

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 10:30 a.m. Zoom Service: <https://us02web.zoom.us/j/84938054100>

Passcode: 3962391

Office Coordinator's email: 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 ♦ Gord's cell (for pastoral emergencies): 519-386-6346

Donation Steward's email: kucdonate@bmts.com

Web site: www.kincardineunitedchurch.org

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



Masks are required to enter the building until further notice.

SPRING IS HERE

We are going to mulch the church gardens but we need help.

Could you help us or know someone who would?

NEEDED – garden workers for Sat. April 30



9:30 a.m. – 3 people with shovels to loosen the soil in the front bed

10 a.m. – 6-8 people to put the bags of mulch on the gardens and rake it level

If you could help, please contact Shirley Marie Harris by phone at 396-3686 or e-mail at hrhsmh@bmts.com as soon as possible.

SMILE !!

Kincardine United Church is finally going to have a **new Photo Directory**. Universal Portrait Studios will be here **Tuesday, May 17 through Saturday, May 21st**, just before Victoria Day, to take photos for us. We are presently calling all congregants to confirm phone numbers and email addresses prior to giving the list to Universal.


If you have not been called yet by a church member, please contact Melinda Smegal, 519-396-7184, to update your contact information and to ask questions.

Universal will start calling members early in May to book appointments. **SAVE THE DATES.** We would LOVE to have YOUR photo included in our new KUC Photo Directory.



We have had lots of positive feedback from the in-house soup sale! What a great way to enjoy some comfort food as we support the life and work of the church. Thank you cooks and customers!

\$683 raised!
Thank you
-UCW



KUC FACEBOOK PAGE

www.facebook.com/kincardineunitedchurch

Our web site has been updated to include a link to our Facebook page (top left corner)



Please pass the word around and encourage your family and friends to “click-in” and watch a Sunday Service or a Fireside Chat! We are looking for assistance, so if you are into social media please contact us to get on the team. *-John Phillips*

COMMITTEE MEETINGS

Committee	Meeting Time	Location
Administration	May 5 th , 10 a.m. – Noon	Resource room
Membership & Mission	May 17 th , 7-9 p.m.	via Zoom



Understanding Dementia



Caring for someone with dementia can be both rewarding and challenging. As you start to see your loved one change, it can become frustrating, confusing and sometimes even scary. Join Sandra Hong from the Alzheimer Society Grey Bruce, as she helps us gain a better understanding of dementia and best practices to supporting your loved one and yourself.

Learning Objectives:

- What is dementia?
- Strategies for communicating effectively
- Adapting to changes in the brain

Thursday May 19th, 2022

[1:00 - 2:30 pm]

Zoom Presentation

Registration Required

To register for event, please contact:
(519) 371-5331 ext 247 | michelle.cliche@von.ca



Bereavement Support -Spring 2022

There is no right or wrong way to grieve...there is only your way and your grief experience will be unique to you. While it can be difficult, reaching out for support after a loved one's death can be helpful and comforting.



Bereavement Support Groups

Our groups provide a supportive and compassionate atmosphere for sharing and listening. Facilitators and group members attend all 6 sessions, allowing for a greater level of comfort in discussing relevant topics. In person sessions start in May 2022, so please call to find out more and to register.

Grief Walk

A walking group for those grieving the death of a loved one. Join trained volunteers for fresh air and exercise with others who are grieving. Share your experiences, receive support – or simply just walk with others who understand. Starting mid-May 2022.

Drop-in Chat

The Drop-In Chat is an informal opportunity to receive grief support in a safe, compassionate place with others going through similar experiences. Drop-In Chats occur on Zoom every Tuesday at 9:30am. Call to register.

Mindfulness and Grief Webinar series

This is a nine week Zoom webinar series about how Mindfulness practice can be incorporated into your life and be used as a tool to help with your grief journey. The series starts Monday May 2, 2022 at 11 am.

One to One Bereavement Supports

VON provides one to one telephone bereavement supports by trained volunteer. It is an opportunity where the grieving individual can speak openly about their feelings. Each individual can expect to receive a weekly call from a trained volunteer once a match has been made.

You Are Not Alone

For further information or to register, please contact

Ingrid Bell MSW at 519-376-5895 ext.260 or ingrid.bell@von.ca

VON Chatham-Kent, Grey Bruce, Middlesex-Elgin, Oxford & Perth-Huron Present:

Regional Grief Support Groups

For Specific Death-related Losses



VON is pleased to offer four virtual support groups for individuals grieving specific losses, including: Death by Suicide, Addiction-related Death, Medical Assistance in Death (MAiD) and Death of a Child. Groups are held **Tuesdays from 6:30pm-8:00pm**, virtually over Zoom.

PRE-REGISTRATION IS REQUIRED

Death by Suicide

Group will take place the first Tuesday of every month: April 5, May 3, June 7, July 5, 2022

Addiction-related Death

Group will take place the second Tuesday of every month: April 12, May 10, June 14, July 12, 2022

Death of a Child

Group will take place the third Tuesday of every month: April 19, May 17, June 21, July 19, 2022

Medical Assistance in Death (MAiD)

Group will take place the fourth Tuesday of every month: April 26, May 24, June 28, July 26, 2022

BENEFITS OF THE GROUP:

- Confidentiality is respected
- Support is compassionate & judgement free
- Facilitated by trained staff & volunteers
- Program is free of charge

For more information or to register, contact your local VON Bereavement Support Coordinator:

Middlesex – Sarah Chouffot
(519) 245-3170 ext 227 or sarah.chouffot@von.ca

Elgin – Trevor Lozon
(519) 637-6408 ext 222 or trevor.lozon@von.ca

Oxford – Vanessa Matthews
(519) 537-8515 ext 3 or vanessa.matthews@von.ca

Chatham-Kent – Erin Crow
(519) 437-8989 or erin.crow@von.ca

Grey Bruce - Ingrid Bell
(519) 376-5895 ext 260 or ingrid.bell@von.ca

Perth-Huron – Sheri Gilhula
(519) 271-7991 ext. 4232 or sheri.gilhula@von.ca

VICTORIAN ORDER OF NURSES FOR CANADA
South-West Region

UKRAINE RELIEF

\$402,000 has been raised by the United Church for Ukraine Relief, with \$240,000 already sent through Action by Churches Together (ACT).

Plans are being finalized for disbursing the remaining \$162,000 and the funds that continue to be donated.

THANK YOU!

The invasion of Ukraine is costing precious lives and creating a humanitarian crisis as people flee to safety. The United Nations reports that a growing number of over a million people, displaced from their homes, are seeking refuge in neighbouring countries. Many have lost friends, loved ones, and property; struggle to meet their basic needs, and face an uncertain future.

United Church Mission & Service partners are responding to the rapidly unfolding crisis. You can help. Right now, people urgently need shelter, clean water, food, and medical attention. Please show your support by making a gift today.

Make donation to Kincardine United Church & it will be sent to the national fund.

Note on your cheque or e-transfer “Ukraine Relief.”

Your donation will appear on your Kincardine United Church income tax receipt.

Thank you.

[*Click here for details on how to do an e-transfer to KUC](#)

Note: As part of the United Church’s Emergency Response Fund, 100% of your donation goes directly to emergency relief, with 85% of your donation responding to this designated emergency and 15% responding to future emergencies that do not receive intense media coverage. Donations to Mission & Service enable the United Church to cover all of the costs of emergency response work without deducting any fees from your donation.