



Kitchissippi  
UNITED CHURCH

FEBRUARY 2024  
Transfiguration Sunday



**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/UCwATU1rozB1PIlaRmr2teVA>**



Good afternoon folks,

I hope this finds you well!

**A few notes:**

- We are observing Transfiguration this Sunday, the traditional Sunday before Lent liturgy. Also this Sunday, February 11th, we will have a Lunch and Learn about the Remit 1: An Autonomous Indigenous Organization. Stay after church to learn what this Remit is all about.
- Ash Wednesday is February 14th with a dinner (6pm) and service (7pm).
- Our Lenten Study starts on February 14th at 10am at Britannia. We are using Wandering Hearts by A Sanctified Art. Please let Kirsten know if you'd like a paper copy of that.
- The first Sunday of Lent is February 18th, with communion.

### **A Reflection:**

I've been watching and waiting as the snow melts so that I can clear off my back deck. Roxy, our almost 16 year old goldendoodle has decided she doesn't want to venture far this winter, and so has been using it for her purposes. But, as she is nearly 16 and has been living with bladder cancer for a year now, I'm going to let her do what she wants...old dog, new tricks is not for us. As we've been watching Roxy's kidney levels closely, while giving her medicine for the bladder cancer, which is processed through the kidneys, we know that our time is limited with her. We know her time is limited. It is hard to watch a lively, alert, playful dog go a bit slower. Don't get me wrong, she still wants me to throw her 'baby' for her (a little well loved flattened hedgehog) when I go on a zoom meeting, or if I sit on the couch. And she barks to go out with a bit more irritation if I don't see her walk to the door. Her personality is still sweet and she is a gentle soul.

For the last year, we have been preparing for her death. I have been taking photos of her daily in her various sleeping positions on the couch or floor or one of her beds. Trying to capture this time, her sweetness, her life...is difficult and has been stressful. Each new symptom, each change of her food, each new quirk requires so much resilience and adaptability. It has been a year of this and it is not easy.

In a recent conversation with a friend, one of us said 'well, I guess I'll try again tomorrow'. We decided this is exactly what being an adult is all about: getting up and trying again, each day. Some days are easier to do that, for sure. I hope that you have decided to try again tomorrow...and if today is too much, I hope you are able to call it a day. Sometimes, when the day is too much, I find a movie to watch, take a walk, write in my

journal, phone or text with a friend. There is a really cute video going around about a conversation between a woman and herself:

Woman: I'm just feeling really down these days and I don't know why.

Q: Have you exercised today?

Woman: No

Q: Did you go outside?

Woman: No

Q: Did you talk to anyone?

Woman: No

Q: Did you eat well?

Woman: No

Q: Did you limit your scrolling time?

Woman: No

Q: Did you make any plans?

Woman: No

Q: Did you drink enough water?

Woman: No

Q: Did you get enough sleep?

Woman: No. Wait, yes, yes to that one.

Q: Hmm, ya, what a mystery.

May we all choose to do something that helps us to feel better today!

Blessings,

Jenni

## KUC COUNCIL MESSAGE – LUNCH AND LEARN THIS SUNDAY

At the February 13<sup>th</sup> meeting of KUC Council we will be voting Yes or No on the “Remit” that would change the articles of the United Church of Canada’s Union, which were established in 1925.

**There is a brown bag lunch session this Sunday February 11, after worship, if you want more information. Here are a few points of information beforehand.**

1. The Indigenous church has been around for twice as long as the United Church of Canada when we include their Methodist Mission roots.
2. When the UCC restructured in 2017 the Indigenous church was not consulted and lost their central structure connecting their congregations. They had a conference relationship because they are spread sparsely across the country without enough clusters to support regional offices. Conferences were eliminated in restructuring.
3. Indigenous society is based in circles, not on hierarchical pyramids. Decisions are made by consensus not majority votes. Baptisms, weddings, funerals, and communion are steeped in tradition and are conducted differently than in settler society. Making changes to these things, by the indigenous church, currently requires permission from General Council. Changing the articles of Union, by the Remit, will allow for independent, adult decision making by First Nations.

An analogy for the proposed relationship between the Indigenous Church and Settler church is of a wampum belt with two parallel lines on it. These represent two independent canoes paddling side by side in dialogue and support but with each steering their own vessel.

## ASH WEDNESDAY DINNER AND SERVICE



**PLEASE JOIN US** ASH WEDNESDAY (evening of Wednesday February 14th): Come to the church for dinner at 6pm in the hall and then the service at 7pm in the sanctuary. You can also livestream the service. There will be pancakes, bacon and sausage, gluten free items, coffee and tea. A free will offering will be collected. Our thanks to members of the Men's Breakfast who will be cooking for us! We will also

be welcoming folks from Trinity, Britannia and Emmanuel Methodist church (a Pan-African, Swahili speaking congregation). Folks from Emmanuel will be offering a song in Swahili during the dinner. I'm looking forward to this dinner with a bunch of our Christian siblings!

## LENTEN STUDY

LENTEN STUDY (starts in the morning of Wednesday February 14th): I have been doing some planning, with my colleague over at Britannia United, Rev Jen Power. We are pleased to offer a joint Lenten Study on Wednesday mornings at Britannia United.

For our Lenten Study this year, we are using a resource from A Sanctified Art called "Wandering Hearts". Britannia has already purchased the rights to this study guide. Separate from the Lenten Study, they have also purchased the "Wandering Hearts Daily Devotions" which include a brief reflection and prayer for each day in the season of Lent. Britannia is happy to add us to their Daily Devotion email list. \* Please contact either me or Kirsten if you would like a printed copy of the Lenten Study Guide and / or would like to receive the Daily Devotion email.

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FEBRUARY 2024 BLACK HISTORY MONTH

We will gather to discuss IN PERSON at Britannia (985 Pinecrest Road) on Wednesday mornings from 10am - 12 pm on the following dates:

- Wednesday February 14th (Note that our Ash Wednesday dinner and service is at 6pm in the KUC Hall that night - we have invited the folks at Britannia and Trinity United Churches to join us)
- Wednesday February 21<sup>st</sup>
- Wednesday February 28<sup>th</sup>
- Wednesday March 6th (KUC UCW meets at 1pm that day- There will be no meeting March 13th)
- Wednesday March 20<sup>th</sup>
- Wednesday March 27<sup>th</sup>

Britannia folks will be offering coffee and tea, perhaps we could bring some baked goods?

If you are interested in joining this Lenten Study but might need a ride, please be in touch with me?

## UPCOMING WORSHIP SERVICES AND SOCIAL EVENTS

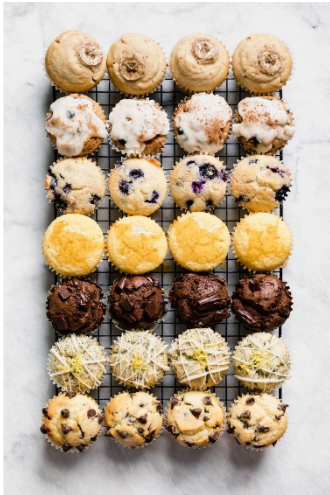
### FEBRUARY and MARCH

**Sunday, February 11** – Transfiguration at 10AM – LUNCH AND LEARN 11AM  
**Wednesday, February 14** – Ash Wednesday Dinner (6pm) and Service (7PM)  
**Sunday, February 18** – 1<sup>st</sup> in Lent at 10AM  
**Sunday, February 25** – 2<sup>nd</sup> in Lent at 10AM  
**Sunday, March 3** – 3<sup>rd</sup> in Lent at 10AM  
**Sunday, March 10** – 4<sup>th</sup> in Lent at 10AM  
**Sunday, March 14** – 5<sup>th</sup> in Lent at 10AM  
**Sunday, March 24** – 3<sup>rd</sup> in Lent at 10AM  
**Sunday, March 31** – Easter Sunday at 10AM

### Save the Date – Sunday, March 3, 2024

**Cards and games Day-** You are all invited to a cards and games afternoon following the service on March 3, 2024. More details to follow but bring your favourite board games and card games. An event for all ages. More details to follow.

## MUFFINS FOR THE CHAPLAINCY



**STARTING AGAIN-** Every 3rd Sunday is going to be our muffin collection day for the Chaplaincy. We are asking congregants to bring muffins once a month on the 3rd Sunday. The children will also be the muffins go to the Carlington Chaplaincy. Norah and Densie will serve coffee and muffins on Monday mornings at the Chaplaincy. People really appreciate having something to eat, especially the last week of the month when their money is running low.

Sunday, February 18, 2024  
Sunday March 17, 2024  
Sunday April 21, 2024  
Sunday May 16, 2024

## COFFEE CONVENERS NEEDED!



We need Sunday coffee conveners for February and part of March. The sign up sheet is beside the Coffee Instructions on a kitchen cupboard. It is suggested that conveners who sign take a picture of the instructions, so they have them in hand.

## OUTREACH

The Parkdale Food Centre (PFC) continues to be a key community resource for many families. While we still welcome nonperishable donations at KUC, financial donations (online via their website or by cheque to 30-2 Rosemount Ave Ottawa, ON K1Y 1P4) can go much further as PFC seeks to meet the needs of increasing numbers of neighbours. The website is well worth a read:

<https://parkdalefoodcentre.ca/> and <https://parkdalefoodcentre.ca/our-vision-mission-and-values/> to learn more about all they do!

Here is the latest PFC newsletter:



Good afternoon, Neighbour,

We wanted to share a little communication about the closure of our community fridge at 30 Rosemount Ave.

When we first introduced the community fridge, we did so with the vision that it would provide dignified, barrier-free food access. As we do, the Parkdale Food Centre continues to adjust and modify our programs, to support and respond to the community. The constant filling and emptying of the fridge and the unpredictable selection available, reflected both our limited resources and the overwhelming needs of our community. We closed the indoor community fridge because it was causing a divisive and anxious environment. We know we can do better.

Our core programs continue to offer dignified access to groceries. Mino'Weesini, our grocery program at 5 Hamilton Ave N, offers high-quality, diverse, and consistent food. The space is warm, welcoming and reaffirms our commitment to respect and dignity for all. We are the only emergency food program in the City of Ottawa whose model allows Neighbours to shop for their groceries many times during the month rather than the one-visit-per-month limit that is the norm across the city!

For those out of our grocery program catchment, we continue to provide them guidance to access their closest food bank.

Your ongoing support fuels these positive changes and we express our deepest gratitude for your invaluable role in our mission and our ability to achieve it.

Thank you for being a vital part of our journey,



The PFC Team

## UCW

### WIDER UCW EVENT

Book Sharing Circle and Meet-the-Author Night

February 21st from 7 to 8:30 p.m.

to share our reading experience of Betty Turcott's latest: *Rebekah*.

We will meet by Zoom for round table discussion focusing on our experience of the book and its relation to our own lived experience. The evening will include small group break-out rooms and a chat time for questions with Betty. Register by email to [cdmound@gmail.com](mailto:cdmound@gmail.com) and additional information and the ZOOM link will be sent out closer to the date. Hope you can spread the word and we will connect with some other regions February 21<sup>st</sup>, 2024.

Cheryl Mound

East Central Ontario Region UCW

### WIDER CHURCH EVENTS

**RUBBLE EVENT** - Thank you for registering for UNJPPI's Christ in the Rubble event. We hope you enjoyed our event. If you were not able to join us live, the event was recorded for later viewing and sharing.

Please watch and share the recording at: <https://youtu.be/ocqg-MCs-Bw>

Please submit your questions and comments to: [christintherubblefeb4@gmail.com](mailto:christintherubblefeb4@gmail.com).

Visit our website for more news and resources: [unjppi.org](http://unjppi.org).

- Click the subscribe button to sign up for our monthly newsletter and occasional email updates.
- Note: UNJPPI has a BDS strategy document and info on apartheid free community statements: <https://unjppi.org/bds.html>. For more information, please email [George@unjppi.org](mailto:George@unjppi.org)

Links to resources/actions mentioned in the webinar:

- Gaza Ceasefire Pilgrimage: <https://www.gazaceasefirepilgrimage.com/>
- Project Ploughshares Fanning the Flames report: <https://www.ploughshares.ca/reports/fanning-the-flames-the-grave-risk-of-canadas-arms-exports-to-israel>
- e-Petition 4745: <https://www.ourcommons.ca/petitions/en/Petition/Details?Petition=e-4745>
- 20 Aid Agencies re UNRWA Funding Suspensions: <https://reliefweb.int/report/occupied-palestinian-territory/unrwa-funding-cuts-threaten-palestinian-lives-gaza-and-region-say-ngos>
- MSF/Doctors Without Borders re UNRWA Funding: <https://www.msf.org/unrwa-funding-cuts-jeopardise-lifeline-millions-palestine>
- United Church of Canada letter and advocacy tool: <https://united-church.ca/social-action/act-now/support-justice-and-peace-palestine-and-israel>
- Global Kairos for Justice Coalition: "Cry for Hope" <https://www.cryforhope.org/index.php/about-global-kairos>

Also attached, please find a list of suggested books and films.

Thank you!

## HAVE A HEART

### HAVE A HEART DAY - FEBRUARY 14

It is once again that time of year! [Have a Heart Day](#) is only a few short weeks away. Please circulate this invitation to participate across your membership, and do not hesitate to contact the Caring Society with questions. <https://fncaringsociety.com/events/have-heart-day>

Did you know that Have a Heart Day was first started in February 2012 by Ottawa students who gathered around Parliament as the [human rights case for equity in First Nations child welfare](#) was being heard at the Canadian Human Rights Commission? Over a decade later, Have a Heart Day continues to be taken up across the country as people of all ages gather to advocate for culturally based equity in education, child welfare, health, and social services for First Nations children. Per the United Nations Convention on the Rights of the Child, children and youth have a right to participate in the matters that affect them, and we're continually inspired each year by the thousands of children who call on Canada to do the right thing and stop discriminating against First Nations kids and their families. We are once again inviting you to honour Have a Heart Day in one of the following ways:



- Send a Valentine's Day card or [letter](#) supporting Have a Heart Day to the [Prime Minister](#) and your [Member of Parliament](#).
- Host a Valentine's Day gathering to raise awareness in your school or community. Don't forget to register your event and add to our [nation-wide map](#)!
- Bring reconciliation into the classroom to get your students ready. Do [Project of Heart](#) or check out one of Spirit Bear's films on the new [Spirit Bear TV](#)!
- Spread the word through social media using the hashtag #HaveAHeartDay or #JourneeAyezUnCoeur. We love to see photos of your events and activities!

**Molly Rasmussen** (she/her), MA  
Reconciliation and Research Coordinator  
First Nations Child & Family Caring Society  
[mrasmussen@fncaringsociety.ca](mailto:mrasmussen@fncaringsociety.ca)

## CAMP KALALLA NEWS

### Camp Kalalla News

2024 Registration is open- come join the fun this summer! (Camper dates July 21-28)  
Visit <http://kalalla.com/register/> for more info. Bring a new friend to camp and get a discount on your registration! For more details, reach out to [registrar@kalalla.com](mailto:registrar@kalalla.com)

Bursaries are available, application deadline is approaching – please inquire at [registrar@kalalla.com](mailto:registrar@kalalla.com) Want to help send a child to camp? We appreciate all support! Reach out to [treasurer@kalalla.com](mailto:treasurer@kalalla.com) for more info. (Tax receipts for donations over \$20).

Winter Fun Meet-up February 11, 2:00, at Lansdowne Park. Come visit your camp friends and help us make another super snow sculpture! RSVP to [campkalalla@gmail.com](mailto:campkalalla@gmail.com)

Please note, this event is weather dependent- please check our social media for updates.

Instagram: [@campkalalla49](https://www.instagram.com/campkalalla49)

Facebook: <https://www.facebook.com/CampKalalla/>

## WE ARE HERE FOR YOU - PLEASE REACH OUT

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**HAPPY CHINESE NEW YEAR**