



Visit our Website

Upcoming Worship



All Sunday morning services in May and June will be in person and live-streamed at **10 am**.



Sunday School began on May 1st and will run weekly until June 19th. This will be one-room Sunday School for all ages, and children and teachers will be asked to wear a mask.



Our guest preacher on **Sunday, May 29**, in honour of World Environment Day, is Rev. Dr. Jessica Hetherington, an ecotheologian and ordained minister in the United Church of Canada. Rev. Jessica offers an ecotheology ministry to people of faith who seek to transform their lives and actions in response to the ecological crisis. As we know, the time for action is NOW. Rev. Jessica is launching a website, jessicahetherington.ca, in early May, which will include her services and a blog of theological and personal reflections, sermon snippets, book reviews and more. If you would like to sign up for her newsletter, *Following in the World*, please email Rev. Jessica at: jessica@jessicahetherington.ca, and she will be happy to add your email address to the list.

Getting in Touch

Fundraising Opportunity: As we do not currently have a chair or committee for fundraising, Annemarie Humenuk is currently looking for 4 to 5 volunteers for a one time opportunity. You may recall we brought in a truckload of rainbarrels about 10 years ago. We are looking to do it again sometime this summer if we get enough volunteers. If you are interested, please contact Annemarie at kayakforever@gmail.com



LOVE LANGUAGES (based on Dr. Gary Chapman's book of the same title)

Due to low registration, these workshops have been cancelled.

However, I have made handouts available so that those who are interested can take the Love Languages self-assessment quiz and use the answer key and the additional resources to gain insight into how they show and receive love.

Throughout May, these will be available in the Narthex on Sunday mornings in the narthex or can be obtained in the office.

If you are unable to pick one up at the church, please call me at **613-292-4801** to arrange for delivery of one

If you would like to reach Rev. Caroline, please call her on her mobile phone at **613-292-4801**.



Coffee Time

Bravo to Paul for brewing another awesome batch of coffee for everyone to enjoy. We are pleased to

see the kids having fun in Sunday School and during coffee time. Thank you for the baked donations from : Heather Young, Gordon Gray, George Teather and France Legault. Big thank you to Rob Palo and George Teather for the set-up and take down of the tables and chairs. We were happy to have benefitted from the help of Heather and Stephen Young in the kitchen for clean-up.

For the whole month of May, we will continue the Bring one - Take one books or plant exchange.

France Lemay-Legault

NEW WAYS TO RECONNECT!

Coffee with Caroline (in person) and **Café Zoom** (online) resume this month! Come enjoy a cuppa and get caught up with your church friends!

Coffee with Caroline will take place in person at OUC on Mondays at 10am. May 2 to June 13th, except for Monday, May 23rd.

Café Zoom will take place on Zoom (no kidding!) on Thursdays at 11:15am. It will run until June 23rd.

The link is:

Orleans United is inviting you to a scheduled Zoom meeting.

Topic: Café Zoom w/ Rev. Caroline
Time: May 12, 2022 11:00 AM Eastern
Time (US and Canada)

Every week on Thu, until Jun 23, 2022, 7 occurrence(s)

May 12, 2022 11:00 AM

May 19, 2022 11:00 AM

May 26, 2022 11:00 AM

Jun 2, 2022 11:00 AM

Jun 9, 2022 11:00 AM

Jun 16, 2022 11:00 AM

Jun 23, 2022 11:00 AM

Please download and import the following iCalendar (.ics) files to your calendar system.

directly to you.

Blessings,
Caroline

Wanted – Lead Coordinator/ Administrator for the OUC Bazaar

If you are someone with good organizational and people skills and want to make a contribution, the OUC Bazaar wants you!

A good number of volunteers are already committed to leading and contributing to the different “areas” of the Bazaar. This includes Frozen Food, the Silent Auction, the Book Sale, Preserves, Refreshments and Crafts. These groups can all function quite independently. We know that we can count on the congregation and the community for more. What we really need is an overall Coordinator who is willing to make sure that things come together, to keep abreast of things like inventory, storage, and likely the overall budget.

Alison Sales and Lorna Hobbs are willing to play a leading role this year in hopes that someone responds to this request and will be an “understudy” this year and take over the lead for next year. Our super-star previous Bazaar lead, Janet Weatherston, has detailed notes on inventory, prices, set up, volunteers and more – so we have a very good starting place.

You could be artistic, or not! You could be a crafter, or not! What we know we need is overall coordination and organization with some administration as well. If you are interested, please email Kim Gratton in the [church office](#) and she will forward it to Alison and Lorna.

Thank you!

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:

Weekly:

<https://us02web.zoom.us/join/82992003827?pwd=cGhIMTRxUWpQMmpSbzhLQkICWjRXZz09>

Join Zoom Meeting

<https://us02web.zoom.us/j/82992003827?pwd=cGhIMTRxUWpQMmpSbzhLQkICWjRXZz09>

Meeting ID: 829 9200 3827
Passcode: 547260

HINTS FROM HELP

May is Mental Health month, so this month's Helpful hints are about supporting, caring for and being present for someone who is struggling with their mental health.



Mental health illness is not a choice, showing compassion is! If you know someone who is struggling with their mental health there are a number of ways you can show compassion.

- Reach out to them, with a note, a card, or a text, without any expectations of hearing back.
- Continue to show you care even when it's not reciprocated.
- Let them know they are not alone....even in the darkness.
- Listen without judgement, solutions or suggestions.
- Validate their challenge, as you would if someone was struggling with a physical health issue.
- Let them know they are valued and cared for.

oucdonations@rogers.com

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



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](mailto:DianneDavis@rogers.com) to order yours today!

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)

Coro Vivo Ottawa is proud to present it's spring concert at OUC on Friday, May 13th and Saturday, May 14th at 7:30 pm both nights. This concert will feature a commissioned piece by the wonderful composer, Andrew Balfour. Andrew is of Cree descent and is an innovative composer/conductor/singer/sound designer with a large body of choral, instrumental, electro-acoustic and orchestral works. We will be complementing this work with other pieces designed to evoke images of all the Earth's elements. Come and be transported through music. Tickets are available through Eventbrite at <https://www.eventbrite.ca>.

Here is the link to our tickets:

May 13th:

<https://www.eventbrite.ca/e/315805421517>

May 14th:

<https://www.eventbrite.ca/e/318461816867>

This Week at OUC

Saturday May 7: Seventh-day Adventists - Sanctuary, 8:30 am - 1 pm

Kimberly Corley - Hall, 1 pm

Beavers - Hall, 6 pm

Sunday May 8: Worship service - Sanctuary and on-line, 10 am

Cantata Singers of Ottawa concert - Sanctuary, 1 pm

Monday May 9: Scouts - Hall/Library/Choir Room/Chapel, 6 pm

TOPS - Lounge/Nursery, 6 pm

Bytown Beat - Sanctuary, 7 pm

Tuesday May 10: Coro Vivo, Sanctuary, 1:30 - 3; 7 pm

Scouts - Hall/Choir Room, 6 pm

Wednesday May 11: A'Chord - Chapel, 9:30 am

Just Us - Hall, 1 pm

HELP Ottawa - Chapel, 7 pm

Joyful Yarn - Lounge, 7 pm

Thursday May 12: Coro Vivo dress rehearsal - Sanctuary, 7 pm

Friday May 13: Back-flow valve installation - no activities in the morning

Coro Vivo concert - Sanctuary, 7:30 pm

Saturday May 14: SDA - Sanctuary, 8:30 - 1 pm

Sew & Sews - Hall, 9:30 - 3 pm

Coro Vivo set-up - Sanctuary, 1:30 - 3 pm

PleinChant - Choir Room, 2 - 5 pm

Coro Vivo concert - Sanctuary, 7:30 pm

Sunday May 15: Worship service, in person and live-streamed, 10 am

PleinChant - Hall, 2 - 5 pm

Orleans United Church | 1111 Orleans Blvd., Orleans, K1C 7C8 Canada

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