

KINMOUNT UNITED CHURCH- MARCH 2023 NEWSLETTER

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

Sunday, March 19th: **Rev. David Watson**

Note: This will be our first “in-person” service of 2023 at KUC. After this service, the congregation will meet to discuss our service schedule for the remainder of the year.

UNITED CHURCH WOMEN UPCOMING EVENTS 2023:

Monday, March 20th: UCW AGM is in Cannington. Guest speakers will be from North House (North Durham), talking about homelessness.

Wednesday, April 19th: ECOR AGM: Emmanuel United Church in Foxborough. The theme is Women’s Wisdom.

The Spring Rally is in June and is being held in Minden. Details for this event are in the works.

THE MONTH OF MARCH IS....

Colorectal Cancer Awareness Month

Easter Seals Month

Kidney Month

Epilepsy Month

Fraud Prevention Month

National Social Work Month

Juvenile Arthritis Awareness Month

Nutrition Month

Red Cross Month

Deaf History Month

Brain Injury Awareness Month

IT’S BEEN SAID:

The love of God and his fear grew in me more and more, as did the faith, and my soul was roused, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same - St. Patrick

There is one universal truth, applicable to all countries, cultures and communities: violence against women is never acceptable, never excusable, never tolerable - UN Secretary-General Ban Ki-moon

The short answer is at least 7 hours in length, but a truly restorative sleep depends on duration as well as continuity and depth. Understanding the impact of sleep on physical and mental health is more important than ever before. Share our commitment and amplify our mission to advance sleep health worldwide - Dr. Clete Kushida, President of World Sleep Society

Poetry is truth in its Sunday clothes - Joseph Roux, French priest and poet

DID YOU KNOW?

The theme for World Wildlife Day in 2023 is *Recovering key species for ecosystem restoration*.

The theme for International Women's Day in 2023 is *#BreakTheBias*.

The slogan for World Sleep Day in 2023 will be *Sleep is Essential for Health*.

The theme for International Day of Forests in 2023 will be *Forests and health*.

The theme for World Down Syndrome Day in 2023 will be *With Us Not For Us*.

According to the NPR, in 2022, Finland was ranked the happiest country in the world for the fifth consecutive year.

The Egyptian *Great Sphinx* points directly at the Sun on the vernal equinox.

Mahabharata is the longest poem in the world. The Indian epic poem contains about 1.8 million words.

COMING EVENTS:

Friday, March 3rd: World Wildlife Day

Friday, March 3rd: Employee Appreciation Day

Monday, March 6th: Social Work Week begins

Wednesday, March 8th: International Women's Day

Thursday, March 9th: World Kidney Day

Sunday, March 12th: Eastern Daylight Savings Time begins at 5:24 pm

Monday, March 13th: Commonwealth Day

Tuesday, March 14th: Pi Day

Friday, March 17th: St. Patrick's Day

Friday, March 17th: World Sleep Day

Monday, March 20th: Spring Equinox occurs at 11:33 am.

Monday, March 20th: French Language Day

Monday, March 20th: International Day of Happiness

Tuesday, March 21st: International Day for the Elimination of Racial Discrimination

Tuesday, March 21st: International Day of Forests

Tuesday, March 21st: International Day of Nowruz

Tuesday, March 21st: World Down Syndrome Day

Tuesday, March 21st: World Poetry Day

Wednesday, March 22nd: World Water Day

Thursday, March 23rd: World Meteorological Day

Friday, March 24th: International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims.

Saturday, March 25th: International Day of the Remembrance of the Victims of Slavery and the Transatlantic Slave Trade

Saturday, March 25th: International Day of Solidarity with Detained and Missing Staff Members

Friday, March 31st: International Transgender Day of Visibility