



this issue

Art Monsebraaten, Sportsman

Cruise Ship Experience

How To Make A Face Mask

EDITOR'S INTRODUCTION

It is starting to sound trite to state that we are living through unprecedented times. The current experience in our community is still only four weeks old. We have a long way to go yet, and I think there is no point in trying to predict how long we will be living with this challenge.

I am encouraged and uplifted by the generosity and kindness we are experiencing all around us. The strengths of the Emmanuel community are evident. Everyone has stepped up to take part in reaching out to all of our family and keeping in regular contact. In several neighbourhoods around where we live in Elmvale Acres, neighbours have joined together to make email and phone lists and webpages so that we can keep in contact with and support each other.

Our daily lives have settled down to a new level of calm and serenity, which I appreciate. I can say this, of course, because we are retired and do not have the stress of going out every day to work in essential services, or keeping children and teens occupied at home.

If you have items for publication, suggestions or comments, please send them to:
newsletter@emmanuelunited.ca

Some members of Emmanuel are working on the front lines in the hospitals or elsewhere to keep the rest of the community healthy. We owe a lot to them.

The weekly Sunday worship services delivered by web streaming are a blessing for those of us who have access to the Internet.

We hope you will enjoy this winter issue of our newsletter.

Bless you. Be Blessed. Be a Blessing.

Phyllis MacRae
Editor

Jon Jones
Publisher

March 29, 2020



FROM BRIAN'S DESK

A colleague wrote near the beginning of the Covid Pandemic, 'this will help us discover that the church is more than a building.' Indeed it has as we live stream our services from an almost empty sanctuary and yet we feel even there the presence of our incredible community of faith at Emmanuel. It was so heartening to come home on Sunday and find my email inbox full of messages of gratitude and support for the worship which Catherine led and in which our volunteer team offered their gifts including Russ on the camera.

The church is so much more than our building, as critical as it is to our mission in the world. We are a people, bound together by faith and trust, who celebrate, each in our own way, the life of Jesus. Whether it is in a Thursday morning study group or an expedition to Zambia, the church, as Dietrich Bonhoeffer said, is only the church when it exists for others.

More than one person has said to me, 'this is the strangest time ever.' Indeed it is as the Pandemic marches across the globe and raises fear and anxiety to levels that the world has rarely known. The stresses which our communities are living with: in the work of our medical staff and first responders, the grave uncertainty of folks who have suddenly become unemployed, the strain of self isolation and self distancing when many people were already feeling alone, will only increase and test our ability to endure.

Emmanuel is a small light in the midst of this strangest time ever. Our Sunday worship on live stream will draw us together as a community of faith, our Keeping in Touch volunteers who are reaching out; our Council leaders who will keep you up to date on our response to the crisis are all part of a community of faith which, yes, is more than a building. We are the people of God, called to this place and this time, trusting that God is with us and will lead us in the days which are to come. Blessings in this time of uncertainty, knowing that the Spirit will guide us!

Blessings, Brian

Rev. Brian Copeland



EBB AND FLOW

Sometimes what you see depends greatly upon where you are and when you look. If you had asked me to write this brief article after our Annual Meeting in February, when circumstances were relatively tranquil, I might have thought of this sunset view of Conwy Bay in Wales. The tide was out and the fishing boats were resting, waiting for a new day.



Conwy Bay, Wales

Now, six weeks later, we have just announced that our building will be closed until at least the end of April. “Social distancing”, or more accurately “physical distancing”, has become the new normal. The tide that is the coronavirus pandemic has come ashore with a vengeance.

In my line of work as a patent attorney working with inventors, there is an expression that “necessity is the mother of invention”.

Our Emmanuel congregation has been remarkably inventive and adaptive to the new circumstances in which we find ourselves. For, while our building may be closed, our church continues.



With Catherine’s and Brian’s leadership, we have had very successful Sunday worship services, the first two with 80+ and 90+ log-ins respectively. We also resumed our mid-week Lenten services online. Roxanne has been continuing her pastoral care by telephone. Pat has kept things running smoothly, both from the office and from home.

Our Communications Team has set up a video conference platform using ZOOM. Our committees and groups have already begun to resume their activities using this new technology.

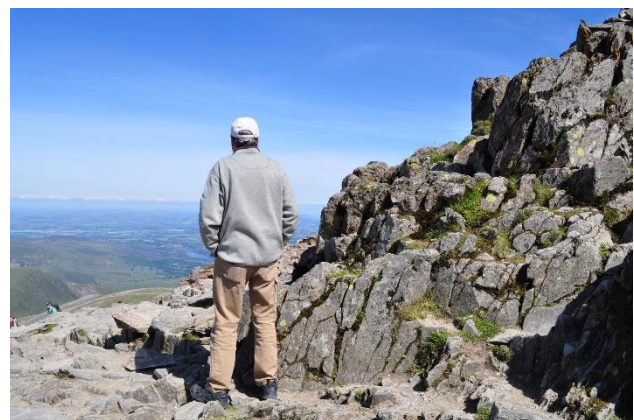
Our objective is to continue to be a vibrant community of faith.

When you elected me to be your Vice-Chair of Council, and now Chair, I can recall being told that people would be resistant to change. Even considering “safe to fail” initiatives was considered to be a leap of faith.

But, from where I stand, our congregation has shown that it is strong and resilient, that it is willing to adapt when required, that it will support each other with love and compassion, and that it is built on a firm foundation.

Yours in Christ,

David Wray



Keeping a firm footing on Snowdon, Wales



THE LIFE OF OUR COMMUNITY

WELCOMING REFUGEES

Many readers of this newsletter will know Chikwa Zahinda, Passy, his wife, and Zawadi (Mamy), his sister, and their families. Chikwa and Mamy come from a large family, most of whom have had to leave the Democratic Republic of Congo because of the long running civil disturbances there, which have resulted in one of the most severe refugee situations in the world, affecting a large area of east and central Africa. We had previously tried to sponsor their brother, Robert, but he didn't come to Canada in the end, because Australia jumped in to grab him before our application was accepted!

Congratulations to Australia, but we thought we should have another attempt! On May 15, 2018, Council approved a motion to sponsor the families of Justin Zahinda (family of six), Emery Zahinda (family of six) and Lepa Midende (single). Lepa is a cousin of Passy Zahinda. We heard in the fall last year that these sponsorships were being processed by the Government of Canada. Recently, we heard that the families had been called for interview, and these interviews took place on March 10. Justin and Emery and their families and Lepa all live in Kampala, the capital of Uganda. They have difficult lives, since they are not allowed to hold jobs and must take whatever casual work they can find or live on remittances.



Lina, Etienne, Mark, Irénée, Gideon and Justin Zahinda



Lepa Midende



Justin and his wife Lina have four boys, ranging in age from 21 to 14. Their names are Etienne, Mark, Gideon and Irénée. Emery and his wife Marie-Claire also have four boys. They range in age from 23 to 16 and their names are Alpha, Eli, Beni and Landa.

Emery Zahinda suffers from a head injury that occurred many years ago when he was beaten by state police while demonstrating on the street. He has never been properly treated for the injury and his condition is deteriorating.

In normal times, we would expect that the families might arrive before the end of the year, but we are not in normal times. Thankfully, Africa is one of the few parts of the world that has seen little effect from the pandemic, so far. It is difficult to believe that this will continue for long. We sincerely hope that our friends in Kampala and in Chipembe will not suffer severe effects from this pernicious virus.

When a more normal situation resumes in Ottawa and airlines can again fly into western airports, we hope to see our friends leave Uganda and arrive in Ottawa. When the situation looks more hopeful, we will need to prepare for their arrival. The Refugee Sponsorship Group has made a budget that estimates the cost of the 12 months of support that we are required to provide to be approximately \$112,000. We already have significant amounts pledged towards this amount and we are looking at options to help raise funds, including partnering with other churches. However, we will need to approach the congregation for donations to help with the sponsorship.

Jon Jones

Emmanuel Refugee Support Group



Eli, Alpha, Emery, Marie-Claire, Landa and Beni Zahinda



After Epiphany

Hallowed be your name, and let
your kingdom come. We honour
the unfailing breath of you,
we heed the changeless
prescripts of creation.

Your will *will* be done,
regardless. Give us today
our daily bread — first item
on a wish-list, not forgetting that
we must try to feed ourselves.

Forgive us our trespasses, such
that clinch their just deserts
but, when confessed,
evoke your pardon — even
as we forgive our debtors.

Please don't tempt us to offend.
The kingdom is yours, the power
and the glory always. Any god
that one could set aside
is much too small entirely.

© E. Russell Smith 2015



DOGS OF EMMANUEL

Meet the Harris Fur Family!

Mylo is our 9 year old rescue dog. He is a Chow/Border Collie/Hound mix that was in a kill shelter (4 hours to live) in North Carolina. Mylo was 10 weeks old when we got him and soon became the best friend of our 1 ½ year old golden, Maggie. They quickly became best friends, run in the woods together, wrestling in the frozen pool and chasing squirrels at the cottage. Mylo played lifeguard when Maggie swam, pulling on her leg not to go in the water! Maggie died in November 2018.



Mylo

On February 22, 2020 Mylo's world was turned upside down. We welcomed Indy to our fur family. Indy is a dark golden retriever from Carp. He was 8 eight weeks old when we brought him home. He is an American Golden, which means he is a hunting breed and comes from a very successful hunting lineage. He was the first born, in Ginger and Copper's first litter of 10 pups. He is very cuddly and loves to be with people.

To make Mylo's world even crazier, a week later we brought Chelsea home. She was 7 weeks old and is a British Golden. Her parents are Dusty and Bambi in Hammond. She is the puppy you see in the movies like Santa Buddies or on greeting cards. She is a little smaller than Indy, but holds her own when they wrestle! She is also a people dog but also likes her own space.



Indy and Chelsea



We realized we wanted a second dog and were to get a puppy in the summer of 2019, but that didn't happen and the breeder wasn't sure Ginger would be able to have puppies. We then went to Maggie's breeder and put a deposit down expecting a puppy in early 2020. About a month after putting our deposit down, the original breeder called to say everything was good with Ginger and were we still interested in a puppy. Because we really liked the parents, we said yes. Indy was born on December 23, 2019.

People might think it's a crazy idea having 2 puppies and an adult dog. The puppies play with each other, follow each other and sleep together. They are the best of friends. The puppies go for 15 minute neighborhood walks with Mylo, who then gets his longer walk. Mylo still isn't amused, but also wants to be in the same room with them, he's just practicing physical distancing!

Pat Harris



"The virus is a test – not of God – but of us."

Rabbi Daniel Moskowitz, Vancouver

Globe and Mail, March 31, 2020



Algorithm

Sarah laughs to herself, saying,
Now I am old, shall I have pleasure,
my husband being old as well?
Her levity remarks the brevity
of passing time, even as
its elegance unfolds.
God knows the process,
takes a moment to mediate creation,
and says to Abraham, Is any thing
too hard for the Lord?

Genesis 18:12-14

© E. Russell Smith 2017



On Political life in the USA- Before and Since the Pandemic

Until the pandemic arrived there were only politics on every one's mind! When my Emmanuel friends said things like: "What is going on down there??" - it was easy to reply: "And what is going on in Ontario??" Too easy to compare Trump and Ford! So, while you may have been thinking national politics when you thought about the US, even then there was more happening for us than the Democratic nomination process or impeachment, important though those were. I certainly voted in our California Democratic primary. It was a tough decision! The NY Times endorsed Amy Klobuchar AND Elizabeth Warren: "May the Best Woman Win!" That reflected my dilemma! Now the pundits are left wondering how the pandemic will affect the election! Never had anything like this!!

My daily concerns and priorities have stayed on the more mundane aspects of the President's original budget proposal - which, like Ford's, cut a lot of social supports. We put a lot of effort into responses to federal, state and local governments in our efforts to end homelessness!!

Budgets are moral documents – as are policy, laws and regulations. That is why I think it is a moral imperative to speak out in whatever way possible about politics at EVERY level - local, regional and national; by every means possible, including by demonstration, writing - and voting.

The current political climate in the US is divided over every aspect of moral concern: from health care and safety eg. health insurance and costs, gun control laws, housing and homelessness, birth control, local policing policies... all the way to the right to vote itself! For me, the easiest way to speak out often means to click on an online petition - it is my go-to response. I can find an issue to support any time. And I do. But of course that is the easy- (the coward's?) way out! Much harder to demonstrate, to write personal letters, etc.

The mainstream religious community speaks out through our own Washington offices, which send alerts to concerned members about issues needing a voice. They also work through groups such as the Interfaith Alliance which today is concerned that religious values are only seen as supporting "Right to Life" anti-choice, anti-LGBTQ, Christian Zionist and other conservative positions etc. While IA stands for much broader faith support for inclusion and rights for everyone.



Locally I am part of efforts to influence city policies to reduce homelessness. We hold vigils at City Hall, write letters and come to council meetings to speak out about relevant issues. Today I wrote a letter to ask that there be a moratorium on eviction of renters who have no income as a result of the pandemic, and that the time limit for repayment of the rent might be 12 months rather than 6. The mundane example of my political life here!

There is too much “silo-ing” in social life - even in churches, reflecting the great divide I mentioned above. We tend to congregate with those who agree with us. I think our churches need to organize more in-depth conversation but it is hard! Just to get people to be open to zoning changes which may be needed to create more housing - an essential step to solving the homelessness problem - is too volatile for most people! I don't know the solution, but I am sure it is an important way for churches to “speak truth to power “ and to live up to Christ's challenge.

Now we are faced with the pandemic and the politics of response. I think everyone at Emmanuel is aware of the failure of leadership here in the USA – and the resultant delay in limiting contact between people. It is an extreme example of the political problems here. Russ and I are caught up in the confusion, not certain when we should try to return to Ottawa - but hope it can be soon.

Meanwhile, I ask for your sympathy as I try to be a faithful Christian in this political world!

Areta Crowell from Pasadena, California

March 29, 2020



Budding Signs

In the midst of fear
and isolation
are budding signs
of tenderness, compassion.

Telephone trees and electronics
mitigate loneliness
from social distancing,
holding each other's hearts in care.

We seek beauty on windowsills
where violets bloom
and sunbeams cast hope
in homes of separation.

Art banners and balloons flutter
from porches and balconies -
wave to neighbours
greetings of good cheer.

Walks take us on trails
through woods
where trees offer hugs
for those longing connection.

Birds fly free
reminding us
this too shall pass -
that prayer knows no bounds.

In the midst of fear,
and isolation
are budding signs
of tenderness and compassion.

*© Carol Makalah Grace Scott
March 20, 2020*



VISION, STAND-OFFS, AND PROTESTS

Like many others, I have been following the outcome of recent stand-offs on the traditional Wet'suwet'en territory, and the efficacy of the many protests by other Indigenous communities, allies and environmentalists that erupted across the country in solidarity with the Wet'suwet'en people. I wonder at what I have been seeing and through what lens? Whose lens?

For some time, I have been questioning the vision I was born with - as in what I can, or can't, see. Lately my vision has been getting rather blurred, needing to upgrade my glasses. I no longer see things in the same sharp contrast, so I polish the lenses that I have and look more carefully.

What I see is a tenacious group of traditional Indigenous people standing strong, saying No to yet another imposition on their lands. Saying No to being coerced into signing a deal. Saying No to being shamed into accepting the deal that their Band Council cousins were coerced into signing – deals that were likely accompanied by promises and money, with the enticement of more money to come through temporary employment. I see hereditary people digging in their heels and deciding for themselves the depth of their rights and responsibility to protect the health and well-being of their land and all that live within their territory for future generations: the children, elders, animals, water, trees, rocks ... All-the-Relations.

Through my recently adjusted lens I cheer them on, since they seem to be aligned with my vision as an environmental and human rights activist. I cheer them on as I gain greater understanding for why they had not signed off on a deal that would bring a shiny new pipeline carrying fracked gas through their territory. I heard them say No to more itinerant workers intruding on their land. The reality of far too many murdered and missing Indigenous women and girls (MMIWG) is already in their backyards from the heartbreak of sisters, cousins, and neighbours who fell victim to those living in temporary workers' "man" camps, and those "passing through".



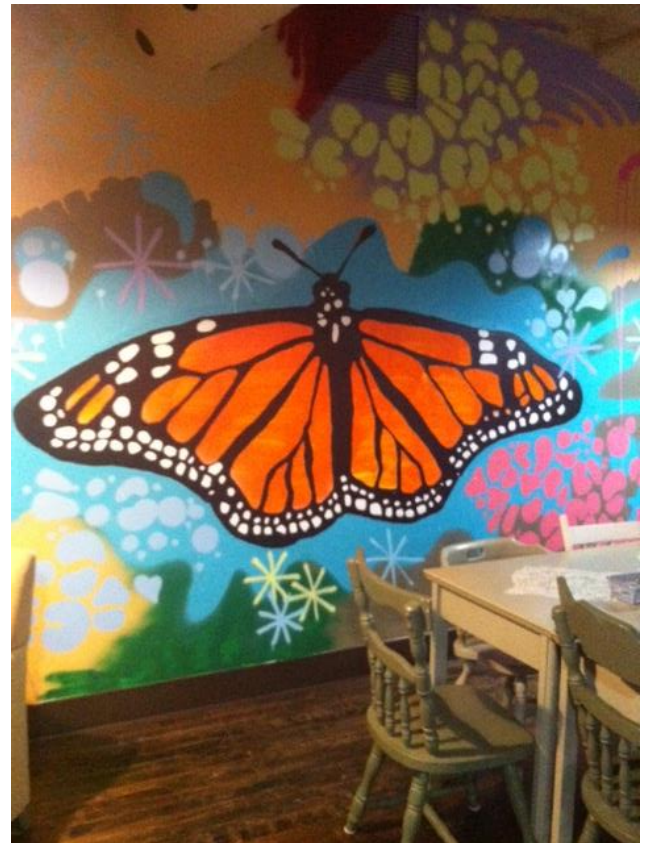
Through my clearer lens over a few weeks, I saw convoys of vehicles carrying fully armed tactical units and dogs, while helicopters circled, attempting to intimidate and wear down the resistance of those who were standing strong, saying No to the Coastal GasLink company, No to the governments, No to offers of more money, No to exploitation from power dominance and intruders. I saw police chainsaws cutting through a wooden barricade in order to force their way onto the land in order to arrest people at their sacred fire, and the horrific removal of the red dresses, symbolic of their murdered and missing relations. With each image, I saw violation, bullying, and forcible entry. I recognized the old colonial attitude of “I want it, so I can have it. If you won’t give it to me willingly, I will forcibly take it anyway.” Reconciliation trashed along with the latest forcible entry. In 2020. I was outraged.

Then, with the recent leadership talks in Smither’s, BC, I dare to cautiously resume hope that after 150+ years of broken promises to Indigenous peoples, and fragile trust in Canadian Government officials, there may be a new path towards reconciliation - if accompanied by open-hearted listening and compassion.

Throughout the stand-offs and protests, many might have been seeing through the lens of our colonial ancestors, acculturated to “progress and economic profit at any cost”. I realize I have chosen to correct my blurry vision with glasses that have been up-graded and far more sustainable than the throw-away dollar store glasses that I used to rely on.

Then I’ll make my way to join the round-dance at the Nation-to-Nation Healing Circle.

Carol Scott



TROOPER

Who is your dog? Trooper is a proper mutt; a Miniature Fox Terrier/Dachshund/Pug, who is 4 years old.

What is his/her history in the family? When did you get him?

Trooper was a rescue, found originally in Kentucky and fostered near Albany, New York. We found him through an online search in 2016. Because there are allergies to dogs in the family, we needed a short haired dog. We love the Terrier breeds, so finding this guy seemed a good fit. And he really is! We all love Trooper.

What is your dog like? What is his/her personality, best, most endearing, most annoying traits?

Trooper is very cautious and suspicious of anything new; he will growl at and hide from anything unfamiliar; from the re-positioned coffee maker to a stuffed animal left on the bed.

He likes cuddling and sleeps at night with Evelyn. We find that he's a "mumma's boy"-very protective of me. His big issue is with trust and we have to "manage" how he meets new people, which is a bit stressful. He also gets car sick, which is too bad as we take a lot of road trips! Fortunately we found a lovely place that boards dogs in an open environment--no kennels. He loves it there and comes home exhausted from so much running around!

What activities do you do with your dog? In this challenging time, we are all loving our walks and so glad to have a dog who is always eager to go as far as we want, although, being from the south, he doesn't enjoy being cold or wet. He also loves to learn new tricks, for treats. Right now we're teaching him to put his toys away in a bin. He can do 3 in a row now!

Christine Hywarren



Trooper's first day in Canada - 2016



Summer Holiday @ Dogs at Camp 2019



MATTHEW'S GOSPEL IN MONCTON

An adaptation of Matthew 25:35-40

"I was impoverished and struggling with mental health challenges and addictions, and you gave me work."

"I was a gay refugee, and you took me in."

"I was carrying the struggles of my Indigenous community, and you offered me friendship."

One thing I missed when I moved to NB was Coffee & Conversation at the Three Sisters Bakeshop. Imagine how grateful I was when I discovered the Inspiration Café in Moncton's Peace Centre! *(Central United Church is a partner with The Peace Centre, which hosts the offices of the United Way, the Multicultural Association of Greater Moncton Area – MAGMA, and some health services for street people).* A few of us from Central have recently begun to gather for C&C on Wednesdays. At the Café I recently noticed three vignettes that seemed to illustrate Matthew's gospel of compassion.

Scene 1: The café is staffed by people who might otherwise have difficulty holding down a job, or don't have adequate resumes to be competitive applicants for employment elsewhere. Some are marginalized people living with addictions, mental health challenges, or severe poverty. The café gives people training and experience in a safe, inclusive place where they can work adjusted short shifts. Most of all, the employees are treated with dignity and respect. Overall, the café has created a very inviting atmosphere for C&C on Wednesday afternoons.

Scene 2: One of the recent café employees is a Syrian refugee who arrived in Canada a year ago following a very difficult stay in Turkey. Each week as he puts through my order, he tells me bits and pieces of his story. He fled Syria to Turkey, in fear of being the target of violence for being gay. Some of his family had been killed in airstrikes, and since fleeing, he had lost all communication with his family. He has since reconnected with a brother who recently fled to Turkey under extremely dangerous conditions and now lives in a crowded refugee camp.

One day when he was taking my coffee order, he looked unusually tired. I asked if he was feeling alright. He said, "I am very sad. I was able to talk with my brother on the phone last night. Then I couldn't sleep. I miss him. Do you know anyone who can help me get him to Canada?"

This lovely young man usually has the broadest smile, but always the saddest eyes.



Scene 3: Recently, at a rally in Moncton, there was a young man who stood out in the crowd. Since we were standing near each other, I struck up a conversation. It turned out he is in Moncton for three months with a group of volunteers from across Canada. I wanted to hear more about the program so invited him and the others of the group to join us at the Café on Wednesday to talk with us about their experience.

I learned this young man is Cree from a fly-in reserve in northern Manitoba. There is no road out of the community except for three months when there is a winter road over the muskeg. In order to complete high school, he had to leave his community when he was not quite fifteen. Having to live in a residence and only able to see his mother for three weeks a year was a greater challenge than most of our youth have to manage. As we have learned from many reporters and Indigenous authors, dropping out of school and falling into addictions is always a possibility for youth who are overwhelmed with being forced to leave their communities before they are emotionally ready to, in order to further their high school education. With a remarkable inner fortitude, he has been able to put that behind him and focus on developing future opportunities.

I invited him to join us for worship one Sunday. As we do at Emmanuel, Central United Church, in Moncton, opens the service with an acknowledgement of gathering on unceded Indigenous territory.

As part of Rev. Dr. James MacDonald's reflection,



he read the letter from the Moderator (*"In support of Wet'suwet'en"* - Feb 14, 2020).

I noticed my new friend becoming a bit emotional. During announcements at the end of the service, this soft-spoken young man went to the front and thanked the United Church for caring about his people. His words pierced the hearts of many of us.

The following Wednesday after the others had left the Cafe, my friend and I stayed longer. That was when he told me that he had received tragic news from his community that one of his young friends who had been struggling had died by suicide a couple of days before. His grief was palpable.

Sometimes coffee and conversation is more than a scone and a fresh latte ...

May we continue to live the gospel in coffee shops wherever we happen to be.

Post Script: Since the outbreak of the Covid-19 virus, like most gathering places, the Inspiration Café has been closed. Fortunately, some of us continue to stay in touch via phone calls and social media. With hope that our broader connections will resume once we are all actively out-and-about!

Carol Scott



Covid 19

You would still maintain
the sinners' wanton craving
for atonement in the wilderness —
the protocol of testing God
with sacrificial lambs
or first-born sons.

This pandemic house guest
has been sent to be a guide
to neighbours greeting one another
in unaccustomed fellowship,
but not too many, and
at arms' length only.

[© E. Russell Smith 2020. Allusions: Psalm 106:14-15,
and Rumi, "The Guest House."]



Photo by Graham Campbell



GRATITUDE

I will just say off the top, I know there are a whole lot of people who deserve thanks for all they do at Emmanuel, but I cannot let that stop me from acknowledging Val Dowd, past chair of Council. I want to say how much I appreciated the commitment she showed in keeping the congregation abreast of the news re the many challenges for our church family this past year. Just knowing what is being proposed and why helped to ease the tensions that are inevitable when we lose a clergy member and knowing we will also lose Catherine in May. As someone who was unable to attend every meeting, I never felt out of the loop and I thank Val for that, both as a Council member and a congregant.

To Val Lines I cannot find words to express my gratitude for her skill in handling the role of the M&P chair these past years. There have been times when I wondered how much this kind heart could take; so many letters of concerns, suggestions and misunderstandings that she responded to; so many telephone calls listened to with utmost care and meals shared at the Green Door trying to find the pathway forward for those who needed the warmth of the Spirit that Val brought to the table. As scripture says, "well done good and faithful servant."

And to Graham Campbell who walked us through a very tricky process of paying off our new CD building in such a short time. I am sure it did not feel short to Graham but for all of us it was done so well it feels like yesterday when the walls were just starting to be raised again. We want Graham to know how very much his selfless guidance meant to our Emmanuel Family. And now we wish him well as chair of M&P.

And to Catherine who will be leaving us in May, I thank her for the support she has continued to give over these past four years. She met the challenge of serving with Christine, Stephane, Steve and Brian with terrific continuity. And that was no small feat! We wish her a wonderful retirement in her garden and at her easel capturing the flowers, the butterflies and the bees.

And that leaves us to say thank you to David Wray and Keith Jeacle who have picked up the baton and are already running with their very important tasks; David Wray as chair of Council but also chair of the Shaping Our Future Project. We do appreciate the endless hours of creative planning he has given and continue to give. To Keith, the chair of the Search Committee for a new minister, we say a bucket full of thanks for the many hours that he will be giving to this most important task. To all these and to many more unnamed, we are so very grateful.

Patty Kavcic



COPING WITH COVID

As a couple of 80+,, we are managing this crisis through the kindness of friends and family. The telephone rings at 9am and little Louka says, "Nana, I am going to play a piece for you and Pee Paw (Grampa) before I start my lessons. What a great gift to start the day! Later the phone rings; it's our neighbour, Dianne. "Just wondering if you need any groceries?" Her caring heart is our salvation. Once more the phone rings, it is our Doctor checking in by phone to replace a physical check up. I place a call to the pharmacy and they say, "we will deliver free, you don't have to come for your drugs." The last hurdle for the week was paying our bills by phone to the bank. We made it! Sunday arrived and we found ourselves gathered with our faith community on live stream for a wonderful worship service. Life is undoubtedly different but we are so grateful for each and everyone who made this new reality as easy as possible.

Patty and Frank Kavcic

"Hope is a passion for the possible."

Søren Kierkegaard. Fear and Trembling



The Violet Cross at Eastbrook United Church



COPING WITH COVID

March and April looked like a pretty active time on my calendar, probably on yours as well. Then COVID19 spread to Canada and things in our community started to change quickly. If resilience wasn't a word we were familiar with before, we are very aware of it now; having to adapt in ways we could never imagine. I miss going to the pool several times a week and getting together with family and friends. Now the only thing on my April calendar, is the date and time of when to pick up my on-line order in the Loblaws parking lot and a couple of meetings via Zoom.

What is helping me cope?

-Keeping in Touch with people so that others in the Emmanuel congregation feel connected and know we care during this time of isolation. KIT set up a communications tree with 40 volunteers coming forward to reach out to the congregation; we are not alone. I have had warm and lengthy conversations with people that I feel I am getting to know better, through reaching out. Some workers in the health care field are anxious as they have to go to work everyday and faith is so important to them at this time.

-Seeing hope in nature's new growth as the season changed, picking pussy willows, seeing my first robin of the year and being able to walk on streets and paths that a month ago were icy. With the warm sun and longer days, I can get out in the yard and poke around in the garden.

-Paying attention to what the medical professionals are telling me, eating healthily, getting some exercise, practicing good hygiene and sometimes giving myself permission to just be lazy and not accomplish much at all during the day.

-Making an effort to organize and delete some digital photos on my computer and trying to figure out how to store them (welcome suggestions) and starting a new project using some of the photos.

-Feeling grateful and mindful that I am a privileged person with enough food and shelter where I can isolate in a safe, comfortable space and I live in a country with good health care and good leadership.

Keep in touch,

Joyce White



A WELCOMING SPACE FOR CHILDREN

We are happy to see all the babies and toddlers who have been coming to Emmanuel over the past few months. Thanks to the CD Committee, the Emmanuel Nursery and Toddler Room is once again an inviting space where children can play in a safe and warm environment. Shelly and Ian Collins led the initiative, with the help of Kirsten Jeacle, Ben Ndanze, and Samantha and Russell Collins. The Primary Room also received an uplift from this team to make it a more functional and inviting space.

Bright and welcoming signs invite you to these rooms on the lower level of Emmanuel. There was lots of recycling of perfectly good toys and furniture through Kijiji, Boomerang Kids Kanata, and donations. Caregivers can now sit comfortably in gliders when the babies need to be fed, or just to relax, and the toys are interactive and appealing to the little ones.



As well, in the Emmanuel lounge, Ellen Brohman has created a welcoming space where children can enjoy activity time during worship. The lounge is an ideal place where parents and others feel comfortable coming and going as the need arises.

Booster seats/high chairs were also purchased second hand, sanitized, and are ready for use at one of Emmanuel's many fellowship events of sharing a meal together.

Spread the word to your friends and neighbours that all children are welcome in this inviting space

Joyce White



Lily

My name is Lily and I am a 9 year old Golden Retriever. When I am not chillin' on the couch, I love to go camping in my travel trailer with David and Liz in Ontario's Provincial Parks or further afield. Last year was great because I got to visit Sarah while she worked at Bon Echo as a Park Discovery student and Fiona came and joined us all for Thanksgiving at Sandbanks Prov. Pk.

I especially like crossing the Ogdensburg / Prescott bridge en route to U.S. state parks in NY, VT, NH or PA. I always bark at the Border Patrol to remind them that I am in the back of the car. I am so annoyed that all of my favourite camping sites are closed due to the coronavirus pandemic.

Hope to see you at a Blessing of the Pets sometime!

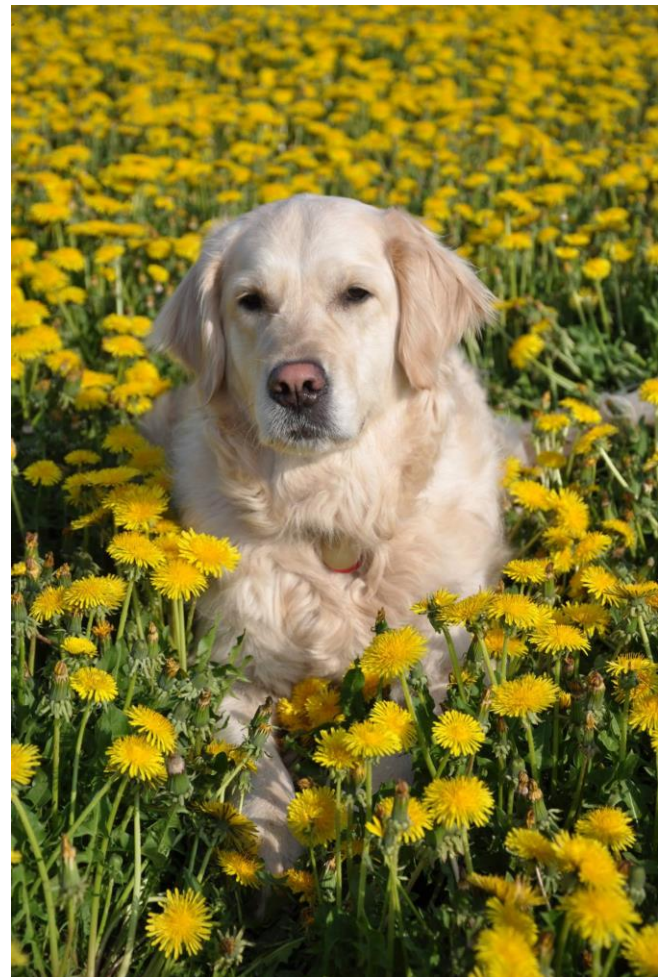
David Wray



With Fiona at Sandbanks Provincial Park



Lily at Salmon Falls, Mexico, NY



In the dandelions at Bronte Creek Prov. Park



SHAPING OUR FUTURE TOGETHER



This is a brief update on the many conversations which have occurred to the end of March under the auspices of the Shaping Our Future Together project.

As you will recall, the goal of this project is to provide an opportunity for the members and friends of Emmanuel to share their thoughts towards shaping Emmanuel's future. We hope that the outcomes from the dialogue will shine a new light on who we are as a congregation, what we could become in the future, and even to identify some new ideas for worship, programs, outreach, and engagement with the community that are worth trying out.

Conversations To Date

The conversations to date have been organized in three ways: Small Group Discussions, meetings with Emmanuel groups, and gatherings involving all members of the congregation. We have appreciated the advice and guidance on the organization of the activities and the themes of the discussions provided by Rev. Joe Ramsay of Joe Ramsay and Associates.

Six **Small Groups** have met together in sessions hosted in homes or at the Church starting in February 2020.

Small Group Discussions	
Host	Facilitator
Brenda Ashe	Brenda Ashe
Val Dowd	Jill MacLean
Phyllis MacRae	Jon Jones
Jeannie Page	Janice Péron
Ron Squires	David Wray
Joyce White	David Wray

Each session was organized to talk about four themes:

Session 1:

- To create trust and confidence among members of the small group
- To foster friendship and awareness of why Emmanuel United Church is important to each of us
- To share appreciation for positive experiences of being part of the congregation.

Session 2:

- To discover skills, resources and gifts within the group
- To identify the values and priorities held by members of the congregation.

Session 3:

- To explore the ways participants that being a part of the Emmanuel United Church community of faith enriches the spiritual life of members.

Session 4:

- To consider what is working really well at Emmanuel, and where there are opportunities for fresh expressions of mission and ministry
- To draw together insights from the first three sessions and begin to think about "safe-to-fail" experiments. For example, these could lead to different forms of worship, thinking how services could be arranged for those unable to join us on Sunday mornings, or ways to support the interests of our youth and young adults.

Many thanks to the hosts and facilitators who have hosted and led the Small Groups, in their homes or at the Church, and to the 50 members of the congregation who participated in them.



Meetings with Emmanuel Groups have been held as well. The Thursday Morning Discussion Group focused on the spirituality theme on January 23, involving 14 participants. Two sessions were held with six of our members residing at either Oak Park or at the Alta Vista Manor.



For the congregation as a whole, Rev. Joe Ramsay shared his vision for the Project during the Worship Service on January 29. The Small Group facilitators and hosts met for a training workshop following the service led by Rev. Joe Ramsay. The two Cafés held on Friday evening, March 6 and Saturday morning, March 7, were well attended by a total of 44 people, many of whom had been unable to participate in other ways.

Observations To Date

The attendance at the various conversations to date totals over 110. This includes the 50 participants in the Small Group Discussions, another 20 who have attended sessions with Emmanuel Groups, and 44 who attended the two Cafés in early March. Many have attended several of the sessions.



The conversations to date and the notes taken during each session by volunteer note-takers are a rich source of comments, thoughts, recommendations and dreams shared by members of the congregation.

The participants in the Small Groups and in the meetings with Emmanuel Groups have commented that they enjoyed these opportunities to meet with others to talk about their Church in a safe and open environment. Many have expressed their appreciation for the friendship, spiritual enrichment, and activities they enjoy as members of the Emmanuel community. Thoughts and suggestions have been shared for ways to broaden the Emmanuel community, to reach out locally and abroad, and to enrich the worship experience in new and different ways.

What's Next

The facilitators of each of the Small Groups have been asked to provide feedback on their conversations organized under the four themes which guided their sessions.

The next step is to pull together the wealth of comments, suggestions and ideas for new things to try from the notes from each session, flip charts, and Post-It Notes we have gathered to date. We are planning a congregational workshop as soon as things return to normal.



This will be an opportunity to share the thoughts and suggestions heard so far and to identify a few ideas for new things to try out and learn from in the next few months. An application has been made to the Mission and Strategy Fund of the Eastern Ontario Outaouais Regional Council for a grant to offset a portion of the project costs. Feedback is expected in early April.

In closing, many thanks from the Transition Team for your participation and interest in the *Shaping Our Future Together* project.

Brenda Ashe, Rev. Brian Copeland, Graham Campbell, Rev. Catherine Gutjahr, Phyllis MacRae, Jeannie Page, David Wray, Chikwa Zahinda



GRAND CHIPEMBI TOUR

On March 12 a contingent from Emmanuel and Bells Corners United Churches went to visit our partners in Chipembi, Zambia to get to know each other better and renew our partnership. We were delighted to stay at Omega's house in Chipembi and were treated to a seemingly endless banquet of fresh local (very local!) food. We were delighted to see the farm animals and some of us got to participate in farm chores.

Sunday worship was a big celebration extravaganza with singing and dancing. It was two hours long, and the time just flew buy! The church was filled to capacity with about 200 participants and we felt as if we met 200 new friends.

After church we met with some church leaders, and discussed the benefits the partnership between Emmanuel United, Bells Corners United with the United Church of Zambia, Chipembi Congregation have provided to all of us, on both sides of the Atlantic. It was clear from our meeting that the partnership was mutually beneficial in terms of sharing knowledge and expertise and faith and resources. A later meeting went into some specifics, which we will bring back to the Global Partners Committee for consideration.



Church is over in Chipembi



On the following days we visited with four institutions in Chipembi, each an eye-opener in its own way: the medical center; the local school; the Chipembi Girls School; and the Agriculture College. We visited with the local chief, Chief Chamuka, and learned of his amazing work in many fields, most notably with the education and empowerment of the girl-child. We experienced life with 12 hours of electricity a day and learned to embrace it.

As our final adventure we went to visit the Kalonga School, which was the school built by the lawyer's group in memory of Iain Beaudoin. The school is in a tiny village, and was obviously much-needed as it now boasts over 300 students. We got to meet with a few of them and they were delightful.



Chipembi Girls' School

Our little group returned home on March 22, tired but very happy and feeling blessed to have gone on such an amazing and fulfilling trip. You can expect to hear more from us in the near future, but in the meantime feel free to ask questions of any one of us: Keith Jeacle, Bob, Claudia, Laleah and Emma Beaudoin, Lorrie and Neil Lowes (Bells Corners), and Evelyn Perkins.

Evelyn Perkins



Keith Jeacle and Evelyn Perkins at Chipembi

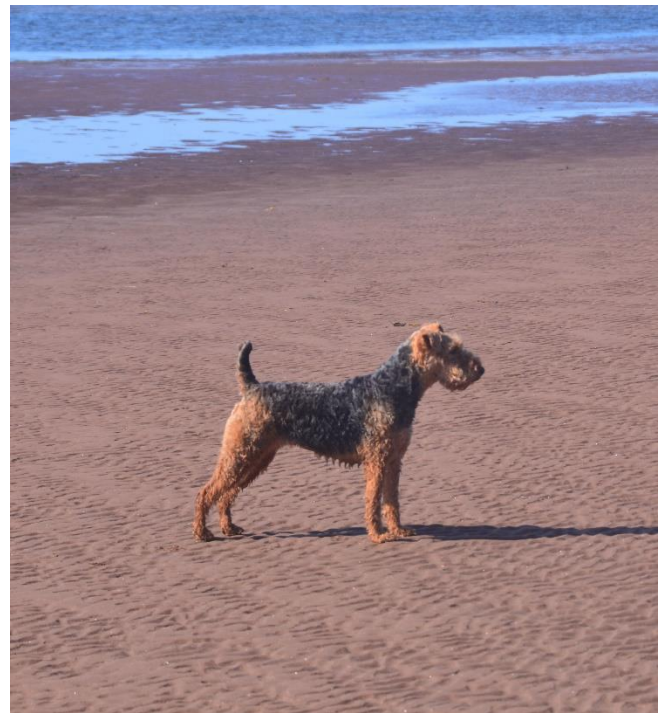


MORE DOGS OF EMMANUEL

Lucy

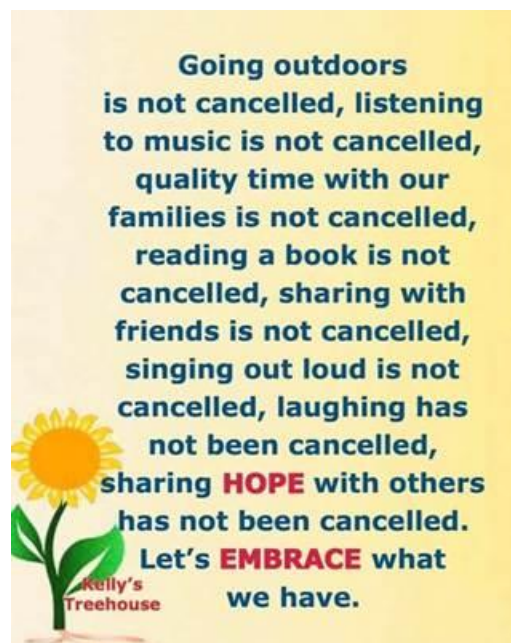
Here is a picture of our dog Lucy on the beach in New Brunswick, one of her favourite places to run and swim. She is an almost 10 year old Welsh Terrier. Katie found an ad for her litter from a family in Gatineau; we all went to choose her.

Lucy is a terrier in the true sense of the word. She is loving and playful at home, but not always friendly with other dogs. Her favourite game is hide and seek the dummy (a dog toy), which she would play for hours if we had the patience. She knows how to open zippers, so you must not leave any knapsacks or purses on the floor or the good stuff will be taken out and eaten in her 'secret' hiding place behind a chair in the living room.



Lucy

Val Lines



*Kelly's Treehouse (see
@KellysTreeHouse on Facebook)*



A RETURN TO KALONGA COMMUNITY SCHOOL

Kalonga Community School was constructed in 2012 in the small rural community of Munenga, Zambia. The school was built with funds raised by the Ottawa legal community in memory of our son, Iain Beaudoin, who was a promising young lawyer at the time of his death. Iain and his wife Laleah were the parents of Emma who was not yet two years of age at the time of his passing.

In order to build the school, the legal community partnered with Emmanuel United Church and the People's Action Forum (PAF), an NGO from Zambia. Two teams of lawyers travelled to Munenga in 2012 to assist in the construction of the school. A basic two-room schoolhouse was built. Fundraising efforts exceeded the original goals and enough money was raised for the construction of two teachers' houses.

Claudia and I returned to Munenga in 2013 to participate in the school's official opening. Our daughter Vanessa was part of that Emmanuel pilgrimage along with Jeannie and Iain Page and Jeannie's son, Ben. That year, there were 43 students registered to attend the school. These were kindergarten and grade 1 students. The plan was to "grow" the school each year. Because we had been able to construct two homes for the teachers, the Zambian government provided 2 trained teachers.



Kalonga Community School



We were able to return in March of this year with Laleah and Emma, along with Keith Jeacle and Evelyn Perkins from Emmanuel United Church. The school has grown. There are now some 300 students in attendance and classes extend all the way to grade 7, the highest elementary grade level in Zambia. One hundred percent of the students passed the required grade 7 exams. An additional classroom has been constructed with funds that continue to be donated for this project.



Emma and Bob Beaudoin with staff from the school and PAF



The Beaudoin Family with a student after the tree planting ceremony

The school buildings are well-maintained, and a painted exterior decoration has been added to the school along with office space. We were warmly welcomed by the students and teachers. Sadly, grazing cattle ate the trees we planted in 2012. We were assured that cattle do not like the taste of the “Flamboyant” tree which Emma was asked to plant.

It was a long and bumpy drive from Chipembi to Munenga, but well worth it in the end. The partnership between the United Church of Canada and PAF has proven itself in meeting the educational needs of this small community.

Bob Beaudoin



ART MONSEBRAATEN: SPORTSMAN EXTRAORDINAIRE

Art and Shirley Monsebraaten are long-time members of Emmanuel and well known to everyone. Very few of us, however, are aware of Art's long history as a marathon athlete in several sports. Last spring Jon Jones assisted Art in creating a DVD to record his extensive collection of photos, news articles and memorabilia from his sports career. Jon suggested that Art's story was quite unique and would interest the Emmanuel family.

Art grew up in Saskatchewan and Shirley's family is from a farm on PEI. For 27 years they have spent every summer at their cottage on PEI on North Rustico Bay. At age 21 Art joined the RCMP. The training was physically very demanding and after he retired from the police Art always kept his fitness level high. After their two daughters Maureen and Laurie left home, Art was looking for ways to keep busy.



Art and Shirley



Ottawa Marathon 1981



In 1980 Art noticed his neighbour Garry regularly running by their house. Garry was a keen marathoner and ran in the first Ottawa Marathon in 1976. He encouraged Art to start running with him and Art accepted. After 6 months training he ran his first marathon with Garry and came in 2838th. A good start at age 47. In May 1981 he went back for a second marathon and improved his rank to 2255th. After 35 years of running and other sports, Art hung up his running shoes in 2014 and age 81 after running 16 marathons and 7 Half Marathons. In 1986 he competed in the Montreal International Marathon with a time of 3 hours, 51 minutes. At his final Ottawa ½ Marathon in May 2014 Art finished 1st in the over 80 category with a time of 3 hours, 36 minutes.

Soon after he started marathon running, Art learned that Dr Johnson at the Ottawa Sports Medicine Clinic had established an award for participation in 4 events: The Ottawa Marathon, the Canadian Ski Marathon, the Lievre River Canoe Marathon and the Rideau Lakes Cycle Tour. That gave Art a serious challenge to aim for.

In 1981 he competed in the Canadian Ski Marathon. He competed one day of the two - day event and skied 50 miles. He did not complete day 2 so that meant that he could not qualify for the Dr Johnson award.



Canadian Ski Marathon 1982



Lievre River Canoe Marathon 1982

In August, 1982, in partnership with a good skiing friend, George Yelle, Art took part in the Lievre River Canoe Marathon, which involved canoeing over 150 km down the Lievre River to the Ottawa River at Gatineau. He did the event in 18 hours and placed 35th. Before this event Art had never canoed. George taught him how to paddle. About one half hour after the marathon had begun, Art failed to hear his partner's command to change sides for paddling and they capsized. Then his partner George yelled "BAIL OUT ART!", which Art misunderstood to mean jump out of the canoe. Which he did and lost his glasses. George meant him to bail the water out of the canoe. Now he is an experienced canoeist and enjoys canoeing at his cottage in PEI in the summers.



In 1983 Art started competing in the 1st annual Winterlude Triathlon – skiing, skating and running on the frozen canal and around the Arboretum - a total of 20 km in which he placed 1st. He competed in 18 Winterlude Triathlons, ending in 2005 with a 6th place finish.

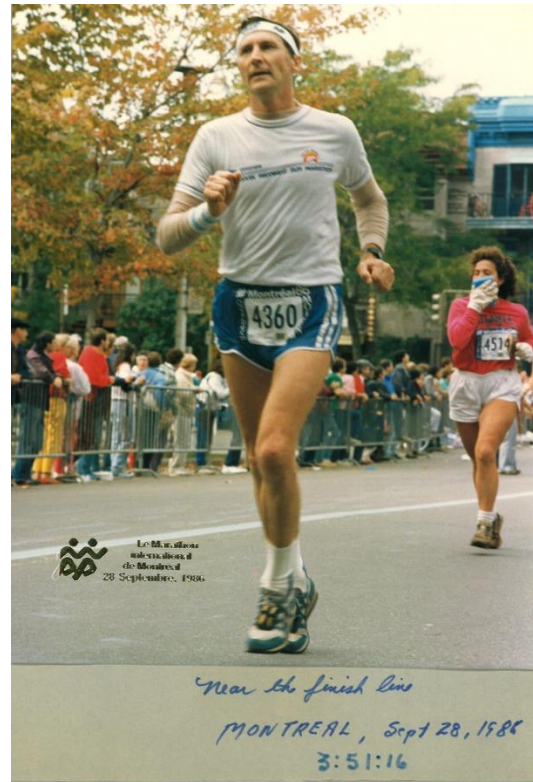
In 1983 Art thought he might as well try the Rideau Lakes Cycle Tour event, one of the 4 events in the Dr Johnson award. That is a two-day event that covers 335 km between Ottawa and Kingston and return. Art was an experienced cyclist and cycled to work at Place du Portage for 10 years. He said that often he was passed on his route by Jim Lamb who rode faster than Art.

Shirley never liked cross-country skiing and she preferred downhill skiing which they did with their daughters.

When Art was training for the Canadian Ski Marathon, many weekends over the winter he and his friend Garry would ski from the beginning of the Parkway in Gatineau, up to a fire tower some 30 miles north – a return trip of 60 miles.



Art (right) with Garry in Nunavut in 1986



1986 Montreal Marathon

Art continued running in the Ottawa Marathon, and later on in the ½ Marathon, yearly. In 1986 he competed in the Midnight Sun Marathon at Nanisivik on Baffin Island (then in the NWT). His daughter Laurie who is a journalist with the Toronto Star did the run with him. They stayed at the Arctic Bay RCMP detachment. He did the run in 4 hours, 13 minutes and came 18th. That was said to be the “toughest marathon in the world”. The first half ran downhill to the harbour at sea level. The last 5 miles (when a marathoner is most tired) was all uphill. An amazing accomplishment.



In 1997 Art ran in the San Diego ½ Marathon at Carlsbad, California. His time was 2 hours, 4 minutes and he came in 3rd in the over 40 years category (he was 64). Due to a misunderstanding about where the race start was located, Art had to run 5 km to get to the start line. Since 2014 Art does not run, ski or cycle anymore, but he still uses the stationary bike and treadmill in his apartment exercise room.

Art has a great collection of his race bibs, awards, news reports and photographs of his running, skiing, canoeing and cycling career. If any serious marathoners want some advice, just ask Art.

Phyllis MacRae



*Art ran in some difficult conditions
- Feb 7, 1993*



Art at the age of 73 running in the Ottawa Marathon



ZAWADI (MAMY) ZAHINDA AND HER FAMILY

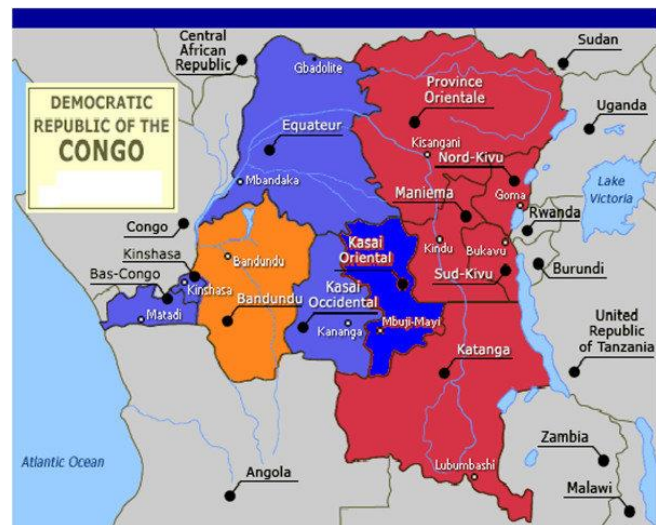
Most people at Emmanuel are very familiar with Zawadi (Mamy) Zahinda and her three children: Sifa, Koko and Idi. They have been part of the Emmanuel family since their arrival in Canada in January 2015. Mamy is a single parent. She is the younger sister of Chikwa Zahinda.

Mamy was born and raised in Kaziba in the eastern Congo near Bukavu in South Kivu province. Her mother was a nurse and midwife. She died in 2003. Her father was an elementary school principal and treasurer of his church for many years. He continues to live in Kaziba. In 2017, he came to Ottawa for a visit.

Mamy's education was in elementary and secondary school in Kaziba, and post secondary degree studies at the Institut Supérieur de Développement Rural in Bukavu, graduating in 1997.



Mamy on arrival in Ottawa, Jan 2015



Map of Democratic Republic of Congo showing 11 provinces. Provinces in red are conflict affected. Bukavu is in this region, in the far east of the country.

Following graduation, Mamy started a trucking business. Trucking is an important part of the economy in Africa. The truckers would drive 150 km to the port town of Uvira on Lake Tanganyika and pick up cargo for delivery. Managing the trucking business was challenging. Mamy operated this business for 9 years until 2007.

At that time, civil war was ongoing in eastern Congo and disrupted life for thousands of Congolese. Mamy and her children, then aged 6, 5 and 4 fled to Uganda in 2007 and became refugees because of the civil war. They lived in Kampala, along with many other refugees from Congo and other countries.





Koko, Sifa, Idi and Mamy in August 2015

They remained in Kampala for more than 7 years until they were able to come to Canada in 2015, sponsored by Emmanuel.

Mamy and Chikwa's brothers, Emery and Justin and their families, are refugees in Kampala, Uganda too. Emmanuel has applied to sponsor them to come to Canada. Jon Jones has written an article about the sponsorship elsewhere in this issue.

Like many refugees, Mamy found ways to support the family by selling goods like phone cards. For a while she ran a small shop called a Duka which sold all sorts of goods and food.

"Hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence."

Lin Yutang

She had to give up the Duka as it was too far from her home. She needed to take the children to school at 7 am and collect them at 4 pm and could not continue the business.

This type of business runs early in the morning to sell goods to all the workers commuting to their work. Later, Mamy started selling food to the commuters. She worked from 6 am to 4 pm, then was at home and to pick up the children from school.

New Life in Canada

Early on during the family's period in Kampala, the Emmanuel Refugee Support Group applied through the United Church of Canada to sponsor Mamy and her children, together with her niece Astride. It took many years for the sponsorship to succeed. In 2012 the family had an interview with Canada Immigration officers. And finally, in January 2015, they flew to Ottawa and were welcomed by a group of Emmanuel friends. Mamy was very happy to arrive in Canada.

The family was settled in an apartment building on Donald St, where they continue to live. Astride went to live with Chikwa and Passy and their family in Orleans. Mamy was happy to finally arrive in Canada but she was unsure of how to live here. Joyce White helped to get the children enrolled in local schools. Idi went into Our Lady of Mount Carmel in grade 6.



Koko started in grade 7 and Sifa in grade 8 at Lester B. Pearson Secondary School. Jon Jones helped a lot and showed the family how to take the bus. The family met another Congolese family in their building, and they showed the children how to get to school. Phyllis MacRae drove the family around Ottawa and pointed out the University of Ottawa on Laurier Ave. She said, "Some day your children can study here." Mamy looked at her and said, "Someday I will study here!"

The children got very involved with youth activities at Emmanuel and at school. All three of them sing with Jam and Idi plays drums. They have all attended Camp Awesome and Canoe Camp for several years.



Sifa, taken while in El Salvador



Idi playing soccer

The experience at Camp Awesome helped Koko get a camp counsellor's summer job at a church camp in the Laurentians. A few years ago, Sifa and Koko went to Zabalos in northern BC with an Ottawa Presbytery youth trip with Hilary Merrit and others. In March 2019 Sifa and Koko travelled to El Salvador with members of Emmanuel and others on a trip with adults and youth from the United Church in Eastern Ontario.

Idi is very active in soccer. Jeremy Wallace and Jon Jones helped him get involved with local competitive soccer. He has been playing with the International Soccer Club at the competitive level for 4 years. At 16 and in grade 11, Idi is a very skilled player. He is meant to go to a tournament in France with his team in July.



Sifa graduated from grade 12 last spring and is in her first year of the Police Foundations Program at Algonquin College. Her plans are to continue in Criminology at Carleton and then study law at Ottawa U. Koko will graduate from grade 12 in June. She is the Head Student at Lester B Pearson school. She has been accepted into the program of Bio-medical Studies at Ottawa University. She is considering medical school in the future.

In December 2019, Mamy completed a bachelor's degree in administration with a specialty in finance at UQO (Université du Québec en Outaouais). She is actively looking for a job in administration or finance. She has sent a lot of applications but has not yet succeeded in getting a job offer. Mamy works part time in a francophone daycare at the (MIFO) Mouvement d'Implication Francophone d'Orléans.

Mamy says she likes Emmanuel because it has a strong family environment and she and the children have always felt at home here. She likes the Sunday school and youth activities that the children have always taken part in. Emmanuel has been a welcoming place for her. She can ask questions and seek help whenever she needs it. In August 2019 Mamy and the children became Canadian citizens at the citizenship court. Members of the Emmanuel family were there to congratulate them.

We are very happy to have the Zahinda family as part of our community.

Phyllis MacRae



The family at their citizenship ceremony with Emmanuel friends, August 2019



NALA AND MAJOR

Nala arrived in my life in September of 2007 at 4 months old. Her Mother, Tsarina, was a tri-colour and her Father, Simba, a blue merle. Her name came from The Lion King and is one which she lives out. She is very opinionated, confident, a tom-boy and filled with pluck. I am the recipient of her conversations and she runs the household. Within less than a week after her arrival it was very evident she was extremely confident, determined and more than a bit saucy. Somehow a balance between stifling her spirit or letting her have her way was accomplished by myself. The rewards for both of us have been evident ever since.

She filled a huge void in my life, reintroduced me to my community in our walks, chased squirrels and balls along with many walks through the Experimental Farm and Fletcher's Wildlife Garden.

She arrived at Wesley in August of 2009 (at the invitation of Pastor Janet Thompson), became a regular attendee at Sunday services where she took advantage of coffee and tea time to successfully disappear under tables in her successful search for human food. As she has gotten older our walks are slower, more smelling and Nala deciding where we are going and for how long.



Robert with Major and Nala



Each December Nala received an invitation to attend a Sheltie Christmas party at her breeder's (Blackadder Kennel) home south of Manotick. It was at the 2004 party where I was asked if I wanted another sheltie by one of Major's breeders(Dawn'o'Day Kennel) near Perth, to which my answer was Yes! Months earlier I had looked at pictures of their last two sets of puppies and decided to acquire one of them as I realized this would be the last opportunity to acquire another sheltie while Nala was still alive. Major was born in one of the last two sheltie litters, is a distant relative to Nala as they share a pair of common ancestors and turned up in our lives in April of 2015.

They have two completely different personalities. Where she is extremely confident he is almost at the opposite end of the scale. I have realized he shares many of my characteristics.

Virtually all the humans he has met want to share pats with him. As one of them put it, he has a lot of 'doggy space' around him. He's also a 'charmer', accomplished food forager and a complete treasure.

One of his habits is to climb on the top of the futon under the living room bay window, settle down and observe the passing world. It is a delight to come home, look up and there is a sheltie face staring down at me. He is the one who wants to greet me at the door with Nala giving full voice to her complaint with a bark that echoes down the hallway.

Our companion animals fill our lives, remind us of what is important, and are irreplaceable. For me, a pair of treasures who bless my life in more ways than can be counted.

Robert Sims



Major and Nala at Emmanuel's Blessing of the Pets in August 2015



WHAT SHOULD WE EAT?

The environment, health and ethical eating are all considerations.

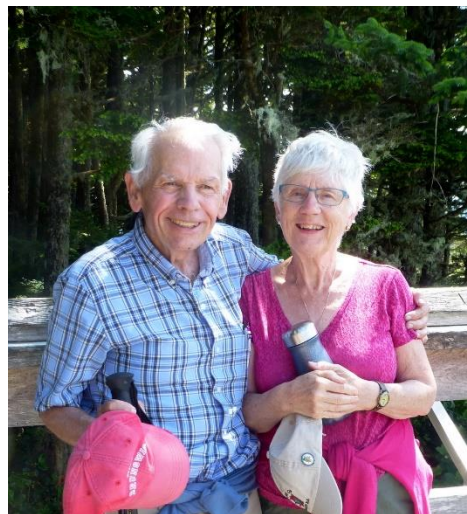
The major way we interact with the environment is through what we eat. The growing problems of greenhouse gases and global warming are having major adverse effects on our environment. In biblical times, the adverse effects of human agriculture were less well known. Although there are a number of instructions on caring for God's creation, there are no strong injunctions against greenhouse gases, as these were not known. We now know that the main greenhouse gas is carbon dioxide, with methane a less well-known greenhouse gas. There is lots of fossil fuel used in ploughing, harvesting, processing and distributing our food. Using more local food and less processed food, will produce fewer greenhouse gases. Red meat production needs about eight times more greenhouse gases compared to production of grain, vegetables and fruit. Fowl and fish production results in about twice the greenhouse gases per nutritional unit compared to grain or vegetables. A case can be made for a more vegetarian diet to reduce greenhouse gases. Red meat is a problem as ruminants, including cattle, are major producers of methane. Methane, a less well-known greenhouse gas, is a special problem as there is no natural rapid means of removing it from the environment, in the way plants remove carbon dioxide. Changing to a more local and vegetarian way of eating is environmentally responsible.

Estimates are that a fifty to eighty percent reduction in our rates of heart disease and fifty percent decrease of some cancers could be achieved by dietary changes. Red meat should be avoided if one is overweight or has a family history of colon cancer or colonic polyps.

The ethical case for less meat in our diet is also a good one. Most meat is produced on industrial type farms. I lived in a farming community in Woodstock, Ontario and essentially all the farms were industrial farms, very efficient at producing meat, but at the cost of giving the farm animals essentially no life. Chickens were produced by the thousands every four months, never seeing the outside and in very crowded conditions. Veal was produced by severely restricting the movement of young male calves and then killing the calves young. The family mixed farm is a thing of the past for most cows and chickens. Many of our young people have made the ethical choice and are vegetarians.

For environmental, health and ethical reasons we should eat less meat. Jesus ate less meat and we should do likewise.

Bill McLeish



Bill and Tonia at Haida Gwaii, 2019



OUR ADVENTURE CRUISE ON THE NORWEGIAN SPIRIT IN MARCH 2020

The story began when my good friend and travel companion Jennifer and I found this extraordinary cruise that would take us from Dubai to Cape Town - stopping at several of the Emirates, Oman, islands in Indian Ocean and ports of call on the south coast of Africa. The cruise was on the Norwegian Spirit with Norwegian Cruise Lines. The Seychelles had been on my bucket list since I was a ham radio operator in my 20's, and Dubai – absolutely fascinating architecture; a city carved out of the desert. What was not to love?

Everything flowed as planned. We knew there was a new flu virus in the world, but by the time we left more people were dying of the regular flu. We boarded the ship on March 2 in Dubai. The Emirates were an amazing eye opener in a good way; and we loved the souk (market) in Muscat.

The weather was warm and sunny when we left Oman ready for a 4 day sea journey to the Seychelles. It wasn't until we woke up on March 9 at Seychelles, finding we were anchored off-island and being re-fueled by a bunker, with no one allowed off or on, that we realized that something was happening in the world.

The ship had 4 news channels. We watched with horror as the virus spread across Europe to America. As we reached each island, docking was denied at Seychelles, Mauritius, Reunion and Madagascar in the Indian Ocean. Finally, just west of Madagascar, we were told that we had been denied docking at the remainder of at all our African ports of call – Richard's Bay, Port Elizabeth and Mossel Bay in South Africa. By the time we reached Cape Town we had been 17 days isolated on the sea. For anyone who asks, if you have to be isolated, a 5 star resort floating in the Indian Ocean is at the top of my list!



Ornate Columns – Sheikh Zayed Mosque, Abu Dhabi



Although the crew began to implement immediately some very strict hygiene measures – all public things like library books, ping pong rackets & balls, shuffle board equipment and puzzles were put away; sanitary hand wipes were posted leaving and entering every room; meals were served by the crew at the buffet along with all the condiments; chairs & tables wiped down as soon as people left them; linens changed every day & the rooms scrubbed down; the crew were ready with sanitizing spray at every turn - we still had the run of the ship, entertainment throughout the day was ramped up, the shows in the evening were spectacular, and the chefs outdid themselves with meals and, of course, everything was still open, pools, sundecks, movies, lectures and shopping. It remained +29 C and sunny throughout.

As was reported in the news, there were no cases of Covid 19 on the ship. We had to fill out health certificates and have our temperatures taken for the port authorities in Seychelles on March 8, but we were denied docking. We went through it all again on March 11 for Mauritius, but again were denied docking.



Oman - Traditional Dress



Palace at Fujairah, UAE



The crew went into sanitation mode big time but we were still treated royally. No germs had a chance. 3 days out of Cape Town the port authorities told us we could dock on March 21st, and pass in another health test, but everyone had to fly out of the city on the 22nd. – no exceptions. The ship wifi was iffy at the best of times, but our travel agent managed to get us a flight out on Lufthansa for the 23rd. Lufthansa cancelled all flights the following day. Then we were booked on a British Air flight for late in the evening the same day. There were no flights left for the 22nd. We still didn't know if we would be allowed to dock, as we circled outside the port for 3 days and finally docked at Cape Town on the afternoon of March 21st. By the time we docked at Cape Town the ship had been isolated at sea for 17 days. No one was sick. We remained on the ship and disembarked on March 23.



Port of Muscat, Oman



Bunkering fuel off the Seychelles



Oman - Traditional Boat (in front)



At the airport we were met by a young man from the Canadian Consulate in Pretoria who helped move us through the hoops. There were only 4 planes on the tarmac, and one landing in the 8 hours we waited there. Many of the people were stranded by cancelled flights and folded airlines.

Heathrow was a ghost airport when we arrived just ahead of Britain's lockdown. Our flight home had only 60 Canadians on the huge airliner, and I just made the last connecting flight of the day to Ottawa on March 24.

We realized after we arrived home that we were probably at the very edge of the wave that locked down airports and closed countries – 47 hours in transit for me; 56 for Jennifer who lives in Halifax. We are still astonished at our amazing trip and good fortune as we sit out 14 days in self isolation. It is a very small price to pay.

Now it's time to pause, breathe, collect, and to thank all of our families, friends and you, for your prayers for our safe return. We could not have done it without your help.

It was still the trip of a life time. Not the one we signed up for, but extraordinary in its own way.

Lynn Boothroyd

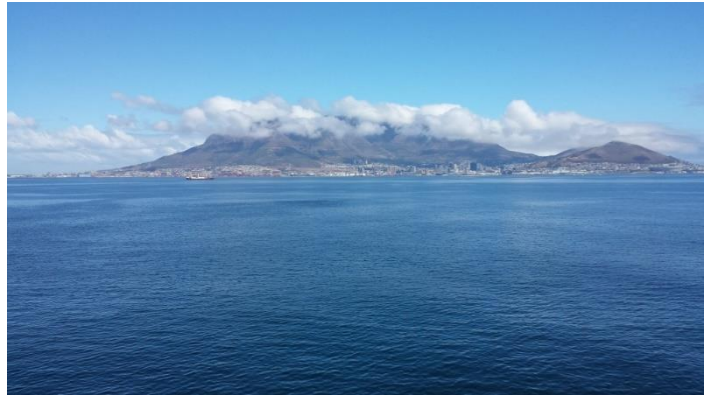


Table Mountain, Cape Town, South Africa



Lynn with friends, Cape Town Airport



VETERANS' HOUSE UPDATE

Multifaith Housing Initiative is four fifths of the way to completing its fundraising for Veteran's House, the Andy Carswell Building. However this means there's still an additional \$2.2 million left to collect in order to complete the 40 unit residence. "We're calling on our supporters, our long-time donors, and the faith community to do what they have always done when we're pushing forward during a fundraising campaign - open their hearts and their wallets and help us over the finish line".

To this end, Sue Smarkala, MHI representative from Woodroffe United and Secretary to the Board of Directors of MHI, has initiated a proposed "housing matters" network of concerned congregations of EOORC. She is partnered with Rev. Diane Cardin.



Photo by Multifaith Housing Initiative



Photo by Multifaith Housing Initiative

"MHI partnered with Soldiers Helping Soldiers and the Alliance to End Homelessness Ottawa in a study of homeless veterans, supported by Canadian Forces Morale and Welfare Services...We found that about about 5% of the homeless population are veterans, 35% of homeless veterans are indigenous Canadians, and 46% ...are living with one or more medical conditions, including physical disabilities, mental health, and addiction issues." - Suzanne Le, MHI Executive Director.

Veteran's House is the fifth affordable housing project of MHI. Scheduled to open around Remembrance Day 2020, Veteran's House will provide supportive housing for men and women who have served in the Canadian Armed Forces, and are either homeless or at risk of becoming homeless.

The foundation has been laid, and the walls were going up as of December 17, 2019. Work is progressing on schedule and the third floor is now in process.

Janice Péron



CHURCH HUMOUR

A MINISTER, A RABBIT AND A PRIEST

A minister, a rabbit and a priest walk into a bar.

The rabbit says, "I might be a typo".

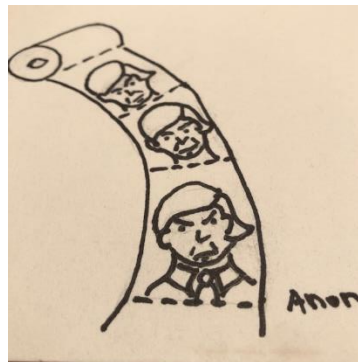


PANDEMIC HUMOUR

If you bought 30 rolls of toilet paper, you owe 3 to the church.

Tithing is NOT cancelled!!

From: Humour from the Pentacostal Pew



Rowan Toller

Rowan is from a Canadian breed of dogs with the longest name: Nova Scotia Duck Tolling Retriever, commonly called Tollers. They are a hunting breed of dog, the smallest of the retriever family. They were originally bred in Nova Scotia at the turn of the 20th century by duck hunters. They are also referred to as “The Little River Duck Dog”, or sometimes as “The Little Red Dog”. Tollers are water dogs, with very thick double coats used to swimming and retrieving ducks in cold Canadian rivers and lakes.



More than anything else Tollers love to retrieve balls and sticks, especially if it involves diving off the end of a dock into any water deep enough to swim. Tollers will swim until the cows come home, or until the tide goes out, whatever comes first. Rowan especially loves swimming in the ocean at our cottage in New Brunswick each summer. In April when we go to Florida (just not this year) he goes to the wonderful dog beach with Richard every morning to swim and chase toys in the Gulf of Mexico.



Rowan



Richard and I got Rowan from a Kemptville breeder 7 years ago. We are not duck hunters, so he doesn't have any of those useful skills of retrieving dead birds. However, if he finds birds sitting on the spring ponds up in the park, he will chase them until they fly out of reach. That is a lot of fun.

Rowan loves people more than other dogs. He is not so good at the social distancing as he thinks that every person he meets just wants to throw the ball for him. He is very smart and likes activities such as agility that give him a chance to learn doggy skills.

His other favourite activity is chasing anything that runs fast. He chases the squirrels in our back yard and also the many rabbits in the neighbourhood. If a cat crosses his path, he thinks is it a large squirrel that expects to be chased.

Rowan is a very affectionate dog and loves living in a one-dog family.

Phyllis MacRae



Roxy, Squirrel Patroller

Hi, I'm Roxy. Outdoors I am on constant squirrel patrol and I object vociferously to any canine not practicing physical distancing. Indoors I love to hang out with and snuggle up to my human, and get belly rubs, especially when my grandhuman Irene visits.

Irene Bakker

"Hope is a verb with its shirtsleeves rolled up."

David Orr



PASTORAL REFLECTION ON THE OCCASION OF THE 40TH ANNIVERSARY OF THE MARTYRDOM OF MONSIGNOR OSCAR ARNULFO ROMERO

This is a reflection by Pastor Miguel Tomás Castro, pastor of our partner church Iglesia Bautista Emmanuel in San Salvador, El Salvador. March 24, 2020 was the 40th anniversary of the assassination of Monsignor (now Saint) Oscar Romero. Pastor Miguel and his wife Lydia are presently living in a Salvadoran quarantine centre outside San Salvador. They are in 30 days quarantine after returning to El Salvador from a visit to a partner church in the USA.

Translated by Jim Lamb

"For the wrath of God is revealed from heaven against all ungodliness and wickedness of those who by their wickedness suppress the truth."(Romans 1:18)

1. THE VALUE OF COMMEMORATING THE MARTYRDOM OF MONSIGNOR OSCAR A. ROMERO

Commemorating Monsignor Romero in his martyrdom is something beyond thanking God for this son, your shepherd, prophet and martyr. No pastor and prophet of this significance appears every day, or every year. Monsignor Romero without a doubt is an exceptional gift from God to this society and to the Salvadoran people. Without a doubt we would have his word, in the context of the circumstances our country is experiencing due to this COVID-19 epidemic. As always, in the midst of crises, the most affected are the poor families.

Monsignor Romero, in addition to exhorting national unity against the epidemic, would tell us, that we should not forget the epidemic of poverty which depresses the lives of the poor. It would signal the epidemic of marginalization caused by the sin of injustice, greed, and the idolatry of power and money. He would invite us to assume a sense of community, to face this global epidemic, and to take this moment as a historic opportunity to reorder the life of the country, based on a theme of mercy and of the Redemptive Grace of God.

2. MEANING OF MONSIGNOR ROMERO'S LIFE FOR OUR SOCIETY AND OUR COMMUNITY

2.1. Monsignor Romero was a voice of God to a society confronted and plunged into the sin of evil and injustice. A society that preferred to go in the paths of idolatry to power and money, rather than turning to God to build a fraternal society, of justice and peace for all the daughters and sons of God.

2.2. Monsignor Romero stripped himself of his clerical ancestry and became involved in the causes of people, working with the poor, risking all to defend the dignity and rights of the humble.

2.3. Oscar Arnulfo Romero, the prophet, always speaking the truth, assumed the holy office to report the sin of violence carried out by a system that denied life with dignity for all the poor. This was judged a crime by the powerful. Blinded by ambition and greed, they arranged for his murder, snatching from this nation and this people a man who knew how to sense God's plans for all society.



3. WHAT IS THE SIGNIFICANCE OF COMMEMORATING THE MARTYRDOM OF MONSIGNOR ROMERO?

3.1. The murder of Monsignor Romero shocked the world, not just our society. The murder of a good man, a man of God, arouses controversy in some sectors of this country. It highlights the gaps existing in El Salvador, a divided society, a society that has reached a moment of real crisis, a crisis of violence, corruption, injustice and marginalization. A crisis that shows that this model of society needs to be rethought, so that El Salvador can be a home to everyone, where we live and live with dignity. That all without exception will fit under the roof, proud to be children, in a home sustained by the pillars of solidarity, the mercy, justice and peace.

3.2. 40 years after an abominable murder, cowardice has usurped the place of truth. Giving way to impunity, we feel stripped of truth, justice and respect, a crime against humanity. It doesn't do us good as a country, even more now that his witness of fidelity to the Gospel has been raised to worldwide recognition as a saint of the Catholic Church, that his treacherous murder continues unpunished. It is urgent that our justice system finally solve this crime that has moved the conscience of humanity.

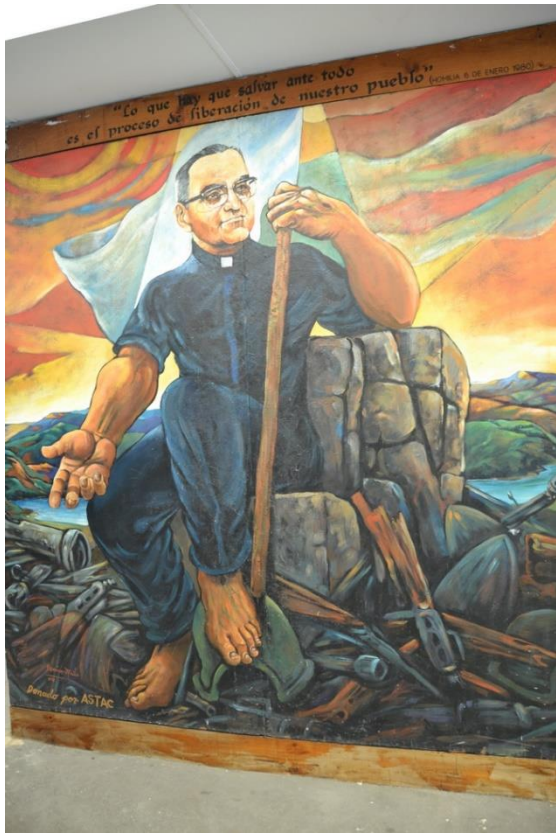
3.3. The church in our country must go to this unequivocal and genuine sign of evangelical fidelity to illuminate our Christian testimony, with the light of the martyrial example of Monsignor Romero. That for us, the church, Christians in this country, Monsignor Romero's blood will never fall in vain. As Christians, we have to take care and as he did, honour with our lives the glorious legacy of the Gospel of God's Kingdom for this country. We are the church whose position and testimony is at the height of historical demands in El Salvador 40 years after the martyrdom of Saint Romero of America and of the world.

Pastor Miguel Tomás Castro,
Emmanuel Baptist Church,
San Salvador
Member of the Baptist Federation

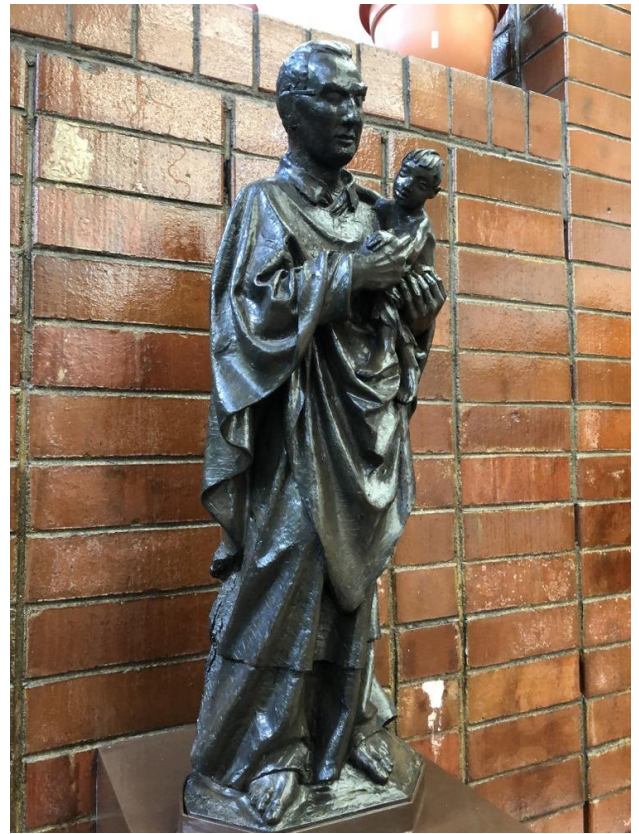


Pastor Miguel Tomás Castro





Museum at Romero's former home



Statue of Romero



"Monsignor Romero, intercede for your country"



PASSAGES AND BLESSED EVENTS 2018-2019

We remember the following member of our Emmanuel family who passed away:

Gladys Dorion, Mother of Ken Gullins, January 12, 2020

Baptisms:

Oliver Thomas Wilson, (parents Thomas Wilson and Catriona Johnson)
January 12, 2020

Preston Michael Hall, (parents Mark Hall and Melanie Gagnon)
January 12, 2020

Knox Philip Wayne Dallaire, (parents Cody Dallaire and Sarah Gagnon)
January 12, 2020

(Earnest and Sue Vinson are the grand-parents of Preston and Knox)



MORE CHURCH HUMOUR

UNITARIAN LUMINESCENCE

Q. How many Unitarians does it take to change a light bulb?

A. We choose not to make a statement either in favour of or against the need for a light bulb.

However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our Annual Light Bulb Sunday service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long-life and tinted, all of which are equally valid paths to luminescence.

Author unknown

With thanks to the *Parkway Spire*, the newsletter of the First Unitarian Congregation of Ottawa



CHILDREN'S MIRACLE NETWORK

The Children's Miracle Network (CMN) raises funds and awareness for children's hospitals across North America. Since 1983, Children's Miracle Network has been working to raise funds and awareness for 170 member hospitals across North America that treat children. Canada's Children's Hospital Foundations, are proud to run the Canadian branch of Children's Miracle Network, supporting 14 children's hospitals. Every year, the member hospitals identify a remarkable child to serve as their Champion. Together these kids represent the more than 2.3 million children treated in our Canadian member hospitals each year. Their stories demonstrate the incredible advances that have been made in child health care in our country, and the personal journey children and their families take to overcome illness or injury.

In January, Eli Lincoln was announced as the 2020 Champion for CHEO. This comes with many responsibilities including working with CMN, CHEO and the corporate sponsors to raise funds for the great work that CHEO does for Ottawa. Eli advocates for the importance of having a rare disease diagnosis and the impact knowing what Benign Hereditary Chorea (Brain Lung Thyroid Syndrome) is and how it impacts him.

Normally, at this time of year the champions would all be gathering in Orlando for a week to celebrate the work of their hospitals as part of Children's Hospitals Week. This would then lead to the spring kickoff fundraising campaigns in all of the major retail sponsors. With the current situation, much of this is on hold. However, Eli has been working hard for the past two weeks creating videos and other online content for CMN and the CHEO sponsors. He is disappointed the trip is delayed, but the whole family is optimistic it may be able to be rescheduled at some point in the future.

Judy Lincoln



Eli Lincoln



PEOPLE OF EMMANUEL

The photo below shows a demonstration of social distancing by Kormassa Boi and her co-workers at The Ottawa Hospital. Kormassa is one of the many front line workers in our essential health system. This week Kormassa worked six days of shifts from 6am to 6pm.

Phyllis MacRae



Kormassa Boi practicing physical distancing with co-workers

“If you are going through hell, keep going”

Winston Churchill



THINGS TO DO DURING THE LOCKDOWN: HOMEMADE SURGICAL MASKS

I'm trying to stay positive in these unusual times. I haven't heard much about the LRT. I'm getting to know our neighbourhood as I discover new routes for my daily walks. I'm developing serious bagging skills at the grocery store. Looking for new things to do, my mind turned to the shortage of surgical face masks. Not that we need one now. But if someone in the family started showing the symptoms, it would be nice to have something around the house to provide personal protection. I googled "homemade surgical masks" and found the links given at the end of this article..

Some women in Cleveland have started a campaign make 10,000 surgical masks for the local hospitals. They're made of cotton and as the woman in the video says, they're not N95 but they are better than nothing. The women who started the campaign conferred with health authorities about the design. When I first went to the patterns, there was just one size, a large.

The site has evolved over the past few days and now they have small, medium and large patterns. I've heard of the legend of the quilter's stash and, apparently, it's no myth. We used to have a big empty room in our basement. It has become less empty over time as it filled up with cotton quilting material. The material has all sort of designs, even Toronto Blue Jays logos and Muppets characters, if you want to be stylish or make a fan loyalty statement. The design forms a sleeve that, the woman in the video says, you could put paper towels or tissues in to increase the protection. I saw another video made by a doctor (or so he claims, it's the internet after all) who was making masks from HEPA material from vacuum cleaner bags. There was only a large pattern at the time, so I reduced the size a bit and made HEPA inserts for the cotton masks. I bought the largest vacuum bags I could find and will have a number of inserts to be used if it comes to using, and washing the cotton masks in the event that someone in the household becomes contagious.



Please do not open your door to these people!



In the video, they show using elastic bands to hold the mask on. Instead, I used hockey skate laces. I was able to find colours that complemented the masks. A 96" lace, cut in two will serve for two masks for an adult. Fold and used a zig zag stitch to secure the cut end.

The sewing machine is not my favourite power tool but I have a bit of experience with it. It requires manual dexterity that I'm not particularly gifted with. Threading the eye of a needle is one of my "favourite" tasks. So, if I can do it anyone can. I made 6 masks, one, a small that I had to ad lib as the small pattern had not appeared on the web site yet. They fit fairly well as you can see in the pictures below. I haven't figured out how to wear one and not fog up my glasses. Same problem I have with my shop masks.

Now what to do with the next, who knows how many, weeks?

Jim Lamb



Styles of 2020

How-to video:

https://www.youtube.com/watch?time_continue=755&v=DqlmDf6_hsY&feature=emb_logo

Instructions and patterns:

https://media.rainpos.com/4868/mask_pattern_s_m_l_siopins.pdf



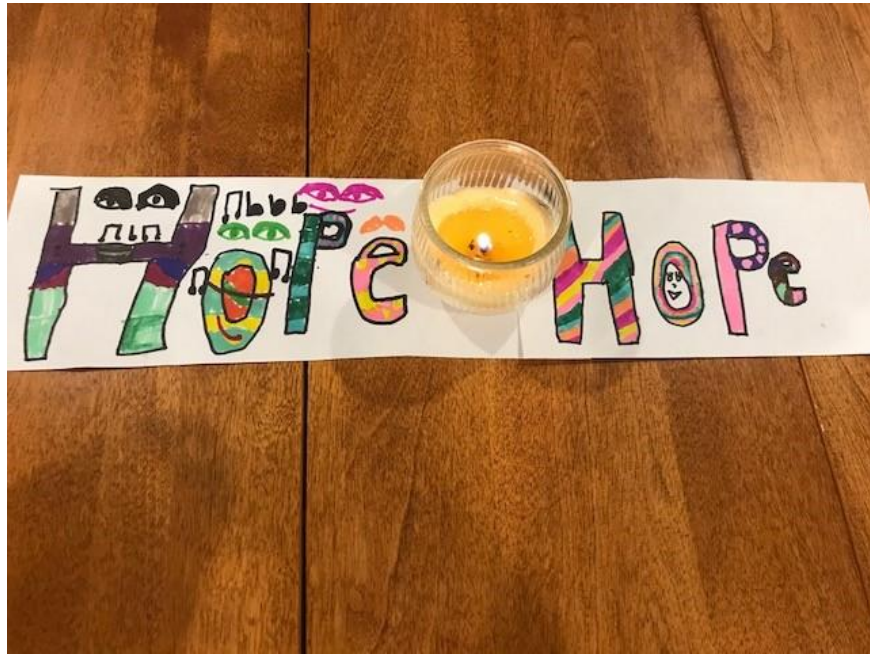
Time for Creation

Pushing through the daily grind
Seems you never have the time
To think, to dream, to sing or to create
Always deadlines to be met
Chores to be done are not done yet
But there's a time when all of that can wait
You've got to step outside your life
Beyond mother, worker, wife
And step into a world of new sensation
Allow yourself to take a break
You'll find that you become awake
To the beauty, joy and peace of creation
Cause we've all got a bud inside
If we can go beyond our pride
With nurturing that bud becomes a flower
A bud of creativity
Lives deep inside of you and me
When it blossoms it is full of love and power
So if there's a dream within your heart
Plan today to make a start
To let it lead your life to something new
The chores and errands all can wait
If you've got too much on your plate
It's time to grow that bud inside of you.

*© J. T. Page
Veradero January 2019*



ART FROM EMMANUEL



Clark-Kazak Family



Anahita and Rustom Clark-Kazak

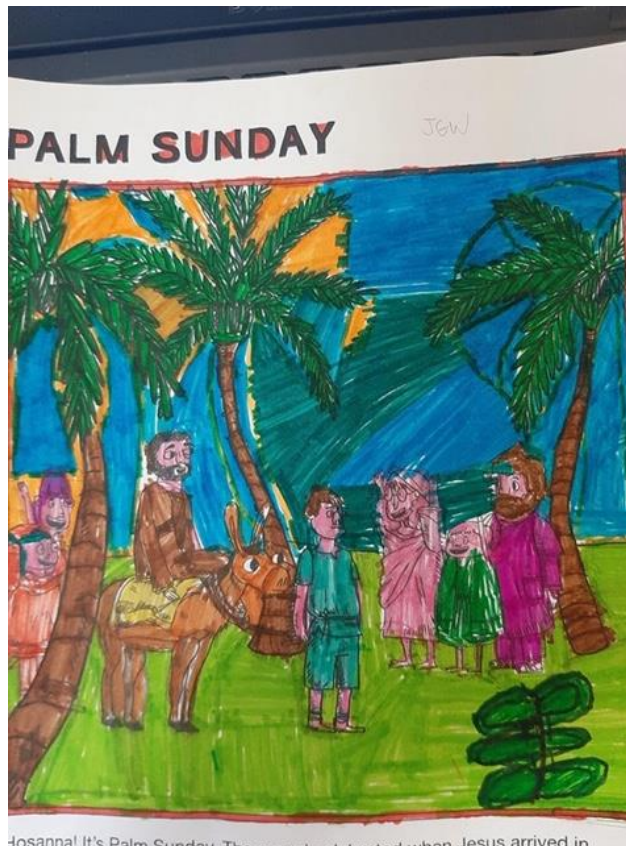


Rustom Clark-Kazak





"Tea Painting on Canvas" – Jessica Whitney



Hosanna! It's Palm Sunday. The crowd welcomed when Jesus arrived in

"Palm Sunday" - Jessica Whitney



Prophets of a Future Not Our Own

The following prayer is written by then-Fr. Ken Untener and often attributed to the story of Archbishop Oscar Romero because they summarize his ministry and commitment to the people of El Salvador and to Christ.

It helps, now and then, to step back and take a long view.

The kingdom is not only beyond our efforts, it is even beyond our vision.

We accomplish in our lifetime only a tiny fraction of the magnificent enterprise that is God's work. Nothing we do is complete, which is a way of saying that the Kingdom always lies beyond us.

No statement says all that could be said.

No prayer fully expresses our faith.

No confession brings perfection.

No pastoral visit brings wholeness.

No program accomplishes the Church's mission.

No set of goals and objectives includes everything.

This is what we are about.

We plant the seeds that one day will grow.

We water seeds already planted, knowing that they hold future promise.

We lay foundations that will need further development.

We provide yeast that produces far beyond our capabilities.

We cannot do everything, and there is a sense of liberation in realizing that.

This enables us to do something, and to do it very well.

It may be incomplete, but it is a beginning, a step along the way, an opportunity for the Lord's grace to enter and do the rest.

We may never see the end results, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs.

We are prophets of a future not our own.





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