



Kitchissippi
UNITED CHURCH



JANUARY 2024
After Epiphany

SUNDAY MORNING WORSHIP at 10 AM LIVE STREAM

WWW.KITCHISSIPPIUC.COM

HERE IS THE LINK TO VIEW THE KUC YOUTUBE CHANNEL ON SUNDAYS

<https://www.youtube.com/channel/UCwATU1rozB1PllaRmr2teVA>



Hello folks,

I hope this finds you well! As I look out my living room window, the sunshine is strong, and the wind is very cold. This type of weather is the kind I love about Ottawa: cold but sunny. Southern Ontario, where I grew up, was often overcast with mild weather: I'll take the sun any day. What about you - do you love the sunshine and cold weather? Do you live by the motto 'there's no bad

weather, only inappropriate clothing'? I hope you enjoy the weekend and the weather, either from inside or out!

I have just finished reading a really great book: What My Bones Know by Stephanie Foo and watched the Netflix series Beef. Both mediums outline how childhood stress and trauma affect us into adulthood, in ways that we might not even know. So interesting. Have you watched or read either?

We continue through the season of Epiphany where themes of light, realization, the path illuminated by a star and 'aha moments' are commonplace. We also have the theme of Openness from the Brussats. Read about openness

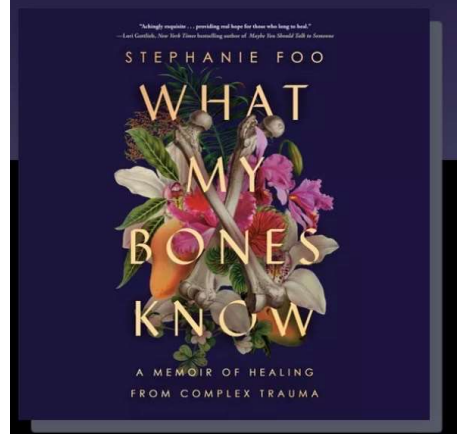
here: <https://www.spiritualityandpractice.com/practices/alphabet/view/24/openness>

What is your star word for the year? (If you haven't received one, please write to me?)

Epiphany Blessings,
Jenni

Stephanie Foo

What My
Bones Know



UPCOMING WORSHIP SERVICES AND SOCIAL EVENTS

JANUARY AND FEBRUARY

- Sunday, January 21** – Third after Epiphany at 10AM - Stewardship Sunday
Sunday, January 28 – Fourth after Epiphany at 10AM
Sunday, February 4 – Fifth after Epiphany at 10AM
Sunday, February 11 – Transfiguration at 10AM
Sunday, February 11 – Transfiguration at 10AM
Wednesday, February 14 – Ash Wednesday Dinner (6pm) and Service (7PM)
Sunday, February 18 – 1st in Lent at 10AM
Sunday, February 25 – 2nd in Lent at 10AM

FAITH FORMATION

INVITATION TO BAKE (Sunday January 21 and Sunday January 28, 2024)

The children, youth and their families are invited to bake with our KUC Sunday school leaders, including Jen Reid (Thanks Jen!) We will be preparing gluten free and other cookies. The Sunday school group plans to continue KUC's hospitality and offer the cookies to our guests on Wed. Feb. 14, 2024 at the annual Pancake Supper /Ash Wednesday Worship service. Everyone is welcome either for one or both baking Sundays. We will also talk more about the Season of Epiphany.

UCW

UCW - Please join the UCW on Wednesday, February 7 at 1:00 in the Hall when Barbara Carroll, Executive Director of Debra Dynes Family House, will be speaking to us about the services which the Family House offers. Everyone is welcome.

WE ARE HERE FOR YOU - PLEASE REACH OUT

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