

Orleans United Church

Believe Belong Become

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Life and Work



by Dot Cooper, Council Chair

Wow, we're delighted to receive your favourable comments regarding the new Life and Work layout. I was concerned that in our online world we were becoming so inundated with emails that our Life and Work email was not being read or being deleted without being opened. Your feedback is very helpful and much appreciated. Thank you for staying connected and for being resilient!

We look forward to sharing your announcements, fellowship news, photos and your voice. Please, let me know if you're celebrating a special occasion or have community news to share. Contributions should be emailed to dotcooper@hotmail.com, but if email is not your thing, I may be reached on my cell at (613) 799-1741 and can assist with your announcement.

Java Jive

Java Jive is OUC's Thursday morning Bible Study group and, recently, we began meeting via Zoom!! We call it Java Jive because the conversation has always been accompanied by a good cup of coffee or two. Rev. Caroline facilitates a conversation about the preaching text for that coming Sunday, and we usually take some time to pray for one another as well as for prayer concerns raised in the group. We "do theology" together asking big questions of the text and of each other. People report feeling connected and fed in their faith life. Please come and join us, and bring your coffee and your questions! To request a Zoom invitation link, email Kim at orleansunited@rogers.com.

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A Congregant's Voice



Paula Hilton is a member of Church Council. Her literary talents are well known to Women's Retreat attendees and we are grateful to Paula for sharing her voice through this poem for all to enjoy.

Healing in Harmony

By Paula Hilton

It is spring, the dawn approaches.
A breeze, soft as the touch of a pussy willow,
kisses my cheek.

Nature has begun her healing after
the savages of winter.
Buds appear on trees.
Brown grass slowly greens.
Grey skies are magnificently blue.

So can we heal, day by day.
One step well placed in front of the last.
Our eyes and thoughts look to the days ahead,
not dwelling on what is left behind.

Light luggage, not a trunk
is our journeys takings
as we travel through a healing process
of faith, laughter and fellowship.

God's wonderful creations,
sustain, nourish and lead us into the
sunshine of his love.

This Week's

Fellowship News

Caring Casseroles

Have you been asked by a member of OUC if you would like a caring casserole (or two) during the isolation? Did you decline, perhaps thinking that you were imposing, and surely there were others who were more in need of the support?

We want you to know that many parishioners have stepped forward and have offered to provide a caring casserole during this time, and are anxious to support another member of the congregation. During difficult times, supporting and providing help to another person, especially one who is part of the same caring community, is a great way to remember that we are not alone and to feel connected to the community.

So...if you are a busy family, a tired caregiver, feel under the weather, alone and tired of cooking for yourself, feel diligent about self-isolation, and/or for any other reason, and you think that receiving a caring casserole might help, please feel free to accept the offer and enjoy a home cooked meal prepared safely and with love.

Feel free to contact either Sue Horrocks, at 613-824-7690 or sue.horrocks@sympatico.ca, or be in touch with the person who reached out to you a few weeks ago, and discuss your dietary and culinary needs.

Together we can share and receive God's goodness!!!

Read all the books in your house?

Join Annemarie Humenuk at 11 a.m., Friday, May 15th, to learn how to download the Overdrive app used by the Ottawa Public Library and then download library books. We will also demonstrate how to download free ebooks from sites like <https://www.gutenberg.org/>. Contact Annemarie at kayakforever@gmail.com to register and get an invitation to join the Zoom meeting.

Time to Renew Your Broadview Subscription...



It is time to renew your subscription (or start one?) to the United Church's news magazine, filled with interesting and challenging articles on faith, spirituality, justice and ethical living. In good times – and not so good times! Since we can't meet in the church to renew your subscription, please contact Shirley Holt, at (613) 841-5143, shirleyholt@outlook.com to renew. The cost is only \$25 a year. Please pay by cheque to Orleans United Church, and deposit the envelope in the mailbox by the front door of OUC.

A Plume for Rev. Molly



On behalf of our faith community, I wish to extend congratulations to Rev. Molly who recently received approval to be an Educational Supervisor with the United Church (supervisor to students training to be ministers). We understand Molly had aspired to attain this credentialing for some time, and finally thanks to the distance education program offered from Queen's College in Newfoundland, was able to complete. Bravo!

May Day Parade with Debbie Arcand and friends. Photo by Brian Braceland.

Are you worried about getting hacked? Please check out the poster at the bottom of this Newsletter for helpful hints on ways to spot a phishing email.

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 for details/Zoom invitation.

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@hotmail.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 for details/Zoom invitation.

[READ MORE ON OUR WEBSITE](#)



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Don't get **HOOKED**

4 Ways to Spot a Phishing Email

URGENCY AND WARNINGS

Some scam emails convey a sense of urgency and include warnings that your accounts will be closed or your access limited if you don't reply right away.

SPELLING ERRORS

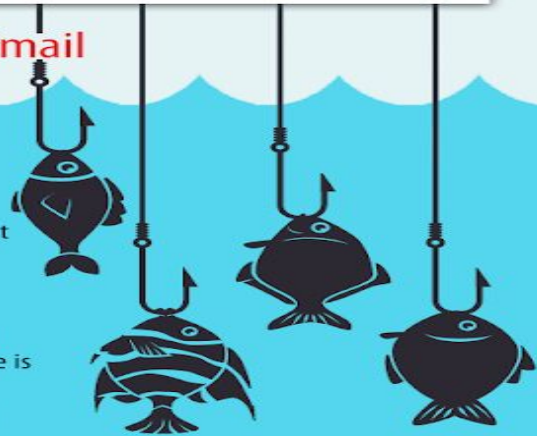
Phishing emails can look very real with logos and website addresses that appear authentic, but there is usually some part that doesn't seem quite right: spelling mistakes, bad grammar, or altered logos.

GENERIC GREETING

Fraudulent emails may not be personalized and are instead addressed in general terms, such as "Dear valued customer."

GETTING PERSONAL

Does the email ask you to disclose personal information such as your credit card number, online banking password or your mother's maiden name? No reputable organization would send you an email asking you for this information. Do not click on any links to website addresses as link you to fake websites that will be used to capture your personal information.



Prevent it

Install anti-spam, anti-spyware and anti-virus software and a personal firewall and keep them up-to-date.

Report it

Report email fraud to the bank or other organization being spoofed.

Delete it

Once you've reported the fraudulent email, delete it.

