

Visit our Website

Happening Tonight!

350 Canada and the Council of Canadians are hosting a Zoom call **tonight** to talk about their plans for 2022 and how people can help. If you're worried about the climate and wondering how to take action this year, this is the place to be! The call is at 7pm ET. You can RSVP here: <https://act.350.org/signup/jta-organizing-call/>. Hope to see you there!

Upcoming Worship

January 23rd - Join us for worship on YouTube
[Orleans United Church - YouTube](#)



Star Words are now available at the church – look for the blue bin just outside the front doors! Feel free to come by anytime and get your guiding word for the year!

Women's Retreat

Women's Retreat for 2022 will not be going ahead. We have decided it is still not safe to do so. We have rebooked for the last weekend in April 2023. We are hoping to have a Women's night in the fall where we can gather and enjoy a fun evening.

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

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

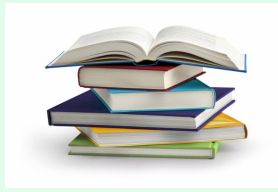
family member, friend who might benefit from this helpful information. The first is coming up very soon:
January 26th, 2022

Winter blues, seeking sunlight — How to help with the winter blues

Stayed tuned for our next session information coming in February.

Orthodox on Ridgewood Avenue. Warehouse is not always open so it would be best to contact me to arrange drop-off time.

People can contact us at afghanmove2022@gmail.com or telephone Mary Logan directly @ 613 853 1576.



OUC Book Club is pleased to announce that our guest author for 2022 is Brenda Chapman, a

mystery writer who has ranked in the top 10 audiobooks borrowed from UK public libraries in 2021. She previously worked for the federal government's Department of Justice in the communications field, working steadfastly on the Indigenous dossier, learning about residential schools, about murdered and missing Indigenous women, and all the associated traumas. Her idea for Kala Stonechild, the protagonist in her first instalment of the adult mystery series, was inspired by a combination of files on which she worked. In her interview with The Guardian magazine, she shared that she wanted to "create a damaged but heroic and intuitive Indigenous protagonist" and used her knowledge to create the beginnings of the Stonechild and Rouleau series in Cold Mourning. She will meet with us at 1 pm on March 29 by zoom. For more information or a zoom invite, contact Annemarie Humenuk at kayakforever@gmail.com

Ways to Give

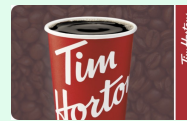
WE ARE GRATEFUL FOR ALL THOSE WHO SUPPORT OUR CONGREGATION WITH THEIR TIME AND WITH THEIR FINANCIAL DONATIONS

If you would like to contribute financially, you can do so:

- By cash or cheque to the main office
- By pre-authorized monthly donations (call office for information)
- Through your United Way contributions (simply choose OUC as the beneficiary)
- E-transfer to:

oucdonations@rogers.com

• Using a credit card Through Canada Helps: **<https://www.canadahelps.org/en/dn/16982>**



Grocery gift cards are available for all President's Choice stores, Metro/Food Basics, Farm

Boy and Tim Horton's. These cards are an excellent fundraiser for OUC. Email **[Dianne Davis](#)** to order yours today!

Health & Education Committee

We are delighted to have worked with Christine Bidmead, Project Manager and her colleague Stephanie Conrad of the Falls Prevention Strategy, Regional Geriatric Program of Eastern Ontario in the development of two Falls Prevention videos. Thank you to the volunteers from our congregations who gave in-put and feedback on the development of the videos this past year.

Given recent snow storms and how slippery it can be out there, we thought it timely to send you this link again. We encourage you to view the videos or share with someone you might be concerned is at risk for falling.

Visit: <https://www.rgpeo.com/stop-falls/patient-families/>

Judith Tompkins, on behalf of the Health &

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** or 613-830-8826.



Indigenous Diversity Awareness and Education

Presented by: Haskayne School of Business with co-host OEDI

Keynote speaker:
Mr. Kendal Netmaker,
Saskatoon

February 1, 3 - 4 pm EST

In this powerful keynote, Mr. Netmaker

HELPful Hints

This conversation, sponsored by Compassionate Ottawa, between Dr. Kerrie Noonan from Australia and Dr. Pam Grassau, lead investigator of HELP Ottawa, touches on compassionate communities in Australia, the successes and challenges of building a compassionate community, and a way to understand more about a community's skills, experience, social actions, and knowledge surrounding death, dying, caregiving and loss.

<https://www.youtube.com/watch?v=BoeuFbnYNhs>



takes you into Indigenous peoples' world view and shares his heartfelt stories of living and thriving in two different worlds. He explains the importance of understanding everyone's stories, beliefs and way of life. Mr. Netmaker offering is to plant seeds of hope so that we all are working, succeeding and prospering together. [Register now](#)

Be in Touch!

We would love for you to reach out to us....
we are here for you!

Website: <http://orleansunitedchurch.com>

Email: orleansunited@rogers.com

Phone: 613-837-4321

If you know someone who would like to receive this newsletter, sign them up through the main office (call or email)



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 to register for the four 90-minute workshop sessions.



Compassionate Ottawa
Compassion Ottawa

Into the Heart of the Matter:

A workshop series on Grief and Bereavement

Wednesday, February 2nd
and **Tuesday, February 15th**
from 7:00pm - 8:30pm
via Zoom

Grief can be complicated and challenging. It is experienced by everyone, regardless of age, however many in our community still express that they are not comfortable addressing it.

To help support you and your community, Compassionate Ottawa in partnership with Orleans United Church through the HELP Ottawa Project, invites you to join a free online workshop series, *Into the Heart of the Matter*.

In this two-part workshop series, you will be guided through an interactive session by trained facilitators to increase your knowledge and comfort on the topic. You will also be provided with tools and techniques to have conversations with those around you experiencing grief to be able to better support them, which is especially important during these challenging times.

Register today by contacting Heather McGrath at Orleans United Church by email: hmcgraths@gmail.com