

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 Saville Brazier

by Bev Brazier

Jim Winberg

New announcements

You are invited to listen in as a Guest on the 2020 General Meeting of the Pacific Mountain Regional Council (sorry – no voting rights)



Leading Beyond the Wilderness

PACIFIC MOUNTAIN REGIONAL COUNCIL GENERAL MEETING 2020

Registration is Now Open.

<https://pacificmountain.ca/october-2020-pmrc-general-meeting/>

The dates of the General Meeting are Friday October 16 and Saturday 17, 2020.

The online meeting platform is Whova; scroll down to learn more.

Whova

The General Meeting 2020 is being held on the platform Whova. Whova is a **virtual container that holds a number of features, all in one place. Many GM attendees will need to learn a little bit about Whova before the meeting starts. This is okay.** The planning team holds this truth and is supporting everyone's basic quick pick-up of Whova, with videos and training sessions with Allan Buckingham, the GM's technology contractor.

Whova can be used on a desktop computer or on a smart phone or device. **The planning team recommends joining the General Meeting through the desktop computer web URL ([this link works, once you're logged into Whova](#)).** A desktop computer or laptop gives you have a bit more screen space for moving around the different features. The app is free and handy for people who like the ability to move around while attending the meeting.

Once registered for the meeting, **all attendees will receive separate messages from the GM team via Whova (so check junk and spam) with the log in details to access the General Meeting space.** Attendees will also get email notifications of the training sessions and videos being offered. The planning team hopes attendees will take advantage of the videos and trainings offered.

Not-for-Profit Sector Jobs & Volunteer Opportunities



Contact Kristina Craig if you are interested in any of the following at ed@yapc.ca

Jobs are available at the following organizations:

- Yukon Anti-Poverty Coalition (admin/communications part-time (1) and assistant for Whitehorse Affordable Housing Society (1))
- Whitehorse Food Bank – Operations and Volunteer Manager
- Yukon Women’s Transition Home Society – Executive Assistant
- John Howard Society – Outreach Worker

Volunteers are needed for the following event:

- Yukon Anti-Poverty Coalition
 - **THIS WEEK** – help with sorting clothes for Whitehorse Connects event
 - Next week – Oct. 20 – Whitehorse Connects event - welcome people, hand out pizza, direct traffic and/or sort clothes! If you (or your students, neighbours, friends) have time to help during Whitehorse Connects on October 20th, please send Kerry an email at whitehorseconnects@gmail.com.

 There is still time to join the Zoom choir at the Anglican church. If you are interested in participating, contact the church musician at the Cathedral, Anne Coates, at Anne Coates <anne@yukon1000.com> 

Needed

Scraps of blue fabric, about 8” long by 1” wide – plain preferred as we need to write on them. Please drop off at the church office. To be used at the Blue Christmas service in early December. Thanks!

AndA reminder that **the Yukon is NOT changing time on Nov 1**. We are staying on daylight savings time. Some of your devices may automatically change and you'll need to reset them. From Nov-Mar we will be in the same time zone as Alberta and one hour later than BC.



E-ssentials

October 7, 2020



My mother-in-law Judy inspires me to be generous.

Who inspires you to live generously? My mother-in-law Judy inspires me. Especially at Thanksgiving. Every year, Judy invites people to our Thanksgiving table who have nowhere else to go, like students who can't afford to go home or people who have no family to be with.

I am always moved by how welcome everyone is at Judy's table. That's probably because I dream of such a world. A world where we all belong. A world where we take care of each other so that no one is hungry or alone. During this global pandemic, I believe we have to work harder than ever to make that dream for the world a reality.

In Canada right now, COVID-19 is the final straw for families who were already pushed to the financial edge before the virus struck. By the end of the year, 12,000 people per day living around the world could die from hunger because of the pandemic.

And the situation is getting worse by the hour.

Your generosity can make all the difference for someone who needs your support.

Please make a special Thanksgiving gift through Mission & Service to help people who need it most during this pandemic.

[Donate](#)

Personally, I am going to dedicate my Thanksgiving gift to Judy because she teaches me by example what generosity and belonging looks like. Who inspires you to be generous?

When you **make an online gift**, you can dedicate it to someone special whose generosity you want to honour. Or drop me a line about who you're dedicating your gift to at ms@united-church.ca.

Thank you for honouring people in your life who exemplify generosity. Thank you for supporting those who are more vulnerable than ever because of COVID-19. Thank you for helping build a world where the tables of abundance flow for everyone.

May God continue to pour blessings upon you,



Sarah Charters, Acting Director of Philanthropy

PS: Give generously and honour those whose generosity inspires you.

PPS: Thank you for making a gift. Your support helps save and transform lives.

HALLOWE'EN

Here at the church the Christian Growth committee would like to hand out some treats at the church in a safe way. If you'd like to help with that, you could do a couple of things:

- 1) you could come help us on that day (we'll decide the times later) and/or
- 2) you could help by donating boxes of small chocolate bars or paper bags.

The church office is the drop off spot for donations and collecting names of those interested in helping. 667-2989 or wuc@klondiker.com

COOKIE WALK

It's a go!!! Well, not like our usual cookie walk, but this is what we know so far:

It will be the **first Saturday of December** as usual

There will be preserves and pies for sale. There will be cookies as well.

The cookies will be pre boxed: boxes of mixed Christmas cookies, as opposed to being able to choose from among the selection of cookies.

We'll keep you up to date as we work out more details. For now, we'd like to know who is willing to make cookies. Please let us know if you're willing to bake.

CHRISTMAS SERVICES

Whatever decision is made about worshipping in our sanctuary, it's clear that we'll not be able to be all together in the church Christmas Eve.

For the recorded service, I'd like to see as many familiar faces as possible.

WOULD YOU BE WILLING TO BE RECORDED, SIMPLY SAYING "MERRY CHRISTMAS" OR SAYING "MY NAME IS ___ AND MY FAVOURITE CHRISTMAS CAROL IS ___"?

Carolyn Westberg is recording people, and very soon we'll choose a day where you can come to the church to be recorded. Stay tuned!

Need help with technology?

If you are 55+ and interested in learning more about your smartphone, tablet or computer, or being online, or digital security, or just need someone to help you fix a problem, consider attending Yukon Learn's digital skills workshops. These are free. The workshops are done via Zoom and there is lots of help available with that if you are new to it. Some limited one-on-one 'help' sessions are available by appointment. **On the following pages is some information on the offerings.**

Questions? Contact Ted Ackerman at ted.ackerman@yukonlearn.com

Seniors Outreach Computer Tutor Program



FREE to seniors 55 and up



Learn about:

Computers Tablets Smartphones
Internet Email Social Media
Digital Pictures Zoom ... and more!

Weekly online learning sessions – call 1.888.668.6280 to register.



Tuesdays 1:30 to 3:30 Open lab.

Questions, answers & discussion on a wide range of topics, always interesting and lively.



Thursdays 1:30 to 3:30 Instructor led workshops.

See the latest schedule for upcoming topics.

AND ... by appointment:

One-on-one help with computers, smartphones, internet ... just about anything technical.

(Due to current COVID restrictions, one-on-one sessions must be held in a suitable public place, and with face masks, gloves and sanitization.)



This project was supported by a grant from CIRA's Community Investment Program Presented in partnership with Elder Active Recreation Association



Seniors Outreach Computer Tutor Program



Schedule of Thursday Learning Events ----- Sep 17 – Nov 26, 2020

Times: Thursdays, 1:30 to 3:30

Location: Zoom

Sep 17 – Notifications – our smart devices have lots to tell us about (new email, app updates, your Dentist appointment this afternoon). The trick is – make sure you get the notifications you care about and not be bothered by things that don't matter so much.

Sep 24 – Sync devices – most of us have more than one smart device (computer, tablet, smartphone) and it's handy to see our stuff (email, photos, calendar) the same on all of them.

Oct 01 – Local services – a look at people and businesses in the Yukon that can help us with our technology when we need something new or help with a difficult problem. Some of them offer seniors discounts too, that's good to know.

Oct 08 – New Tech – there are new things coming out all the time, let's see what might be useful for us.

Oct 15 – Info sources – seniors web sites, including tech tips with a seniors context, scams to watch out for, and other information relevant to our group.

Oct 22 – Social Media is rapidly evolving, on the other hand Facebook is launching a new product for college students ... which was the original purview of Facebook. Despite all the churn, there is still relevance for many of us so let's see where it is all going.

Oct 29 – Housekeeping (review) – cleaning up unwanted cookies/data/apps, checking settings for privacy & security. We should do these things often to keep our smart devices safe and in good running order.

Nov 05 – Zoom – there have been some new features and other changes to Zoom. And it looks like we'll be using it for a while yet so improving our proficiency should be useful.

Nov 12 – Photo management – digital photos are great, you can take thousands of them on your smartphone! But keeping them organized is another matter. Let's take another look at this very popular topic.

Nov 19 – Ancestry – there is a lot of history on the internet, our history! Let's take another look at the genealogy sites and how they work.

if there are other topics you would like to see covered, let us know. We will try to work them in.

*And remember our Tuesday open lab sessions, same time same place.
Bring questions, problems, information, suggestions, advices about devices,
anything involving technology.*



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Spiritual Creativity

I am inviting you to join a Spiritual Creativity Group. Once a month (2nd 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 and I will put you on the zoom list.

Dianne Gale

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!



Can you help?

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!

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.

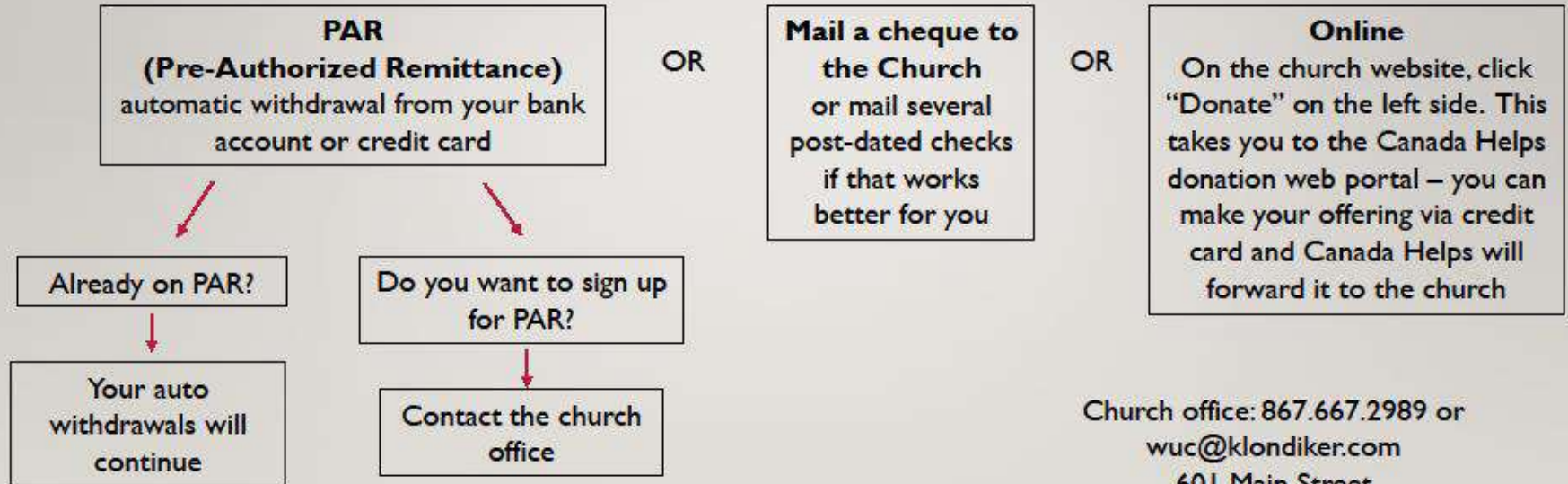
A member of the church is looking for the following donations:

- A small easy-to-use old-fashioned boom box, not a Diskman
- Interesting coffee-table books, with pictures and some narrative, especially about nature, geography, different countries, animals, Switzerland, New Zealand

Wishing to pass it on

Do you know of any family that would like a gift of gently used books, puzzles and DVD movies? Some pre-school age, some a little older. 2-6 year olds mostly - let us know and we'll make sure they get passed on to you.

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, 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 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>

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