



E-ssentials

Youth and Young Adult Video Project



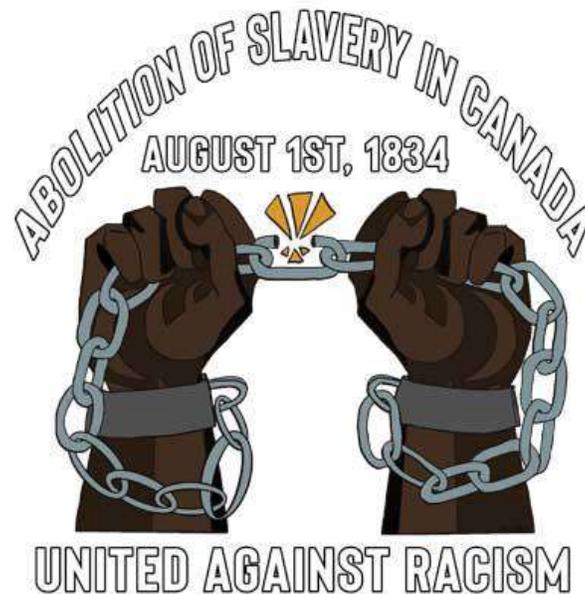
Calling all United Church youth and young adults—we have an exciting new project for you to take part in!

There's no denying that COVID-19 has changed our day-to-day lives; we want to know what that looks like for you! Perhaps your church moved worship online. Maybe you picked up a new hobby, learned to cook a new meal, or had to change how you get ready for work. To participate, film a video—being as creative as you want—answering the following questions:

- What is one thing you've learned during this time?
- How have you stayed connected with friends and family?
- What do you miss the most?
- How are you participating in church?
- What does a typical day look like?

Send questions and submissions to Jessica (jstevenson@united-church.ca). Happy filming!

Remembering August 1: End of Slavery in Canada



August 1, 1834 is the day the Slavery Abolition Act came into effect, ending slavery throughout most of the British Empire - including in the colonies that would become Canada.

There is a grassroots movement happening in the United Church and beyond to [commemorate August 1](#) as a day to support the fair treatment of all humans and affirm that all persons are made in the image of God. The commemoration of August 1 reminds us that the battle is not over and that now is the time to renew our work for the creation of a more just society.

Watch [Moderator Richard Bott's video message](#) about the importance of commemorating August 1 for the United Church.

To bring awareness to the significance of the day, you are invited to join in a “silent witness” activity by wearing a T-shirt commemorating the end of slavery in Canada on August 1. There are two T-shirt designs available on the United against Racism website that can be iron-transferred onto T-shirts.

Join us in remembering August 1 and using the day to further the dialogue about the deconstructing of racism in our country.

Find out more at [United against Racism](#).

July 23, 2020



[Photo credit: Wilco Van Meppelen]

Dear Friends,

Most of us know what it's like to fast before a medical test. Some of us fast intermittently as part of a diet. A few of us fast for spiritual reasons, too.

But few of us know what it's like to starve.

For three-quarters of people around the world, hunger is a painful, daily reality. And it's about to get worse. The latest figures from the United Nations predict that more than 250 million people will suffer from severe hunger by the end of the year because of COVID-19.

That's more than double the number of people who are suffering now.

Usually, hunger is the result of conflict, the effects of climate change, and economic instability. People living in Africa, the Middle East, Asia, Latin America, and the Caribbean suffer most.

But now COVID-19 has made an already dire situation even more brutal.

That's why in addition to helping with sanitation and personal protective equipment, the United Church is working hard to combat hunger worsened by this crisis.

You can help.

Make a gift to the [United Church's COVID-19 Global Response appeal](#) and help save lives.

Every gift will make a difference to those suffering most.

[Donate Now](#)

We work in partnership with proven organizations like ACT Alliance, the Canadian Foodgrains Bank, and long-time Mission & Service partners to make sure that your support goes directly to those who need it.

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We may still be social distancing, but God's love doesn't have to stay home. Your gift wraps the world with compassion, transforming and saving lives across the globe.

Thank you for your generosity. Your caring makes a world of difference.



Sarah Charters
Acting Director of Philanthropy

Memorial Donations Received



A donation has been made to Whitehorse United Church in memory of the following people:

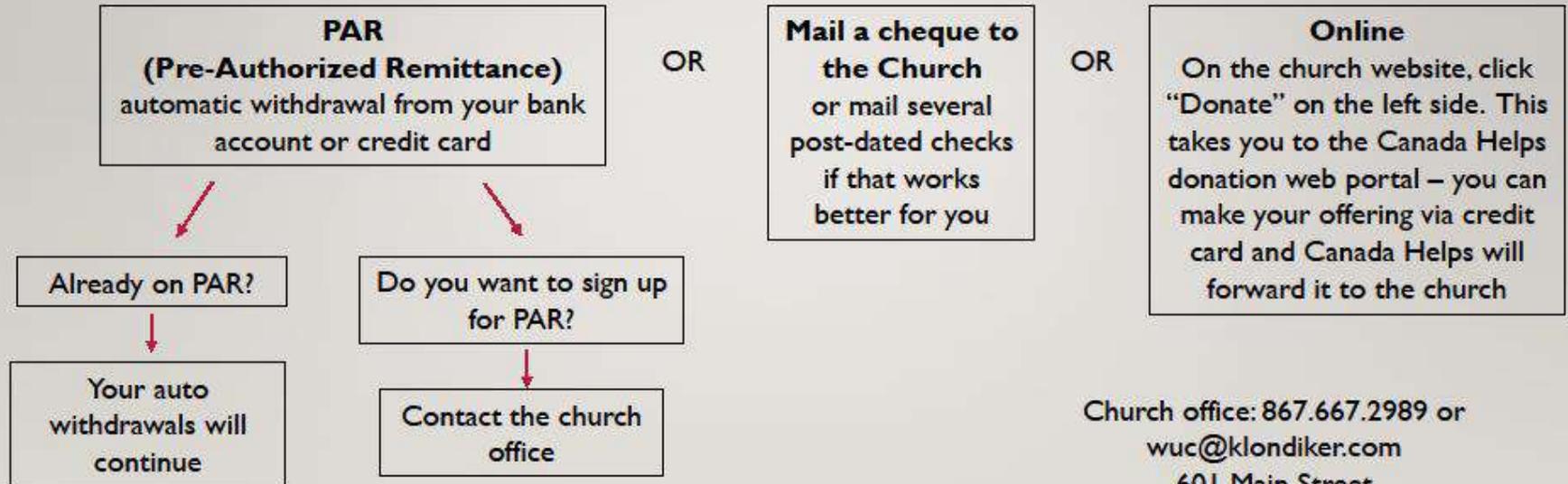
Jean and Gerald Talbot

by Linda Talbot

Val Boorse

by the Boorse family

How do I financially support Whitehorse United Church during this time of COVID restrictions?



Questions about PAR? Or would like to increase your PAR?
Call the church office and someone will get back to you asap.

April 2020

Who has rhubarb to spare?

Donna Shopland is looking for rhubarb for the cookie walk pies. She will pick it up if you contact her, and she will even send Ralph to pull it if required.

Need to talk with someone? Struggling to cope?

Here are some low/no cost Mental Health resources within the territory:

In-Person free- to low-cost resources

Counseling

In Whitehorse:

Mental Wellness and Substance Use Services Sarah Steele Building – 609 Steele St.,
Whitehorse: 1-866-456-3838

Canadian Mental Health Association – 209-1114 Front St, 668 6429

All Genders Yukon through *Ignite Counselling* - 3089 3rd Ave #1. Call 668-5498 for more information.

Hospice Yukon Society is a community-based not-for-profit organization that has been providing a range of *bereavement support* services to Yukoners. You can learn more about the programs and services that Hospice Yukon offers by visiting the website at www.hospiceyukon.net, dropping by the office at 409 Jarvis Street Monday- Friday 11:30 am - 3:00 pm, or calling 867-667-7429. Confidential support is provided free of charge.

In the communities:

Dawson City: Dawson City Community Hospital: 501 – 6th Avenue, Dawson City: 867-993-4300

There are also Mental Wellness hubs in Carmacks, Haines Junction, and Watson Lake. Please call 867-456-3838 or 1-866-456-3838 for more information.

(Gov)Employee Benefits (free to employees/ their families)

YG Employees can access the Employee and Family Assistance Program at 1 867 668-EFAP (3327) or 1-800-667-0993. Included in the YG Employee and Family Assistance Program is an online resource centre with additional supports related to health and wellbeing, family and

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relationships, career and work. **Access these resources at:** www.fseap.ca/resources.

City of Whitehorse Employees can access their Employee Assistance Program at www.homewoodhealth.com, and by calling 1-800-663-1142 (English), 1 866-398-9505 (en français).

Government of Canada Employees can access the Federal Government Employee and Family Assistance Program (EFAP) available 24/7, free and confidential, 1-800-268-7708
<https://www.canada.ca/en/health-canada/services/environmental-workplace-health/occupational-health-safety/employee-assistance-services.html>

Online and Other Resources

Crisis Services Canada • 24-hour, confidential and anonymous suicide prevention and support line. • 1-833-456-4566 • www.crisisservicescanada.ca

Canadian Virtual Hospice • Information and support on palliative and end-of-life care, loss and grief. • www.mygrief.ca or www.kidsgrief.ca

Canadian Association for Suicide Prevention • <https://suicideprevention.ca/> • <https://suicideprevention.ca/About-Suicide-and-Life-Promotion>

Tao Tel Aide • Nos lignes d'écoutes sont ouvertes 24 h sur 24 365 jours par année. Un service de confiance | 1-800-567-9699

First Nations Hope for Wellness Help Line: This is a specific resource for First Nations and Inuit to provide immediate, culturally competent telephone counselling, 24 hours a day, seven days a week and is available in English, French and upon request in Cree, Ojibway, and Inuktitut • Call the toll-free Help Line at 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.

Road to Mental Readiness App (look for it in the App store or on Google Play) is a free mobile app developed by Department of National Defense to improve short-term performance and long-term mental health outcomes. <https://apps.apple.com/ca/app/r2mr/id1148743063>

Sorry, but not yet...Summer Worship **Online Only** at WUC

You may have heard that places of worship are now able to re-open in Yukon. However there are many requirements that must be met and many limitations which impact our ability to be the welcoming place we want to be.

Dr. Hanley, bless him, recently hosted a Zoom meeting specifically with leaders of faith communities to discuss the necessary safety restrictions. Sheila Maissan, chair of our Worship Committee, Joan Stanton, chair of Council, and Bev attended, and both committees have discussed his advice.

After much prayerful consideration and consultation, Whitehorse United will not reopen immediately. We will continue offering online Sunday worship from the sanctuary with only the worship leaders present.

First and foremost this is about loving our neighbours and serving our people in the most faithful way we can. How do we love our neighbours right now? Most of our regular attenders are considered vulnerable and we wish to lovingly protect them.

The current restrictions mean we could not offer worship anything like what we had. The things that we are missing the most would be missing still.

For example:

- No singing or spoken participation
- No hugs or handshakes
- No socializing
- No coffee time
- No children's programs
- Assigned, well separated seating
- Six foot distance maintained at all times
- Maximum 26 people attending
- Attendance lists kept

And how could we “enforce” these restrictions? How could we stop people from touching, from singing along, stop children from running around? We try hard to be an inclusive congregation. How do we select who can attend? How do we refuse people who show up?

The goal of a safe, open and welcoming space seems unattainable right now. These restrictions apply to outdoor as well as indoor gatherings.

We are reaching many people the way we're doing it now. We are investing in better equipment and expect the quality of our broadcasting to continue to improve, many thanks to Ernie Prokopchuk and many others! We will re-evaluate the situation in fall.

If you want to discuss this further, please contact Bev (633-3777, bcsbrazier@live.ca), Sheila (668-7774, maissan@northwestel.net), or Joan (332-4073) (stanish@northwestel.net)

Bless you.

Upcoming Activities & Events (Also, check out the website [Church Calendar](#))

Date	Time / Location	Details
<p>All meetings and activities at the church have been cancelled due to COVID-19. Please stay tuned for information about the resumption of in-person meetings and activities.</p> <p>Please see the Facebook page for information about interactive Facebook daily 7 pm story time for the little ones and Sunday 10:30 virtual worship.</p>		

COVID-19 Related Information

“Virtual” health appointments are now available. Thanks to COVID-19, Yukoners now can have a “virtual health appointment” with a doctor or optometrist using a computer with a “tele-medicine” program called Doxy. Anecdotal reports from seniors who have used the service have all been positive – perhaps this option will continue after self-isolation is no longer required? It will make life easier for people in the communities or with transportation challenges in town. You still need to make an appointment with your physician in the usual way. Don’t forget the 811 phone service is also available if you have a health question or concern.

Reminder: COVID-19 information online

The one-stop-shop for information about COVID-19 in the Yukon – including government financial assistance programs – is at yukon.ca/covid-19. For a handy table comparing the symptoms for COVID-19, influenza and a cold, click [HERE](#).

If you can, support our local restaurants

Don't feel like cooking one night and want to support a local restaurant? What's Up Yukon has done a great job at keeping us up to date with all the restaurants that are still open and offering take-out/delivery services. If you have a favourite restaurant, now is the time to support them so they'll be around after the COVID restrictions are lifted. Click [HERE](#) for the list.

Let's Chat Yukon now operating

Stuck at home and wishing you had someone to speak with? April 15th marked the launch of Let's Chat Yukon, a toll-free line you can call for enjoyable conversation with a fellow Yukoner. Just because you're self-isolating doesn't mean you're alone. This is a free service run by volunteers. 1-877-321-1001