

# Orleans United Church

Believe Belong Become

## Life and Work

May 28th, 2020

by Dot Cooper, Council Chair

**Photo of Glen Stoudt, Gord Gray and Tom Temple practicing physical distancing at Pine View Golf Course.**



They say a picture speaks a thousand words. When news broke that golf courses would be re-opening in Phase 1, the excitement in our household was palpable. Yes, we thoroughly enjoy the game and the early morning walk, but what we truly enjoy and have missed the most these past months is socializing with friends. From the beaming (some bearded) smiles in the photo,

physical distancing and rusty golf swings did not interfere with the joy of reconnecting with our church family and friends. We're blessed that the life and work of OUC has adapted well to the virtual environment; however, it's time to get creative and renew safe in-person fellowship. While we won't be able to host the Church Golf and BBQ event this year, we do encourage all golfers to form a fellowship foursome and reconnect on the links. You'll find it uplifting, even though your golf game may remain in isolation. Suffice to say, if you find that the Life and Work newsletter is shorter than usual, it's because I'm not the only person who's gone golfing!

**Please Remember to Wash Hands, Don't Touch Your Face and Stay 6 feet Apart.**

**HYGENESIS 24:7**

by Andrea Fisher, Parish Nurse

# MAY IS HYPERTENSION MONTH



Hypertension is the leading preventable cause of death and disability around the world and can lead to heart disease, stroke, kidney disease and dementia. Over 7.2 million Canadians have hypertension, and 7.5 million more have high blood pressure that will lead to hypertension without preventative action.

Each year, Hypertension Canada promotes Hypertension Month in partnership with the **World Hypertension League** and the

**International Society of Hypertension.**

Get Down BP is a mobile health app. It has challenges, heart-health recipes, contests, BP tools and educational resources. It is free! This is a fun way to stay up to date on hypertension news and research.

<https://www.getdownbp.ca/our-mission/>

## Hypertension Canada Guidelines Website

This website contains Hypertension Canada's most current guidelines and online tools. The site is currently in development and will continue to be updated as more content is developed and reviewed by an expert committee of doctors, researchers and health care professionals.

This web-site has educational information and resources to help you to understand and manage your blood pressure. There is a home blood pressure log and action plan to help you document your blood pressure. It is important to know your blood pressure and what your normal blood pressure should be depending on your health condition.

<https://hypertension.ca/>

<https://hypertension.ca/wp-content/uploads/2018/07/Hypertension-Guidelines-English-2018-Web.pdf>

## Calling all gardeners!

Something that is thriving very well in these difficult pandemic times is all the weeds in our OUC Gardens! If you can spare an hour or two a week to



do some weeding, or even better volunteer to “adopt” one (or part of one) of our 10 garden beds, your help would be much appreciated. Gardening is very good for the soul, particularly if you garden around the church... Please contact Shirley Holt at (613) 841-5143 or e-mail me at: [shirleyjholt@outlook.com](mailto:shirleyjholt@outlook.com) if you can lend a hand.

## Book Club Reading List

Looking for a good book to read? The Book Club summer reading list is provided below. Look to the Calendar of Events for details on joining Book Club meetings. All are Welcome.

- June 30** Pollyanna by Eleanor H. Porter  
**July 28** Greenwood by Michael Christie  
**August 25** The Skitty stories in Werhunter by Mercedes Lackey

## Tulipathon

This Sunday, May 31st, you have a chance to raise money for the Multifaith Housing Initiative, an Outreach organization that is near and dear to United Church hearts in the greater Ottawa area. It's the first ever virtual Tulipathon - a 3K walk around your own neighbourhood in support of MHI. Funds raised support the subsidies that allow MHI to continue to offer supportive housing to existing tenants. Here is a link to their latest video, featuring both the Rev. David Sherwin and Rabbi Bulka. We'll also see the video in worship on Sunday. Please sign up to walk and or donate today if you feel so moved!

[https://www.youtube.com/watch?v=YTT9mfl\\_iPo](https://www.youtube.com/watch?v=YTT9mfl_iPo)

## It's Time for Sunday School (well, virtual fun at least)...

Rev. Molly misses all her friends from Sunday School!!! So so much! So after a few weeks of Beta testing, she is excited to visit with all of her Sunday School friends on a Zoom chat, Sunday May 31 after worship. It will be about 30 minutes of time to chat, make funny faces, eat snacks, draw pictures, maybe even have a dance party - you never know with Rev. Molly!! We hope to be able to continue this gathering time for the month of June, then will join back up again in September. Here's all the info grown ups need to help their little people join the fun:

### Virtual Sunday School

May 31 from 11:15 - 11:45 am

Zoom Meeting ID: 845 4469 0589

**Password: 182303**

Bring a snack, paper and markers/crayons

## Good News to Share

It is with great joy that we share that our friend Miriam and her two girls Elizabeth and Naomi have found a home to call their own. They will be moving into their own apartment on June 1 in an area that has great schools, good access to public transportation, and suits their needs. And they will be able to continue to be a part of the OUC community. We are grateful to everyone in the congregation who has assisted in donating all that is needed to make their house a home, and offer special thanks to Natalie, Ken and Margaret for being angels who are able to harness the world's love into making miracles happen. We wish Miriam, Elizabeth and Naomi much happiness in their new home!



## Calendar of Events

**Worship Online** - Every Sunday streaming at 10 a.m. on our YouTube Channel.

**Men's Breakfast** - Meets every second Wednesday virtually. Contact David Clemis at [davidclemis@hotmail.com](mailto:davidclemis@hotmail.com) for details/Zoom invitation.

**Java Jive** - This Bible study group meets every Thursday at 10am via Zoom. Rev. Caroline facilitates the discussion. Please contact the office to join in.

**Surfing Seniors** - David Clemis offers practical help for those wanting to know more about using their devices. For details, please contact David Clemis at [davidclemis@home.com](mailto:davidclemis@home.com) .

**Book Club goes on and on** the last Tuesday of the month at 1 p.m. via Zoom. Contact Annemarie Humenuk at [kayakforever@gmail.com](mailto:kayakforever@gmail.com) for details/Zoom invitation.

[READ MORE ON OUR WEBSITE](#)



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