

LIFE AND WORK OF EMMANUEL UNITED CHURCH MARCH 2023



April Issue Submission Deadline:
Monday, March 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 emmooffice@bellnet.ca or go to our website at 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.



Hazle Sokolich, January 26, 2023
Bill Meek, February 4, 2023
Betty Warburton, February 12, 2023



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

(Frank Kavcic)
Patty Henderson
Samantha Harris
Mary Turnbull
Colleen Calvert & Richard Russell
D. Lynn Solvason & Russell Pastuch
Anneliese Villeneuve
Carmen Contreras
Anita Tattrie
Harold Hedley & Wendy McCracken

(Ann Macleod)
Shirley Doswell

(Muriel Peterson)
Keith & Nancy Jeacle
Isobel Oakley

(Bill Meek)
Janice & Pierre Péron

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

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

Office Administrator

Pat Harris emmoffice@bellnet.ca

Leader of Music Ministry

Theresa Clarke music@emmanuelunited.ca

Pastoral Care Provider

Roxanne Delmage roxanne.delmage@gmail.com

Webmaster

Willie Selkirk webmaster@emmanuelunited.ca

Assistant-Webmaster

Russ Pastuch assistant.webmaster@emmanuelunited.ca

Envelope Secretary

Keith Jeacle envelope.secretary@emmanuelunited.ca

Newsletter Editor

Phyllis MacRae newsletter@emmanuelunited.ca

Media Publicity

Steve Taylor publicity@emmanuelunited.ca

Volunteer Associate Minister

Stewart Hewlett 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.

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, March 19**. 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, Mar 3**. For more information, contact Ellen Brohman.



Camp Emmanuel – July 4-7 for kids aged 4 to 12

Come aboard the *SS Emmanuel* and spend 4 days adventuring! Stories, games, cooking & STEM activities will abound as we cruise the seas together! The camp will run from 9:30am to 3:30pm, with pre and post camp care available. Contact Val Lines, Ellen Brohman or Christine Hywarren for information. Registration is coming soon.

Cook and Canoe Camp – July 31 – Aug 4

For youth going into Gr 4 in September and older. Monday and Tuesday will be spent at Emmanuel, preparing food and playing games. The canoe camping will take place at Lac LaPêche, about 45 minutes north of Ottawa, from Wednesday morning to Friday afternoon. For additional information and the registration form, please contact Val Lines.

The **Thursday Morning Discussion Group** (‘Heretics’)

Heretics continues to have our lively discussions on Zoom, at 10:00 a.m. on Thursday mornings. We are currently enjoying the lectures from the resource: *Experiencing God: Discerning the Divine in Human Experience* (ExperiencingGod.net).

Please drop in whenever you can to enjoy a lively and interesting discussion; no preparation or commitment is required.



Contact Evelyn Perkins or any member of Heretics for further information or a Zoom invitation.

Teleos Retreat – Saturday, April 1st

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.

Registration deadline – March 15

To register – contact Joan Foster-Jones



Book Club

The book club will meet on **Tuesday, March 13** at 7:00pm on Zoom to discuss *Talking to Canadians* by Rick Mercer.

CHURCH ACTIVITIES & GROUPS

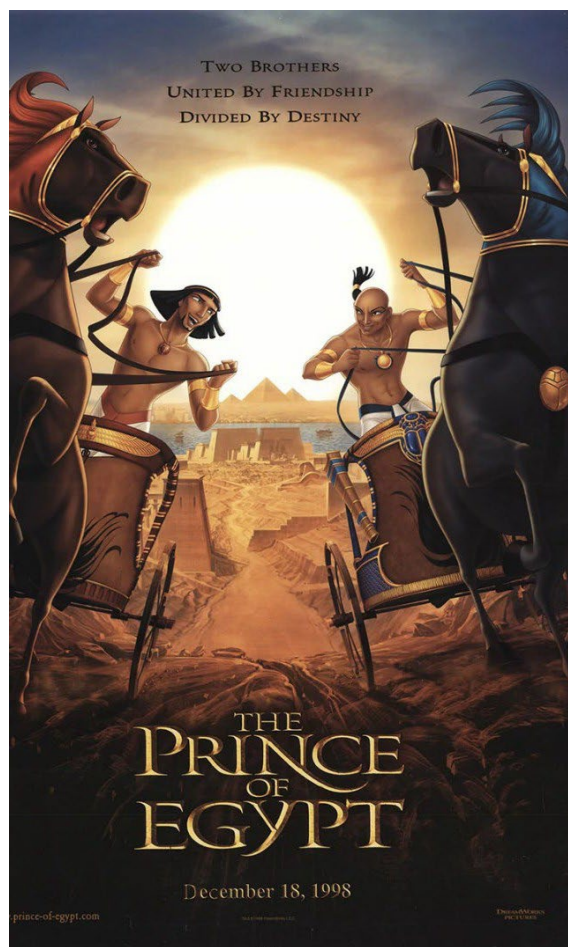
Men's Club Breakfast – Saturday, **March 11** at 8:15am at Perkins Restaurant.

Movie Nights in March

Two exciting movies will be screened in March.

Friday March 10, 7:00 pm. An animated musical film- fun for the whole family. *The Prince of the Desert*. The familiar Bible story of Moses, the bulrushes, Pharaoh, the Exodus of the Hebrew people from Egypt, crossing the Red Sea and the Ten Commandments.

EMMANUEL NIGHT AT THE MOVIES



Friday March 10, 7 pm in the CE Hall

Free admission

Free will donations to the General Fund

Snacks, popcorn, drinks and juice available for sale

THE PRINCE OF EGYPT

“As epic, emotionally satisfying spectacle, it's way up there with the very best in mainstream animation.”
Derek Adams – Time Out

“In this animated retelling of the Book of Exodus, Egyptian Prince Mo (Val Kilmer), upon discovering his roots as a Jewish slave, embarks on quest to free his people from bondage. When his brother Rameses (Ralph Fiennes), the new pharaoh, a series of horrific plagues strike Egypt, denies his plea. Moses finally leads the Israelites to freedom by parting the Red Sea and drowning the Egyptian army. God then gives Moses the Ten Commandments, a list of rules for his people to live by

Kids, Family, Musical, Animation

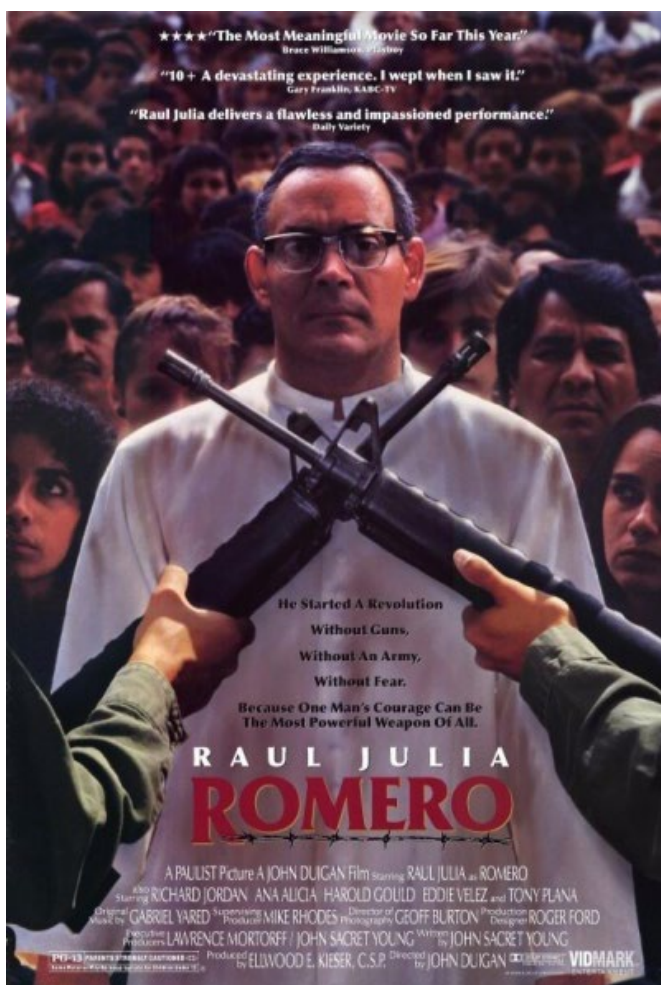
Rated 79% by Rotten Tomatoes, 90% by Audience

Copyright 2018 Universal Pictures

For further details, contact Phyllis MacRae

Friday March 24, 7:00 pm. Romero. The dramatic story of Monsignor Oscar Romero, a conservative traditional son of the Catholic Church in El Salvador, who became radicalized by the violence and injustice of the war in El Salvador. He eventually suffered a martyr's death at the hands of military authorities and subsequently became San Romero of El Salvador. An excellent and gripping film. Suitable for over age 12.

EMMANUEL NIGHT AT THE MOVIES



Friday March 24 in the CE Hall

- doors open at 7:00 pm

- movie starts at 7:30pm

Free admission.

Free will donations to the General Fund

Snacks, popcorn, drinks and juice available for sale

ROMERO

“Where Romero excels as a film is in its depiction of its subject’s gradual transformation.” Steven D. Greydanus – Decent Films

“As the story arc unfolds, Romero, in a state of inertia, is drawn into a gradual conversion experience, not just in a general sense, but in the specific trajectory of a "conversion to justice."”

Antonio Sison – National Catholic Reporter

Biography

PG 13. Not suitable for young children.

Mature themes, some language may offend, violence

Rated 82% by Rotten Tomatoes, 80% by Audience

For further details contact Phyllis MacRae

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 many years, we have been blessed with the leadership and guidance of our good friend Bill Meek. We will continue his legacy, even as we mourn his loss.

For further information and a zoom link, please contact Evelyn Perkins.

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 by the **15th of the month**.

COUNCIL

The March meeting of Council will be by Zoom, on **Tuesday March 14 at 7:15pm**.

This is a full meeting, for all members of council. The Zoom link will be sent out from the office closer to the date.

Please remember that anyone is welcome to attend a meeting of council as an observer.

Following our Annual Congregational Meeting, held on February 19, there remain a few positions to fill. If you would like to know more, please contact Phyllis MacRae, Recruitment, or speak to Christine Hywarren, Chair of Council.

THANK YOU

I would like to thank everyone for all you did and all you gave for Emmanuel in 2022, and, now, for what you are continuing to do, and what you are continuing to give, what we continue to be.

Ross White (Past Chair of Council)

GLOBAL PARTNERS



“Gratitude”

We mourn the passing of our dear friend, Omega Bula, on January 31, 2023 in Chipembi, Zambia after a long and courageous battle with cancer. A woman of strong faith and courage, she always said that God was visiting her throughout these past years - now she is returning the visit.

Omega, along with Christine Williams, was instrumental in establishing Emmanuel’s partnership in Zambia with the Chipembi Congregation of the United Church of Zambia. She was key in organizing Camp Chipembi and very passionate about the involvement of Canadian camp leaders over the years.

Prior to her retirement, and subsequent return to her beloved Chipembi, Omega served in the General Council Offices of the United Church of Canada. Her commitment to partnership led to the formation of the Partner Council, and was instrumental in shaping the Principles of Global Partnership that guide the global partnership program of The United Church of Canada today.

Omega leaves a legacy of ecumenical leadership in the struggle for racial, gender, economic and social justice, not only in Zambia, but globally as well. Her loss is felt around the world. She was an inspiration to all who seek to promote justice, truth and peace.

A firm believer in education as a means for transformation, she encouraged the pursuit of further education as a way to improve the lives of young people. She was also a strong advocate for the empowerment of African women.

Much beloved in the Chipembi community, Omega was very active within her church. Her love for others, especially children, touched and changed many lives, as those who have attended Camp Chipembi can attest. She was often endearingly referred to as “Auntie O”.

During her battle with cancer, Omega would sign off on her regular updates with one powerful word – “gratitude”. Gratitude is defined as “an emotion expressing appreciation for what one has”. We are grateful for having known Omega. A wonderful soul gone way too soon. She will be missed.



We would like to thank those who have made contributions to the Zambia Mission Fund in memory of, and gratitude for, Omega Bula’s life, ministry and legacy.



The Clark-Kazak Family
Mary Turnbull
Keith, Nancy & Kirsten Jeacle



Communion Offering Palm Sunday, April 2, 2023 will be in support of Iglesia Bautista Emmanuel (IBE) - our Global Partner in El Salvador.

Iglesia Bautista Emmanuel is a Baptist Congregation located in San Salvador, committed to the cause of peace and justice in El Salvador. In parallel to the church, there is a school that provides

a strong emphasis on building a culture of peace to replace the current culture of violence.

Emmanuel has had partnership with IBE for many decades, stemming from the sponsorship of two Salvadoran refugee families who had to flee El Salvador's Civil War. Since 1990, Emmanuel has sent over 130 youth and adults to El Salvador in support of our partnership. All of the trips have been service-learning trips, to learn about the people and issues of El Salvador, and have included activities such as the construction of houses and youth centers, acting as election observers and running vacation bible schools.

Both communities of faith share a common interest in, and a commitment to, Christian development and outreach to those in need.

One of the areas that our partnership has focussed on over the years is in support of youth programs at IBE. A "*culture of peace*" is the overall theme of their programming. Peace Bible Schools are held in December of each year at IBE as well as in 12 outlying communities. Iglesias Bautista Emmanuel also runs several youth centers, one in San Salvador and three in outlying communities. The youth centers provide after school and weekend programs with tutorials in music, computers, mathematics, cooking and visual arts. The activities are designed to promote youth leadership training as well.

In addition, IBE provides outreach in the support of the poor and marginalized families in many different communities through the distribution of food, clothing, water and other supplies. During emergency situations caused by frequent hurricanes, tropical storms and floods, IBE organizes support for those families most affected, delivering comfort and hope, distributing food baskets, and providing clothing and household items, as they are able.

The work and ministry of Iglesia Bautista Emmanuel has been greatly affected by worsening conditions in El Salvador with increasing gang violence and the declaration of a State of

Emergency in an attempt to get the violence under control. El Salvador is also facing constant inflation – the cost of a basic basket of goods increasing daily - greatly affecting thousands of impoverished and vulnerable families.

While it is important that we look after ourselves in the work we do at Emmanuel, it is also important that we reach out to those in our world who are in need, particularly those with whom we have a partnership that stretches back a great number of years.

We hope that you will give consideration for a donation to this partnership through the Communion Offering on Palm Sunday, April 2, 2023.

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!

A reminder that **Monday March 6th** is our luncheon date after exercise. Please sign up with Barb Bullard.

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 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

Sweet Messages

Winter continues to have its ups and downs, as we are all eager for the arrival of true spring. In February, we gathered some uplifting “sweet messages” from you. Thank you for writing these.

“Always act from a place of LOVE not anger.”

“We are all God’s children.”

“Love and care to all our EUC friends!”

“Stay Warm!”

“Spirit, Mind, Body”

“To Love another person is to see the face of God.”

“We are not Alone.”

“Hot tea!”

“God loves you and so do I.”

“We love Smiles”

“Supportive!”

“Happy, Caring People in this place.”

“God is love.”

“Stay Safe, Healthy and well.”

”God loves a cheerful giver.”

“God is Good, God is Great!”

“You’re loved.”

“A sweet message from the weatherman—warmer weather this week and more light as we edge towards spring. Hoorah!”

“Love the caring people at Emmanuel.”

“Stay positive!”

“Everyone is happy that the weather is improving; let’s hope the canal opens soon.” ☺

“This is the kind of sweets I need, Love to all”

“God bless us”

Name Badges

At a recent gathering with the African community, it was noted that we need to get to know each other better. Wearing a name badge is a good start; it shows an openness to being approached and recognized. If you find that your name badge is missing from the rack in the narthex, we

would be happy to make one for you. There is a sign-up sheet on the bulletin board nearest to the office. Cord, pin or clip... your preference.

Next Meeting: The next meeting of the Keeping in Touch Committee will be on **Tuesday, March 7 at 7:00 P.M.** on Zoom.

PASTORAL CARE

Prayer Shawl Ministry

Did you know Emmanuel United has a Prayer Shawl Ministry, as part of Pastoral Care? Nyla Garrett leads this ministry and has 6 or 7 knitters that support her. Prayer Shawls and Lap Blankets are a symbol of the inclusive, unconditional love of God; knit with Prayers in every stitch. Shawls/blankets are presented for bereavement/loss or illness and also for celebrations, such as 90th birthdays.

Save the Date

Pastoral Care is offering the Workshop “Live Well, Die Well”; all about Advance Care Planning, on Monday April 24, 2023 from 2:00-4:00pm.

Please continue to share the Pastoral Care needs of the Congregation.

SOCIAL ACTION



Food Bank Sunday, Monday

Let's continue to help our friends and neighbours who are food insecure. With COVID-19 and inflation pressures, that task became much harder. Please support our local food banks.

There are two ways to help:

- **Drive-Thru Drop Off** - On Monday, **March 27th between 2 to 3:30M**, bring your donation of non-perishable food and unscented baby wipes, pull ups 2T, 3T and 4T, toddler supplies: cookies, cereals, and shampoos (feminine supplies

also appreciated) to the front entrance of the church. Please no candy. Pierre, Janice, and Colleen will be waiting to accept your donations.

- **Drop at Sunday Morning Worship**— you may also drop in your contributions to the collections box in the narthex on **March 26th**.
- **Gifts** of reusable cloth grocery bags would be most welcome.
- **Please no more egg cartons.**

If you are unable to deliver in person, you can still participate. We will have **drivers available to pick-up** your donations. Please arrange for pick-up no later than **9:00 am on Monday, March 27th** so that the necessary arrangements can be made. Please call Janice Peron or email at to arrange.

- **Make a donation** to the local food banks (in this case Rideau Rockcliffe Community Resource Centre Food Bank) **via e-transfer** to the church at envelope.secretary@emmanuelunited.ca and indicate for food banks in the memo field. Donations will be gathered into one payment to the food bank.

WORSHIP

Lent

Please join Rev. Grant Stuckless for a weekly bible study called “Lenten Lectons”, via ZOOM on Wednesday evenings from 7:00 to 8:30 p.m. The link will be sent from the office.

During the four Sundays in March, we will be focusing on the gospel of John.

We will also be incorporating testimonials and introducing new music into our worship services.

Stay tuned for more information.

Underground Railroad Banners

In recent years, a theory has been proposed that traditional quilt designs formed a secret code for slaves escaping on the Underground Railway and looking for a safe route to freedom. The idea has gained popularity in fiction. However, historians have not found any evidence that such a scheme actually existed.

Recognizing that this story remains in the realm of fiction, several years ago the quilting group decided to take up the spirit of the story and create a pair of worship banners based on the traditional quilt blocks that were said to be part of the code. These banners usually hang during Lent which normally coincides with a part of Black History Month. There are two banners, each one will hang for half the Lenten period.

Below you will find a description of the blocks that can be found in the banners. See if you can figure out which one is which. Not all of them are included in both banners. If you get stuck, then consult the legend, which you will find in the piano bench beside the organ.

Jacob's Ladder - Alternating path of dark and light that can be used to show direction.

Monkey Wrench - A heavy metal tool used by the blacksmith. This block indicates that it is time to collect the tools needed for the journey north. The blacksmith could “talk” to the slaves with the rhythmic hitting of his hammer on the anvil.

Wagon Wheel - Wagons with hidden compartments were one of the primary means of transporting escaping slaves. This block could also be a sign to pack provisions that were essential for the journey.

Carpenter's Wheel - To the slave, the carpenter was Jesus. As they worked, they sang Swing Low Sweet Chariot – a chariot that would “carry them home”. It was time to plan their escape.

Bear's Paw - Runaways were directed to follow the trail of a bear's footprints – to water and food. Most escapes took place during the spring when it was easier to follow footprints.

Basket - As slaves couldn't stop to purchase provisions on the way, they depended on help from safe houses and friends. Supplies could be carried in laundry or sewing baskets.

Crossroads - Once fugitives made it safely through the Appalachian Mountains, they were to head towards the "crossroads" or city to find protection. One main crossroad was Cleveland.

Log Cabin - This block may have indicated a specific safe house. A red centre represented a hearth or fire, a yellow center indicated a light or beacon.

Shoo-Fly - This pattern represents a person who was helping the slaves escape. Slaves would hide in churches, caves or graveyards waiting for a signal.

Bow-Tie - This instructed slaves to dress in a more formal manner so they wouldn't stand out amongst the city folk.

Flying Geese - A compass indicating the direction to travel. The best time to travel north to freedom was in the spring – when the geese were flying in that direction.

Birds in the Air - An indication of the direction to travel.

Drunkard's Path - Slaves were to move in a staggered fashion – their trail would confuse the following slave hunters.

Sail Boat - A symbol of safe passage to freedom.

North Star - The guiding light leads slaves to Canada and freedom.



Simplify your Celebrations

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



In memory of Joan Stevenson,
a long time founding member
by Hilde Reynolds

In memory of Frank Kavcic.
He will be missed.
by Hilde Reynolds

In appreciation and remembrance of Bill Meek
by Mark & Pat Harris,
Anne Wood (Calgary AB),
Mary Turnbull



With thanks to the quilting group
who helped me with a project
by Carol Campbell

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



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