

# 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 11:00 a.m. Zoom Service: <https://us02web.zoom.us/j/84938054100>

Passcode: 3962391

Office Coordinator's email: [kuchurch@bmts.com](mailto: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](mailto:gord.kuc@bmts.com) ♦ Gord's cell (for pastoral emergencies): 519-386-6346

Donation Steward: [kucdonate@bmts.com](mailto:kucdonate@bmts.com) Web site: [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org)

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



### UCW LIGHTHOUSE MEETING

Oct 16 at 7 pm in the Fellowship Hall. The theme is Fall decor on a thrifty budget! A personal hygiene item for women for the foodbank would be greatly appreciated for the foodbank.

### PRESERVES SALE



The preserves sale made just short of \$300 for the general fund. Thank you to all who canned and purchased. Leftovers will be sold at the next soup sale!

### PROGRAMME CALENDAR (services are both in-person and live streamed)

SUNDAY, Oct 22                    11:00 a.m. 21<sup>st</sup> Sunday after Pentecost

Worship Leader: Gord Dunbar

Meditation: Small Change

Services air on Rogers Cable Channel 6 a week later and repeats at various times thereafter. View the schedule here:

<https://www.rogerstv.com/schedule?lid=1&rid=75>

# REJOICE!

SING THE GREAT

## HYMNS!

SUNDAY, OCTOBER 15, 2023

4.00PM

CENTRAL WESTSIDE CHURCH

OWEN SOUND

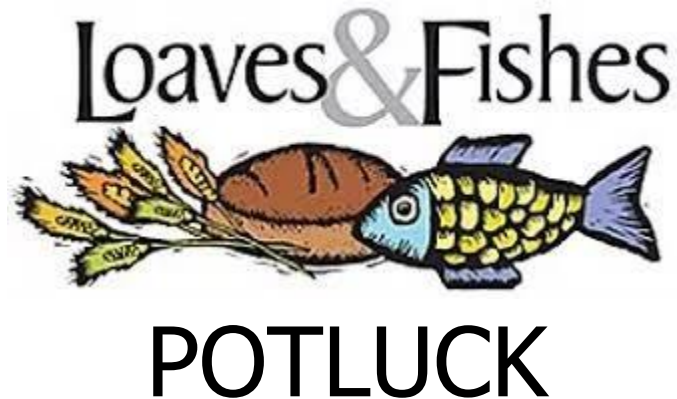
ROYAL CANADIAN COLLEGE OF ORGANISTS

OWEN SOUND SALVATION ARMY BAND

IN SUPPORT OF OSHARE

### KINCARDINE UNITED CHURCH FINANCIAL REPORT AS AT SEPTEMBER 29, 2023

<b>REVENUE TO SEPT 29, 2023</b>	<b>\$ 164,618.56</b>
<b>EXPENSES TO SEPT 29, 2023</b>	<b>-\$ 179,548.17</b>
<b>DEFICIT TO SEPT 29, 2023</b>	<b><u>-\$14,929.61</u></b>
<b>RECONCILED BANK BALANCE AT SEPT 29, 2023</b>	<b><u>\$12,092.89</u></b>



## POTLUCK

**DATE:**                      **OCTOBER 30, 2023**  
**SOCIAL TIME:**            11:30 AM  
**LUNCH:**                    12:00 NOON

**The Loaves and Fishes Potluck is going to begin again on Monday, October 30, 2023. As we recognize that driving in the evening is not always a possibility for everyone wanting to attend it is going to be lunch time meal.**

As in the past everyone is invited to come and share friendship, laughter and food. As those who have attended know, there is always a large variety of food and more than enough to feed all who come to our table.

**We invite everyone to come to our Loaves and Fishes lunch – bringing friends, family, neighbours and what you are able for food. If you are not able to bring something we also welcome you at our table.**

If you are unable to carry your dish into the Friendship Hall there will be a cart at the side entrance you can put it on and we will bring it down. If you need assistance carrying it from your car just let us know and we will bring it in for you.

*"Taking the five loaves and the two fish and looking up to heaven, he gave thanks to God and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people. <sup>20</sup> They all ate and were satisfied."*      Matthew 14:18-20

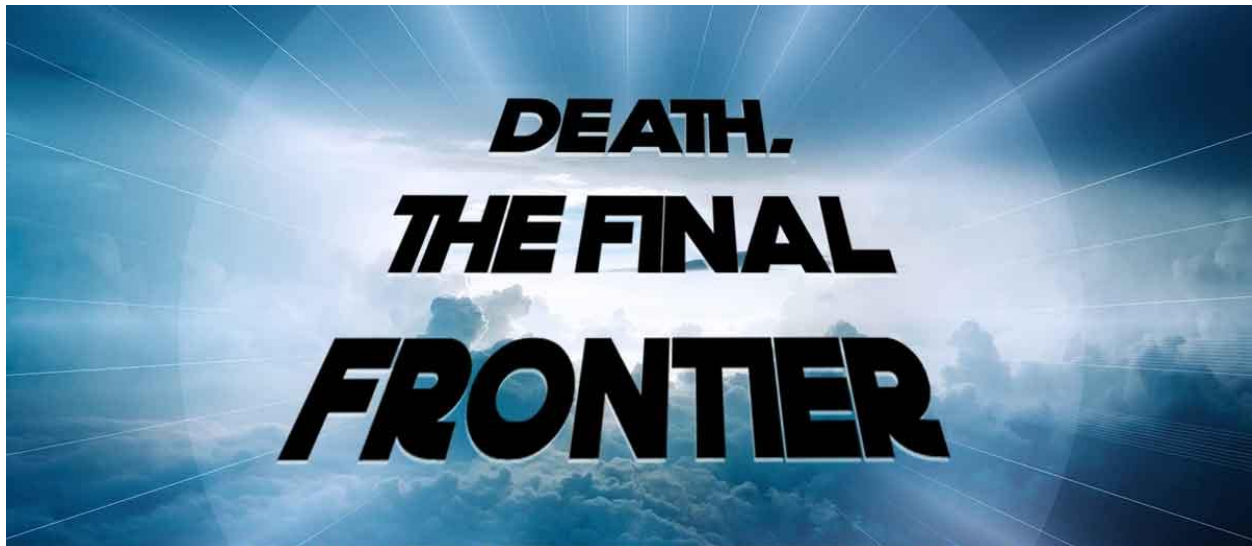
## **MEMBERSHIP AND MISSION COMMITTEE MEETING DATES 2023 AND 2024**

November 21, 2023	May 21, 2024
December – no meeting	June 18, 2024
January 16, 2024	September 17, 2024
February 20, 2024	October 22, 2024
March 20, 2024	November 19, 2024
April 16, 2024	December – no meeting

For the location of meeting and start time please contact Elizabeth Dillman at 519-396-5546 or [dillman.l@bmts.com](mailto:dillman.l@bmts.com).

**UCW SAVE THE DATE – Fri Oct 22<sup>nd</sup> @ 11 a.m. Zoom meeting Hybrid closing worship & Communion service of National UCW Executive Sat. Nov. 4 - UCW Fall Gathering in St. Jacobs. Lunch/social @ 11:30 followed by programme.**  
**More details of these meetings should be available soon.**

**MEMBERSHIP AND MISSION COMMITTEE PRESENTS**



**This five-part series, finishing in October, ponders the following:**

- September 24** Funeral Arrangements  
Presenter – Davey Linklater Funeral Home
- October 1** Financial Pre-planning Ideas  
Presenter – Carol Brouse, Retired CA
- October 15** MAiD (Medical Assistance in Dying)  
Presenter – Dr. Damian Gunaratne
- October 22** Consent and Capacity  
Presenter – Lisa Toner, Lawyer with The Ross Firm
- October 29** End of Life Doula  
Presenter – Cheryl Cottrill

Each session will begin at 12:15 and will be held in the Chapel.  
Each session will be approximately one hour in length  
and include a question-and-answer time.  
You may attend only the sessions that interest you or all of them.

***Light refreshments will be served.***

Everyone is invited to attend and bring others with you who  
might be interested.

If we get a large turnout we can move to a bigger setting.



A FREE EVENT, OPEN TO ALL!



**AnxietyLab**

RN PSYCHOTHERAPY

Jennifer Chrepyk

BScN, RN, CNP

# ANXIETY WORKSHOP

FOR YOUTH AND THEIR FAMILIES

October 27, 2023

7pm-8pm

Knox Church, 345 Durham St., Kincardine



ANXIETY CAN BE A DISRUPTIVE FORCE FOR YOUTH AS THEY NAVIGATE SCHOOL, FRIENDS AND THE COMPLICATED JOB OF GROWING UP. BUT IT DOES NOT HAVE TO BE. LEARN HOW ANXIETY WORKS PLUS SOME POWERFUL TOOLS THAT CAN KEEP THIS OFTEN-MISUNDERSTOOD EMOTION IN CHECK. ESSENTIAL LEARNING FOR YOUTH AND THE FAMILIES/CAREGIVERS THAT SUPPORT THEM.

## **GRIEF RECOVERY PROGRAM**

Huron Shores Hospice has a Grief Recovery Group starting in Kincardine on Wednesday, October 18 at 10:00am. This is an 8-week educational program and is not counseling. There will be opportunities to share with others who have experienced loss and participants will be asked to complete reading and home assignments based on grief recovery tools to help them work through their losses and grief. The book which accompanies the program is provided. Program costs have been covered by Huron Shores Hospice. Registration is required as space is limited.

If you would like to register for this program, you can do so at [www.huronshoreshospice.ca](http://www.huronshoreshospice.ca), by calling 519-385-5787.



## HOME AT LAST 'HAL'

### **A Program to support aging, frail adults or people with special needs to settle at home upon discharge from hospital**

The secret ingredient of this service is the personal attention given. On discharge day, a HAL attendant will meet the patient in their room, support them through the discharge process and escort them to their home, in an accessible van. Once settled, the attendant can assist with errands such as grocery, prescription or medical equipment pickup, if required.

There is **no fee** for services provided by HAL, however the client will be responsible to pay for pharmacy costs and/or groceries.

The attendant ensures the client is safe and comfortable, providing Home Management.

Our HAL program also includes a next day telephone reassurance call, a complimentary 'Meals on Wheels' meal and more follow-up calls from HAL staff.



**Participating Hospitals:**  
**Grey Bruce Health Services:** Owen Sound, Meaford, Markdale, Wiarton  
 Lions Head, Southampton  
**South Bruce Grey Hospitals:**  
 Walkerton, Chesley, Durham, Kincardine, Hanover

### ***'HAL' – Taking the Alone Out of Going Home***

For more information contact  
 VON at 519-376-5895 ext 402 or 519-373-4423  
 Denise Wray – HAL Coordinator – [Denise.Wray@von.ca](mailto:Denise.Wray@von.ca)



**FREE**



presents

# ARE YOUR DUCKS IN A ROW?

**A PERSONAL PLANNING WORKSHOP TO HELP YOU PLAN  
NOW TO LIVE LIFE MORE FULLY**

- **Advance Care Planning in Ontario**  
What you need to know and how to get started.
- **Plan Now to Live Well**  
Thinking and planning for your end of life now to live your best life.
- **Your Final Hours**  
Planning your final act of living.



## Two Dates to Choose From:

Monday, September 25  
1:00pm to 3:00pm  
Lucknow Legion  
477 Inglis St, Lucknow

Wednesday, October 18  
7:00pm to 9:00pm  
Miller Room, Davidson Centre  
601 Durham St, Kincardine

**Seats are limited, so register today!**

[barbara@huronshoreshospice.ca](mailto:barbara@huronshoreshospice.ca) or 519-385-5683