

# LIFE AND WORK OF EMMANUEL UNITED CHURCH FEBRUARY 2023



**March Issue Submission Deadline:**  
Monday, February 20, 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

*John Maguire, December 3, 2022*  
*Steve Sharlow, December 21, 2022*  
*Erma Uhryniw, January 1, 2023*  
*Ann Macleod, January 15, 2023*  
*Muriel Peterson, January 22, 2023*



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

(Joan Halliday)  
Shirley Doswell

(Joan Stevenson)  
Ron & Doreen Squires  
Shirley Doswell

(Frank Kavcic)  
Heather & Wayne Atkinson (Westbank BC)  
Ron & Doreen Squires  
Cathy & Ed Borza  
Janice & Pierre Péron  
Isobel Oakley  
Shirley Doswell  
John Sagan

*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**

**Minister of Worship and Pastoral Care**

Grant Stuckless [gstuckless@emmanuelunited.ca](mailto:gstuckless@emmanuelunited.ca)

**Office Administrator**

Pat Harris [emmoffice@bellnet.ca](mailto:emmoffice@bellnet.ca)

**Leader of Music Ministry**

Theresa Clarke [music@emmanuelunited.ca](mailto:music@emmanuelunited.ca)

**Pastoral Care Provider**

Roxanne Delmage [roxanne.delmage@gmail.com](mailto:roxanne.delmage@gmail.com)

**Webmaster**

Willie Selkirk [webmaster@emmanuelunited.ca](mailto:webmaster@emmanuelunited.ca)

**Assistant-Webmaster**

Russ Pastuch [assistant.webmaster@emmanuelunited.ca](mailto:assistant.webmaster@emmanuelunited.ca)

**Envelope Secretary**

Keith Jeacle [envelope.secretary@emmanuelunited.ca](mailto:envelope.secretary@emmanuelunited.ca)

**Newsletter Editor**

Phyllis MacRae [newsletter@emmanuelunited.ca](mailto:newsletter@emmanuelunited.ca)

**Media Publicity**

Steve Taylor [publicity@emmanuelunited.ca](mailto:publicity@emmanuelunited.ca)

**Volunteer Associate Minister**

Stewart Hewlett [vam@emmanuelunited.ca](mailto:vam@emmanuelunited.ca)

# **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, February 12 from 11:45 to 1pm** for an intergenerational time of crafts, games, stories and music. A light lunch will be served. For more information, contact Val Lines.

**Teen Evenings** – Join us for teen evenings once month (usually the third Sunday of the month) from **6pm-8:15pm**. There will be games, dinner, and fun faith-based activities. Our next evening will be on **Sunday, January 29**. 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, Feb 3**. For more information, contact Ellen Brohman.

**Worshiplude – Feb 4** – Worship, Dinner and Activities for youth aged 10+ from across the Ottawa region and beyond. The event starts at 4pm at Rideau Park United Church. A group of youth and leaders from Emmanuel will be taking part. Contact Val or Ellen if you'd like to join us. For more information on Worshiplude, see [Worshiplude-info-sheet.pdf \(eoorc.ca\)](https://www.eoorc.ca/Worshiplude-info-sheet.pdf)

**Black History Month Short Films and Activities Evening** – All ages are invited to join CD on **Friday, February 17 at 7pm** for a fun and engaging evening of short films, quizzes and food to celebrate and learn about Black History month in Canada.



## **Book Club**

The book club will meet on **Tuesday, February 13** at 7:00pm on Zoom to discuss *A Forest for Callum* by Frank MacDonald.

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

At our second meeting in January, the Heretics welcomed Rev. Grant to our meeting. A 'getting to know you' session where we also described what was important to us in worship services. Thanks, Rev. Grant!



We are now in the process of asking ourselves what kinds of questions we want to be asking ourselves, and what kinds of resources would best help us towards that goal. Big decisions to come.

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 or commitment is required. Please contact Evelyn Perkins or any member of Heretics for further information or a Zoom invitation.

## **Teleos Wednesday, February 22<sup>nd</sup>**

Via Zoom at 7:30 - following the Ash Wednesday service

Our topic this month is the book "Secrets of the Sprakkar-Iceland's Extraordinary Women and How They Are Changing the World" by Eliza Reid. You are welcome to join the discussion even if you haven't read the book. If you are not on the regular Teleos distribution list but would like to attend this meeting, then contact Joan Foster-Jones for the Zoom invitation.

## **Teleos Retreat – Saturday, April 1<sup>st</sup>.**

Teleos invites the women of Emmanuel to a day of retreat and exploration of Wisdom Stories with Catherine Gutjahr.

While some of our well-known fables, folk stories and parables may seem outdated and disconnected from our modern day lives, many of them continue to hold treasures of wisdom. The question is - how do we connect to these traditional texts when so much of what is written is at best outdated, and at times inappropriate to our modern understanding. Through individual reflection and group conversation, we will explore some of our traditional Wisdom stories in order to make meaning from them. Our time together will provide opportunities for deep listening, curiosity and creative response.

The retreat will take place at the church from 9:30 to 3:30. The cost will be \$15 (includes lunch). There will be a maximum of 20 participants.

To register – contact Joan Foster-Jones

## **CHURCH ACTIVITIES & GROUPS**

**Men’s Club Breakfast** – Saturday, February 11 at 8:15am at Perkins Restaurant.

### **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.

## **COMMUNICATIONS**



Our Alta Vista Community Newspaper(s) are publishing again next month. If you have events or announcements, photos and/or stories for them, please send them to [publicity@emmanuelunited.ca](mailto:publicity@emmanuelunited.ca) by the **15th of the month**.

## **COUNCIL**

### **Notice of Annual Meeting**

**Sunday February 19, 2023 at 11:30 a.m.**

The Annual meeting of the Congregation will take place on Sunday Feb. 19 following the church service. A light lunch will be served from the lounge between the end of the service and the start of the meeting.

In preparation for the meeting, we hope everyone will mark the date on your calendar, review the Annual report and the agenda and seek out answers to any questions in advance of the meeting. There are still a few vacancies for positions to be elected at the Annual meeting, so, if you would like to serve, please contact Phyllis MacRae.

### **Emmanuel Covid Standards - Effective February 2023**

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 including the flu are becoming more common and that they can be prevented by wearing masks, maintaining safe distance and by being vaccinated.

1. For worship services masks must continue to be worn. (The Minister, Lay Reader and Choir director, separated from others, and with special roles, are not requested to wear a mask.)
2. For other activities in the church, wearing of masks is recommended. Keeping a safe distance from others and getting vaccinated 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

## **HEALTH**

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!

### **Tttbw Cancellation Policy**

The basic cancellation policy is that if it is storming and the Ottawa school busses are not running there will be no exercises. The place to look on your computer to find out if busses are running is: [www.ottawaschoolbus.ca](http://www.ottawaschoolbus.ca) or listen to 580 CFRA radio. If there is a problem at the church, other than storms, that doesn't allow for classes, we will email or call you and let you know.

**\*\*we would ask you to refrain from calling the church office, as our administrator is busy with church business\*\***



## **KEEPING IN TOUCH**

### **Choose to be Kind, February 17-24, 2023**

Founded by the much loved Rabbi Reuven Bulka, who died in 2021, Ottawa Kindness Week promotes everyday acts of kindness in our city. It is a good reminder for us to keep in touch by picking up the phone to call a friend you have been thinking about, sharing a meal, writing a note, or being a good neighbour.

In February, we also celebrate our diverse church community during Black History Month. It is an opportunity to have a conversation with someone you don't know so well, to hear their story and learn about their history and experiences.

### **Games Night**

Pre-pandemic, a popular fellowship gathering was *Games Night*. We would love to know if there is an interest in a food and games event, perhaps during the March Break to include families. As with any event, we need organizers, so contact Joyce White by text or phone to see if we can make this event possible.

### **Membership**

Make Emmanuel your home - we welcome everyone who chooses our congregation, wherever you are in your spiritual journey. Some who attend may wish to join Emmanuel through profession or reaffirmation of faith, or transfer of membership from another congregation. If you have any questions about membership or desire to be on the Emmanuel United Church official church roll, please talk to Rev. Grant, Ron Squires or call the church office. Watch the weekly bulletin, the worship service slide announcements and the Emmanuel web page for more information about a date for a New Members Service.

## **PASTORAL CARE**

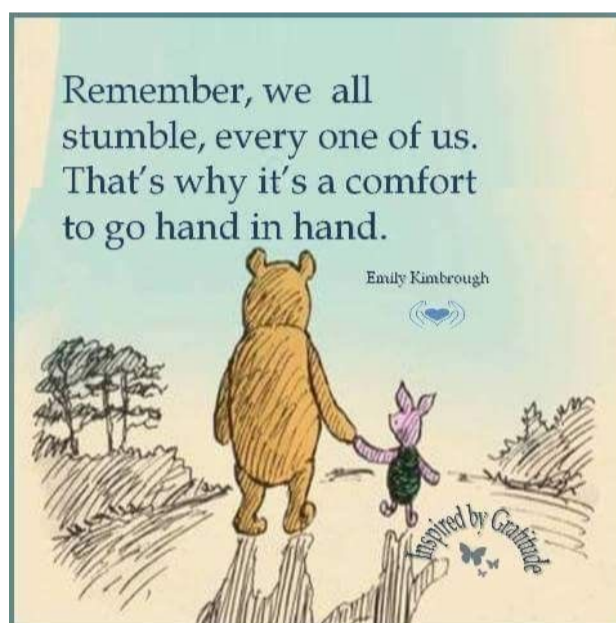
February's weather suggests surrender, as does most of winter. The weather cannot be controlled; and I have found it's best to go

with it, as it comes. It brings to mind the Chinese Parable about the farmer, his son, and the horse (I'll paraphrase).

The old farmer has a son, and a horse. The horse escapes. The villagers come to express their sympathy. The farmer says, "this isn't bad or good". The horse returns bringing 3 wild horses with him. The villagers come to celebrate this. The farmer again says "this isn't bad or good". His son breaks a leg while working with one of the wild horses. The villagers return to lament this. Again, the farmer says, "it just is". War breaks out, and his son isn't drafted, due to his broken leg.

I believe this is a reminder to embrace our reality each day. Oh, and stay home in difficult February weather. Wishing you blessings on your journey.

Please share any Pastoral Care needs with our team.



# **SOCIAL ACTION**



## **Metro Cards Now Available**

On the first Sunday of each month, you can purchase Metro, 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.



## *Simplify your Celebrations*

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



In memory of Joan Stevenson  
by Sharon Noonan

In memory of Frank Kavcic  
by Sharon Noonan and Clarice Dewar



In appreciation of Ron Squires, our Roll Clerk,  
for outstanding work keeping Emmanuel records.

*You are  
Appreciated!*

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.)

\_\_\_\_\_

\_\_\_\_\_

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*