

The logo of Kanata United Church, featuring a stylized flame or leaf shape in shades of purple, orange, and white, set against a dark green background.

Kanata United Church

April 24, 2020

Dear Friends,

Welcome to our new normal! It feels that way, doesn't it? What six weeks ago seemed strange and awkward is becoming the reality in which we find ourselves. Line-ups, six feet apart at the grocery store, and waiting to get in, no problem! Items that were once at the ready, no longer available – we'll manage! One-way arrows on the floors of pharmacies, okay! LCBO's closed every Monday so staff can have a day of rest – hmmm – where have I heard that before?

And so, we have settled into a different way of being, and for many of us, it is because we have the support of one another. It is because we have leadership that listens to science, front line workers of all stripes that are committed to their communities, and we have a population that is listening. Listening to the guidelines, and listening to their inner voice that reminds them, this is about more than ourselves, about more than what is good for any one individual, it is what is good for our neighbours, our friends, and our family.

Likewise, while there are many stories of strength and laughter and positive moments that will be told long after a vaccine has been found, there are also difficulties. So, as we begin to settle into the understanding that this new way of being 'separated yet together', may continue far longer than expected and we may become more tested than ever, we need to form some mental health strategies to help keep us supported. To do this I invite you to remember, that you can reach out by phone or by email anytime – you can reach out to the church, to your friends in church and beyond, to family who, regardless of geography, are no equally as far away. And if need be, if you want anonymity, you can reach out to support groups and to help lines and agencies that are waiting to help, waiting to listen. And to that end, Andrea has added a link in the Covid19 section of our website to the list provided by the City of Ottawa so you have easy access.

We also invite you to join in some of the opportunities being offered by KUC. I would encourage you to sign in with Trisha Carran on Monday's for yoga and Tuesday's for meditation. Sign in and gather with us on Wednesday afternoons where we enjoy conversation and sharing some of the highlights and low points of our week, and what new and creative activities in which we have all been engaged! And of course, as a community of faith, join us on Sunday morning for worship as together we hear the Word, both read and interpreted; we can sing along with the music, and share in communal prayer. The church building may be closed, but your church home, its ministry, and its commitment to disciple remains strong and we will continue to let you know as they emerge.



Kanata United Church

I know this has been a difficult time and a particularly difficult week with the tragic events in Nova Scotia. I want to assure you that the wider church has been engaged in supporting people in new and creative ways, and for those of you who were unable to log in, or were unaware until after it ended, the UCC Vigil was recorded and is available for viewing at:

<https://www.youtube.com/user/unitedchurchofcanada/videos>.

Healing is taking on new forms, and as we learn to both give and receive comfort differently, I hope that this may be of comfort to you. We are a community that seeks and responds, hopes and prays, and in community with one another and with Christ, we are not alone. Thanks be to God!

In Christ,

Cindy

Reverend Cindy M. Casey, MDiv, B.A, FLE