



## Secret sisters .....

### **Secret Sister Garden Party! Sunday, August 30 at 3:00pm - 9 Williams Road**

Secret Sisters is an awesome ministry in our church family. Women of our congregation meet once a year, share a meal, find out who was our Secret Sister last year and draw a new Secret Sister profile for the coming year. For the next year you will be a Secret Sister and remember your secret sister through prayer, cards, little gifts (if you want) all of which adds up to making someone else's day a little brighter.

It's a garden party! So, wear your "tea dress", a hat or fascinator and bring a lawn chair and a snack for yourself. Tea and coffee provided. We will respect social distancing and keep everyone safe!

If you simply want to join us for the Garden Party and fellowship that is absolutely fine. You are welcome to join us **Sunday, August 30 at 3:00pm; 9 Williams Road (backyard).**

For more info: Beth 633-2710, Sharon 633-3775, Jennifer 333-0228

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### When Sprinkles Save Lives



In North Korea, Baby Bok-Ryan (pictured above) was hungry and malnourished. She was severely underweight, and her growth was delayed. Desperate to see her baby's health improve, her mother, O Mi-Yang, signed up to receive a nutritional supplement called "Sprinkles", sachets filled with life-saving micronutrients in powder form that can be added to food. The sachets are distributed by First Steps, a Vancouver-based partner supported by Mission & Service. It helped transform both of their lives.

[Read the full story](#), and learn how your gifts through Mission & Service help save and transform lives, inspire meaning and purpose and help build a better world.

# 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

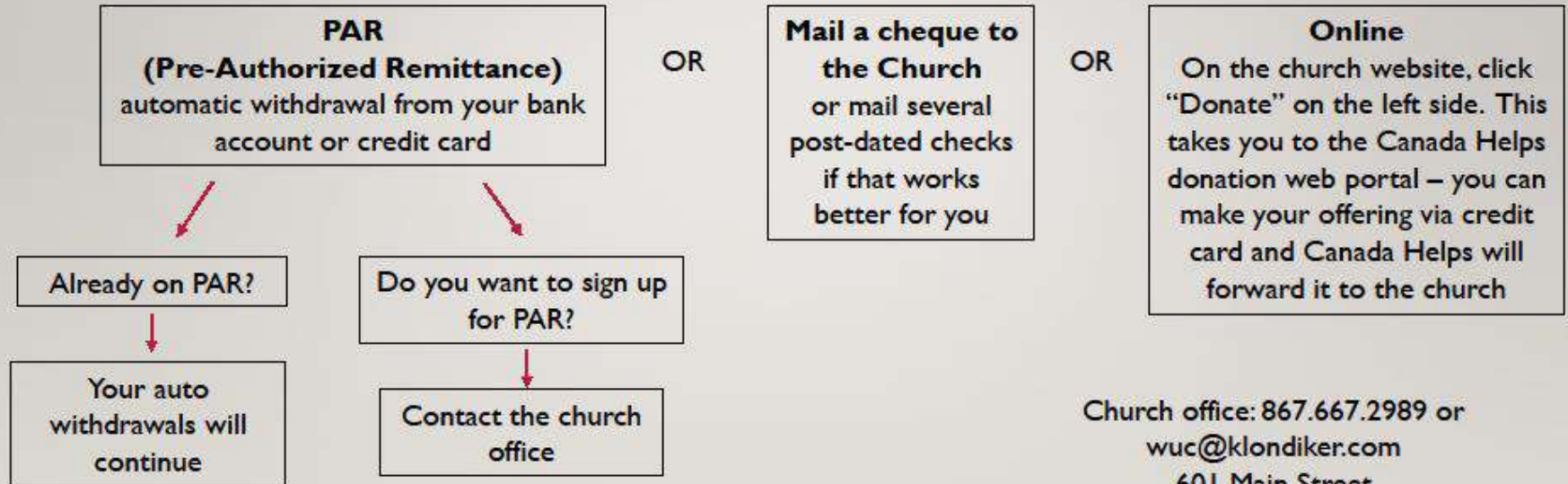
Anonymous

Anonymous



Stewart Breithaupt

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



Church office: 867.667.2989 or  
wuc@klondiker.com  
601 Main Street  
Whitehorse, YT Y1A 1M6

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

April 2020

# 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](http://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 – 6<sup>th</sup> 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 relationships, career and work. **Access these resources at:** [www.fseap.ca/resources](http://www.fseap.ca/resources).

City of Whitehorse Employees can access their Employee Assistance Program at [www.homewoodhealth.com](http://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](http://www.crisisservicescanada.ca)

**Canadian Virtual Hospice** • Information and support on palliative and end-of-life care, loss and grief. • [www.mygrief.ca](http://www.mygrief.ca) or [www.kidsgrief.ca](http://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](http://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](mailto:bcsbrazier@live.ca)), Sheila (668-7774, [maissan@northwestel.net](mailto:maissan@northwestel.net)), or Joan (332-4073) ([stanish@northwestel.net](mailto:stanish@northwestel.net))

Bless you.

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

Date	Time / Location	Details
<p><b>All meetings and activities at the church have been cancelled due to COVID-19.</b> 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](http://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