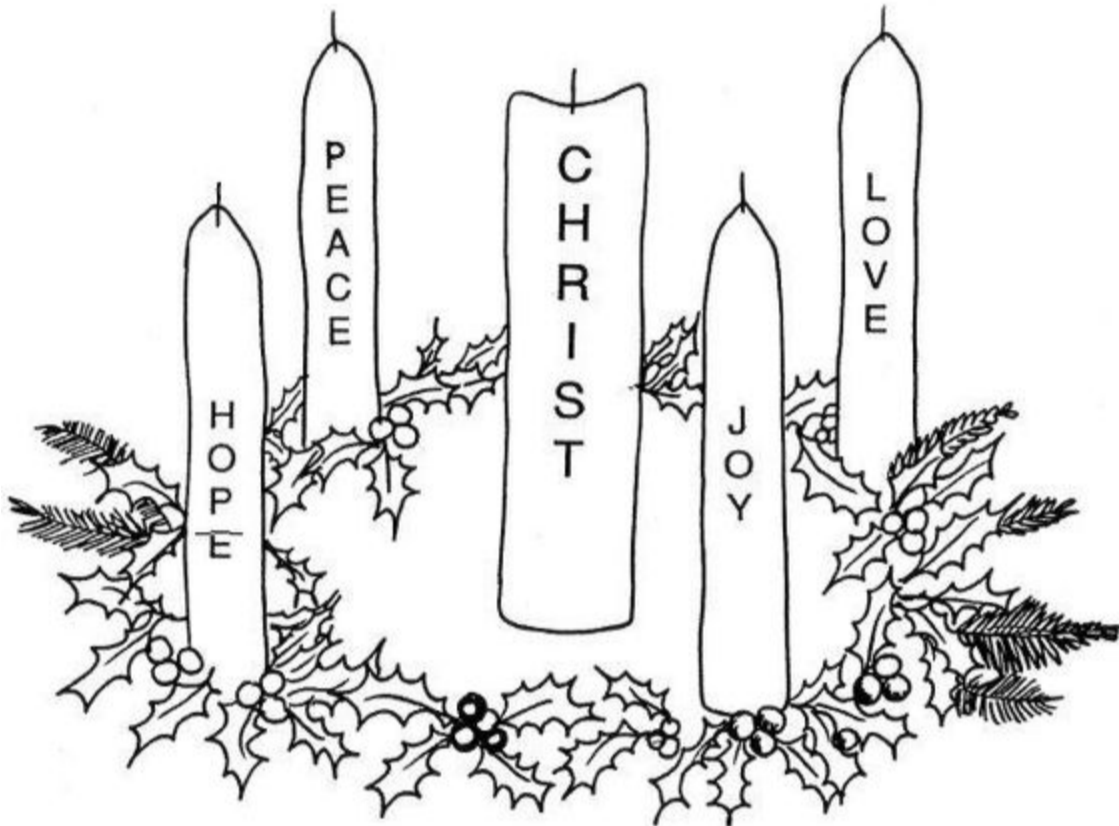


# LIFE AND WORK OF EMMANUEL UNITED CHURCH DECEMBER 2022



## January Issue Submission Deadline:

Monday, January 2, 2023

### *WELCOME TO EMMANUEL UNITED CHURCH*

Where the church is the body of Christ with each member having unique gifts to share and a ministry to offer. We invite you to come and visit, to worship, to join in our fellowship, to participate in our many activities, and to enrich your faith.

For information on any of our church activities, please call 613-733-0437 or email [emmoffice@bellnet.ca](mailto:emmoffice@bellnet.ca) or go to our website at [www.emmanuelunited.ca](http://www.emmanuelunited.ca)

#### *No Scents Makes Good Sense*

*Emmanuel United Church provides a scent-free environment.*

*Please avoid wearing or using scented products as some individuals have environmental sensitivities.*

**Note: The online version of the Packet has the personal phone numbers and email addresses of Emmanuel members removed. Contact the office (613-733-0437) for further information.**



IN MEMORIAM



Thank you to those who made donations to the Memorial Fund, in honour of a loved one or friend.

*Blessed are those who mourn, for they shall be comforted.*  
Matthew 5:4

**Telephone: 613-733-0437**  
**691 Smyth Road**  
**Ottawa, ON K1G 1N7**  
**Website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)**

**Sunday Worship at 10:00 AM**

**Office Hours: Monday – Thursday**  
**8:30am-4:00pm**

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# **CHRISTIAN DEVELOPMENT**



**Nursery** – Nursery is available every Sunday.

## **Sunday School**

In person Sunday school activities for children, aged 4 to 12, are being held during Sunday services.



**Messy Church** – Join us on **Sunday, December 4 from 11:45 to 1pm** for an intergenerational time of Advent themed crafts, games, stories and music. A light lunch will be served. For more information, contact Val Lines.



**Gingerbread House Event** – Join us **Sunday December 18** in the upstairs hall after the worship service. To take part, please order your gingerbread house(s) from Val Lines by Dec 12. You can also order a house to take and make at home. The houses (plus icing and candy) are \$10 each.

**Teen Evenings** – Join us for teen evenings on the third Sunday of every month, from **6pm-8:30pm**. There will be games, dinner, and fun faith-based activities. Our next evening will be on **Sunday, December 18**. For more information, contact Ellen Brohman or Val Lines.



**Rainbow Hub** - The EOORC started a program called Rainbow Hub in March 2022. Rainbow Hub is a monthly social group for LGBTQ2+ youth 12-18 years from across the city. It is held at Emmanuel on the **first Friday of the month**. The next evening is on **Friday, December 2**. For more information, contact Ellen Brohman.

## The Thursday Morning Discussion Group ('Heretics')

The Thursday Morning Discussion Group is now working with the book *Do I Stay Christian* by Brian D. McLaren, and we intersperse

discussions of that book with discussions of various topics, notably from the *Broadview* magazine.



Regardless of the topic, we always have interesting and lively times. We meet at 10:00 a.m. on Thursday mornings on Zoom, and there's always room for more. Drop in whenever you can to enjoy a lively and interesting discussion; no preparation is required. Please contact Evelyn Perkins or any member of Heretics for further information or a Zoom invitation. Our last meeting before Christmas will be December 15, and we will resume on January 6, 2023.



### Book Club

The book club will meet on **Monday, January 9** at 7:00pm on Zoom to discuss "*Indian*" in the *Cabinet* by Jody Wilson-Raybould.

## CHURCH ACTIVITIES & GROUPS

### Indigenous Relations

For anyone interested in furthering the cause for renaming the Sir John A. Macdonald Parkway to something more hospitable to Indigenous peoples, you can write to the NCC or use this email to contact them: [info@ncc-ccn.ca](mailto:info@ncc-ccn.ca)

At their Annual Public Meeting and they said they will be discussing the renaming in January. So now is a good time for them to receive a flurry of supportive comments.

**Men's Club Breakfast** – Saturday, **December 10** at 8:15am at Perkins Restaurant.

**The Emmanubells need your support!**

Would you like to be part of an In-house Roadie group for the bells? Not everyone is able to come to rehearsals to prepare the music, but being part of a group that would assist with set-up and tear down on a regular basis would be very helpful.



Each time we play in church (generally once a month), the tables need to be set-up in the sanctuary for our Thursday rehearsal and the bells, foams and other equipment need to be brought up from downstairs and they need to be returned when we are finished with them. This is not a huge issue when the elevator is working but it often is not.

If you would be interested in being part of this ministry, please contact director Ann Frederking or through the church office. If you are a student, we could track your time for volunteer hours as well. (We could also offer credit for volunteer hours to students who would like to ring with us on a regular basis).

**Monday Night Christian Meditation Group**

Jesus says, “When two or three pray together in my name, I am there among them.”

We live in a noisy world filled with ceaseless activity. We seek space to be quiet and be with God within ourselves. If you wish to learn how to meditate and find more quietness, you are welcome to join fellow meditators, who meet Mondays for an hour starting at **7:00pm** on Zoom.

Christian meditation is a form of silent contemplative prayer. Simple, continuous, repetition of a mantra or prayer word leads us from the mind to the heart. Silently repeating the word creates a narrow path of silence we can follow through the noise, distractions, agitation, and turbulence of the mind. We are no

longer talking to God or, worse, talking to ourselves. We are learning to be silent, to be with God, to be in God.

For further information, contact Bill Meek.

## **COUNCIL**

### **Emmanuel Covid Standards**

We are encouraged that more people are finding it comfortable to attend Sunday services. It is also understandable that everyone is making their own decisions that fit their own comfort levels. We are also aware that other virus infections are becoming more common and that they can be prevented by wearing masks.

1. For worship services masks must continue to be worn.
2. For other activities in the church, wearing of masks is recommended. Keeping a safe distance from others is also recommended.
3. For gatherings, either as part of Emmanuel activities or by outside groups, leaders of such gatherings should be aware of these standards and encourage wearing masks when it is practical.
4. Serving of food and drink in the church is acceptable and, of course, wearing a mask while eating and drinking cannot apply.
5. These standards also apply to the kitchen.

Emergency Planning Committee

**2022 Annual Report** – deadline for submissions is **Monday, January 16**. A report is required from all committees and groups. Please send the final version to the office after having circulated it to your committee/group.



# **GLOBAL PARTNERS**



**Emmanuel United Church**  
**Just Gifts**  
**Christmas Market**  
**Fairtrade & local products**

**In-person Shopping**  
**Saturday, December 3, 2022**  
**10:00 am - 1:00 pm**

## **HEALTH**

### **TTtbW Exercise**

We will finish classes on December 16<sup>th</sup> and begin again on January 9<sup>th</sup>. We start at 10:30 am every Monday and Friday and hope to see you there.

TTtbW or Take Time to be Wholely is an exercise group for seniors and consists of light exercises, some standing and light free weight and band exercises. The program is designed to encourage seniors to stay or become more fit by stretching and exercising most body muscles. It is a light workout held twice each week on Mondays and Fridays at 10:30 am at a minimal cost, \$5 per session. Our instructor keeps you busy for an hour each session. All the equipment needed is provided, all we need is your body!



# **KEEPING IN TOUCH**

## **Welcome Newcomers!**

Fifteen newcomers of all ages enjoyed lunch together on November 13. It was wonderful to see everyone gathered in fellowship again. Some newcomers joined the community just before the pandemic began in 2020. Some reconnected through the live stream and others have just moved to Ottawa. Thank you to everyone who helped provide lunch and hospitality and helped in other ways that day.

## **The Gift of Transportation**

Looking for a gift to give others in the congregation? The gift of transportation to one of the Advent services would be a welcome offering to someone who requires a ride. Contact Joyce White if you are available to drive.

## **Keeping in Touch, Advent Season**

Advent can be a time of joy and hope. For others in the community, it can be a time of loneliness and loss. Advent is a good time to reach out to someone that you haven't seen or heard from recently. Reactivating the phone tree that was so popular in the early days of the pandemic or sending an email or a card would bring warmth and light to someone during the long, dark days of winter.

## **Christmas Market, Just Gifts**

Saturday, December 3 from 10:00 - 1:00 will be a good time to keep in touch with the community and support Emmanuel's outreach either at the in-person sale or when picking up your online order. We have noticed that a lot of "keeping in touch" has already happened with pie production and early pickups!

May we share our blessings, bring a smile to a little one's face and welcome a stranger into our community in this season of Advent and the year ahead.

## **PASTORAL CARE**



December is a busy month at Emmanuel. There are many activities surrounding Christmas. But many people are already feeling overwhelmed and fatigued by the Pandemic, and day to day life with its many complications. For anyone grieving or finding it hard to feel the joy of the season, you are welcome to attend our annual **‘From Loss to Light’** service that takes place **Sunday Dec. 11, 2022, at 2 pm.** It is in person, as well as live streamed.

I believe December is a month to be especially mindful of boundaries, and other self-care. What are your intentional actions to stay well physically and spiritually? Perhaps walks in nature, or time alone in silence, or with longtime friends. If you need someone to listen, or have any pastoral care need, please contact Rev. Grant, Roxanne Delmage, or any member of the Pastoral Care Team. We all wish you the Peace and Joy of Christ’s love this season.

## **SOCIAL ACTION**



### **Grocery Cards Are Coming Back!**

Starting January 8<sup>th</sup>, 2023 and on the first Sunday of each month thereafter, you can purchase Loblaws and Farm Boy grocery cards at Coffee and Conversation.

Please help support refugee housing through OMRA at no cost to yourselves. For more information, please contact Janice Péron

## **WORSHIP**

Welcome to Advent, the time of waiting for the rebirth of Christ in our hearts. The liturgical colour for this season is blue. We gather as a community of faith on Sundays and Wednesday evenings to share in this time of anticipation and hope.

### **Upcoming Worship Services**

**Sunday, December 4<sup>th</sup>:** Rev. Grant Stuckless, Advent 2,  
Baptisms

**Wednesday, December 7<sup>th</sup>:** Midweek Advent Service 7:00 p.m.  
ZOOM

**Sunday, December 11<sup>th</sup>:** Rev. Grant Stuckless, Advent 3,  
Communion

**Wednesday, December 14<sup>th</sup>:** Midweek Advent Service 7:00  
p.m. ZOOM

**Sunday, December 18<sup>th</sup>:** Rev. Grant Stuckless, Advent 4

**Wednesday, December 21<sup>st</sup>:** Midweek Advent Service  
7:00 p.m. ZOOM

**Saturday, December 24<sup>th</sup>:** Christmas Eve Family Service  
5:00 p.m.

Service of lessons and carols

7:30 p.m.

**Sunday, December 25<sup>th</sup>:** Christmas Morning Service  
10:00 a.m.

Thank you as always to all who bring meaningful worship to our Faith Community: Rev. Grant Stuckless, Theresa Clarke our Minister of Music, Abi Sanchez on piano, Sue Longstreet – who decorates the sanctuary, Joan Foster-Jones for the banners, the senior choir, Emmanubells, Jim Lamb and JAM, the slide preparers, lay readers, audio-visual team, ushers, and coffee servers.

May hope, peace, joy and love fill your home and heart this Advent Season, and may you have a blessed Christmas.



## *Simplify your Celebrations*

We would like to thank those who have made contributions in the month of November to the Emmanuel United Church as part of the *Simplify your Celebrations* project. Donations were received as follows:

With warm appreciation  
for Joyce & Ross's kindness to us  
by Patty & Frank Kavcic



Donations may be made by cheque payable to "Emmanuel United Church", or through the CanadaHelps.org "Donate Now" button on our website at [www.emmanuelunited.ca](http://www.emmanuelunited.ca)



***Simplify your Celebrations***  
(Form to accompany donation)

Donation to:  
Emmanuel United Church  
691 Smyth Road, Ottawa ON K1G 1N7

General Fund

Capital Fund

From: (Name) \_\_\_\_\_

(Address) \_\_\_\_\_

\_\_\_\_\_

**In recognition of:**

(Please provide a statement that could go into the next monthly packet, along the lines of those on the previous page.)

\_\_\_\_\_

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If you do not wish for this to be published, please check here \_\_\_\_\_

**Please send acknowledgment to:**

\_\_\_\_\_

\_\_\_\_\_

If you wish this to be an anonymous donation, please check here \_\_\_\_\_

Amount:        \$ \_\_\_\_\_

*Thank You*