

## Advent and Christmas plans 2020 at Whitehorse United

*Decisions from Worship Committee Nov 6 2020.*

*Everything of course is subject to any changes in COVID restrictions.*

*All “in-person” services means a maximum of 30 attenders with two soloists. Please sign up by no later than Friday 1 pm ahead of each date and comply with all the usual restrictions re: wearing a mask and keeping distance. All online services will be recorded and kept on Facebook for future viewing.*

Date	Service	Details
Sun Nov. 29 10:30 am	Advent 1	“COVID-normal” service, in-person plus live broadcast online if possible. Otherwise, record and upload.
Sun Dec 6 10:30 am	Advent 2	“COVID-normal” service, in-person plus live broadcast online if possible. Otherwise, record and upload.
Sun Dec 6 4 pm <b>Time corrected</b>	Blue Christmas	This will be in the church with the regular conditions: please sign up ahead of time. Deadline is the Friday before the service at 1 pm, when the administrator leaves the office. <b>We’re inviting you to send us names of people, (yourself or others), or situations, that are making this a “blue Christmas”. We will write them down on strips of blue fabric and make of them a wreath to honour our pain and loss and to say that we look for beauty even now.</b>
Sun Dec 13 10:30 am	Advent 3	This would normally be the Christmas Cantata – not possible this year. On-line: upload previously recorded carol service, sung by our choir, with some background on the carols. Separately, we will have a similar in-person service, not broadcast or recorded.
Sun Dec 20	Advent 4	“COVID-normal” services, in-person plus live broadcast online if possible. Otherwise, record and upload. Dec 20 includes Ave Maria by WUC choir members.
Dec 21-23 (Mon -Wed) 6 –7:30 pm	“Open church” evenings	The sanctuary is open to anyone to come by for individual quiet time or meditation. There will be a musician playing carols, and Bev will offer communion. No spoken service, no broadcast, come and go as you please.
Thurs Dec 24	Christmas Eve	<ul style="list-style-type: none"> <li>a) A toddlers’ Christmas story is pre-recorded. It will be uploaded and available online any time after 4 pm.</li> <li>b) The pageant is pre-recorded. It will be uploaded and available online any time after 5 pm. We suggest people plan a pajama watch party with little ones, that evening or another time.</li> <li>c) A service of readings and carols is pre-recorded. It will be available online any time after 7 pm.</li> <li>d) Separately, we will have two very similar in-person services, not broadcast or recorded, at 7 pm and at 9 pm. You must sign up for these, as usual.</li> </ul>
Fri Dec 25	Christmas Day	All these services will remain online to be viewed as people’s schedules suit. We may have another online service specifically geared for Christmas Day. The church will not be open.

# BLUE CHRISTMAS

a service of quiet hope

Sunday December 6 - 4 pm

WHITEHORSE UNITED CHURCH

Space for 30 people

To register please call 667-2989 or email

[wuc@klondiker.com](mailto:wuc@klondiker.com)

online at Facebook/Whitehorse United  
Church

“Comfort, comfort my people”

# 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**

## JAM JUBILEE PLUS

Available at the Cookie Walk - a list of sizes and prices follow - these are perfect stocking stuffers, gifts for hosts .... shop local and stock up.

### Relish

- green tomato
- winter
- Swiss Chard
- zucchini green tomato
- zucchini pepper

### Marmalade

- zucchini
- tropical cranberry
- honey lemon
- raspberry lemon
- cranberry
- Christmas
- carrot
- zucchini pepper
- zucchini pepper
- lemon raspberry
- carrot pineapple
- citrus
- zucchini
- south seas
- peach

### Jam

- pineapple cranberry
- spiced peach
- strawberry black balsamic vinegar
- chocolate raspberry
- pear
- pear orange
- Saskatoon orange
- Saskatoon rhubarb
- blackberry raspberry
- blackberry
- haskap
- raspberry haskap
- zucchini
- blueberry
- spiced blueberry

- raspberry
- peach
- pear and strawberry
- double pepper strawberry
- rhubarb
- blueberry
- peach pear
- strawberry haskap
- pineapple rhubarb
- green tomato
- bumble berry
- crab apple
- dark chocolate strawberry
- apple pie
- Saskatoon strawberry

### Jelly

- tangy apple cranberry
- cranberry
- pomegranate
- red jalapeno pepper
- candy apple
- red pepper
- black cherry
- green jalapeno
- red jalapeno
- green pepper
- peach jalapeno
- Raspberry jalapeno
- green cranberry jalapeno

### Other Yummy Stuff

- green tomato chutney
- tomato chutney
- antipasto
- pickled beets
- pickled carrots
- cranberry sauce
- rhubarb barbecue sauce
- cranberry orange sauce
- green tomato mincemeat
- pear mincemeat

#### Price List:

Jams, jellies, marmalades, relishes - 250 ml \$5  
Antipasto 250 ml \$8, 500 ml \$12  
Pickled carrots 500 ml \$5  
Pickled beets 500 ml \$5, 1 quart \$8  
Mincemeat 500 ml \$8, 1 quart \$12  
Pie: peach, raspberry, rhubarb, strawberry rhubarb,

*Pre-order starting now.*

*Great for gifts.*

*Payment by cash or e transfer to*

*WUC@klondiker.com*

*Pick up 9-1 weekdays. Call ahead to confirm.*

## **NEW - Helping African Farmers Cope with the Climate Crisis**

Remember way back in May when we sold plants from the church 'on appointment'? We raised \$1,000 with your help.

Well now that \$1,000 has helped reap \$77,000 worth of canola in central Alberta through friends of Beth Roberts. And the proceeds from the canola sale are going to the Canadian Foodgrains Bank.

Besides supplying food in crisis situations, the 16 members of the Foodgrains Bank also work with local partners in Africa to teach 'conservation farming' – a technique that makes crops much more resistant to droughts or heavy rains and improves the results from any fertilizer, organic or chemical. This has been so successful, that the Canadian government now provides a 3:1 match for donations like this crop sale when used to help these farmers.

Potentially, our \$1,000 donation will play a role in providing \$300,000 for this vital work. Thank you for your generosity during the plant sale!

WUC in the World Committee

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**NEED THIS WEEK** - If you have any old, used Christmas cards that you don't need, please drop them off at 509 Hanson Street this week to be used for a craft program. There is usually someone at the Yukon Anti-Poverty Coalition office between 8:30 and 5:30 pm, Monday to Friday.

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## **NEW - Linnea sends: Matthew 25:31-46 I Was Hungry and You Gave Me Food**

I spend a lot of time wondering why people choose to go out of their way to do good - or are sucked into evil. It seems to me that you cannot either convince people to "be good" or threaten them into not doing bad. It really is a response to love and acceptance, to being known as we are, and to having the opportunities to use our gifts freely.

This is the Good News of the Gospel, that Jesus was the embodied witness to a God who made us in love, created us to be in community, is constantly present in our living, and empowers us to use what we have for fullness of life. All threats aside.

Link to video (MEGA):

<https://mega.nz/file/8ckQXK6b#U4mRGJ1BhqncgOrDIFYgpe7OoYjWyp6aYqg7MQwrGek>

Link to video (YouTube):

[https://youtu.be/1Vjs\\_8uC-Ec](https://youtu.be/1Vjs_8uC-Ec)

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**Next meeting of the Anti Racism discussion group:** Nov 25 (Wednesday) at 4 PM by Google Meet. The link to connect with be distributed a few days before the meeting. If you would like to participate, email Colin Graham at [ccgraham@northwestel.net](mailto:ccgraham@northwestel.net) to be added to the list.

We agreed to keep reading Kendi's *Antiracism* in preparation for Nov 25th.

For the meeting after that (January, 2021?) we decided to talk about *The Inconvenient Indian* by Tom King.

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## Interested in helping?

### 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.

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### 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!

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# 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](mailto: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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Presented in partnership with Elder Active Recreation Association



# Need to talk with someone? Struggling to cope?

**NEW - Hospice Yukon:** Offers many resources to help with losing a loved one, co-worker or pet:

- Living with Loss - A free, 2-hr education session to help you better understand the grieving experience.
- Counselling;
- Healing Touch;
- Grief Support Groups;
- Lending Library;
- Vigil Support in the final week to days of life;
- Professional Support.

All of these programs are offered free of charge. Staff are still available to help by e-mail and telephone. 409 Jarvis Street · Whitehorse, YT Y1A 2H4 · Canada Please call 867 667 7429 or email [info@hospiceyukon.net](mailto:info@hospiceyukon.net) for more info. <https://hospiceyukon.net/>

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## 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>

## COVID-19 Related Information

### REGARDING PASTORAL VISITS IN THE HOSPITAL

If someone is in the hospital and wants to see a spiritual care giver, you have three options:

1. there will be a chaplain on call and you can ask the staff to put you in touch with that person (chaplains are simply local pastors and ministers and priests, including me, who take turns being on call a month at a time),
2. there are iPads available for use at the hospital and they can help you arrange a visit from me that way, or
3. for those in palliative care, it's possible for me to make an in person visit but the patient her/himself, or the family, has to add me to the list of those who are allowed to visit in person.

**“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