

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.

FIRESIDE CHATS

Connect with us every Tuesday and Friday through Gord's Fireside Chats. Through humour, reflection, prayer and shared videos, let's connect when we are unable to gather for worship, for study and for in person conversation. You can find the Fireside Chats on our YouTube channel: [KUC YouTube Channel](#) or go to our website (www.kincardineunitedchurch.org) and click on the sub-menu "Gord's Reflections and Fireside Chats." **See you online!**



LET'S CELEBRATE KINCARDINE UNITED CHURCH



What an amazing family of faith we continue to become! During this pandemic each of us is connecting in new and creative ways. As a result, our ministry is thriving, reaching out into the community to continue to make a difference to many during our isolation. To celebrate the many ways our congregation vibrantly answers God's call to love one another, **let's give a special gift financially to the church.** Some will have received their income

tax return recently. Some will be spending less on entertainment or for restaurant food. To donate that extra, you can go to www.kincardineunitedchurch.org and click the "Donate" button. You can contact our Envelope Steward, John Philips at kuc.steward@bmts.com to increase your PAR. You can mail in a cheque to the church at 721 Princes Street, Kincardine, ON. N2Z 2A3. How ever you choose to celebrate the ministry of our faith community, THANK YOU! We are so blessed.



PROGRAMME CALENDAR

SUNDAY, May 17th 6th SUNDAY OF EASTER
Worship: Gord Dunbar
Meditation: TBA

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

Email kuchurch@bmts.com to get on the email list and receive live stream invitations.

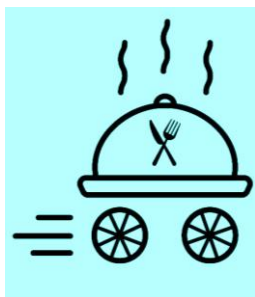
Services will continue to air on Rogers Cable Channel 6 a week later.

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)

EXPANDING MEALS ON WHEELS DURING THE PANDEMIC



Municipality of Kincardine Council passed a resolution on May 4, 2020, that will support the provision of meals to 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.

Keep up to date as information becomes available at www.kincardine.ca, Municipality of Kincardine Facebook and Twitter.

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.



#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. Social media messages and videos will be posted on our social media platforms and web sites along with the displaying of posters at places that are still accessible to the public. The messaging will be simple; pictures of Police Officers, Community Partners and/or the public holding signs that read #HereToHelpGB with either the number 2-1-1 or a number that can quickly assist a person in need.

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 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 is a screenshot of the Kincardine United Church website. A large yellow banner in the center 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." To the left, a "Make A Donation" section is highlighted with a red rounded rectangle. It contains a "Click Here" link, instructions on how to donate via e-Transfer or PayPal, and a "Donate" button with logos for Visa, Mastercard, and American Express. To the right, there are sections for "Office Coordinator" (Sarah), "This Week's Worship", "Announcements", "Search Website", and "Site Map". Red arrows point from the highlighted donation section towards the closed church banner.

COVID-19 and Anxiety



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

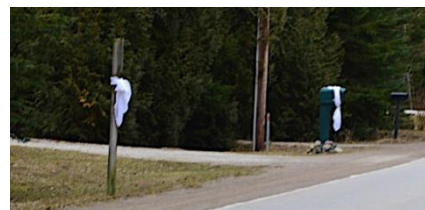
This was promoted & encouraged during a Bruce Power Virtual Town Hall with Dr. Arra of Grey-Bruce Public Health.



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.



LOVED BY GENERATIONS: SHERBROOKE LAKE CAMP

Many people who attend summer camp come from a long line of campers, following in the footsteps of their parents and grandparents. That is one of the amazing things about camp—it's loved by generation after generation. Our gifts for Mission & Service make United Church camps possible.

United Church camps are like a quilt created from many different pieces of fabric, all different colours and textures. A family quilt tells the story of the family who created it. From a scrap of fabric from a toddler's dress to lace worn at a fancy family gathering, each quilt piece recalls images of fun times together. It is no different for a camp family, where memories are sewn together to become the very fabric of the camp.

Sherbrooke Lake Camp in New Ross, Nova Scotia, began in 1964. The children and youth who attended then are now the parents and grandparents of today's campers. The camp also offers a two-night Family Camp. By gathering people to have fun and give thanks for creation and community, camps like this one can transform people for the better! Thank you for making this possible.

At Sherbrooke Lake Camp:

We believe in kids. We are a safe space to learn. We believe everything is possible. We think big, but simple. We play until we can't. We are the place to explore faith. We inspire and motivate listening to spark understanding.

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.