine to use old envelopes. You can donate several ways:

- By Pre-Authorized Remittance (PAR) – contact Nancy Brodie
- By cheque – just put it in the mail, use a church envelope or not
- By Interac E-Transfer to donations@kitchissippiuc.com
- Via Canada Helps

Your donation will go to general church operations or to any special purpose you indicate e.g. Mission and Service, Refugee Fund. FOR MORE INFORMATION: <http://www.kitchissippiuc.com/contact-us/donate/>

Your donations, whatever size, whatever frequency, whatever vehicle, are all very welcome.
Nancy Brodie nancy.brodie@ncf.ca OR fl244@ncf.ca

HAPPENING THIS WEEK

BROADVIEW (ON-LINE) BOOK CLUB
ZOOM Link: <https://us02web.zoom.us/j/89093844185>



Tuesday March 9th	Tuesday April 6th
Tuesday March 16th	**Monday April 12th
Tuesday March 24th	Tuesday April 20th
Tuesday March 30th	Tuesday April 8th



VIRTUAL COFFEE TIME CONTINUES..

Thursdays 2021 is Virtual Coffee Time from 1:30 pm - 3 pm.

You can come and join us for a little bit or the whole time: there are no rules! Imagine yourself in the church hall after a church service, you've just filled your mug with steaming hot coffee and you turn and look around and think: who do I want to talk to this morning (except it'll be in the afternoon)? We all look forward to the Church hall coffee/tea and conversation, and until then, we will meet this way for everyone's safety. And, sadly, you have to make your own coffee or tea ☺ **Please join us: <https://us02web.zoom.us/j/8925057455>**



SOMETHING NEW

COVID-19 technology – Computer help anyone?

During these COVID-19 times, more and more of us are exploring and using different technologies – computers, i-phones, Zoom , Google Meets, Instagram, Facebook, YouTube, on line learning, shopping registration,... The list and possibilities are endless and so are the unknowns :\

- How do you change the background on a Zoom call?
- How do you share screen?
- What is the difference between a GIF and an emoji and how can I find them?
- How can I forward something on YouTube?

The questions and answers can be both complex and very simple.

Maybe we should have an [Ask the expert forum](#). Somewhere we could ask simple technology questions and where simple answers are available. It could be via a simple Q&A in the Friday file or a Zoom meeting, or one-one or some other forum. Is this something that would interest you? Do you have questions or do you have the answers?

Please let me know if this is something you think we should explore. You can send me (Mary Laidlawan e-mail at memlaid@gmail.com or through the church.

LENTEN MUSIC FROM THE KUC CHOIR AND UPCOMING EVENTS

LENT - Stay tuned for upcoming activities in Lent with Ivan K

Ivan, who has been active with our church community for the past 2 years, is in Recreation and Leisure Studies at Algonquin College. He will be doing one of his practicums at KUC, working with others to offer different activities in March-April 2021. A core group of mentors will meet today to help draft a programming and mentorship schedule for the coming weeks. Watch the Friday File for more information on opportunities to participate and help.

KUC INVESTMENT CLUB

The Kitchissippi Investment Club is a group that meets monthly for an hour or two. The aim of the club is to discuss the stock market and try to determine who the next Tesla or Shopify might be, and have fun doing it. Will it be in the environmental, high tech, energy or medical fields? For example we recently reviewed what's going on in US infrastructure construction and who are the companies involved.



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The Investment Club is not a traditional investment club. We do have imaginary portfolios and compete but it is all fake finance, better known as "play dough." **In other words there is NO REAL MONEY involved.**

There are currently eight regular participants. Some are well versed in the investment game while others (ahem) know nothing but are learning and having fun doing it. The club is co-ed but we're looking to balance the female side. If you are curious....give it a try. David Balcome, Ian MacGregor or Rob Harcourt will be happy to discuss with you.

WIDER CHURCH

EASTER is coming and so is the Y Service Club Easter Plant sale for 2021!

Thank you for supporting our recent fundraising efforts, the Thanksgiving and Christmas Plant Sales, the Christmas Trees Sale, the Chaplaincy's Virtual Auction and the Virtual Yard sale (\$800 approx).



Your purchases help support the work of the Carlington Community Chaplaincy, the Kibera YMCA School and other outreach projects, both locally and globally.

Attached you will find the General Order Form for this sale plus a page of plant photos with prices. Due to the pandemic, potted plants are in short supply and it is best to book early and we will hope that our supplier comes through. Email Dave Hall at ysevice@primus.ca and confirm your order by paying by Interac e Transfer or by cheque to the Ottawa Y Service club. The deadline for ordering is **March 20th** and pickup is at Kitchissippi United Church on **Monday and Tuesday, March 29th and 30th.**

If you are a member of one of the supporting churches for the Chaplaincy, you can earmark the proceeds from your purchase directly to the Chaplaincy. Feel free to contact me at davidfhall@magma.ca if you have any questions. <http://www.kitchissippiuc.com/carlington-chaplaincy-and-y-service-club-fundraiser/>

Dave Hall

WE ARE HERE FOR YOU - PLEASE REACH OUT

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**CHURCH OFFICE CLOSED
UNTIL FURTHER NOTICE DUE
TO THE COVID-19 PANDEMIC**

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**ALL Email and phone
messages are checked daily!**

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