

# New info

## Blessing the Animals

We plan a Blessing of the Animals service at our regular online 10:30 am service on **Sept 27<sup>th</sup>**. If you like, please send the name and a photo of your pet, or just the pet's name, to Sheila Maissan at [smaissan@northwestel.net](mailto:smaissan@northwestel.net). We will incorporate a photo collage into the service. You are welcome to include your human family in the picture as well, but remember this will end up on public Facebook.

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## Spiritual Creativity

I am inviting you to join a Spiritual Creativity Group. Once a month (2<sup>nd</sup> Monday of the month) we will get together on zoom from 6:30-7:30. You will be given a spiritual quote or reading. You will have one month to ponder these words and then create something to explain what these words mean to you. You can paint, draw, sew, write a poem or story, collage, sing a song, anything that speaks to you. The first meeting will be Monday October 12 at 6:30. It will be a meet and greet and you will receive your first reading. After that, our meetings will include a new reading and a show and tell, if you want to share. If you would like to join please email the office at [wuc@klondiker.com](mailto:wuc@klondiker.com) and I will put you on the zoom list.

*Dianne Gale*

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**September is World Alzheimer's month.** The pandemic has been particularly hard on persons living with dementia and their caregivers. Across the country we have seen a more rapid decline than usual in persons living with dementia as well as increased stress loads on caregivers.

Here is a tip for communicating with someone living with dementia. ***When you meet someone, greet them by saying: "Hi Andrew, this is Bev."*** People with dementia will often recognize the face but they very much struggle with the names of friends and family members, and can feel embarrassed. Greeting them this way helps reduce the stress and make them feel included. Even family members doing this is a great help.

If you would like more information you can search the websites of the Alzheimer's Society of Canada, BC or Alberta. Dementia Advocacy Canada has many resources.

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## Are you a seamstress making COVID masks?

There is a lot of donated material available in the narthex of the church.

LeaderShift is offering ***Break the Silence: The Art of Active Witnessing*** with Anti-Racism Trainer and Educator Angela Ma Brown again this fall, on Sept 27 and Oct 4 on both days. Each online Zoom session has a registration fee of \$50. Have you ever witnessed a racist incident but didn't know what to say or do and felt conflicted and regretful about not responding? This workshop will help participants develop their "response-ability" or readiness to respond to such incidents. Space is Limited to 24 participants in each workshop date option. You will need a computer or device with audio, video, and a stable internet connection.

Details on the workshop and registration can be found at:

<https://www.leadershiftpm.ca/register>

The first part of the session engages participants in experiential learning activities and an understanding of the theoretical underpinnings of prejudice, discrimination and oppression. The second part involves learning a wide range of verbal and behavioral responses when someone is being victimized by an offensive and disrespectful remark or inequitable treatment.

Participants will shift from passive bystanders to active witnesses and will feel more equipped and empowered to respond to racism on an individual basis. Together, we can break the silence and make an ethical commitment to collectively fight prejudice, discrimination and oppression of any form in society.

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**Oct 15, 22 & 29, Nov 5 & 12, 2020**

[Circle of Song ONLINE: A 5-week singing experience on Zoom](#)

Join Chris MacLean, a graduate of the Community Choir Leadership Training program (Ubuntu Choirs Network), a registered Voice Movement Therapy (VMT) practitioner and a veteran singer-songwriter. She'll guide you in singing for your well-being, for belonging, and FUN! Although we can't gather in person, we can still enjoy many benefits of singing, by joining together to sing on Zoom. We'll connect body, breath and voice, and together we'll lift our spirits with soul-satisfying songs from around the world in unison and in harmony. Everything will be taught by ear. Singers of all abilities are welcome. We can help getting you on line and ready ahead of time!





## Every Child Matters: Orange Shirt Day

**September 30 is Orange Shirt Day** – a day to remember the legacy of residential schools in Canada. There are many projects and artists offering works to visually mark September 30.

One initiative is The Woodland Cultural Centre (site of the former Anglican-run residential school in Brantford, Ontario). The WCC is selling orange shirts with proceeds going towards their Save the Evidence campaign – an initiative to restore the residential school so history is preserved for generations to come. Ordering details are [here \(click for link\)](#) if you're interested.

Additionally, you can take a virtual tour of the Mohawk Institute Residential School ([link here](#)). The virtual tour allows participants to see the entire facility and is interspersed with stories from residential school survivors – really powerful!

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## Thank you Wahl fund

I have just graduated from a 2 year Spiritual Director, or Soul Guiding program from The Pacific Jubilee program in BC. The work was done on line from home with six, one week teaching sessions in person. Thank you to the Wahl fund for helping me with tuition. I really couldn't have done it without you.

I would like to offer soul guiding sessions to all of the folks at WUC as a thank you for all your support (financial and spiritual) over the last 2 years. Soul guiding sessions are one hour long where we can sit together and talk about anything you need to talk about, offered free of charge to the wonderful folks at Whitehorse United Church. I do not give advice, but I would be honored to accompany you in your spiritual journey.

If this is something you are interested in please email the office at [wuc@klondiker.com](mailto:wuc@klondiker.com) and I will get in touch with you.

Gratefully submitted, Dianne Gale

## Can you help?

Looking for accommodation - a 1 bedroom apartment preferred  
Willing to share space with one other person  
Contact Abraham - 778 684 9977

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**Quilters and other workers in fabric:** Looking ahead to Advent, we're looking for blue fabric, large pieces of light blue and scraps of royal blue. Any help would be appreciated. Please let Bev or Diane Gale know if you have fabric to donate. Thanks!

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Thank you to all who have continued to support the Outreach Van by dropping off soaps, toothpaste and other toiletry items that go into making health packs. As cooler weather starts in, **warm men's socks, gloves and caps** are always welcome. A bar of soap or a pair of socks means very little to most of us but everything to someone else.

## Something new to try .....

If you are indoors more than you would like, avoiding the rain, CBC has some excellent documentaries on their GEM app. This is free and can be watched via a browser on your computer or by downloading the app. Here are three of my recent favourites: "Pipe Dreams" about a world pipe organ competition held each year at Notre Dame church in Montreal; "Indians and Cottagers", about land disputes and reconciliation in Ontario cottage country (lots of food for thought) and "Beyond Human Power", which is the story of how potlatches, outlawed in 1865, are being reclaimed by West Coast Indigenous people. The film talks about the role and importance of dancing and other cultural activities in healing and in reconciliation. There is lots of Yukon content in this one!

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KAIROS launched Climate Action Month September 1, focusing on the World Council of Churches' Season of Creation.

The Season of Creation runs from September 1 (World Day of Prayer for Creation) to October 4 (St Francis of Assisi Day). It is a time to renew our relationship with our Creator and all creation through repenting, repairing, and rejoicing together. The theme of this year's Season of Creation is Jubilee for the Earth, a time of restoration and hope that requires radically new ways of living with creation.

This year, the pandemic is clarifying and amplifying the interconnectedness of all creation. KAIROS will highlight the Season of Creation this week with prayer, stories of ecumenical climate action, and opportunities for reflection.

Look out for these Season of Creation events in September:

- September 16 – #LiveLaudatoSi Learning [Webinar on Just Transition](#) hosted by the Global Catholic Climate Movement and Faith & the Common Good
- September 19-26 – [Global Week to Act for SDGs](#)

Learn more about the [Season of Creation](#).

### **#30DayKAIROSChallenge**

The #30DayKAIROSChallenge for climate action also began September 1. Remember to print off your [ACTION Card](#) to follow and track your actions this month. Share your completed actions on social media, using the hashtags #KAIROSClimateAction and #30DayKAIROSChallenge.

# Memorial Donations Received

Donations have 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

**Stewart Breithaupt**

**Rev. Fred & Nellie Lane**

by Jan Mann

**Janet Agnes Tack**

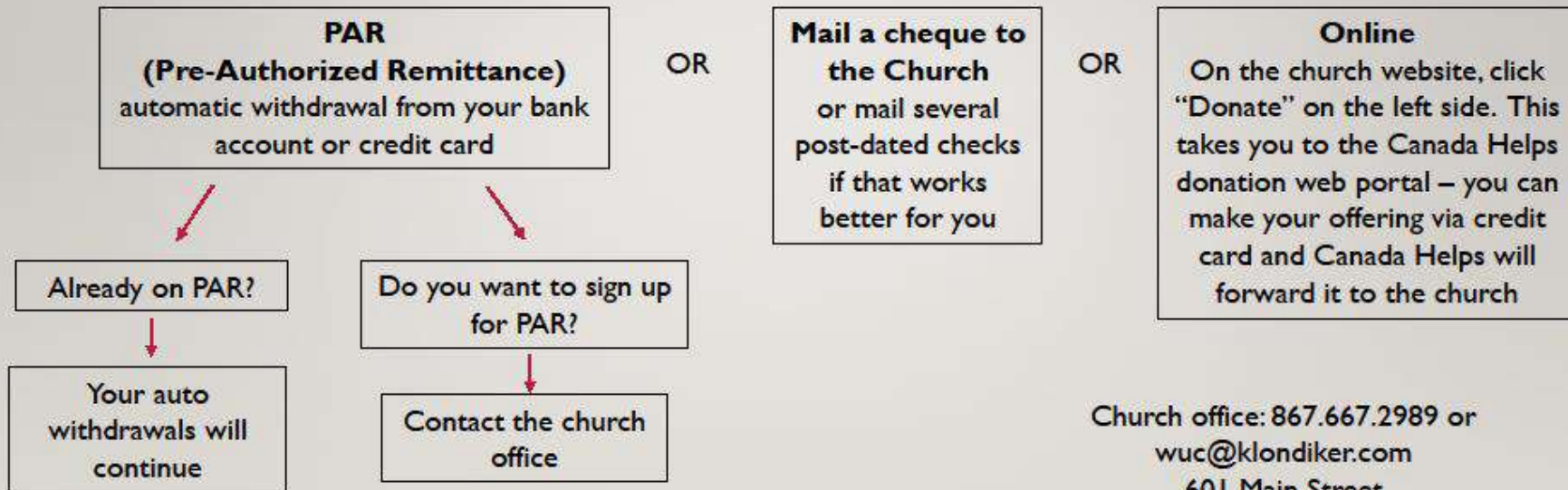
by Beth Roberts

**Bill & Gertie Brazier**

by Bev Brazier

**Jim Winberg**

**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

# 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