



Visit our Website

I understand that some of you did not receive this, so I am resending. My apologies to anyone who is receiving it twice! Kim

### Upcoming Worship

**January 16th** - Join us for worship on YouTube

[Orleans United Church - YouTube](#)

### 2022 Offering Envelopes

There are still **64** boxes of 2022 offering envelopes in the Church Office. Please help cut down on the need to hand deliver by picking up yours as soon as possible. If you are unable to pick up, please let Winston know at [babin.a.w@bell.net](mailto:babin.a.w@bell.net) or 613-830-8826.



The **Health and Education Committee** hoped to host in-person sessions on mental health issues over these next few months. As that is not possible due to Covid, we will offer a number of on-line information sessions. The Royal Ottawa is offering a free virtual broadcast series focused on providing mental health information and resources around a variety of themes. Register by clicking on the title below to be part of the Royal's monthly conversations! Please take part yourself or share with a family member, friend who might benefit from this helpful information. The first is coming up very soon:

January 26<sup>th</sup>, 2022

[Winter blues, seeking sunlight — How to help with the winter blues](#)

Stayed tuned for our next session information coming in February.

### Afghan Refugees in Ottawa

A group of volunteers are helping the Afghans who helped our Canadian Forces and have had to flee their homeland. There are about 300 families in Ottawa and many are currently looking for housing as they have now received their Canadian documents.

Here is the wish list. Please note we are not asking or accepting clothes and are only providing furniture to the families.

We also ask items be washed, clean and not torn

1. Everything Kitchen (pots, pans, cutlery, toasters, microwaves, spatulas, dishes, glasses, mugs etc.) Kettles for boiling water is a big thing.
2. Beds - Mattresses and **Box springs** - singles, bunkbeds, double and queen size (singles are in huge demand as the families are quite large) cribs. We are not accepting king size beds at the moment.
3. Bedding - sheets, blankets, pillows, pillowslips
4. Dressers
5. Sofas and living room chairs
6. Dining Table and chairs
7. Lamps
8. Desks (not large ones please)

In short - just about everything but clothes and king size mattresses.

Drop off is across from St. Elias Greek Orthodox on Ridgewood Avenue. Warehouse is not always open so it would be best to contact me to arrange drop-off

time.

For those who are grieving the loss of a beloved pet, the Ottawa Humane Society is running online support groups:

<https://ottawahumane.ca/your-pet/pet-loss-support-groups/>

People can contact us at **[Afghanmove2022@gmail.com](mailto:Afghanmove2022@gmail.com)** or telephone Mary Logan directly @ 613 853 1576.



## **Upcoming Workshop Series**

**OUR GOD LOVES AND EMBRACES THE  
LGBTQIA2S+ COMMUNITY**

Caroline, Molly and Luc are excited to co-lead a theologically oriented series on love, diversity, inclusion & celebration of our LGBTQIA2S+ communities.

**WHEN: EVERY SECOND THURSDAY @ 7:30 PM  
STARTING JANUARY 27, 2022**

Please contact Kim at [orleansunited@rogers.com](mailto:orleansunited@rogers.com) to register for the four 90-minute workshop sessions.