

Fundraisers & Valentine's Day!!

In the spirit of loving our neighbours during this COVID time, we might not be able to reach out with a hug but we can reach out with a pie!! Or a jar of jelly or a song! Here's an opportunity to celebrate Valentine's Day and support Whitehorse United Church at the same time!

SINGING VALENTINES - have you ordered yours yet? It's a fundraiser for our church.

They are delivered by phone this year. We'll phone to other parts of Canada as well! Just tell us: who we're singing to, their phone number, and what song (you can choose from Let Me Call You Sweetheart, You Are My Sunshine, I Just Called to Say I Love You, or the ever-popular Skinna Ma Rink). If there is a certain time of day you prefer, let us know that too, and of course, the phone number.

The cost is \$10.

AND / OR

Share sweets with your sweetie Celebrate Valentine's Day and support Whitehorse United Church at the same time!

Red Pepper jelly and homemade pies (so far we have strawberry rhubarb, raspberry, blackberry/raspberry and peach). Pie crust contains wheat flour and egg. We aim for nut free however there is no guarantee.

Red pepper jelly \$5/jar; pies \$15.

Pick up day will be Thursday, February 11th 10 AM to noon at Whitehorse United Church.

Ordering and e-transfer payment for both items can be made through the church office by email (no phone calls please). wuc@klondiker.com and for e-transfer, please indicate what you are paying for – e.g. singing valentine, Jams/jellies (or donation!)

NEW - WHY LOCAL FOOD? – FEB 16, 7 PM

Growing our food in the Yukon is a challenge. But, in the long run, it could be vital. And changing climate is making it a bit easier.

Join local vegetable and meat producers to learn how local food growing is changing, what is holding it back and what does the future hold. Kate/Bart of Elemental Farms and Tom/Simone Rudge of Tumtum Meats will answer these and your questions.

WUC in the World will host a discussion on Zoom. Please let Diane Emond know if you are interested in joining this at emond.diane@gmail.com or 867-335-7009 (cell phone).

Updates from the Yukon Anti-Poverty Coalition

NEW - GOOD NEWS FROM KRISTINA CRAIG ABOUT THE 100 HOMES CAMPAIGN.

Kathryn and the 100 Homes Campaign have already housed 9 people and identified 5 landlords with 10 + units. Pretty exciting.

We are also excited to see the Sally & Sisters lunch program up and running as of this week. It's been a group effort so many thanks to new coordinator Meesha Wittkopf, the Whitehorse Food Bank, Health and Social Services, the Women's Directorate and the Yukon Aboriginal Women's Council. Please spread the word. We are restarting the program on Tuesdays and Thursdays at the Whitehorse United Church from 11:30 am to 1 pm until we find a longer term space.

[Sally and Sisters/Soeurs is a hot lunch program for women and children in a safe and sober environment. It began ten years ago and is a collaborative effort of the Salvation Army, the Whitehorse Food Bank, Yukon Aboriginal Women's Council, Les EssentiElles and Victoria Faulkner Women's Centre and came to be when it became clear that women and children were not accessing food programming at the Whitehorse Emergency Shelter as they did not feel safe.]

Finally, Whitehorse Connects is set for Tuesday, February 16th. **We are accepting winter gear and clothing on Monday, February 15th at the Kwanlin Dun Cultural Centre between 10 am and 2 pm.** Call Kerry at 334 9317 and she or Hilary will meet you at the door to accept your donation. (KDCC is not open to the public). If you would like to volunteer, please let Kerry know at 334 9317. We are building a list!



Community building community

Wear your mask! 

Tuesday, Feb. 16th • 10 am – 2 pm • Kwanlin Dün Cultural Centre

Free food!

Music!

Hot Meals in the Long House:

3 sittings: 10am to 11am, 11:30am-12:30pm and 1pm-2pm.

Portraits!

Free Winter Clothing:

Line up outside the Artist Studio.

There will also be food served at the clothing distribution line up.

*CANADA
REVENUE AGENCY
info desk*



Future Church Summit

*A Guided Planning Retreat for Becoming the Congregation of Tomorrow
Future Church Summit brings futurists and missional practitioners alongside your team
to chart a course for the road ahead.*

Whitehorse United Church has signed up for this Summit

Friday Feb. 19, 2021—7:00—9:00 pm and

Saturday Feb. 20, 2021—9:30—4:00 pm

There will be presentations and discussion and is currently planned to be an in-person event in the Sanctuary with appropriate social distancing, depending on the number of people attending.

Please contact Ruth Stebbing at 604-328-7884 or r.stebbing@telus.net
if you are interested in participating

For more information on the Fresh Expressions movement go to
www.freshexpressionsus.org

Fresh Expressions originated in the UK and New Zealand and
now has moved to the U.S.

Our New Adventure in a Post-Covid world.

Are you interested in envisioning our Church community after Covid and into the future? A small group (6 – 8 people) is being formed, with the blessing of Council, to look at our Vision and Mission for the next stage in our development as a Community of Faith. We will be meeting at least weekly during Lent to discuss and discern our path forward.

If you are interested or have questions, please contact Ruth Stebbing (r.stebbing@telus.net), 604-328-7884.

Meeting notice

Anti-racism book discussion group meets next Feb 24 at 4:10 pm on Zoom or Google meet. The book is Kiss of the Fur Queen by Tomson Highway.

CRA help available

Do you need help with specific benefit or tax return issues? Call the CRA's Yukon Outreach Office at 1-833-615-2383 for assistance (you'll have to leave a voice mail).

For general tax / benefit queries or to receive a mailed copy of your Notice of Assessment, call the Northern Residents dedicated phone line at 1-866-426-1527 (only works for people calling from the 867 area code).

Weaving together community

The City of Whitehorse invites residents to help create piece of art made with recycled threads and lots of love. The final creation will hang at the Canada Games Centre, a visual representation of connection and interconnection in our community at a time when gatherings are not always possible. You have until **February 7** to contribute fabric that has significant meaning to you, along with your story. Creation takes place March 7-13.

Click [HERE](#) for details.

NEW - Dear Friends,

On January 30, 2021, I shared the [news \(click\)](#) that the community of Grace United Church, in Lax Kw'alaams, BC lost their building to a fire. In the weeks since the fire, minister Lawrence Sankey and community members have been in conversation with me and others in the regional council, and together we've identified ways that the wider United Church communities of faith can offer support and help, in addition to holding the Lax Kw'alaams community in prayer.

Grace United is well-insured, however, the challenge of responding to this situation as a remote community is significant. Additional costs will come with getting materials to the community, and there will be other expenses not covered by insurance, such as the important sacred practice of feeding the workers in the village. Financial donations to Grace United church community are welcome and the regional council office is ready to receive donations on behalf of Grace United Church.

If you are called to and able to offer a financial donation to Lax Kw'alaams Grace United Church, please follow these steps:

1. Go to the [Pacific Mountain Regional Council donation page that is hosted on CanadaHelps.org](#)
2. In the first section called "Donation Details" you need to designate the fund you wish your donation to go to:
 - Under AMOUNT
 - Select the frequency of your donation.
 - Set the amount of your donation.
 - Under FUND
 - **Change the drop-down option** from "General" to "**Grace United Church – Lax Kw'alaams Rebuilding Fund**" to designate your donation to this specific effort.
3. Then complete the rest of the form. Note: you'll be prompted to make a one-time donation to the organization that hosts our donation page (CanadaHelps.org).
4. After submitting your donation, you will see confirmation page and number on the website, and you will receive an email with tax receipt (if applicable) to the email address you used on the donation page.

We are hearing many expressions of desire to help, and the Pacific Mountain Regional Council office and staff will continue to bridge the community of Lax Kw'alaams with the wider Indigenous and Non-Indigenous communities of faith, as needed by the Grace United community.

With gratitude and blessings,
Treena Duncan
Executive Minister
Pacific Mountain Regional Council
United Church of Canada

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

Need help with technology?

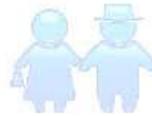
If you are 55+ and interested in learning more about your smartphone, tablet or computer, or being online, or digital security, or just need someone to help you fix a problem, consider attending Yukon Learn's digital skills workshops. These are free. The workshops are done via Zoom and there is lots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

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



Need to talk with someone? Struggling to cope?

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 for more info. <https://hospiceyukon.net/>

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.

Whitehorse United Church E-News, Week of February 8, 2021

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>

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. 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