



Keeping in Touch

NUCW President's Message – – “Lead not only by word, but by action”

Hymns: How Firm a Foundation - VU 660 Let us Build a House - MV 1

Scriptures: Nehemiah Ch 2 part of verse 20:

The God of Heaven will help us succeed. We, his servants, will start rebuilding this wall.

1 Corinthians Ch 12 verses 12 – 27: *The body is made up of many parts etc.*

Prayer: *Dear Lord, we ask your blessing and your guidance as we continue our journey to rebuild our firm foundation before it can wear away. Help us, as we take some unexpected journeys in the continuance of your plan for all our hardworking, faithful members of our United Church Women. AMEN.*

Blessings till next time.

Barbara Davison: National UCW President



Reminder of the National UCW Annual Meeting, September 15 to 19, 2025

On Monday, September 15, 2025, UCW women from across Canada will arrive at Queen of the Apostles Renewal Centre in Mississauga, Ontario, for the National UCW (NUCW) meeting. Each Regional UCW is represented by two women.

65th Anniversary Conference in Ottawa

Date: July 19th – 23rd, 2027

Location: Hilton Garden Inn, Ottawa Airport.

Theme: Hear Our Voice.

Scripture: Proverbs 8; The logo will be revealed soon.

Contact: ucw65anniversary@united-church.ca

Theme Hymn: Draw the Circle Wide

Kim Baird, Chair, will make the official logo and poster announcement in September.

UCW Worship Service for the 100th Anniversary of the United Church

From Coast to Coast, from Sea to Sea UCW's shared the Service. I had the opportunity to participate in three services and am scheduled to participate in one more in the fall. Sask UCCW used it in their annual spring gathering and AGM, Abbey SK, hosting the SouthWestern SK Ladies Day Camp featured it, and the women of my church used the service on Mother's Day. Each time the women added or adapted based on their Community of Faith. There was a wonderful response from women (and men).

Here are pictures from the Worship Service in Saskatoon Sk, in Abbey SK, St. Joseph's Island ON, and Surrey BC.

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Ladies Day Camp 10 June 2025 Abbey, SK



SASK UCCW Spring Gathering & AGM 26 April 2025



Wearing gloves and hats,
the Peninsula UCW in
Surrey, BC celebrated
the 100th Anniversary
of the UCC with
worship, fellowship
and refreshments.

St. Joseph Island
UCW 100th
Anniversary Service



The Healing Fund

Starting September 2022 to May 31, 2025 UCW women have donated \$68,741.39.
Mission and Service 2024 year end givings from UCW women across Canada is \$511,205.00.
Thank you for supporting The Healing Fund and Mission and Service.

Carolle Dallas-Arbuckle NUCW Treasurer



Women's Inter-Church Council of Canada (WICC) www.wicc.org

Mission” Empowering Christians to pursue justice, peace and reconciliation by standing together in Prayer and Action”

2025 World Day of Prayer was a successful year.

\$100,000.00 was approved for grants that support grass route programs for women and children.

2026-- Christian Women from Nigeria will write the service for 2026. Theme “ I Will Give You Rest Come” Matthew 11:28-30

For more information and resources go to WICC web site www.wicc.org

Blessings: *Win Ozum* (NUCW rep to WICC)

NUCW Alumnae

KIT Alumnae Report – June 2025

Thanks for your help in keeping the alumnae addresses up-to-date. If you hear of an alumnae member in your region who has changed residence, email, mailing address or has passed away please let me know. Since the last issue of “Keeping In Touch”, several of our alumnae are no longer with us but have gone on to their heavenly reward. If you have stories of these wonderful alumnae members, please send them to me and I will try to share them in up-coming issues of KIT.

Sharon Moyse has shared these stories of Letha Mowatt, a past president of Maritime UCW. Letha was always known for her sunny smile and loved to tell funny stories, not all of them true. As President of MUCW, Letha made a trip to visit the UCW members in Bermuda during her term. When she returned, Letha told this tall tale! She had a photo of her taken standing beside the son of the Bermuda President and his motorcycle. She swore up and down that she had ridden behind him on his bike all over the Island. And then she insisted that the glass ring she had on her left hand, ring finger, was an engagement ring - also given to her on this trip, but wouldn't reveal details of her. (We never did meet him!!!) We learned to take Letha's stories with a grain of salt. Letha was a collector of anything to do with Noah's Ark: pictures, lamps, puzzles, sets of animals, bedspread, cushions, all displayed in her cottage at Berwick Camp. I served on NUCW at the same time as Letha and wish we had got together to compare our Noah's Ark collections. Her sunny smile, tall tales and joy of life will be sorely missed.



Blessings, *Pat Edmonds*, Alumnae Rep.
patriciaedmonds11@gmail.com

THE HEALING FUND

Carolle asked me to remind you that any payments by cheque to the healing fund are to be made out to:
The United Church of Canada and memo line NUCW The Healing Fund

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**We have included the information about the current 2025 Healing Fund Initiative
Healing with Horses and the report on the 2024 Initiative Healing in the Kitchen
2025 Healing Fund: Healing with Horses:**

THE UNITED CHURCH OF CANADA

3250 Bloor St. West, Suite 200
Toronto, Ontario



L'ÉGLISE UNIE DU CANADA

416-231-5931 1-800-268-3781
F: 416-231-3103

April 24, 2025

Re: 2025 UCW Focused Healing Fund Initiative

Dear NUCW Executive,

It is my pleasure to share wonderful news with the National United Church Women of the third Healing Fund initiative supported by the NUCW community.

As of December 18, 2023, the total amount of gifts received from UCW members allows the opportunity to fully fund a Healing Project grant of \$15,000.

Throughout the 2025 spring review, our Healing Fund Working Group focused on our agreement that allows these gifts to support Indigenous Women, Children and Family programming which focuses on the healing of intergenerational trauma affected by Indian Residential Schools.

After carefully reviewing our applicants, our HPWG has selected Reflections Nanaandwejgejig Bezhigoozhiik as the project supported by UCW for their "Healing with Horses: Healing Grief and Families Impacted by Substance Abuse" program, which is proposed duration is July 4, 2025- August 30, 2025

Attached is a description of their program. We invite you to share this news with NUCW congregations so that members will learn more of the "Healing with Horses" program and will be able to support future Indigenous Healing programs alike.

If you have any further questions or concerns, please feel free to reach me. In
Spirit & Unity,

Joni Shawana
Healing Program Coordinator Indigenous
Ministries & Justice United Church of
Canada
Toll Free 1-800 268-3781

A handwritten signature in blue ink, appearing to read "Joni Shawana".

The Healing Fund & UCW

Partnership Spring 2025 Initiative

Healing Initiative Name: Healing with Horses: Healing Grief and Families Impacted by Substance Abuse

Organization: Reflections Nanaandwejgejig Bezhigoozhiik

Location: Wiikwemkoong Unceded Territory on Manitoulin Island, Ontario

Requested Amount Approved: \$15,000.00

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About Reflections Nanaandwejgejig Bezhigoogizhiik (Healing Horses)

We offer a unique, horse-assisted approach to helping individuals overcome mental health challenges like trauma, depression, and anxiety. Our program fosters personal growth, communication, and confidence while addressing intergenerational trauma. We provide individual and group therapy sessions, along with welcoming visitors to meet our Ojibwe Spirit Horses.

At Reflections Nanaandwejgejig Bezhigoogizhiik (Healing Horses), offers an experiential and unique approach to teaching life skills using horses to individuals who are struggling with mental health. Our program allows the individual to understand themselves and start addressing the impacts of intergenerational trauma, as well as working toward overcoming issues of trauma, depression, anxiety, aggression and addictions. One of the ways we do this is with horses.

Horses, by nature, develop coping strategies with confidence and are capable of reading or becoming aware of how a person is feeling before the individual even understands it themselves. The horses in our program will help explore positive & personal development through a powerful journey of learning and understanding, analyzing and developing strengths in communication, building leadership and teamwork skills, constructing confidence & self-esteem, building trust, aspiring for your self-worth, and exploring conflict resolutions.

Reflections Nanaandwejgejig Bezhigoogizhiik offers individual equine therapy sessions, wholistic groups sessions addressing all aspects of healing and self-reflection; ensuring we are in balance spiritually, emotionally, intellectually and physically. We also have opened up to tourism with the welcoming of our Ojibwe Spirit Horses which arrived on June 4, 2024. We are members of Indigenous Tourism of Ontario and accredited through Indigenous Tourism of Canada.

Summary of Program

Grief and substance abuse are common impacts of residential schools and have affected our community through intergenerational trauma. These projects are open to Women, Men and Youth.

Project 1 will host a Grief Wellness Retreat which will be a 3-day immersive healing experience designed to support individuals navigating grief through the power of equine assisted therapy, Indigenous teachings and creative expression. The retreat will provide participants with a safe space to process emotions, reconnect with self, nature and find solace in a supportive community.

Project 2, as substance abuse has deeply affected Indigenous families and communities, often leaving lasting emotional, mental and spiritual wounds. These 4 workshops are designed to support individuals who have experienced the impact of a loved one's addiction, helping them navigate grief, trauma and healing through the wisdom of the horse. The Ojibwe Spirit Horses, an ancestral relative and guide, will assist participants in reconnecting with traditional healing practices, self-reflection and emotional resilience.

Project Goals

Participants will begin to heal from grief and identify healthy coping strategies. Acknowledge and understand the impact, recognizing the emotional toll of a loved one's addiction and how it affects family dynamics, balance and healing. Reconnecting with spirit and self, using equine assisted activities to promote emotional regulation, boundary setting and creating healthier relationships. Honouring traditional knowledge, Integrating Indigenous teachings, ceremonies and storytelling in the healing journey.

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Project Objectives

1. Healing from Grief & Loss - Provide participants with therapeutic tools and Indigenous teachings to support their grief journey.
2. Building Emotional Resilience - Help individuals develop emotional regulation and healthy coping strategies through equine-assisted therapy.
3. Understanding the Impact of Addiction - Support families in recognizing the emotional, mental, and spiritual effects of substance abuse.
4. Strengthening Cultural Connections - Integrate traditional knowledge, ceremonies, and storytelling to foster identity, healing, and balance.
5. Creating a Supportive Community - Build a network of individuals who share similar experiences, encouraging long-term healing and connection.

Website: <https://www.reflectionshalinghorses.com>

For more information regarding this Healing Initiative, please contact the Healing Program Coordinator healing@united-church.ca

2024 Healing Fund: Healing in the Kitchen Report

The Healing Fund & UCW

Partnership Spring 2024 Initiative – Report Summary

Healing Initiative Name: Healing In the Kitchen

Organization: Fort Mckay Metis Nation Association **Location:**

Fort McMurray, Alberta

The Healing In the Kitchen project successfully delivered all workshops such as *Herbal Medicine and Plant Healing*, *Healing Practices through Storytelling*, *Traditional Jigging and Movement Therapy*, *Medicine Wheel and Holistic Healing*, *Traditional Healing from Loss*, *Self-Care and Healthy Living*, *The Role of Youth in the Community*, *Art Therapy* and *Building Healthy Families* which over 140 participants engaged across all sessions. Each session was well-received, with attendees reporting increased cultural connection, emotional healing, and a sense of community solidarity.

Healing In the Kitchen achieved each of their goals by:

- **Healing and Reconciliation:** The project delivered workshops such as *Healing Practices through Storytelling* and *Medicine Wheel and Holistic Healing*, which helped participants process emotions and connect with traditional healing methods.
- **Cultural Identity and Resilience:** Workshops like *Traditional Jigging and Movement Therapy* and *Art Therapy* provided immersive experiences to strengthen participants' cultural identity and pride.
- **Holistic Well-being:** Sessions such as *Self-Care and Healthy Living* and *Traditional Healing from Loss* emphasized balanced approaches to health, offering participants practical tools for emotional and spiritual wellness.
- **Community Resilience:** Communal meals included in every session fostered relationships and created spaces for mutual support, enhancing community cohesion.
- **Intergenerational Knowledge Sharing:** Workshops like *The Role of Youth in the Community* highlighted the importance of youth in cultural continuity and empowered younger generations to take active roles.

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This project addressed the intergenerational impacts of residential schools by creating a culturally safe and supportive environment for healing and reconnection with Métis traditions. Through workshops and shared experiences, participants had opportunities to process and heal from the historical traumas that continue to affect their lives and the community.

The workshops, such as *Healing Practices through Storytelling* and *Medicine Wheel and Holistic Healing*, allowed participants to explore and address emotional wounds in a way that honored Métis cultural practices. Storytelling sessions, in particular, encouraged participants to share their experiences, fostering mutual understanding and support while promoting the healing power of collective resilience.

Art Therapy and *Traditional Jigging and Movement Therapy* empowered individuals to reclaim aspects of their Métis identity, instilling cultural pride and a sense of belonging. These activities served as a counterpoint to the cultural loss experienced through the residential school system, reconnecting participants to the rich traditions of their ancestors.

Workshops like *Self-Care and Healthy Living* and *Building Healthy Families* focused on addressing the emotional and spiritual needs of participants, helping them develop tools to break cycles of trauma and promote wellness within their own families.

Overall, this project created spaces for intergenerational healing, enabling survivors and their descendants to honor their experiences while fostering a stronger, more resilient community.

Participant Feedback

Participants and community members expressed profound gratitude for the *Healing in the Kitchen* project, highlighting its impact on their personal healing journeys and the broader community. Many shared that the workshops provided a sense of connection, cultural pride, and emotional relief they had not experienced in years.

- One participant remarked, “The *Traditional Healing from Loss* session gave me the tools I needed to begin addressing grief I’ve carried for decades. It felt like a safe space to heal and reconnect with my heritage.” Another shared that the *Art Therapy* workshops allowed them to explore their creativity in ways that felt meaningful and culturally rooted, saying, “It was more than art; it was a way to connect to my ancestors.”
- Community members praised the communal meals included in each workshop, emphasizing how sharing food fostered deeper bonds. One elder noted, “Sitting together over meals reminded me of the old days, when we all came together as a community. It’s something we’ve been missing.”
- Parents also commented on the positive influence of workshops like *The Role of Youth in the Community*, where younger participants felt valued and empowered. A parent shared, “My children came home inspired, talking about how they want to get more involved in preserving our culture. That’s something money can’t buy.”
- One of the most remarkable accomplishments of the project was the way it bridged generational gaps. Elders, adults, and youth participated together, creating opportunities for knowledge sharing and fostering unity. Participants also noted how the workshops reignited interest in Métis traditions, with many expressing a desire for similar programming in the future.

We are incredibly thankful for the opportunity provided by the United Church’s Healing Fund and

UCW to bring this transformative project to life. This initiative has had a profound and lasting impact on our community, fostering healing, cultural pride, and resilience. We look forward with hope and enthusiasm to continuing this wonderful partnership, working together to support the healing and well-being of our Indigenous community.

For more information regarding this Healing Initiative, please contact the Healing Program Coordinator healing@united-church.ca

Pacific Mountain Region:

“Laughing and Rejoicing” UCW Gathering/AGM

April 25-26, 2025 Hosted by Cloverdale UCW in Surrey, BC



On Friday afternoon the Sanctuary was filled with laughter as 63 women listened to presenter, Janice Bannister, a psychiatric nurse turned comedian. Her credentials include being a presenter in 2023 at TEDxSFU, the largest Canadian TEDx talk. Laughter is an integral part of one's well-being along with diet, nutrition and exercise. Laughter can change one's mood. Her topic “Give Yourself Permission to Laugh” was well suited to our demographics. Interspersed among the jokes were ideas of how we could use “laughter as a wellness tool”.

Saturday morning was a time to rejoice. A video created by the Pacific Mountain Region Archivist made us rejoice that in 1936 the UCC “granted ordination to women on the same terms as men” Lydia Gruchy being ordained in 1936 as the first woman minister in the UCC. We could rejoice that the Women's Missionary Society, the forerunner of UCW, worked to maintain The Oriental Home and School in Victoria until the 1940's. Many Asian girls sent to Canada from China were saved from a life of slavery and prostitution.

An In Memoriam Service was held for two of our PM UCW Executive members. Clare Walker (Past President of PM UCW) passed away on February 27, 2025 and Lynn Lancaster (Past President of BC Conference) passed away on March 9, 2025. As The Rev. Bill Cantalon stated, “The best way to remember these women is for us to live meaningful lives”.

Blessings *Winnie Kowalewich*

Living Skies Region:

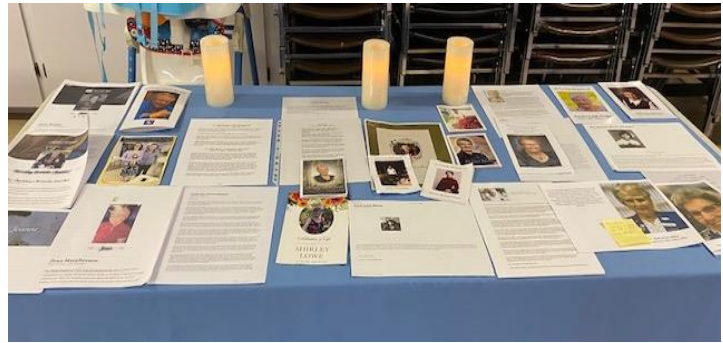
Sask UCCW Spring Gathering 2025



April 26, 2025 the annual SASK UCCW gathering was held at St. David's Trinity United Church in Saskatoon. The theme this year was “Years Gone By” celebrating 100 years of women in the United Church of Canada. The day began with coffee/tea and muffins during registration. We moved to the church sanctuary for the Worship Service. The Worship Service was written at the Annual General Meeting of the National United Church Women last September. The service shared insights and moments of meaning from across Canada of the role women have played since the beginning of the United Church in 1925.



A special part of the service included a memorial and candle lighting for women within the United Church in Saskatchewan who have passed since April 2024.



The communion service was an Agape Meal under the leadership of Rev. Debz Ferber. Rev. Debz moved throughout the sanctuary serving the gluten-free bread and fresh green grapes as the communion elements.



As we moved from the Worship Service to the Annual General Meeting, a few favourite camp-style songs were sung.

The AGM was held with approvals of all reports, financial statement and proposed budget followed by election of officers. Minutes of the meeting and reports are available on request.

To cut down on printing costs, email copies of all the reports, agenda, and minutes were sent out prior to the gathering. During registration the minutes from the 2024 meeting, the financial report and budget were displayed on the screen in the sanctuary. The display was used during the meeting as the reports were reviewed. The elected Executive are Co-Chairs Diane Thurlow, Meadow Lake and Rev. Debz Ferber, Saskatoon, 1st Vice-Chair Eleanor Bowie, Maple Creek, 2nd Vice-Chair Susan Dokken, Saskatoon, Treasurer Phyllis Robinson, Saskatoon, and the position of secretary is vacant. Anyone interested in the position please contact any of the executive.

Allison Irvine, Co-Chair, and Barbara Byers-Bradley, secretary, have retired from their positions.



Left to Right: Back Row – Susan Dokken (second vice) Mary Mohn (newsletter editor), Centre – Phyllis Robinson (treasurer), Debz Ferber (co-chair), Dawn Weber (past co-chair), Front – Diane Thurlow (co-chair), Allison Irvine (retired co-chair) and Barbara Byers-Bradley (retired secretary). Missing – Eleanor Bowie (first vice)

Information was provided on two upcoming events. A Women's Day in Abbey, Saskatchewan June 10th and Camp Tapawingo at Candle Lake, Saskatchewan June 20-22nd. There is a Bursary available to people going into the United Church ministry administered by the SASK UCCW. Two bursaries are available through the National United Church Women Agatha Kassa and Dorothy Amos. More information

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on all these events and bursaries are available in the SASK UCCW newsletter or from any of the executive.

A soup and sandwich lunch was provided by St. David's Trinity UC. The lunch was wonderful with the vegetable soup being a special hit.

A special mixer was held to share thoughts and memories of life within the United Church. Women were invited to pair with a woman that they did not previously know. A question was posed and each woman was given a minute to share their personal answer. Then on to the next question. A couple of example questions were "What was a favourite hymn from when they were young" to "What was the strangest dish they had been canvassed for at a church event". The church was a buzz with the sharing, laughing and chatting taking place.

Susan Dokken shared how to make a prayer bracelet. It was a fun craft and beautiful, meaningful bracelets were created. This time also allowed women to chat and share memories of time spent in the church activities and of life.

There was a Silent Auction with items donated by women in attendance. \$437.00 was raised by the auction and cash donations.



Prayer Bracelet

27 beads plus centering bead

- 27 = 3x3x3 3 is our Holy number (think of Trinity)

- 4 Prayer beads, 23 traveling beads

- need to be able to feel(tactile) when you hit the prayer bead as your eyes are closed

- think of 4 things you want to pray for (names of 4 people, 4 places in world that are suffering, 4 parts of Advent etc)

- Breathe in and out to centre as you travel around the bracelet

The afternoon ended with coffee/tea and dainties followed by a closing prayer and sending forth. Special thanks to photographer Jo-Anne Barber for all the pictures.

Blessings *Mary Mohn* Sask UCCW

Canadian Shield Region:

St. Joseph Island UCW

Thank-you for the service outline provided by the NUCW. We are the UCW at Grace Church of the St Joseph Island Pastoral Charge in Algoma, the Canadian Shield Region.

We are a small group (missing a member who was ill). We led the worship service today and also provided the special music, singing the words by Betty Turcotte from the UCW 50th Anniversary hymn, sung to "The Churches One Foundation",

The group picture is with the other 100th Anniversary pictures at the beginning of KIT.

Blessings *Cathy Blackburn* President

Antler Head Watershed Region:

UCW ANNUAL GATHERING IN SARNIA

Reconciliation and the Action to Follow

Isaiah 61:1- 4 The spirit of God is upon me, and has anointed me to bring good news,to raise up the devastations of many generations.

The Annual Gathering was held at St. Clair United Church, in Sarnia on Saturday, April 26. We had lunch at the Community Centre which was chicken and two types of salads and carrot sticks and celery and dessert was various puddings with whipped cream on top.

Our theme speaker was Lareina Rising who is a native and when she introduced herself, she introduced herself in her native language which means Sky Woman. She is a government employee and is the Senior Manager of Ontario. She is looking in the unmarked graves and she is a support person for this community. Lareina Rising told us that there are 18 sites in Ontario, 643 know to have died. She also mentioned that she has relatives that have gone through the residential school system.

Lareina then shared about the mural at the back of the church which John Williams did with money from the closing of Hyde Park Church. There were also the apologies from the church on the wall as well. Lareina also spoke about the blue/orange scarves at the front which represents the struggles in Ukraine. This was our poster that we had for developed for the day.



TRUTH AND RECONCILIATION

THEME SPEAKER: LAREINA RISING

CHAPLAIN: REV DEBRA McGILL

At the start we had 6 ladies drumming which Lareina told us had just started recently and they had made their own drums. All the ladies took part in the drumming. It was very moving. Each of the drums were different. We also had smudging done as well.

Lareina also explained the importance of the number four –

- Four stages of life
- Four seasons
- Four elements of self
- The ring – no beginning or ending

Lareina also encouraged us to attend any Pow Wows in the area. There will be held June 21 and 22 and she thought that Thamesville had one Labour Day Weekend. They usually explain the various dances that would be preformed.

After lunch, Lareina answered questions about what she had told us in the morning session.



Here is the wall hanging done by John Williams and the communion table is front.

At the table there were plants that we could take home.

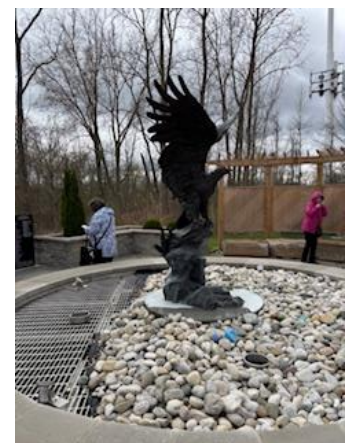


Our guest speaker, Lareina Rising taking questions in the afternoon.

We then walked to the Monument where the ladies heard the Resurrection Story (Ojibwe) and sang some songs and then closed in prayer.



A longhouse that we saw on the brief walk to the Monument.



The Monument



Blessings *Linda Britton*
Treasurer Antler River Watershed UCW

MIDDLESEX UCW ANNUAL GATHERING AT RIVERSIDE UNITED CHURCH WEDNESDAY, APRIL 30, 2025

Middlesex UCW Annual Meeting is only a half day from 9:00 am to noon. The theme was “Turning Towards Life.” The guest speaker was Sarah Campbell from Ark Aid Street Mission.

We also had presentations for “Women of Distinction” and “Regional Women of Distinction. This year we had two “Women of Distinction” and also two “Regional Women of Distinction” awards. All the ladies deserved these awards.

Our guest speaker, Sarah Campbell, from Ark Aid Street Mission spoke about the Ark Aid Street Mission vision statement – In God’s love all people are welcomed in our community where they are Behold, Beloved and Belong. Sarah spoke about her work at Ark Aid Street Mission but what she wanted the ladies to remember was LIFE

- L – Look for signs of life
- I – Invite compassion
- F-- Focus on the regeneration
- E – Envision the fruits of life.



Sarah explained that these are principles that we want to see in our life. All the ladies present enjoyed her talk and we had brought items for Ark Aid Mission that she took with her. We had Mary Dillon, President of Antler River Watershed UCW do the installation to end the meeting.

Middlesex UCW next event is our “FUN IN THE SUN DAY” at Camp Kee Mo Kee on Monday, June 9 from 9:00 am to 3:00 pm. We bring items from their wish list and meet the camp leaders and also bring something to share for lunch. We also bring our own dishes and cutlery.

Sarah Campbell speaking to the ladies.
Dot Duncan and Linda Britton are at the table.

Respectfully submitted *Linda Britton*
Secretary Middlesex UCW

The United Church Women Mission and Service 2024 Donations

\$511,205.00

Great work by UCW's from sea to sea.



Shining Waters Region: UCW CELEBRATING THE PAST AND EMBRACING THE FUTURE



Shining Waters Region UCW held its Annual Meeting on May 5th at Burton Ave. United Church in Barrie. The Theme was “CELEBRATING THE PAST AND EMBRACING THE FUTURE”. Doug Clark, Chair of the Board of Camp Big Canoe, gave a power point presentation looking at the past and present of the camp. Attendees donated money and items from the camp’s current “wish list”. Rev. Carol Hancock, a retired United Church minister

and author of the book “No Small Legacy”, gave a very interesting and informative presentation about the life and contributions of Nellie McClung. Some members of the Executive donned hats and gloves to present a skit highlighting some of the “challenges” that occurred with the joining of the WMS and the WA to form the UCW in 1962. We welcomed Debby Schieck and Karen Given as new Members Without Portfolio to our executive. Rev. Nancy Umphrey, minister at Lemonville United Church, led us in worship and communion to complete our gathering. A wonderful day of fun and fellowship was enjoyed by all who attended. Our next gathering will be the Annual Togetherness Day on October 9th 2025.

Blessings *Pat Edmonds*

KEEPING IN TOUCH

There are several regions without an update in this newsletter. Please encourage every UCW group to send us a hello, a story, a picture, as we would like to share with all women of the United Church from sea to sea to sea. You can send your submission by email to nucwcanada@gmail.com. Thank you for all the submissions that are part of this issue of Keeping in Touch.

Blessings *Phyllis Robinson*
NUCW Communicans Chair

East Central Ontario Region: UCW AGM Called by the Spirit

On April 10, our Regional UCW Annual Meeting, “Called by the Spirit,” was hosted by Shining Waters Area at Westdale in Peterborough, home of our newest UCW, growing since its start just a few years ago. We began with the blending of the colours poured into a vase, symbolic of both the traditional colours of our presbyterial Area UCWs and God’s love for the rainbow of people on this earth.

We were so pleased to receive greetings from NUCW President Barbara Davison, a source of inspiration to those who ‘met’ her by video that day. We were also honoured with greetings from the Anglican Church Women and the Catholic Women’s League. Margaret Curtis introduced the slate of officers, installed by past NUCW president Nancy Sutherland. Congratulations to new president, Nora Darling, and appreciations to all for past service and to the incoming leadership team.



About 80 people at the Annual heard a speaker on the Seven Grandfather Teachings, introduced and thanked by Kente Area UCW, and viewed a slideshow on the NUCW Healing Fund projects. This year our offering was designated for our Student Minister Support Gifts. We heard the story of one of our Student Ministers and enjoyed an entertaining update on Camp Quin-Mo-Lac’s 75th Anniversary Plans.

2025 is our 10th year as an Affirming Ministry, first as Bay of Quinte Conference UCW, and continuing as an interim/then permanent Affirming Ministry as a regional UCW. We celebrated with a rainbow worship created by Kawartha Highlands Area, the rousing 2025 PIE Day song “You Can be the Voice of Justice” and a rainbow cake from UCW member Penny Carson.



The meeting ended with an In Memoriam by Lakeridge Area and communion led by the host church minister. Invitations were given to Quin-Mo-Lac Weekend in early September and Midweek in October. Next year’s host, Hills and Shores Area, invited us to the 2026 Regional UCW Annual at Trinity St Andrew’s in Brighton. Photos of the day can be seen on our East Central Ontario UCW facebook page.

Blessings

Cheryl Mound
Past President



Deadline next Keeping In Touch is 20 October 2025. Continue to send submissions for our Facebook page: National United Church Women NUCW.

Eastern Ontario Outaouais Region:

Seaway Valley Area UCW Gathering Day

The Seaway Valley Area of EOOR UCW held a gathering day inviting women from all the areas in our Region. On Tuesday June 10 the UCW women gathered at Winchester United Church for a day of fellowship and fun. Theme Rideau Hill Camp. The guest speaker was Karen Milne Executive Director of Rideau Hill Camp. Great presentation including history and growth of the camp. Many of the women



present attended this Camp as children and are now in their 80's. Part of the day was camp songs, it was great to hear the women belting out the old camp songs like they were 12 years old. One of UCW attending was Betty Turcott a Past National President of UCW. Betty joined Karen in a great song and dance. What a wonderful day to begin our summer season.

Rideau Hill Camp is part of the Mission and Service work of the United Church. UCW women encourage and support camps so that they can continue creating Christian friendship and camp families. There are many aspects or projects of a camp that are not covered by registration cost or by the Mission and Service grant they receive. Help support United Church Camps in your Regions and areas by inquiring on projects they need funding help with and make a donation. A week at camp can make a big change in someone's life.

Rideau Hill Camp, live, share and grow.

Blessings *Carolle Dallas-Arbuckle*

Bermuda – Nova Scotia Region:

Maritime UCW

Members of the Maritime UCW have been busy in their communities, hosting, catering, and sponsoring a variety of special events many of which have included sharing the history of this United Church of ours.

March was an especially busy time for many who led the Centennial worship service workshopped at the 2025 NUCW AGM... It was a time for hats and gloves and 100 years of shared music, food, fashion, friendships and shared memories. I am certain we can all join and celebrate the creativity displayed in sanctuaries across the country as units adapted the service module to speak directly to their communities of faith. And let's not forget Shrove Tuesday pancake meals, leading World Day of Prayer events marking International Women's Day and much much more, all undertaken in celebration of God's presence in our lives and a faith-filled desire to follow the light of Christ in this world.

Our annual meeting held April 25 and 26 at Bedford United Church, Halifax was attended by 61 women. Theme for the event was "Here We Are". Rev. Faith March-MacCuish, our tri-region Executive Minister spoke to us using the lyrics of the Alicia Keys song "We Are Here" calling for justice, love, peace and healing. Guest presenter Natalie Moyse led us through a series of activities inviting us to use art as a means of exploring and sharing our faith including a session on Bible journaling. We were also joined by National President Barbara Davison via ZOOM. We were pleased to have her install several new executive members. We now have a strong, experienced and willing to learn leadership team in place.

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At the most recent meeting the MUCW executive agreed to actively participate in the letter writing campaign calling on our government to respond directly and strongly in support of a more humanitarian response to the civilian victims of the Israel/Gaza conflict and to encourage all our members to participate as they feel able.

There are a few more gathering events on the agenda before most units enjoy “wind-up “lunches and dinners in advance of a brief summer hiatus.

Enjoy and ponder the wonders of creation with joy and hope as you tend your gardens or take in the beauty and mystery of all that our natural world has to offer “*And He saw it was good*”

Blessings *Betty Ann Watts*

Mystery Question???



Your mystery question from January KIT.

Did you guess correctly?

Yes, it is an interesting object for sure. Dates back to 1876 when it was given to the WFMS - Women's Foreign Missionary Society at St. Andrews Presbyterian Church in Hamilton, Bermuda. We, here in the Maritimes, come to have it because it was later given to C. E. Carmichael, President of Presbyterian



Women's Missionary Society of NS (1905-1912) and inscribed as such. This Gavel was gifted to Miss Carmichael from the Presbyterian WFMS from Bermuda in 1910 and she proudly showed the NS ladies her gift from Bermuda at the Annual Meeting at that time and we have been using it ever since! (Thanks to Sharon Moyse for this info she contributed to *Ordinary Heroes* (2012) page 100)

Blessings: *Marilyn Bubar,*
Past Co-President Maritime UCW

If you have any special gifts given to your UCW, please send pictures and a write up.

As women of faith, our strength, commitment, joy and love are important examples in our world today. With issues locally, nationally, internationally influencing our lives, keep true to your belief in our Divine Creator and let God help you every day. May all our communities of faith be steadfast and sustain us and those around us.

Walking in the Light, Phyllis