

KINMOUNT UNITED CHURCH- OCTOBER 2022 NEWSLETTER



SCHEDULE OF SERVICES @ KUC @ 9:45 A.M.:

Sunday, October 2nd: **Rev. David Watson Communion (World Communion)**
Thanksgiving Sunday, October 9th: **Congregation-led Rev. Leslie King**
Sunday, October 23rd: **Congregation-led Bill Lee**

OCTOBER is:

Breast Cancer Awareness Month
Women's History Month

IT'S BEEN SAID:

Teachers should be the best minds in the country - Dr. Sarvepalli Radhakrishnan.

Share your smile with the world. It's a symbol of friendship and peace - Christie Brinkley

Histories have been written and more will be written of the Norwegians in America, but no man can tell adequately of the tearing asunder of tender ties, the hardships and dangers crossing the deep, the work and worry, the hopes and fears, the laughter and tears, of men and women who with bare hands carved out of a wilderness a new kingdom. - Rønning, N. N., from the book Fifty Years in America

Ultimately, I want Spirit Day to make just one person feel a little bit better about his or herself, to feel safe enough in their own skin to be proud of who they are - Brittany McMillan

In tomorrow's world we must all work together as hard as ever, if we're truly to be United Nations. - Queen Elizabeth II, Speech to address United Nations

DID YOU KNOW?

According to the Mayo Clinic, up to 400mg of caffeine is the safe limit for most adults.

A meat-eating person who lives to the age of 75 will typically consume parts of over 15,000 animals.

According to the canadahelps.org, 40% of Canadians reported a decline in their mental health in 2020.

There are 1 billion people living in informal settlements or slums. More than 100 million are homeless.

According to the National Fire Protection Association, leaving food cooking in the kitchen unattended is the number 1 cause of home fires and home fire injuries.

Depression can lead to suicide. More than 800,000 people worldwide take their own lives every year

The Guinness Book of World Record holder for the heaviest pumpkin was attained in October 2011 with a pumpkin weighing in at 1,818 lbs. 5 oz.

UPCOMING EVENTS:

Saturday, October 1st: International Coffee Day
Saturday, October 1st: International Day of Older Persons
Saturday, October 1st: World Vegetarian Day
Saturday, October 1st: **Kinmount Farmers' Market**,
Sunday, October 2nd: Mental Illness Awareness Week (start)
Sunday, October 2nd: International Day of Non-Violence
Monday, October 3rd: World Habitat Day
Tuesday, October 4th: World Animal Day
Wednesday, October 5th: World Teachers' Day
Friday, October 7th: World Smile Day
Saturday, October 8th: **Kinmount Farmers' Market**
Sunday, October 9th: Leif Erikson Day
Sunday, October 9th: World Post Day
Sunday, October 9th: Fire Prevention Week (start)
Monday, October 10th: World Mental Health Day
Monday, October 10th: **Thanksgiving**
Tuesday, October 11th: International Day of the Girl
Thursday, October 13th: World Egg Day
Thursday, October 13th: International Day for Disaster Reduction
Saturday, October 15th: International Day of Rural Women
Sunday, October 16th: World Food Day
Monday, October 17th: International Day for the Eradication of Poverty
Monday, October 17th: Boss's Day
Tuesday, October 18th: Persons Day
Thursday, October 20th: Spirit Day
Monday, October 24th: United Nations Day
Monday, October 24th: World Development Information Day
Thursday, October 27th: World Day for Audiovisual Heritage
Thursday, October 27th: Take Me Outside Day
Monday, October 31st: **Halloween**
Monday, October 31st: World Cities Day

