

This Week in the Life & Work of our Church

KINCARDINE UNITED CHURCH

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

Web site: www.kincardineunitedchurch.org

Envelope Steward: kucesteward@bmts.com ♦ Gord's email: gord.kuc@bmts.com

Office Coordinator's e-mail: kuchurch@bmts.com ♦ Phone: 519-396-2391

The Congregation of Kincardine United Church seeks to foster a journey of spiritual growth through hospitality, service, fellowship and study, and, in community, to build up the ministry of every person and together experience God's abundant love and grace.

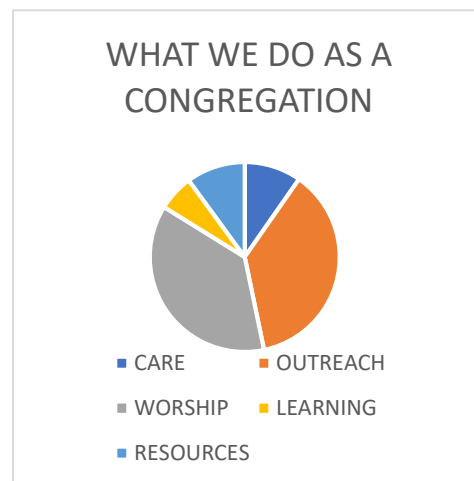
MISSION AND SERVICE COMMITMENTS IN THIS TIME OF COVID-19



Kincardine United Church is a leader in giving generously to Mission and Service. Mission and Service makes commitments on behalf of the United Church of Canada to partners across Canada and internationally. Those commitments provide the foundation for the budgets of the partners with which we work. Please continue offering your generous gifts to Mission and Service – which is the way we reach out to an aching world to make a difference – so that our partners can continue caring for people in the name of Christ. Thank you.

HOW ARE WE DOING FINANCIALLY?

There are always legitimate worries about our financial health during a time of disruption like the one we are experiencing these days. We have a congregation which is very generous. This is not to “soften you up” for the bad news at all. Instead, the revenue we received in March exceeded what was donated last year in March. Because so many are continuing to give to the mission and the ministry of Kincardine United Church, we are in a relatively healthy condition. Wow! Thank you for your vibrant generosity. It allows us to connect with each other and with our community even when physically distant and even when the building is closed. You are all amazing! We are blessed.



PROGRAMME CALENDAR

Services will continue to air on Rogers Cable Channel 6 a week later. View the schedule here: <https://www.rogerstv.com/schedule?lid=1&rid=75>

You can also view some past services online at <https://www.rogerstv.com/media?lid=237&rid=75> under Access Programming (no cable tv necessary)

SUNDAY, May 3rd

4th SUNDAY OF EASTER

Worship: Gord Dunbar

Meditation: *Gord picks another one of your suggestions*
– watch the live stream to find out the topic chosen

PROJECT PAN PALS

Big Brothers Big Sisters of Kincardine, in response to COVID-19, has started a new program called "Project Pan Pals" (pandemic pen pals). The concept is to connect their Littles, Bigs, Volunteers, Board members and staff with seniors during this time through letter writing. Social isolation - albeit necessary for all us - is difficult, and this project is a great way to keep people connected at a distance.

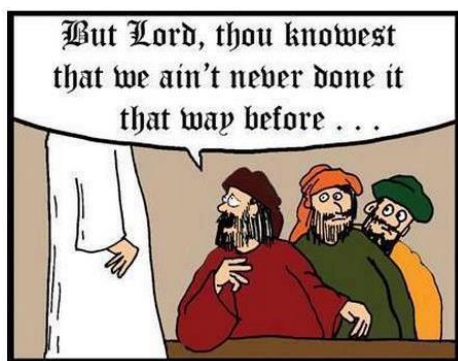
If you are interested, you would simply need to supply Big Brothers and Big Sisters with your name and mailing address and they will take care of matching them you with a Pan Pal.

Contact Yolanda Email: bbrosis@bmts.com Telephone: 519-396-3565

For more information, please visit:

<https://kincardine.bigbrothersbigsisisters.ca/what-we-do/project-pan-pal/>

ANNUAL CONGREGATIONAL MEETING



Before the order to close the church building, a congregational meeting was scheduled for Sunday, April 19th to receive the Annual Report, to approve the formally reviewed Financial Report and to elect folks to vacant positions.

The Council met electronically and decided to postpone this Annual Meeting until we can meet in person under whatever conditions the government then requires.

Nevertheless, the Annual Report is available on our website at:

http://kincardineunitedchurch.org/sites/default/files/kuc_2019_annual_report_april_7_upload.pdf

If you have any questions about the content of the Annual Report, please contact Rod Coates at rodcoates@tnt21.com. Your questions will be forwarded to the person responsible for that specific report. We will notify everyone as soon as we know when the Annual Congregational Meeting is rescheduled. Thank you for your patience and for your understanding as we continue to live into the reality of caring for each other during this pandemic.

DONATIONS

During these difficult times, making donations to the church is severely hampered!

We have added E-Transfers as a “New” donation method and instructions are now available on our church web site <http://www.kincardineunitedchurch.org>

E-Transfer:

- From the web-site additional instructions will guide you through the new process using your bank software!
- With E-Transfer you can make a contribution directly from your bank account to the church bank account.
- The church receives the full amount as there are “no” fees on our end, unlike many other donation methods that charge us a service fee.

PayPal:

- The second option is PayPal. From the website, a pop-up will link to the secure PayPal web site, where you can use your PayPal account or use your credit card.

These contributions will be administered by the Envelope Steward and get added to your yearly contribution totals. Please provide donor contact info as needed.

The image shows a screenshot of the Kincardine United Church website. A red box highlights the 'Make A Donation' section on the left, which includes a 'Click Here' button and instructions for donating via e-transfer or PayPal. In the center, a yellow banner reads: 'KINCARDINE UNITED CHURCH IS CURRENTLY CLOSED Due to the recommendation from the Provincial Chief Medical Officer of Health and under order of the Ontario State of Emergency, Kincardine United Church has closed to protect the most vulnerable in our community. Worship will be broadcast as usual on local TV the week after. We are looking into options for live-streaming worship on Sunday mornings.' Red arrows point from the 'Make A Donation' section to this banner. Below the banner, a red box contains the text: 'Welcome to our spiritual community. Experience God's abundant love and grace.' Red arrows point from this text to the banner. The right side of the website features sections for 'Office Coordinator', 'This Week's Worship', 'Announcements', 'Search Website', and 'Site Map'.

WHAT IS HAPPENING TO THE STAFF THESE DAYS?

All staff are being paid just as they were prior to the order to close the church building.

Sarah MacKenzie is working from home. She continues to complete all the work she did when in the office, while shifting a bit to keep everyone aware of what's available online.

David Hamilton continues to lead us musically during our live-streamed worship. When he comes into the building for his daily practice, he also checks the building to ensure no problems with the facilities arise during this lock-down.

Dave Walker is staying home since the building doesn't need cleaning when closed. However, he has kept David Hamilton current about what needs to be inspected while Ralph Knowles is creating a checklist for record keeping.

Liz Dillman and *John Phillips* continue to work from home, processing donations and paying bills. As well, Liz makes sure we receive any governmental supports for which we qualify.

Judy Zarubick – although our Voluntary Associate Minister (and, thus, with no salary) – continues to learn the technology as she helps us connect through live-streaming, through the Fireside Chats and through what is posted on our new YouTube channel.

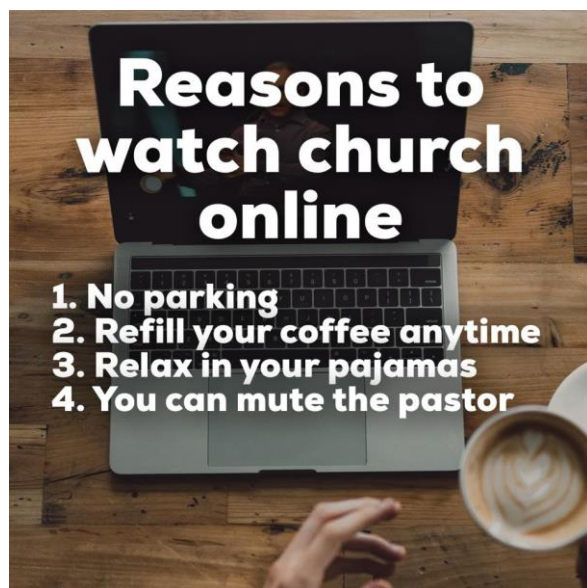
Gord endeavours to lead the congregation spiritually while working closely with Rod Coates and the Council. Please keep the staff in your prayers as they serve our family of faith.



"We expect more from technology and less from each other."

— Sherry Turkle, author, and clinical psychologist & sociologist at MIT

FIRESIDE CHATS



Friday, March 27th, Gord began providing "Fireside Chats" at least twice each week. The intention is to help "fill the gap" when we are unable to gather for worship, for study and for conversation in this time of the COVID-19 pandemic. In this manner we can be connected virtually – although at a distance.

There are invitations sent out to those on our e-mail list with the link to each new chat (if you wish to get on that e-mail list, please make the request to Sarah MacKenzie at kuchurch@bmts.com). Gord's chat's can be found on our website (under menu option "Gord's Reflections & Fireside Chats").

COVID-19 and Anxiety



New >>> Anxious and stressed out? Help is at hand! Check out the new Wellness Together Canada portal which provides free online courses like Taking Control of Stress and resources like Moving Beyond Anxiety. <https://ca.portal.gs/>

More Resources: If you or someone you know is feeling overwhelmed or in crisis, there are supports available. Canadian Mental Health Association of

Grey Bruce has lots of information on their social media sites and website at <http://cmhagb.org/>

Mental Health Crisis Line of Grey & Bruce (24 hours) For ages 16+ Phone: 1-877-470-5200

Grey Bruce Health Services Crisis Team (24 hours) Phone: 519-376-2121 (Ask for Crisis Team)

Kids Help Phone is a free, anonymous and confidential phone and on-line professional counselling service for children and youth. Big or small concerns! Open 24/7 365 days/yr.

Website: www.kidshelpphone.ca – for on-line chat as well as resources and information
Phone: 1-800-668-6868 By Text – Text “TALK” to 686868 Download the “Always There” app to Chat

Information below is from <https://www.heretohelp.bc.ca/infosheet/covid-19-and-anxiety>.

More information is found on the site.

Anxiety is a normal reaction to uncertainty and things that may harm us. For many of us, the coronavirus and the COVID-19 illness make for a very uncertain future.

What can I do about coronavirus and the COVID-19 illness?

When you feel anxious and uncertain about the future, it's easy to feel hopeless. Coronavirus and the COVID-19 illness may seem out of your control, but that isn't entirely true.

Take action

Taking reasonable action can help you take back control and reduce anxiety. Look to trusted organizations and agencies like the Government of Canada, and World Health Organization for information about steps you can take to reduce your risk of getting sick or passing the illness on to others. If you are more vulnerable to the coronavirus or are in contact with others who may be vulnerable, talk to your doctor or care team about any additional measures to take based on your own situation. The coronavirus and COVID-19 illness situation changes often, so see the following links for up-to-date information on protecting yourself and staying safe:

- Government of Canada—www.canada.ca/coronavirus and the COVID-19 Information Line at 1-833-784-4397
- World Health Organization—www.who.int/health-topics/coronavirus
- Ontario Public Health
- Fact Sheets: [How to self-monitor - COVID-19](#), [How to self-isolate - COVID-19](#)
[Cleaning and Disinfection for Public Settings - COVID-19](#)
[Self-isolation: Guide for caregivers, household members and close contacts - COVID-19](#)

Explore self-management strategies

Explore self-management strategies like mindfulness, yoga, meditation, art, or exercise to manage anxious thoughts. You can find self-management strategies for anxiety from Anxiety Canada at www.anxietycanada.com. You can also take the Bounce Back Online, a self-directed course from the Canadian Mental Health Association to help people manage low mood, stress, and anxiety. The online version is free, no referral needed. Visit online.bouncebackonline.ca.

COVID-19

We are CLOSED until further notice, following the orders from Premier Doug Ford and the recommendations of the Provincial Chief Medical Officer of Health.

The Council of Kincardine United Church will continuously monitor the evolving circumstances around COVID-19, keeping the congregation informed regularly about any changes to our practices. Our highest priority is for the safety of everyone – staff, volunteers, congregants and the public – especially the most vulnerable among us.

- Worship will be broadcast as usual on local TV the week after.
- We are live-streaming worship on Sunday mornings.
- Gord's reflections will continue to be sent out with links to the bulletin & any announcements
- Please contact the church office by phone or by e-mail.
- If you are experiencing symptoms of COVID-19 (dry cough, fever, cold or difficulty breathing), isolate yourself from others as quickly as possible and immediately contact either

Telehealth Ontario at 1-866-797-0000, OR

Grey Bruce Health Unit at 519-376-9420 or 1-800-263-3456

to report your symptoms and to receive triage over the phone.

Do not call 911 unless it is an emergency.

More information about the local response to COVID-19 is available at

<https://www.sbghc.on.ca/important-information-for-patients-and-visitors/~344-COVID-19-Response>

As a family of faith, many of us rely upon one another for mutual support and for companionship. The Membership and Mission Committee has put into place remote ways of pastoral care. May God bless us as we love one another from a distance. If you wish to be added to this contact list email Melinda Smegal at glorycangel@yahoo.ca

WHITE RIBBON CAMPAIGN

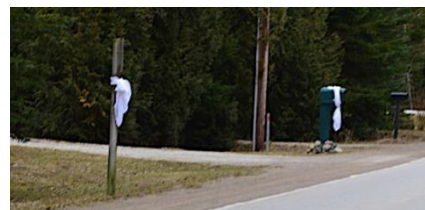
This was promoted & encouraged during a Bruce Power Virtual Town Hall with Dr. Arra of Grey-Bruce Public Health.



Our health care providers and first responders are working above and beyond the call of duty these days, and one way to show them we care is to participate in the "White Ribbon" campaign. If everyone went out and tied a white ribbon outside, it would show our health care providers and first responders, who are also our neighbours, that we truly appreciate what they are doing. No white ribbon? How about a white scarf, or a strip

of a white pillowcase.

This movement in Grey Bruce is being spearheaded by Rev. Joan Silcox-Smith of the Spiritual Care Department (Chaplaincy program) in Owen Sound, after learning of it from a colleague in Markham.



ACCESS TO CLEAN WATER

19 Water is sacred—a gift of the Creator and a source of life. Clean water is a cornerstone of public health and a fundamental human right. In 2015, United Nations member states established 17 goals essential to sustainable development. The sixth goal is the availability of clean water for all.

Access to safe drinking water is one of today's most pressing environmental issues. Large numbers of people have no access to water and lack adequate sanitation to keep water sources clean. According to UN statistics, millions of people die every year from diseases associated with inadequate water supply, sanitation, and hygiene. More than two billion people are currently living with the risk of reduced access to freshwater resources. By 2050, at least one in four people is likely to be affected by a chronic shortage of fresh water.

The United Church of Canada, as a member of the World Council of Churches, joined with other churches in the Ecumenical Water Network, a Mission & Service partner. The EWN brings churches together in faith-based advocacy for the preservation, responsible management, and the equitable distribution of water for all. On-the-ground Mission & Service partners like People's Action Forum in Zambia and the Moravian Church in Nicaragua play important roles in establishing community access to water—from digging boreholes to providing training on pump maintenance and protection of the water supply.

Your gifts to Mission & Service help bring the provision of clean water to all people closer to reality.

If Mission & Service giving is already a regular part of your life, thank you so much! If you have not given, please join me in making Mission & Service giving a regular part of your life of faith. Loving our neighbour is at the heart of our Mission & Service.