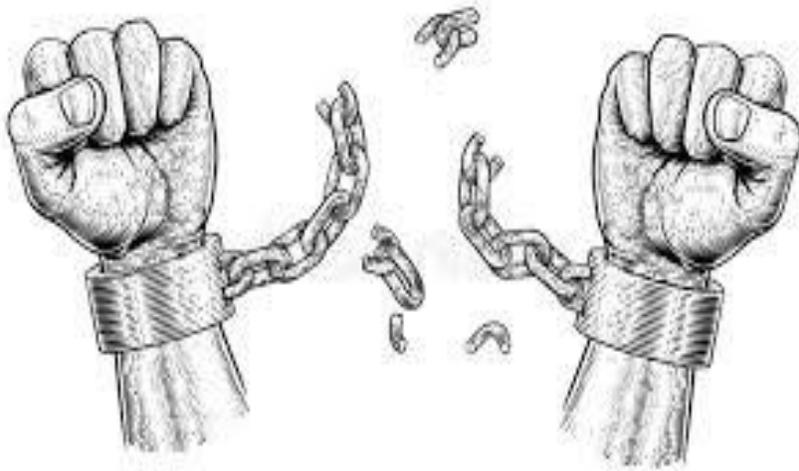




**P**ARKDALE  
UNITED CHURCH  
*COME • GROW • SERVE*



# EMANCIPATION

**Celebrating the 186<sup>th</sup> Anniversary of the Abolition of  
Slavery in British North America (Canada)**

**August 1 1834**

**August 2, 2020 10:30 am**

**Sunday Worship Service (Virtual)**

**Worship Leaders: Rev. Dr. Anthony Bailey, Rev. Alcris Limongi**

**Pianist: Debbie McGregor, Soloist: Terri-Ann Wint**

**PARKDALE UNITED CHURCH**  
**429 Parkdale Avenue, Ottawa, Ontario, K1Y 1H3**  
Tel: 613-728-8656 Fax: 613-728-9686

*Welcome to Parkdale! We hope that this service will be a blessing to you wherever you are. We welcome all to join us in worship!*

*We are glad you've joined us to celebrate the mystery and gift of God's love for the world in the gift of Jesus Christ, a rich Christian tradition, and a loving community of faith. We hope that in this time of worship you will experience at least a moment when God, who is Love, encourages you in faith, and breaks through the realities of everyday life surrounding you with the assurance of peace and joy which God so wants us to experience.*

## **PARKDALE UNITED CHURCH MINISTRY TEAM**

*Ministers: The People of Parkdale*

**Rev. Dr. Anthony Bailey**

*Coordinating Minister*

**[abailey@trytel.com](mailto:abailey@trytel.com)**

(off on Fridays)

**Norman Reid**

*Caretaker & Custodian*

(off on Tuesdays)

**Rev. Alcris Limongi**

*Minister of Pastoral Care*

**[alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca)**

(off on Mondays)

**Huda Kandalaft Kanawati**

*Congregational Designated Minister*

*for Youth and Families*

**[huda@parkdaleunitedchurch.ca](mailto:huda@parkdaleunitedchurch.ca)**

**Camille Beaufort**

*Interim Youth and Children Coordinator*

**[ce@parkdaleunitedchurch.ca](mailto:ce@parkdaleunitedchurch.ca)**

**Don Mockett**

*Office Manager*

**[pdale@trytel.com](mailto:pdale@trytel.com)**

**[www.parkdaleunitedchurch.ca](http://www.parkdaleunitedchurch.ca)**

**Our Vision Statement:**

**“To form followers of Jesus in such a way as to transform our community and our world.”**

**Are You New To Parkdale?** To be added to our email list, please send your email address to Don Mockett at **[pdale@trytel.com](mailto:pdale@trytel.com)**. To sign up for our monthly eNewsletter, visit our website

*We acknowledge that the land on which we gather for worship is the traditional, unceded, unsurrendered territory of the Algonquin nation. We are grateful for their stewardship of this territory for thousands of years.*

August 2, 2020

186<sup>th</sup> Anniversary of the Enacting of the Slavery Abolition Act  
(August 1, 1834) freeing all Enslaved People in British  
Territories

Order of Worship

WE GATHER TO WORSHIP GOD ...

Stewardship Thought: *“In Christ there is neither slave nor free, for all are one in Christ.” Galatians 3:28*

Lighting our Worship Candle Dr. Bailey

Prelude

Welcome and Gathering Words Dr. Bailey

Silence

Call to Worship Dr. Bailey, Rev. Limongi

One: God calls us all into freedom.

**Many: God, we praise you.**

One: God weeps with and for all those who are enslaved.

**Many: With God’s help, may we work for the liberation of all.**

One: Jesus came in human flesh and experienced suffering and rejection; Jesus stands in solidarity with all who are oppressed.

**Many: As we worship, may we welcome God’s stirring in us to work for justice and the salvation of our world.**

One: In this time of worshipping together virtually, may God’s Spirit open us up to our history as well as to the reality and the legacy of slavery.

**Many: May God emancipate and save us all, by the power of the Holy Spirit.**

Sung Prayer *Give me Jesus (Moses Hogan)* Terri-Ann Wint

Hymn: **Lift ev'ry Voice and Sing**

**Lift ev'ry voice and sing, 'Til earth and heaven ring  
Ring with the harmonies of Liberty**

**Let our rejoicing rise, High as the list'ning skies  
Let it resound loud as the rolling sea.**

**Sing a song full of the faith that the dark past has taught us  
Sing a song full of the hope that the present has brought us  
Facing the rising sun of our new day begun  
Let us march on 'til victory is won.**

**Stony the road we trod, Bitter the chastening rod  
Felt in the days when hope unborn had died  
Yet with a steady beat, have not our weary feet  
Come to the place for which our fathers sighed?**

**We have come over a way that with tears has been watered  
We have come, treading our path through the blood of the  
slaughtered,**

**Out from the gloomy past, 'Til now we stand at last  
Where the white gleam of our bright star is cast**

**God of our weary years, God of our silent tears  
Thou who has brought us thus far on the way  
Thou who has by Thy might, Led us into the light**

**Keep us forever in the path, we pray  
Lest our feet stray from the places, our God, where we met  
Thee**

**Lest, our hearts drunk with the wine of the world, we forget  
Thee**

**Shadowed beneath Thy hand, May we forever stand  
True to our God, True to our native land.**

Type: Words

Contributors: James Weldon Johnson

Text: © 2000, Roger Dean Publishing Co. One License #A-733294

Call to Confession:

Rev. Limongi

In humility and open-heartedness, let us come to God with contrition and trust; for God may be trusted to hear us and to forgive us for that which we have done, as well as that which we have left undone.

Prayer of Confession

Rev. Limongi

**O God of mercy, grace and justice, in every generation you long to set all people free to live the life for which they have been created. We confess that through attitudes, behaviours, structures, policies and racism, we have undermined that freedom to live a flourishing life for many people. We have been caught up in a status quo that discriminates against some while granting privilege to many others. This is grievous to you, O God. Forgive us. Be pleased to open our eyes and hearts and minds and will, so that by your grace, we may determine through words and actions, to produce fruits of repentance and reconciliation and justice and faith. We ask your forgiveness and your help to live in the way of Jesus; to walk by faith in true freedom and right relations. We pray this in the name of Jesus. Amen.**

Silence

Words of Forgiveness

Rev. Limongi

Choral Response: *Halle, halle, halle*

(sing twice)

Hymn:

**My Lord! What a Morning**

***Refrain: My Lord, what a morning!***

***My Lord, what a morning!***

***Oh, my Lord, what a morning***

***When the stars begin to fall.***

**1. You will hear the trumpet sound  
To wake the nations underground,  
Looking to my God's right hand  
When the stars begin to fall. (*Refrain*)**

2. You will see my Jesus come,  
To wake the nations underground,  
Looking to my God's right hand  
When the stars begin to fall. (*Refrain*)

3. You will hear the Christians shout,  
To wake the nations underground,  
Looking to my God's right hand  
When the stars begin to fall (*Refrain*)

Type: Words and Music; First Line: My Lord, what a morning

Tune: WHAT A MORNING, 7 8 7 7 with refrain; African American spiritual; arr. by Melva Costen, © 1990

Text: African American spiritual One License #A-733294

## WE LISTEN FOR THE WORD OF GOD

First Scripture Lesson: Isaiah 55:1-5 (video recorded)  
(Huda Kandalaft Kanawati – *Congregational Designated Minister for Youth and Families*)

Responsive Reading: Psalm 146

Rev. Bailey & Rev. Limongi

One: Praise the Lord. Praise the Lord, my soul.

**Many: I will praise the Lord all my life; I will sing praise to my God as long as I live.**

One: Do not put your trust in princes, in human beings, who cannot save.

**Many: When their spirit departs, they return to the ground; on that very day their plans come to nothing.**

One: Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God.

**Many: He is the Maker of heaven and earth, the sea, and everything in them— he remains faithful forever.**

One: He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free,

**Many: the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous.**

One: The Lord watches over the foreigner and sustains the fatherless and the widow, but he frustrates the ways of the wicked.

**Many: The Lord reigns forever, your God, O Zion, for all generations. Praise the Lord.**

*Gloria, Gloria in Excelsis Deo*  
*Gloria, Gloria, Alleluia, Alleluia (2x)*

VU#37

Gospel Lesson: Matthew 14: 13-21

Wendy McHenry (recorded)

Solo: “*His Eye is On the Sparrow*”

Terri-Ann Wint

Message: “**Upholding the Cause of the Oppressed**” Dr. Bailey

Silence

### **WE RESPOND IN FAITHFULNESS**

The Presentation of Tithes and Offering

Dr. Bailey

*(We are grateful for the prayers and financial support of Parkdale’s ongoing ministry. Please continue. You are invited to take some time at home to write a cheque, or make a promise to go to the Parkdale Website: [parkdaleunitedchurch.ca](http://parkdaleunitedchurch.ca). You will see on the home page a button/link that says “Donate Now through [CanadaHelps.org](http://CanadaHelps.org)”. Click on that and make your offering)*

Musical Reflection

Debbie McGregor

Dedication of the Offering

Dr. Bailey

Pastoral Prayer and the Lord’s Prayer

Rev. Limongi

***Our Father, who art in Heaven,  
Hallowed be thy name. Thy Kingdom come,  
Thy will be done on earth as it is in heaven.  
Give us this day our daily bread, and forgive us our trespasses  
as we forgive those who trespass against us; and let us not fall  
into temptation, but deliver us from evil; for thine is the  
kingdom and the power and the glory, forever and ever. Amen***

### **AND WE GO FORTH TO PRAY AND WORK FOR THE EMANCIPATION OF ALL**

Hymn: **In Christ There Is No East or West**

**VU# 606**

**In Christ there is no east or west  
In him no south or north  
But one great family of love  
Throughout the whole wide earth.**

**In him shall true hearts everywhere  
Their high communion find  
His service is the golden cord  
Close binding humankind.**

**Join hands, then, people of the faith  
Whate'er your race may be  
All children of the living God  
Are surely kin to me.**

**In Christ now meet both east and west  
In him meet south and north  
All Christ-like souls are one in him  
Throughout the whole wide earth.**

*Words: John Oxenham. Music: African-American spiritual,  
adapted and harmonized by Harry T. Burleigh. Public Domain.*

Blessing and Sending Forth

Dr. Bailey

Sung Blessing: *“We Shall Overcome”* African-American Spiritual

**1. We shall overcome  
We shall overcome some day!  
O, deep in our hearts  
We do believe, that  
We shall overcome, some day.**

**2. We shall all be free...**

**4. The Lord will see us through...**

## ANNOUNCEMENTS

**Confidential Phone Counselling – by Dr. Bailey. Contact information: [abailey@trytel.com](mailto:abailey@trytel.com); 613 728-8656 x 222**

### Continuing in Prayer and Support:

In these times, as in all times, we are trusting God to grant us wisdom, mercy and faith. As a community of faith and followers of Jesus we are reminded of the numerous times the Bible counsels us not to 'be afraid'. Normally, this exhortation is accompanied by God's promise to be with us. God being with us inspires and empowers us to be 'with' each other. We do this by praying for one another and reaching out by phone, facetime, Facebook, email, WhatsApp...you name it. Let's just stay connected. We send love and wish everyone comfort and good health, and look forward to hearing from you. May God bless us all.

**PRAYER REQUESTS INBOX** Please feel free to send your prayer requests to [alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca).

### **Children, Youth, Young Adults and IGNITE**

**Contact:** Huda at [huda@parkdaleunitedchurch.ca](mailto:huda@parkdaleunitedchurch.ca) or Camille at [ce@parkdaleunitedchurch.ca](mailto:ce@parkdaleunitedchurch.ca)

### **Sunday night - Minecraft Game Night**

August 2 @ 8pm - open to junior and senior youth grades 6&up)  
Attention Minecraft fans! We're going to be playing some Minecraft next youth group. What do church and Minecraft have in common? Come to Sunday night youth group and find out. See email for login link.

**Summer Gatherings:** Links are sent out weekly, via email. If you would like to join us for weekly children's services, youth groups, and resources, please provide us with the best email address to send our invitations.

### **Summer Schedule:**

- Minecraft for junior and senior youth - Sunday August 2 at 8pm
- Sunday school (Sundays @ 10am)

- Junior Youth - every other Wednesday @ 8pm (next: August 5,19)
- Senior Youth Group: please note the time change (every other Sunday @ 8pm – next: August 2, 16, 30)
- IGNITE – Next gathering is Monday, August 10 @ 7pm

Contact: Huda at [huda@parkdaleunitedchurch.ca](mailto:huda@parkdaleunitedchurch.ca) or Camille at [ce@parkdaleunitedchurch.ca](mailto:ce@parkdaleunitedchurch.ca)

**Minecraft Game night** (August 2 @ 8pm - open to junior and senior youth grades 6&up) Attention Minecraft fans! We're going to be playing some Minecraft next youth group. What do church and Minecraft have in common? Come to Sunday night youth group and find out.

**Summer Scavenger Hunt** for Junior Youth, Senior Youth and Young Adults. Please refer to your emails for the app download and/or website link.

**Summer Gatherings:** We have a scaled down schedule for the summer groups. Links are sent out weekly, via email. If you would like to join us for weekly children's services, youth groups, and resources, please provide us with the best email address to send our invitations.

### **Changes to Our Weekly Schedule**

Following the guidelines of the United Church of Canada and the decision of our Council there will be no services at the church until at least the beginning of September. We are streaming the Sunday morning services over the internet. Services can be accessed on the church web site [www.parkdaleunitedchurch.ca](http://www.parkdaleunitedchurch.ca). A worship bulletin is by email for your use at home on Sunday mornings.

### **Offering**

As we continue with our ministries, and indeed as requests for help are increasing, we depend on donations from our congregation. We hope that you will continue to provide your offerings, even though we are not in church. We can suggest three ways of doing that:

1. A donation through Canada Helps, indicating that the donation is to go to Parkdale United Church - Ottawa
  - Go to our website: [parkdaleunitedchurch.ca](http://parkdaleunitedchurch.ca).
  - on the home page is a button/link that says “Donate Now through [CanadaHelps.org](http://CanadaHelps.org)”

-click on this button and it will take you directly to the form to donate to our church

2. A cheque sent by mail (429 Parkdale Ave., Ottawa, K1Y 1H3)
3. Pre-Authorized Remittance (PAR) Givings can also be made directly through your bank account or credit card using Pre-Authorized Remittance (PAR). Monthly givings are deducted automatically from your bank account or charged to your credit card. Using PAR ensures steady, predictable revenue to support the church **Ministries**. PAR forms and information can be printed from the church website ([parkdaleunitedchurch.ca](http://parkdaleunitedchurch.ca))

We thank all of you who have donated already via any of these methods and welcome your continuing support. Your numerous responses via CanadaHelps and PAR, and mailed in envelopes in the past week have been very encouraging.

**IN THIS TIME OF GLOBAL PANDEMIC LET US BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER (Romans 12:1). Here are some prayer suggestions for this week:**

*“... the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with groaning’s too deep for words.” (Romans 8: 6)*

- For our ministers, Rev. Anthony and Rev. Alcris and for Huda, beginning her ministry with us.
- For our Council members, church staff, Daycare staff and children, for our worship team every week, and all others who are volunteering and serving our congregation and community in many different ways in this in-between-times.
- We pray for wisdom for the governments of the world. May they make wise decisions on behalf of their people and the global community. For our Federal and Provincial leaders, for our city and all who are returning to work. We ask for wisdom and compassion for all of us as we embrace stage 3 in Ottawa.

- We continue to pray for frontline workers doing essential work in service areas and volunteers helping others to go through this difficult time.
- For systemic and structural changes in our society regarding racial justice; for new awareness and willingness towards personal transformations that may lead to deep changes in our society and communities. We pray courage, grace, humility, healing, and peace.
- For our congregation, and the church around the world so we may stand and walk - individually and collectively - in solidarity and compassion with our brothers and sisters here in Canada, North America and around the world who day to day face anti-black racism in systemic and personal ways.
- For all infected with COVID19, for their families and for those most vulnerable and exposed to the virus.
- For all suffering from other physical and mental health conditions and illnesses; especially for cancer patients in our midst, past and present. For our congregation's family members and other dear ones in hospital. We pray for peace, healing, and wholeness. We pray for family members limited in visiting and providing care for loved ones, may they receive the strength, faith and peace they need.
- For renewed faith, strength, courage and protection for frontline workers and so many volunteers in the medical field and for their families: for the daily emotional and physical strain on them, for health and safety; for faith and strength. Let us keep in our hearts and prayers those from our congregation who are serving in this area in different capacities (Wendy, Allison and her children, Carolyn, Paul, Christine, Ellen, Nicole, Daunett, William, Edward...) We appreciate your ministry in the world and are continually in our prayers. *Please let us know of others to be added to this list.*
- Let our prayers be with and for those who are grieving loss of loved ones: spouses, children, relatives, friends. Also we include all families impacted by COVID19 around the world and here at home.
- For those in long-term care homes (residents and their families, staff). We give thanks for new opportunities for family visits; and pray for those who have no one to visit them.

- We pray with and for families in our congregation. For parents-to-be, for parents working from home, and those seeking a new job. We pray for teens and children, for couples as they as a family figure out how to navigate life in this global context. For those in our congregation who have parents, grandparents, friends or relatives in senior residences and nursing homes. May they feel safe and comforted in God's love and peace.
- For all those in the most vulnerable situation in societies: no housing, even more limited resources, no access to services, no spaces for community, mental conditions. For those, children and adults, living under conditions of domestic abuse. Let us continue to remember our IFTC community and Ottawa at this time.
- We give thanks for Parkdale United children and youth, for all those involved in this ministry with them. We pray for them and their families, for their teachers and friends.

***Dear Lord hear our prayer and in your love answer us.***

**SUNDAY WORSHIP SERVICES  
AVAILABLE ON THE PHONE FOR  
THOSE WITH NO INTERNET –  
SPREAD THE WORD**



If you know of people who cannot watch the services online, please let them know that they can call 343 882 1920 and enter 343 882 4663# on Sundays at 10:30am to listen to the service. (Note: the line is open at 10:30 am not before - if you need more info, ask Alcris)

**PRAYER TIME.** Thursdays at 11:00 am. Dial 343 882 1920 and then enter 343 882 6443#. This is an open time for prayer, if you are in need of prayer for yourself or someone else, you are invited to call in and join Alcris.

**PRAYER BUDDY.** If you would like to join someone to pray with on a regular basis, we would be delighted to find a prayer buddy for you. *You two together will decide how and when to pray.*

**INVITING PARKDALE BUDDIES.** In this time of social isolation it is so important to have someone to check with on a regular basis. If you would like to have a buddy, let us know.

**EARS ARE OPEN.** It is normal that this new reality starts to impact our mental/emotional health. If you are feeling troubled, need to talk with someone, or in need of prayers, we are here for you. Please send Alcris an email or call the office for us to call you right back. We can meet on Skype, Zoom, phone or have an email chat. You are not alone, we are all together in this!

**Advance Care Planning Zoom Workshop  
Facilitated by Compassionate Ottawa.**

**POSTPONED UNTIL THE FALL**

**However, if you need assistance  
or have questions, contact Alcris at  
[alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca)**





## **PARKDALE'S COFFEE KLATCH**

Tuesdays at 3:00 pm...set your alarm to remember to join us for an informal time to chat online with other Parkdalers over coffee/tea. This is the link:

<https://us02web.zoom.us/j/5637388533>

If you want to join us but don't know how to use Zoom, let me know in advance and we will practice before. Or if you are having problems connecting please contact Alcris

[alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca)

### **Instructions for using Zoom for our groups:**

1. Go to the link <https://us02web.zoom.us/j/5637388533>

2. If you follow the link you may get a question: Do you want to allow this page to open "zoom.us"? say **ALLOW**

3. Then you may get another question:

Join with video? press **JOIN WITH VIDEO**

4. And then another box titled: Choose one of the following options. press **Join with Computer Audio**

To check audio and sound go to the bottom left corner of your screen click on the microphone icon and the audio to check your selections.

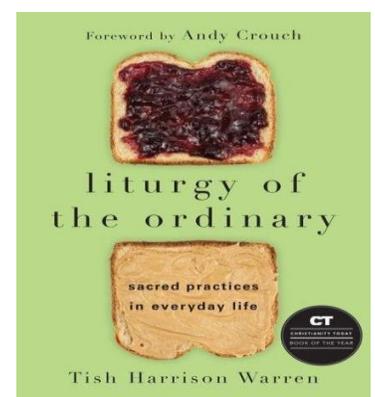
**A WORD ON SMALL GROUPS...**Traditionally we stop programs in the summer. So, we are thinking about these groups in the near future, closer to the Fall. Before further preparation, we are testing if there is an appetite for the following Zoom groups. Please let me know:

1. **Caring for the Caregivers.** Compassion fatigue and burn out is not the same, but equally challenging. A Zoom support group, including speakers and prayers is on the way. Please email Alcris [alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca) if you may be interested.

2. **Advance Care Planning.** Before the lock-down we had scheduled a workshop. Please let Alcris know if you are still interested in the workshop via Zoom in the Fall. If you are not comfortable using Zoom, there is a comprehensive package of material, prepared by Norman Tape, available upon request if you let me know by email or calling the office.
3. **Writers Group.** Some of you are interested in an interest group to share experiences in informal writing. The purpose is to encourage, share skills and ideas, and/or to listen to the product. It is not a professional group, but aimed to those who want to explore journaling, writing poetry, autobiography, short stories, prayers, etc. Please let Alcris know if you'd be interested [alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca)
4. **More Conversations about Whiteness and Anti-Racism** to reflect on different related topics using videos, articles, exercises and shared experiences.
5. **White Fragility, by Robin D'Angelo.** We will run a reflection group in the Fall using this resource, videos and exercises. We ordered some hardcopy books, they will be available for purchase in the office soon. You can also get it on Kindle.

## LITURGY OF THE ORDINARY

There is still time to join the **THURSDAY MORNING Zoom SMALL GROUP AT 9:30 am.** We will continue Chapter 7. The book is available on Audible and Kindle (Amazon books) (under \$10). Please Let Alcris know if you want to join us. [alcris@parkdaleunitedchurch.ca](mailto:alcris@parkdaleunitedchurch.ca).



## SOME RECOMMENDED RESOURCES ON ANTI-RACISM

- ✓ For a comprehensive list of denominational global, national and local anti-racism initiatives, denominational statement of beliefs, recommended resources and, in case you missed it, a link to watch the video from June 14 United Against Racism, hosted by the Black Clergy Network, go to <https://www.united-church.ca/social-action/justice-initiatives/anti-racism>

- ✓ Also the special issue The United Church of Canada E-ssentials Special Issue - June 16, 2020 featuring Indigenous Day of Prayer, Prayer Vigil for Korea and Anti-racism tools. Go to: <https://mailchi.mp/united-church/es200602-1042576?e=62343e4de7>
- ✓ A daily devotional from the Center for Contemplation and Action, the daily devotional from Richard Rohr. <https://email.cac.org/t/d-e-mhkithd-tllhjlyklh-jy/>
- ✓ White Fragility: Why It's So Hard for White People to Talk About Racism by Robin DiAngelo | Michael Eric Dyson. Beacon Press. Published Jun 26, 2018. (There is interest in running a Book Reflection group).

## **COVID-19: MESSAGES FROM OTTAWA PUBLIC HEALTH: HOW CAN YOU PROTECT YOURSELF AND YOUR FAMILY?**

To reduce the spread of germs including the flu and the novel coronavirus (COVID-19) we recommend that you:

- Wash your hands often with soap and water, or use hand sanitizer
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands with soap
- Cover your cough and sneeze with a tissue or into your arm, not your hand
- If you are a return traveler (including travel to the United States of America) OR have MILD symptoms – you MUST **self-isolate**. Most people with MILD symptoms will recover at home with no issues. You are helping limit the spread of the virus by staying at home.

**Social Distancing** refers to creating physical distance between ourselves so that we can limit the spread of the virus. Social distancing by all is **IMPERATIVE** to limit transmission in the community, to protect vulnerable populations and outbreaks in institutions. We must ‘flatten the curve’ so we don’t see spikes in cases. This means slowing down transmission of the virus to lessen the number of cases in the community at the same time, so that our health system continues to work properly. Having a sharp increase of

cases in a small timeframe will overload our healthcare resources and have more severe impacts on our community. Social distancing is important for everyone at this time, but especially important for our older adult community (55+). Do NOT gather in groups of more than 10 people.

- Practice social distancing.
- Social distancing does not mean emotional distancing. Check in with others by phone or other technology. Check in with yourself. It's ok not to be ok. Please know that help is available, and we encourage you to reach out to Distress Centre of Ottawa to connect with someone at 613-238-3311 if needed.

## **Case Management and Privacy**

- We have received many questions from people who feel they are at risk, including many people expressing concern about being in the same location as someone who has tested positive for COVID-19 or who may have symptoms of COVID-19.

I would like to clarify a few points:

- Given the transmission of COVID-19, we are all at risk. Social distancing, proper hand hygiene, not touching your face and self-isolation (when directed) are the best ways to reduce your personal risk at this time.
- A close contact of a case of COVID-19, is someone who has lived with, provided care for, or spent longer periods of time with someone who has tested positive for COVID-19. Case and contact management is a role of public health to help identify who may have been in close contact with a confirmed case. Ottawa Public Health will contact you directly if you have been identified as a close contact.
- OPH works closely with each confirmed case of COVID-19 to create a list of close contacts that require follow-up. If you have been contacted by Ottawa Public Health, follow the advice provided to you by the nurse.

## **Fraud concerns**

- I have been made aware that certain residents have received a phone call asking for credit card information from Ottawa Public Health (OPH). OPH (or any health unit) will not ask you for credit card information. Do not give your credit card information out if you receive a call or message similar to this. Fraudulent activity during a situation like this is deplorable. I encourage you to report it to Ottawa Police Services.

## **Gratitude**

- Thank you to all residents of the City of Ottawa for your ongoing patience and cooperation. We are all in this together, and we need everyone to do their part- whether providing an essential service or staying inside – to be able to slow the transmission of the COVID-19 virus in our community and protect our health system and loved ones who depend on it.

Dr. Vera Etches, Medical Officer of Health, Ottawa Public Health