

Upcoming Things of Interest		
Thurs, May 13	Noon	"Thursday on the lawn" begins again!
Thurs, May 13	7 pm	Zoom – Session 2 – gardening – pre-register (see note page 3)
Fri, May 14	All day	Braeburn Camp Clean-up
Sat, May 15	Afternoon	In-person – plant sale at the church (see note page 6)
Sat, May 15	All day	Braeburn Camp Clean-up

Could this be you?

Chair, Finance Committee - Could this be you? As many of you will know, Jennifer Moorlag and her husband, Barry Waitt, are moving from the territory this summer. Jennifer has served as Church Treasurer and Finance Committee Chair and Co-Chair for several years. A wonderful person has stepped forward to take on the Treasurer role! We are now seeking a Finance Committee Chair. The role is truly that of committee chair - calling and chairing meetings, developing meeting agendas, working with other church committees and with the Treasurer and Finance Committee.

Jennifer is happy to chat about the role - time commitment, tasks and the AWESOME people that are all staying on Finance Committee. Call (333-0228) or email (jennifermoorlag@gmail.com) for more info.

NEW - Thursday on the lawn beginning again May 13th. Bring a chair, a beverage and dress for the weather (warm hopefully!) – a weekly opportunity to chat with church family in a socially distanced, safe manner.

NEW - STORY TIME - SONG REQUESTS!!

Most of you will know that ever since March of 2020 we have done a story time every night at 7 pm on Facebook. There is a variety of story readers/tellers, and a good group of listeners every night.

Two of our story tellers are Sean Wilkinson and Emily Payne. They're on each Wednesday night, and one of the delightful things about Wednesday nights with Emily and Sean (and now brand new baby Llewyn) is that they sing to us.

And now - they're taking requests!

I've begun "Music Mondays" and asked you to think about the earliest songs you can remember in your life. Does anyone have a song from your early childhood that you'd submit as a request to Sean and Emily? They'll do it if they can, and we'll let you know what Wednesday night your song will be featured.

Coming up

Nature Journaling. Tuesdays, 7:00 – 8:30 pm PDT (May 4, 11, 18, 25), online. Let us help you connect in a deeper way with creation and awaken your creativity and your sense of wonder. Writing is always an adventure; you never know where you will end up or what you will discover in the process.

During this program, you will gain some new journal tools and connect with an incredible community of like-minded souls. You'll be encouraged to get outside, whether it's on your balcony, or in the park, or somewhere in the wild and just be. No one will have a journal just like you. We'll share and support each other as we give voice to our discoveries in nature. Led by WayPoint's Director, Rev. Sue Rodgers. [Click here](#) (CTRL + Click) for more information and **to register**.

WayPoint Centre for Spiritual Growth is an initiative of the Leadershift Church Planting Project (Pacific Mountain Region) and is an emerging ministry of Eagle Ridge United Church, Coquitlam, BC

Celebrating a wonderful WUC volunteer – Joy Wickett!

WUC nominated Joy Wickett for Whitehorse Volunteer of the Year. You can google the results at "Whitehorse Volunteer of the Year" if you haven't seen it already. The City took "Door Portraits" and delivered "Appreciation Baskets" to each nominee this year in compliance with COVID restrictions.

Joy's most significant contribution both within Whitehorse United Church and in her dedication which spills outside our doors to the community at large is her commitment to support others by providing food for special occasions and for those in need. As one of our parishioners puts it, "Joy is saving the world one spoonful at a time".

The theme of providing nourishment for others can be seen when she creates and serves nutritious lunches and snacks at various church events and community gatherings; when she bakes and delivers muffins to the Outreach Van weekly; when she provides take away lunch bags for those in need who come to the church and those who participate in The Laundry Project; when she cooks and delivers meals to the elderly and shut-in; when she bakes for fund-raisers for Mission and Service. Above and beyond that, there is a special touch to Joy's giving.

She pays attention to details which will give comfort to the recipients whether in a group gathering or alone. She takes care to provide a welcoming, attractive atmosphere or to include an extra treat to warm the heart and prompt a smile. She takes joy in volunteer work and extends that joy to the many who benefit from her generous contributions.

She serves on several established committees supporting the church structure and operation. However, at closer observation, it becomes evident that Joy's contribution is broader, innovative and inspired by a selfless drive to help others, especially those in need. It takes "closer observation" because Joy's contributions often fly under the radar. Many who see her working at various church projects and events have no idea that she is the driving force behind these services. Joy does not serve for glory or credit but because she truly loves to help people. Joy gives of her time, talents and finances with a joyful spirit, uncaring that her quiet generosity may go unrecognized.

CONGRATULATIONS and **THANK YOU** Joy!

Cleanup weekend for Braeburn Camp is scheduled for **Friday, May 14 and Saturday, May 15.**



Even though the kids' camps have been cancelled for this summer, use of the camp will still be promoted for retreats, family outings, and renters. Also, each of the supporting churches will reserve a weekend for members of their congregations to have a 'church camp', within COVID restrictions and guidelines, of course.

So, it is important to prepare the camp with the annual cleanup.

The list of tasks is extensive so many hands will help make for light work (as the saying goes 😊).

Coming out Friday afternoon or evening and staying overnight is optional. If you plan to come out for the Saturday, please come early so you can enjoy the great breakfast starting at 8:00 am.

Stella Martin has offered to coordinate accommodation at the camp for those requiring an overnight stay in available cabins. Please send her an email message (stellamartin1981@hotmail.com) to reserve a cabin.

Please make sure announcements are made for this event so we can get a good turnout.

Hank Moorlag
On behalf the Braeburn Camp Property Maintenance Committee

Plant Sale:

Just want to let you know that the bedding plant sale this year will go ahead on the afternoon of **Saturday May 15th 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.

A Poem

By Major Jackson

Let me begin again as a quiet thought in the shape of a shell slowly
examined by a brown child on a beach at dawn straining to see their future.

Let me begin this time knowing the drumming in my dreams
is me inheriting the earth, is morning lighting up the rivers.

Let me burn my vanities: old music in the pines, sifters of scotch, a day
moon like a signature of night. This time, let me circle the island of my fears
only once then live like a raging waterfall and grow a magnificent mustache.

Let me not ever be the birdcage or the serrated blade or the empty season.
Dear Glacier, Dear Sea of Stars, Dear Leopards disintegrating
at the outer limits of our greed; soon we will encounter you only in
motivational tweets.

Reader, I should have married you sooner.

This time, let me not sleep like the prophet who believes he's seen infinity.
Let me run at break-neck speeds toward sceneries of doubt. I have no more
dress rehearsals to attend. Look closer: I am licking my lips.

Mission & Service moment ...

Check out other stories at <https://united-church.ca/blogs/round-table/sharing-circle>

An Indigenous outreach ministry in Winnipeg offers a heart-warming, positive experience of being at home.



Credit: Honarine Scott, The United Church of Canada

ABI (to be home in Ojibwe) is a project funded by The United Church of Canada's [Healing Fund](#) that collaborates with other outreach ministries to offer programming for residential school survivors and intergenerational survivors in Winnipeg, Manitoba. The outreach ministries welcomes individuals who need support and access to basic needs, healthcare, programming, and community. It was a cold and snowy day when I visited the Sharing Circle at [St. Mathew's Maryland Outreach Ministry](#) (opens in a new tab). Minister Josh Ward welcomed me in and led me to an open space downstairs where it was festively decorated in holiday colours and ornaments. Josh introduced me to the volunteers who were busy preparing lunch for the participants. I learned that the site opens the sharing circle to Indigenous and non-Indigenous participants as part of reconciliation and building good relations. Josh explained that the sharing circle is a safe space for everyone to gather and led by an Elder to learn about Indigenous culture and traditions. The site also brings in Indigenous healthcare practitioners who incorporate Indigenous healing methods as part of their care.

The Elder Vicki Catagas opened the sharing circle with a prayer. Vicki proceeded to light some sage and it burned openly within a shell. Sage is one of the traditional medicines used by Indigenous peoples. When sage is burned, the smoke cleanses a person's body, mind, and spirit so that one may put aside worries and be present. Also, it is believed that the smoke from the sage can carry a person's prayers to the Creator. Once the circle opened, we all took turns introducing ourselves as well as to share anything we wanted to let the participants know about.

The Elder led us in a teaching about the Anishnaabe Creation Story and later we shared what we learned about the teaching.

From observing the sharing circle and participating in it, it felt like a very friendly place to be.

The sharing circle reminded me of community events that I attend and I felt a sense of belonging and familiarity. After the sharing circle, there was a closing prayer and we moved the chairs to bring in some tables so we could have lunch. The bannock was delicious! I was happy to chat with one of the Indigenous participants who was a long way from home in the west coast of British Columbia. The participant shared that she first came to the St. Mathew's Maryland three years ago looking for services. The participant found that the staff were kind and friendly and it encouraged her to return for programming. Since then the participant has made relationships with other people, attended community events with other participants, and learned a lot about her health. Eventually, she started to volunteer and built her confidence as a helper. The participant shared that the sharing circle participants and staff at St. Mathew's Maryland have become an important part of her community.

It was wonderful to visit the sharing circle. The friendly environment and positivity really warmed my heart and I was grateful to them for providing such a safe place for the participants to build relationships, learn about health issues, and support their goals for health and wellness.

— *Honarine Scott is Cree from Fort Albany First Nation and is the Healing Programs Coordinator for the Aboriginal Ministries Circle in The United Church of Canada.*

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.

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.

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.

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](#).

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

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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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