

<b>The worship calendar until Easter .....</b>	
Apr. 2	Good Friday -COVID-style live 10:30 service
Apr. 5	Easter Sunday -COVID-style live 10:30 service

**NOTICE: Bev will be on vacation for two weeks right after Easter.**

**For pastoral care** that you can't give to one another, you can contact The Rev. Bert Chestnut, from Christ Church Cathedral. He has graciously agreed to cover for me for pastoral emergencies.

His office is 668-5530, where you will get a hold of either Bert himself, or Monica the office administrator, or you can leave a message, and he will get back to you as soon as he can.

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## **Red Pepper Jelly still available!**

**Red Pepper jelly** available through the church office for \$5/jar – a fundraiser for the church.

Ordering and e-transfer payment can be made through the church office by email (no phone calls please). [wuc@klondiker.com](mailto:wuc@klondiker.com) and for e-transfer, please indicate what you are paying for – e.g. jellies (or donation!)

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## WUC in the World Events & Info ....

### WUC Climate Conversations for the Love of Creation

Churches and church organizations across Canada are responding to the growing concern about climate change by working together under the banner *For the Love of Creation*. Under this banner, church congregations are encouraged to hold climate conversations between 6-8 people.

Your WUC in the World Committee is planning to host the first of these conversations on **Tuesday, April 6 at 7 pm** via Zoom. The first conversation will focus on what you think and feel about climate change and our shared future. Later conversations will focus on what can be done about it.

If you are interested to be part of this first conversation, please let Stephanie Starks ([starks.jacob@northwestel.net](mailto:starks.jacob@northwestel.net)) or Stu Clark ([stu@stuandsusan.ca](mailto:stu@stuandsusan.ca)) know. *Be one of the eight people in this first congregation climate conversation.*

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#### **NEW** - Seedling Plant Workshop:

Are you getting excited about your garden? Thinking of growing more of your own seedlings this year to transplant into your garden? Have you questions about how to improve your success with transplants? This is the workshop for you! This two-part workshop will consist of a 2-hour Zoom session on Saturday, April 24th (1 pm) and another 2-hour Zoom session on Thursday, May 13th (7 pm). We will go over how to be more successful in seeding and caring for your transplants as well as moving them into the garden. We give you supplies to start a batch of salad greens. Join Stephanie Starks and Diane Emond. Cost: \$20 (supplies). **Let Diane know if you would like to register at [emond.diane@gmail.com](mailto:emond.diane@gmail.com).**

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#### **NEW** - Plant Sale:

Just want to let you know that the bedding plant sale this year will go ahead on the afternoon of **Saturday May 15<sup>th</sup> at the church**. If you are able and willing, you are welcome to contribute plants. Popular items have been tomato plants, other vegetables, herbs and flowers. Contact Diane if you have any questions or are planning to contribute plants at [emond.diane@gmail.com](mailto:emond.diane@gmail.com).

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# Whitehorse United Church E-News, Week of March 29, 2021

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## UPDATE - Climate Change

Last year the Yukon Government released the first document of its kind, Our Clean Future, with a plan to significantly reduce Yukon's greenhouse gas emissions in alignment with the Paris Accord. WUC in the World reviewed this over several months in the fall.

The City of Whitehorse also released a report on its greenhouse gas emissions (Corporate Greenhouse Gas Emissions Report, updated version in June 2020) and WUC in the World reviewed this.

Following our recommendations, Whitehorse United sent letters with comments and suggestions to the Yukon Government and City of Whitehorse. We are just forwarding links to the letters and responses received for your

information: <https://onedrive.live.com/?authkey=%21AENGE6yVV6vHyoM&id=4C8F4F15281F058C%212570&cid=4C8F4F15281F058C>

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**NEW** - SOME THOUGHTS FROM DEB THAT RHYME WITH WHAT OUR WUC IN THE WORLD FOLKS HAVE BEEN EXPLORING THESE DAYS

Dear WUC friends,

The recent newsletter article about buying local produce took me back to last year, about this time, as we were dealing with COVID shortages and everything was closing. Ted and I were thinking that maybe we should plan food security for the upcoming winter, just in case, and we were concerned about our friend Sarah, of Sarah's Harvest, whose organic veggie farm on LaBerge (same property as Brian and Susan) supplied a lot of local restaurants.

So, we bought a deep freeze and set about filling it over the summer with local produce, mostly from Sarah's Harvest. I regularly got kale, spinach, carrots, cabbage, kohlrabi, beets and rhubarb. I also bought a lot of BC blueberries (I love blueberries!), and picked cranberries and fireweed flowers. Throughout the summer and early fall, I regularly sliced, tore, blanched, ice-bathed (the blanched veggies, not me!), froze, pickled and jellied. We put our name on a local pig, too, who now lives in the new freezer.

We hadn't done this before and so were conservative with quantities. But guess what? We are almost out of everything. The food tastes great, we supported a local producer and minimized our consumption of heavily-travelled food. And, a bonus I didn't anticipate, because it was so easy to throw together soups and stews with frozen, pre-cut veggies, we ate more healthy and economical meals.

We certainly appreciate that we have the privilege of being able to afford a freezer and buying in bulk. But if you can do this, even in a small way with your frig freezer, give it a try. Breaking up the processing is also helpful. Thursday was market day so I would do a veg pick-up and then a session of preservation on Friday or Saturday each week- way easier than facing a mountain of work all at once.

This year we'll do it again, but in bigger quantities. I'm going to approach a mushroom collecting friend and maybe dry mushrooms too. Give it a try.

Deb

## United Church learning moment ...

### **United Church Healing Fund**

At a recent meeting it became evident that people did not know about the United Church Healing Fund.

This fund, created in 1994, provides grants, up to \$15,000 to support healing initiatives for survivors of residential school and its ongoing intergenerational impacts on children, families, and communities. It is made possible by donations to the Mission and Service of the Church. It is a movement towards living out the United Church's Apology to Indigenous Peoples (1986) and the Apology to Former Students of United Church Indian Residential Schools and to their Families and Communities (1998).

There is a wealth of information online at –

<https://united-church.ca/community-and-faith/being-community/indigenous-ministries/healing-fund> and a great video on the 2-spirit Pow Wow which celebrates 2-Spirit people.

<https://www.youtube.com/watch?v=QkGEXAo-iO0&t=7s>

One of the 10 projects that received funding in Fall 2020 was:

### **Bakuemgyala Language Program - Likwala Language Revitalization Project** (Vancouver Island)

**Goal:** Our goal for our program is connection to language and culture and in doing so healing. We are living in a different time at this moment so sharing via a digital platform to keep one and all safe will be our new norm until it will be safe to come together. Our goal is to create a space so we can still share with our families our stories, our songs and our language.

**Objectives:** To heal, to revitalize culture and language. To learn our deep history of this territory. To assist our children and families to have a strong connection to culture and language.

## **This Changes Everything: The Peacebuilding Power of Scripture Telling**

Friday, April 9, 2021 - 1:00 p.m. to Sunday, April 11, 2021 - 2:00 p.m.

## **Festival of Biblical Storytelling**

*Celebrating and practising the transformative art and discipline of telling Christian scripture by heart.*

### **This Changes Everything: The Peacebuilding Power of Scripture Telling**

Join Dr. Tom Boomershine, acclaimed speaker, author and founder of the Biblical Storytelling Movement, and other workshop leaders from across Canada for theme presentations, worship & praise, workshops for newcomers, workshops for experienced tellers, and the Epic Telling of Mark (this is soooooo cool). LeaderShift is thrilled to be sponsoring this event with the Network of Biblical Storytellers Canada.

The cost is \$50 per person (or \$30 if you register before March 15). A group rate of \$25/ person when coming with 5 or more is available across the registration window (no date restrictions).

MORE INFORMATION ON THE WEBSITE OF THE PACIFIC MOUNTAIN REGIONAL COUNCIL OF THE UNITED CHURCH OF CANADA THROUGH ITS LEADER SHIFT PROGRAMME.

# INCOME TAX CLINIC

DUE TO COVID RESTRICTIONS:

**BY APPOINTMENT**

*OR*

**DROP OFF ONLY**

**For appointment call: 383-8320**

**Open: Wednesdays, 1 – 3:30p.m.**

**Throughout March and April**

**311 Black Street (SA Building)**

**Please bring:  
photo identification and all T slips**

## Help is available in the community

### It's tax time again ... 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).

Service Canada provides in-person service to the public, Monday to Friday, at the Elijah Smith Building, main floor. If you or someone you know has a low income, check out the clinics offered by the Victoria Faulkner Women's Centre (women only) and Salvation Army ([poster](#)). April 30 is the deadline for filing your tax return.

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- **Yukon 211** -- Information and referral service for health, social and other government services. Confidential, free, available 24/7 in 150+ languages. Dial 2-1-1 ([LINK](#))
  - **Reach Out Support Line** -- Volunteer-based, confidential, non-judgmental and free support line organized by CMHA Yukon. 1-844-533-3030 ([LINK](#))
  - **Yukon Helpers Network** – A place to offer and ask for help in the Yukon ([LINK](#))
  - **Caremongering** -- Information, ideas and contact info for volunteer helpers. In French or English. ([LINK](#))
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**Still in original box and looking for a new home (for free)!**

Delivery has even been offered!

Please email the office at [wuc@klondiker.com](mailto:wuc@klondiker.com) if this item would be useful to your family or a household you know.

# 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?

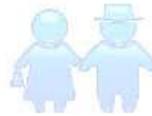
If you are 55+ and interested in learning more about your smartphone, tablet or computer, or being online, or digital security, or just need someone to help you fix a problem, consider attending Yukon Learn's digital skills workshops. These are free. The workshops are done via Zoom and there is lots 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](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



# 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](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