

"The best way is always through ."

- Robert Frost

MCC Toronto Launches New Mental Health and Trauma Information Session

In recognition of the challenges of the last 22 months, MCC Toronto will be hosting a four-part Mental Health and Trauma Information Group every Tuesday in February at 7 PM on ZOOM. All are invited! These four 90-minute sessions will be an opportunity to learn about mental health and trauma from experienced counsellors and therapists. The sessions will be led by Kate McGee, Chaplain, Therapist, and Executive Director of Boarding Homes Ministry and with Deepak Kashyap a Counsellor and expert in Diversity, Equity and Inclusion.

This is NOT a trauma support group, or group therapy, but rather an opportunity to learn about ourselves, create community, and how to care for each other.

Many of us will also have histories of being at different places on the mental health spectrum throughout our lives. This is normal. Many of us will also have experienced trauma throughout

our lives; from our families of origin, from our childhood, and from our life's experiences. Again, this is normal. We are also witnessing a rising consciousness about mental health and trauma and MCC Toronto wants to be a trauma informed community that cares for each other in our diversity of mental health statuses.

To register for the Mental Health and Trauma Information Group email **office@mcctoronto.com** and be prepared to commit to 4 consecutive 90 minute ZOOM session Tuesday evenings on February 1, 8, 15, and 22 on ZOOM.

There's limited capacity so please register before January 28, 2022!

Rev. Junia Joplin's Virtual Shower

Last week, we announced that Rev. Junia's Virtual Shower would take place tonight, January 21, 2022. The event has been postponed to a later date. We will let you know about the new date and time on social media and in the Query as soon as possible.

Sunday Service Musical Guest



Danah-Lee Krieger is our Offertory Performer this Sunday!

Danah-Lee is a Contemporary Christian / LGBTQ musician, producer, award-winning music educator, entrepreneur, and author. Outside of her strong faith in Christ as a member of the LGBTQ community, and outside of her career as an artist, Danah owns and operates an inclusive music school. Danah-Lee was recently nominated for LouderThanTheMusic's "Christian Album of the Year" and the "Impact Award" at Ottawa's Capital Music Awards.

Danah-Lee has been very busy working on her forthcoming album, "Made in the Image," which has received funding support from the Ontario Arts Council, an agency of the Government of Ontario.

January 23 | 11 AM | MCC Toronto's YouTube Channel

CLICK HERE TO JOIN US FOR THIS SERVICE ONLINE

Birthday-O-Gram

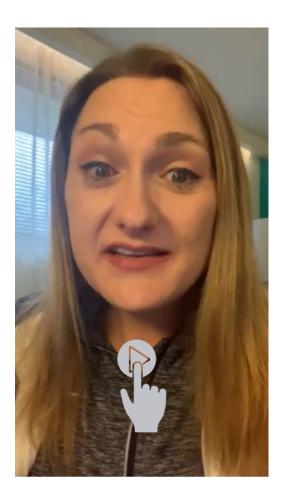
Does someone in your life have a birthday coming up? Or some other special milestone? Consider sending them a Birthday-O-Gram!

For a gift of \$150, your special greeting will be delivered by a quartet from The Choir of MCC Toronto singing a dedicated song to your recipient! You will also receive a charitable tax receipt for your gift.

All proceeds go in support of MCC Toronto's Music Ministry. Please email Timothy Oakes at **Toakes52@gmail.com** to make a request.

***Please note, a minimum of 3 weeks is needed to create, record, and deliver Birthday-O-Grams. The more advanced notice the better!

Congregational Care



It's hard to stay connected during the pandemic, but taking care of each other is more important than ever. Did you know that the best way to connect with our clergy team for care is on our website?

By completing the online request form below our Congregational Care team will quickly respond and provide the support you or someone you know needs.

SUBMIT FORM HERE



MCC Toronto is looking for volunteer Digital Ushers to serve on a once-a-month basis as a welcoming online moderator for either our online or livestreamed Worship Services.

Digital Ushers are volunteers proficient in YouTube chat who will act as goodwill ambassadors during the live broadcast of our Services. Ushers will welcome viewers to the Service, respond to enquiries and questions, and create a warm and participatory experience for all. Full training will be provided. Sign up to be a Digital Usher today.

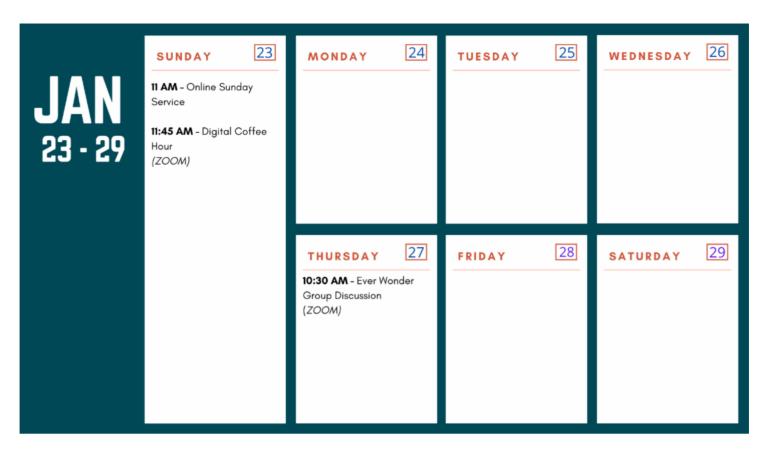
REGISTER NOW



MCC Toronto is enormously grateful for the support of over 300+ donors who contribute to our work and mission through our monthly giving program.

Interested in joining our family of monthly donors? Contact giving@mcctoronto.com

Online Programming January 23 - 29



Sunday:

11 AM Online Sunday Service **11:45 AM** - Digital Coffee Hour

Thursday:

10:30 AM - Ever Wonder Group Discussion (Email: everwonder@mcctoronto.com)



Sunday Digital Coffee Hour Sunday | 11:45 AM ZOOM Link

Meeting ID: 828 3849 6709 Password: 797837



Sunday Service Worship
Online | 11 AM | MCC Toronto YouTube

Share Us Digitally!

If you know of anyone who might be interested in anything we're doing at MCC Toronto please invite them to join us digitally via the button below.

SHARE THE QUERY HERE



Questions? Comments? Inquires? We'd love to hear from you!

Connect with us at communications@mcctoronto.com

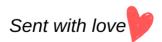












on behalf of MCC Toronto | 115 Simpson Avenue, Toronto, Ontario M4K 1A1 Canada

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