

## 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](http://www.kincardineunitedchurch.org)

Youtube Channel: [KUC YouTube Channel](#)

Envelope Steward: [kucesteward@bmts.com](mailto:kucesteward@bmts.com) ♦ Gord's email: [gord.kuc@bmts.com](mailto:gord.kuc@bmts.com)

Office Coordinator's e-mail: [kuchurch@bmts.com](mailto: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.*

### DO YOU WANT TO LEAVE A LEGACY?

Join us for a Zoom webinar on **Wednesday, June 17<sup>th</sup> from 7:00 p.m. to 8:30 p.m.** about Legacy giving. Explore with Rev. Dave Jagger, our Stewardship and Special Gifts Officer, the many ways to support the mission and the ministry of Kincardine United Church even after you die. For example, the United Church of Canada is the only religious body in the nation which is allowed to set up **annuities**. To receive an e-mailed invitation to the webinar, let Gord know at [gord.kuc@bmts.com](mailto:gord.kuc@bmts.com). See you then.



### AFFIRMING DIVERSITY WORSHIP SERVICE



During Pride weekend at Kincardine United Church, we are hosting an ecumenical worship service celebrating diversity within our community.

**The service will begin to live stream at 7:00 p.m. on Friday, June 26<sup>th</sup>.**

The live stream link will be posted on our web site [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org) by June 24th.

*"...for in Christ Jesus you are all children of God through faith. ...There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus" (Galatians 3:26, 28).* Join us as we open our hearts one to each other in celebration during worship.

## PROGRAMME CALENDAR

**SUNDAY, June 21st**      3rd Sunday after Pentecost, Father's Day

Worship: Gord Dunbar

Meditation: COVID from the Front Lines

**SUNDAY, June 28th**      4th Sunday after Pentecost

Worship: Gord Dunbar

Meditation: Let's Get Creative!

Services live streamed on Sundays at 10:30 a.m.

Email [kuchurch@bmts.com](mailto:kuchurch@bmts.com) to get on the email list and receive live stream invitations.

Recent services can be found on our Youtube Channel: [KUC YouTube Channel](#)

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

## #HereToHelpGB



A new grassroots campaign launched by the following partners: 211 Central East Ontario, the Owen Sound Police Service, Saugeen Shores Police Service, West Grey Police Service, Hanover Police Service, Ontario Provincial Police, Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services, Bruce Grey Child and Family Services, Women's House Serving Bruce and Grey and The Women's Centre Grey Bruce.

This campaign has been created to reach kids, youth and women who are in abusive situations or feeling scared during this time of isolation. With recent closure of so many public and institutional settings, the caring eyes & ears that usually provide comfort and act as safeguards are not physically present. The goal of the campaign is to let individuals who are in need of support know they are not alone and help is available.



Please help spread the message that we are **#HereToHelpGB**.

Numbers for help:

- 2-1-1 is a 24/7 multilingual helpline to find services in your community
- 9-1-1 is for all emergency situations
- 226-974-0755 is a text support line for women in crisis
- 1-800-668-6868 is Kid's Help Phone

## DONATIONS

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

We have added a couple of options to make on-line donations to the church. These can be found on our church web site <http://www.kincardineunitedchurch.org>

### E-Transfer:

- From the web-site additional instructions will guide you through the process using your own secure bank on-line 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.
- No password is required and the Envelope Steward receives an auto email to update your donation record.

### 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.

### Canada Helps:

- Now there is a third option using Canada Helps. Click on the link and a customized entry form will assist with your donation.

These contributions will be administered by John Phillips – KUC Envelope Steward  
E-mail: [kucesteward@bmts.com](mailto:kucesteward@bmts.com) and get these donations added to your yearly contribution totals.

The screenshot shows a church website layout. On the left, there is a 'Sunday Worship' section with details about live-streamed services. Below it is a 'Make A Donation' section, which is highlighted with a red border. This section lists three options: Interac e-Transfer, PayPal, and a 'DONATE NOW' button powered by CanadaHelps.org. In the center, a large green box features the hashtag #HeretoHelpGB and provides information for a helpline for abusive situations, including a 24/7 multilingual helpline, a text support line, and Kid's Help Phone. On the right, there are sections for 'Office Coordinator' (Sarah), 'This Week's Worship', 'Announcements', 'Search Website', and 'Site Map'. At the bottom, a red welcome message reads: 'Welcome to our spiritual community. Experience God's abundant love and grace.' Three red arrows point from this message towards the 'Make A Donation' section.

## EDUCATION HOUR



Education Hour is a new series of online learning sessions with a wide variety of topics. Join Alzheimer Society Grey-Bruce Public Education Coordinator Sandra Hong on Zoom to learn about dementia.

REGISTER FOR ONE OR MORE TOPICS AT:

<https://alzheimer.ca/en/greybruce/We-can-help/Education/education-hour>

### TOPICS

**Normal vs. Not Normal Aging as it relates to Memory - June 17th**

**Searching for the Meaning Behind Behavior - June 18th**

**The Journey of Support States Here - June 24th**

**Memory and Aging Every Tuesday June 16th - July 7th**

**Nutrition and Dementia - July 8th**

**Meaningful Activities - July 15th**

**Validation Therapy - July 21st**

**Planning Ahead - July 28th**

### Memory and Aging

**Memory and Aging is a 5 week course happening every Tuesday at 10 am - 12 pm starting June 16th**

This is a multi-week program consisting of weekly two-hour sessions. The aim is for people of retirement age or older who are interested in learning about memory changes that normally occur with age and strategies to improve their everyday memory performance. Developed through Baycrest Health Science Centre.

This session takes place online using Zoom and **requires you to pre-register.**

Register at

<https://alzheimersociety.zoom.us/meeting/register/tJ0rd--spz0pG9aSYaWPBil-r554k6mEd0fM>

or contact Sandra Hong at (519) 376-7230

## COVID-19

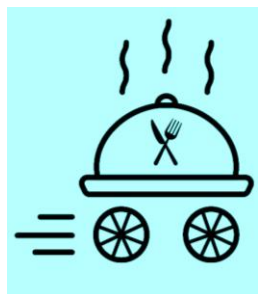
**We are CLOSED until further notice, following the orders from Premier Doug Ford and the recommendations of the Provincial Chief Medical Officer of Health.**

*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 (email is preferred – kuchurch@bmts.com).

*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](mailto:glorycangel@yahoo.ca)*

## MEALS ON WHEELS IS EXPANDING DURING THE PANDEMIC



For members in our community experiencing financial constraints, are mobility challenged and/or are in extreme isolation during the current pandemic.

Municipality of Kincardine community members in need are being identified by service contact persons through word of mouth, web or social media pages and as existing clients prior to the pandemic.

Residents that would like to inquire about Meals on Wheels for themselves or a loved one can visit the Grey Bruce Home and Community Support Service (HCSS) Website at <https://hcssgreybruce.com/meals-on-wheels/> or call their Central Intake number at 519-372-2091 Press 1.

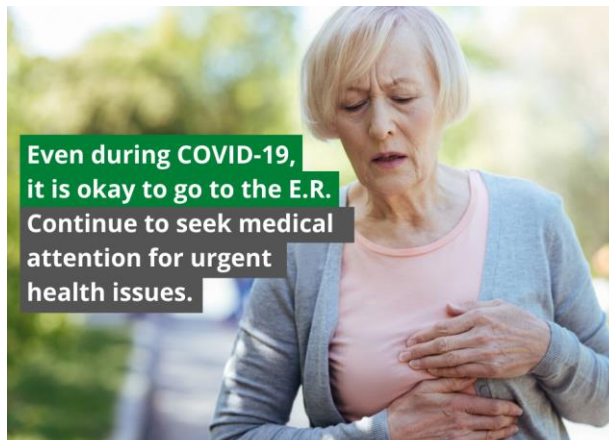
## MISSION AND SERVICE COMMITMENTS IN THIS TIME OF COVID-19



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.

**ANNOUNCEMENT INFORMATION DEADLINE**  
**Submit information to [kuchurch@bmts.com](mailto:kuchurch@bmts.com) by 4 PM on TUESDAYS**  
**Thank you.**

**Even during COVID-19, Emergency Departments are operating as usual.** It is okay to go to the ER. If you or a loved one are suffering from symptoms of a stroke, heart attack, or other new serious health issues, do not delay. Call 9-1-1 or to the nearest emergency department for assessment right away. 🛡️ 🚑



Even during COVID-19, it is okay to go to the E.R. Continue to seek medical attention for urgent health issues.

go



[www.publichealthgreybruce.on.ca/COVID-19](http://www.publichealthgreybruce.on.ca/COVID-19)

## Symptoms of COVID-19?

Isolate within your home  
and use the self-assessment tool.

Do you have symptoms of COVID-19 and are having trouble managing at home?

Visit an assessment centre.

Do you have new or worsening symptoms AND are in the priority testing group?

Visit an assessment centre.

The Grey Bruce Health Unit also has a help line at 1-800-263-3456 Ext 3000 if you need help.  
Note: Do not call 911 unless it is an emergency.

<https://covid-19.ontario.ca/self-assessment/>

[Link to Grey-Bruce Assessment Centre List](#)

[Link to Priority Testing Details](#)



[www.publichealthgreybruce.on.ca/COVID-19](http://www.publichealthgreybruce.on.ca/COVID-19)

[www.publichealthgreybruce.on.ca/covid-19](http://www.publichealthgreybruce.on.ca/covid-19)

## COVID-19 and MENTAL HEALTH

### **“Apart But Not Alone”**

Offered by CAMH (Centre for Addiction and Mental Health)

<https://action.camh.ca/apart-not-alone>

**Sign up to learn concrete ways to manage your stress and uncertainty during this difficult time — and receive regular support and encouragement right in your inbox along the way.**

### **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](http://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

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

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.

**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.

- Government of Canada—[www.canada.ca/coronavirus](http://www.canada.ca/coronavirus) and the COVID-19 Information Line at 1-833-784-4397
- World Health Organization—[www.who.int/health-topics/coronavirus](http://www.who.int/health-topics/coronavirus)
- [Ontario Public Health](http://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](http://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](http://online.bouncebackonline.ca).

## **SECOND CHANCES**

Our gifts for Mission & Service support community ministries like Stella's Circle. People come to Emmanuel House at Stella's Circle for a variety of reasons. Some have experienced mental illness or addiction, and others have suffered emotional stress or trauma or had a conflict with the law. The staff and volunteers at Emmanuel House are dedicated to helping them move forward in their lives.

Emmanuel House is a 14-bed, residential counselling centre in St. John's, Newfoundland, where people of all genders live for four months at a time. They participate in group and individual counselling on topics such as addiction, recovery, mindfulness, trauma, and personal effectiveness skills. Residents also participate in therapeutic yoga, recreational activities, and household chores. Emmanuel House was the home of Stella's Circle founder Stella Burry.

The staff assist residents with concrete issues related to their adjustment back into the community and being able to live independently. Many receive help finding safe and supportive housing or obtain employment assistance. The approach at Emmanuel House is a strengths-focused recovery model.

Ivy Lundrigan is a social worker at Emmanuel House. She expresses what it means to work with residents:

I am always in awe of the strength, resilience, and courage that come through these doors. Sometimes they don't have much hope when they arrive, but with support and guidance, they are able to move forward with their lives. I'm grateful to be part of that process.

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.