

## 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 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.**

Link to Sunday Zoom Service: <https://us02web.zoom.us/j/84938054100>

Passcode: 3962391

Donation Steward: [kucdonate@bmts.com](mailto:kucdonate@bmts.com)

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

Donation Steward's email: [kucdonate@bmts.com](mailto:kucdonate@bmts.com)

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

Web site: [www.kincardineunitedchurch.org](http://www.kincardineunitedchurch.org) YouTube Channel: [KUC YouTube Channel](#)



### SERVICE OF PRAYERS WITH THE MUSIC OF TAIZÉ

Join us on Sunday, October 24<sup>th</sup> at 7:00 p.m. for a deeply contemplative worship service featuring the music of Taizé, France. This service incorporates sung chants with a variety of musical accompaniment interwoven with reverent silence that leads worshippers into a restorative inner space. Come and discover the light of Christ within.

### UCW PRESERVES SALE

Please keep aside a few jars of your canning, or make an extra batch of something for the upcoming Preserves Sale Project!

The plan is fluid at this moment, pending quantity of goods, weather, and how the fall to Christmas season rolls out for the safety of our community. At this point, Ann and Krista would like to gather goods, and in the coming weeks, and firm up a format for selling the preserves. This may be a community sale or a congregational event, most likely outdoor! Please deliver preserves to church if you attend in person, placing them in the provided box inside the front entrance. Otherwise, contact Ann Larocque or Krista Ritchie and we will arrange to pick up or receive goods at our homes.

[Kristaleeritchie@gmail.com](mailto:Kristaleeritchie@gmail.com)

[Larocque@bmts.com](mailto:Larocque@bmts.com) 519-396-4651

We would like to know what we have to sell ASAP so we can move forward with our planning.

## PROGRAMME CALENDAR

(all services below are in person and live streamed)

SUNDAY, October 24 <sup>th</sup>	10:30 AM	22 <sup>nd</sup> Sunday after Pentecost Worship: Gord Dunbar Meditation: Compassion is a Verb
	7:00 PM	Taizé Service
SUNDAY, October 31 <sup>st</sup>	10:30 AM	All Saints Memorial Service Worship: Gord Dunbar Meditation: A Human Pyramid

### AROUND THE WORLD IN 60 MINUTES - AGAIN



#### Coming this January

Last year's presentation was a big success so we're doing it again over Zoom (and possibly in the church). This will be a fun hour where we can all enjoy shared travel pictures and stories.

In order to make this fundraiser a success, we need members of the congregation to share pictures and stories from your favourite vacation. Please contact Mary or John Phillips – 519-396-8448 or 519-955-7448 (cell – text) if you are willing to put together a presentation. We can utilize our software to create the perfect presentation.



**NEW CHURCH OFFICE HOURS:**  
**1:30 – 5 p.m. Tuesday through Friday.**

### KINCARDINE UNITED CHURCH REOPENING

The Church Council has approved a reopening plan, with Grey Bruce Public Health protocols in place, for in-person Worship which started September 26, 2021 and for non-worship activities which began on October 12, 2021.

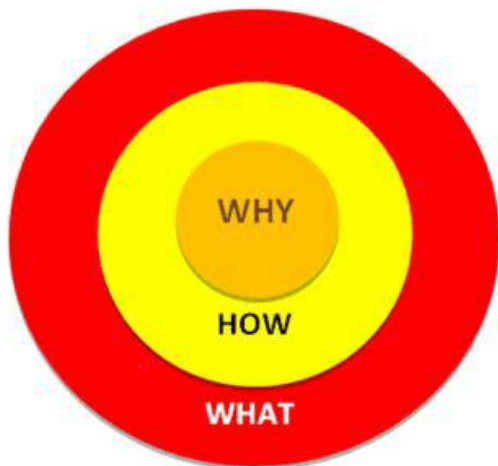
Worship Services will continue to be live-streamed on Sunday mornings, found on YouTube later in the day and broadcast on local TV the week after.

More information here:

[http://www.kincardineunitedchurch.org/sites/default/files/church\\_re-opening\\_recommendations\\_-\\_council\\_approved.pdf](http://www.kincardineunitedchurch.org/sites/default/files/church_re-opening_recommendations_-_council_approved.pdf)

For church bookings contact Liz Dillman or Judy Zarubick by phone or use this form: <http://www.kincardineunitedchurch.org/contact/Booking-Facilitators>

## WHY KINCARDINE UNITED CHURCH?



Join us for at a Town Hall to consider why we exist as a community of faith. What is our purpose in this community? What is unique about our congregation that makes a difference in Kincardine? The Council and our standing committees have discerned their perspective. Now it is your turn. Choose which one of two possible Town Halls you wish to join that will last no more than one hour under Gord's leadership. **Sunday, October 17<sup>th</sup> at 7:00 p.m. or Sunday, October 24<sup>th</sup> at 3:00 p.m.** The Zoom link for both dates will be on our website. See you then!

## EMBRACING A LIFE OF MEANING

Best-selling author Kathleen Norris provides a unique viewpoint on “what matters most,” including:

- **Belief Matters:** Why does belief matter? To what do we give our hearts? What is the core message of what we believe – creeds or commitment? To what extent is to believe also “to be-love?”
- **The Bible Matters:** The Bible is our collective story. How is that story reflected in our daily lives? What is it about the Bible that always seems to address our present moment?
- **Community Matters:** In community, individualism and imperfection meet grace and acceptance. What is our part in the Body of Christ?
- **Place Matters:** In what ways is faith set within the physical space of home, church, land and people?
- **We Matter:** What does it mean to remain in God's image and to counter our selfishness by embracing the world and its needs?



Each session includes a 10-15 minute DVD presentation by Kathleen Norris, followed by a 10-15 minute filmed interaction with a small group of adults. No previous experience is needed.

**Thursdays by Zoom from 7:00 p.m. to 8:30 p.m. on October 14<sup>th</sup> (“Belief Matters”), October 21<sup>st</sup> (“The Bible Matters”), October 28<sup>th</sup> (“Community Matters”), November 4<sup>th</sup> (“Place Matters”) and November 11<sup>th</sup> (“We Matter”).** Join us for this engaging study by accessing the Zoom link on the Kincardine United Church website. See you online!

## GENEROSITY IN OUR CHANGED TIMES

For over 18 months we have lived the reality of this pandemic. Church life is forever changed. While we have carefully returned to in-person worship, we still live-stream. Potluck dinners are a fond memory, masking a common practice, and we are still limited in what we can do within the building. All of this is because we are looking out for one another, keeping each other safe and well.

Yet, our mission is ever present.

Those isolated at home are contacted regularly. The new automatic door buttons are installed. The lights in the sanctuary are replaced with energy-efficient LED bulbs, the fans have been cleaned and the new heat pumps worked well this summer. Meetings work well on Zoom while the choir is slowly regaining their repertoire. Funerals are now commonly at the graveside while weddings are more commonly celebrated outside. The Tech Crew continues to make the magic happen. Our giving hearts continue to welcome on another in new ways.



On Sunday, October 10<sup>th</sup>, Thanksgiving Sunday, our annual Stewardship Programme began. By the end of October, you will receive a package by either snail mail or by e-mail. In that package will be resources to help you prayerfully



consider how God is calling you to give of your time, of your talent and of your treasure within our family of faith. Once you have made your decision, there will be instructions to return your Response Card, informing the Envelope Steward how God is guiding you to give.

We hope this will be a rich opportunity for each of us to reflect on the blessings of life, discerning how we can live out our response.

**THANK YOU IN ADVANCE**  
*for everything you share for the ministry we proclaim in Jesus' name.*

**WEEKLY DEADLINE FOR ANNOUNCEMENT INFORMATION**

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



Regular Sunday Services are live streamed on Sundays at 10:30 a.m. join us using the following link  
<https://us02web.zoom.us/j/84938054100>  
Passcode: 3962391

Recent services and Fireside Chats can be found on our Youtube Channel check them out at “Kincardine United Church Ontario” or use the following link: [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)

**WANTED – SENIORS!**

Wanted!! Seniors interested in working to improve our community. **Kincardine & Area Seniors Advisory Action Committee** needs your ideas and input. Meetings are held once per month – by Zoom at the moment. Our most recent project was a transportation survey. Future plans will focus on Accessibility and Long-Term Care Challenges. Contact Randy Hughes:

[randyhughes54@gmail.com](mailto:randyhughes54@gmail.com) or at 519 396 3857. ...And, no, we won't make you stick around for 37 years. Thank You for considering volunteering for this opportunity.



I said I'd help.  
That was 37 years ago.

WE NEED VOLUNTEERS!

# FOOD ACCESSIBILITY AND INSECURITY AMONG RURAL SENIORS



INVITING SENIORS 70+ YEARS IN  
HURON, BRUCE, PERTH, AND GREY  
COUNTIES TO PARTICIPATE IN A  
RESEARCH STUDY

- Gateway Centre of Excellence in Rural Health hopes to gain a snapshot of the food insecurity and accessibility challenges among seniors.
- The study explores eating patterns, food consumption, food insecurity experiences, accessibility to food, and the adequacy of diet.
- **We are seeking 20 participants in each county to partake in a 60-minute phone interview.**



UNIVERSITY  
of GUELPH  
SCHOOL OF ENVIRONMENTAL DESIGN  
AND RURAL DEVELOPMENT

 **Gateway**  
Centre of Excellence  
In Rural Health

# ABOUT THE RESEARCH



- Adequate nutrition is part of a healthy lifestyle, but just as important, it is critical for people who live independently or may be managing chronic disease.
- The study will help address food concerns connected to the health of the rural senior population.
- Gateway Centre of Excellence in Rural Health has partnered with the University of Guelph for this study.

## CONTACT INFORMATION

If you, or someone you know, have interest in participating or would like more information, please contact:

Casandra Bryant, Project Manager  
casandra@gatewayruralhealth.ca or 416-892-8065

Al Lauzon, Principal Investigator  
allauzon@uoguelph.ca or 519-280-5750

Your experience is valuable and your time is appreciated.

Gateway CERH  
74 Kingston St (upstairs office)  
Goderich, ON, N7A3K4  
519-612-1053

<https://www.gatewayruralhealth.ca/food-insecurity.html>

