

# **LIFE AND WORK OF EMMANUEL UNITED CHURCH OCTOBER 2022**



**November Issue Submission Deadline:**  
Monday, October 24, 2022

## ***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](mailto:emmooffice@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.**



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

**(Norine (Parker) Anderson)**  
Mother of Christine Hywarren,  
grandmother to Tia and Evelyn  
and great grandmother of Percy

*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. If your family is not ready to be at church in person and would like to receive online Sunday school material instead, please contact Val Lines

**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 **Sunday, October 16 at 6pm**. 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, Oct 7**. For more information, contact Ellen Brohman .

**Get together for youth in Gr 4 – Gr7/8 – Saturday, Oct 29** – Similar to last year's event, we will gather at an outdoor café for a pizza supper followed by outdoor games in the dark. For more information contact Ellen or Val.



## **Book Club Schedule**

The book club will meet on Monday, October 17 at 7:00pm on Zoom to discuss *Permanent Astonishment: A Memoir* by Tomson Highway.

## The Thursday Morning Discussion Group (Heretics)

The Thursday Morning Discussion Group (Heretics) is now taking a slightly different approach. We will work with the book *Do I Stay Christian* by Brian D. McLaren, and will intersperse discussions of that book with discussions of various essays and articles of interest, including, but not limited to, articles from the Broadview magazine.



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Regardless of the topic, we always have interesting and lively times, and we'd love to have you join us! We meet at 10:00 a.m. on Thursday mornings on Zoom. Please contact Evelyn Perkins or any member of Heretics for further information and a Zoom invitation.

## Teleos - Wednesday, October 26<sup>th</sup>, 7:00 pm (via Zoom)

Teleos is a group for all women in the congregation. We learn about and discuss a variety of topics that interest us. Plans for the October meeting were not finalized when the packet was published. For further information, contact Joan Foster-Jones or check the weekly activity notices prior to the meeting.

# **CHURCH ACTIVITIES & GROUPS**

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



## **Emmanubells**

Do you have an interest in playing handbells? The Emmanubells would welcome new members to join them. No previous handbell experience is necessary as we will teach you how to ring the bells. A basic knowledge of reading music is highly recommended. Rehearsals are on Thursdays from 6 pm - 7:30 pm and we play in church approximately once each month.

If interested, please contact Ann Frederking.

**Emmanuel Indigenous Relations Group** will meet by Zoom on October 19 at 7:00 pm. The zoom link will be sent out later. Please mark this date. If you would like to be added to the group mailing list to be kept advised of activities, please contact Phyllis MacRae or Val Dowd.

### **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**

**Emmanuel’s newsletter** “Inquiring Minds” will be published in November. The deadline for contributions is **October 30**.

Please contact Phyllis MacRae or Jon Jones if you have any suggestions for articles or stories to contribute.

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**

**Council** will meet at 7:00pm on Tuesday, October 18 in the C.E. Hall.

### **Executive of Council Meeting: September 20, 2022**

This was our first meeting of the new school year and Reverend Grant had the opportunity to hear a report from each Committee Chair and get a bit of flavour of the many activities that Emmanuel is involved in.

A motion was passed to extend Jeannie Page's license as Lay Worship Leader. (Thank you Jeannie for all you are doing for us.)

A motion was also passed to have Property and Grounds investigate having an electric vehicle charging station installed at the church. (Thank you, Bill, for adding this to the already onerous P and G work load.)

Committee Chair reports were discussed including transportation to the church for people unable to drive, status of building renovations, Social Action programs, youth programs, Chipembi activities, Take Time to Be Wholely, and Ministry and Personnel. Details are found in other parts of the Packet or please speak to Committee Chairs or Committee members for more background.

**Covid Standards** — effective October 2022. (No change from September)

The Emergency Planning Committee has updated Emmanuel's Covid standards effective for October.

We are encouraged that more people are finding it comfortable to attend church activities and Sunday services in person and

enjoying the community feeling. It is also understandable that everyone is making their own decisions that fit their own comfort levels and staying home if they have Covid or flu symptoms. Standards for October:

1. For worship services (Sunday, Wednesday etc.) masks must continue to be worn.
2. For other activities in the church, wearing of masks is encouraged but not required.
3. For gatherings, either as part of Emmanuel activities or by outside groups, including activities in the kitchen, leaders of such gatherings can set mask standards applicable for their particular situation.

Emergency Planning Committee: Blake Lines, Christine Hywarren, Grant Stuckless, Ross White

## **GLOBAL PARTNERS**

### **Church Office Build**

The Church Office Build Project at the United Church of Zambia, Chipembi Congregation is in its final stages and completion of the project is scheduled for March 2023. There is still about \$6,000 Canadian to be funded by Emmanuel and Bells Corners United and it is our hope that the funding can be realized in order for them to keep to their timeline.

The Communion offering for Sunday, October 2, 2022 will be going to support the work and ministry of our partner church in Zambia, the United Church of Zambia, Chipembi Congregation. Your Communion Offering will provide funds which will allow the completion of their Church Office Build.

### **Pilgrimage to Chipembi in 2023**

An invitation has been extended from the Chipembi Congregation to Emmanuel United and Bells Corners United to come to Chipembi for the dedication of the Church Office building. At

this point, they are suggesting March 2023, but they are also willing to work with us on a time that might work better for us.

If you might be interested in a pilgrimage to Chipembi in 2023, or would like additional information, please speak to Keith Jeacle.

### **Just Gifts Christmas Market**

The planning for Just Gifts has started. We are hoping to be able to do a hybrid market, with an on-line market running from November 11 – 26, 2022, with pickup of purchases and an in-person Christmas Market on December 3, 2022.

Donations of jams, jellies, pickles and relishes would be greatly appreciated, as are handcraft items.

We will be selling tables for the in-person market, so if you know of any vendors who would like to participate, please get in touch with members of the Global Partners Committee.

## **HEALTH**

### **TTtbW Exercise**

Classes started on September 12<sup>th</sup> and will continue until Friday December 16<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**

## **Thinking of Post-Secondary Students**

October is the month when students have settled in to college or university settings and might appreciate a bit of cheer from Emmanuel as they face mid-term exams and assignments and we want to keep in touch. If you know of a student please give us their contact information so they can be included in our mailings and deliveries. There is nothing like homemade cookies, cheery notes and abundant treats from the Emmanuel community!

## **Lunch for Newcomers: Sunday, November 13, 2022**

The Keeping in Touch Committee will be hosting this lunch on Sunday, November 13 following the worship service. This informal gathering will provide an opportunity to extend a welcome to newcomers, and join in fellowship. If you have visited Emmanuel by watching one of our live-stream services, or attending in person we welcome you to join us; mark your calendar.

## **Transportation**

There are times when it is necessary to receive assistance with transportation to Emmanuel for an in-person service, as there is no other way to get there. At the September 20 Executive of Council meeting we had a good discussion about ways to help. Call the church office, or see the contact details below for more information.

## **Back to School**

With a more open education setting this year, we are thinking of all students and their families as you adjust to new opportunities and challenges. Take care of yourselves and each other.

For more information about transportation, Newcomer's Lunch or to send names and addresses of college and university students contact Joyce White.

# **MINISTRY AND PERSONNEL**

The Ministry and Personnel Committee has been busy welcoming Rev. Grant Stuckless to Emmanuel and orienting him to the life and activities of Emmanuel United Church.

During his first two weeks at Emmanuel following his start with us on Monday 12 September, we have:

- Helped arrange personal meetings with several Committee Chairs, including the Chairs of the Worship Committee, of Council and the Agenda Planning Committee, of the Keeping in Touch, of the Ministry and Personnel Committee, as well as with Roxanne, our Pastoral Care Provider and the Pastoral Care Team, and with Theresa, the Leader of Music Ministry;
- Prepared a binder of information for his review, consisting of information on Emmanuel's staff, descriptions of each of the standing committees, an annotated telephone list, the 2018 pictorial directory, and reference documents such as the 2021 Annual Report and the Emmanuel Constitution;
- Arranged for a member of M&P to meet in the Office with Rev Grant each day; and,
- Oriented him to the building.

Thanks to members of the Property and Grounds Committee for providing Rev Grant with an office laptop computer, a cell phone, and an email address.

The Executive of Council meeting on 20 September was a great opportunity for him to learn more about Emmanuel.

M&P had a check-in meeting with Grant on 22 September to see how his first two weeks had gone. As he mentioned to all of us in the sermon on the 25 September, he is appreciative of having had

the chance to meet with so many people and said that he is listening carefully to take it all in.

We will continue our orientation conversations with Rev Grant and assist him in becoming familiar with Emmanuel and its many activities.

### **Search for Leader of Children, Youth and Young Adult Ministry**

We currently have a search underway for a new staff member in the position of Leader of Children, Youth and Young Adult Ministry. The ad has been posted on the Emmanuel website, together with the position description, and on the Eastern Ontario Outaouais Region's website.

If you are aware of a potential candidate for this position, please contact Val Lines.

#### **Ministry and Personnel**

Graham Campbell, Shelley Ferrell, Val Lines, Jill MacLean, Chikwa Zahinda

## **PASTORAL CARE**



Autumn is upon us. The days are shorter, it's time to close the cottage, and remove some plants from the garden, and take out the coats, hats, and mitts. In addition, the trees are changing color and losing their leaves, always beautiful in Ottawa. The trees remind us we can let go of what isn't serving us. We can move to what makes us feel alive.

The Pastoral care team is thrilled to have Rev. Grant working with us in his full-time capacity as Minister of Worship and Pastoral Care. His love for people, their stories, and his great sense of compassion makes him perfect for this work.

Please continue to share your **Prayer requests for our Prayer Circle** to be shared anonymously, or named, as you prefer, with the congregation during Prayers of the People.

**Tuesday Coffee Zoom** continues to be offered 10-11 am; come and share in the fellowship. Contact

[Roxanne.delmage@gmail.com](mailto:Roxanne.delmage@gmail.com) for the link to Zoom.

Pastoral Care is rescheduling our event, **Live Well, Die Well**, until spring due to building construction. Stay tuned.

## **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**

October is a time to be grateful, and at Emmanuel, we have much to be grateful for. We are so pleased to welcome Rev. Grant Stuckless, our new Minister of Worship and Pastoral Care. We have a strong music ministry, a wonderful tech team and many volunteers who assist as Lay Readers, Ushers, and Coffee Hosts, but we can always use more. **If you would like to sing in the choir, or could offer some time preparing slides, learning how**

**to use the audio-visual system, ushering, or serving coffee, please let Jeannie Page know and she will connect you to the coordinators of these ministries.**

**Upcoming Worship Services:**

**October 2<sup>nd</sup>:** Rev. Grant Stuckless, Worldwide Communion  
**October 9<sup>th</sup>:** Rev. Grant Stuckless, Thanksgiving  
**October 16<sup>th</sup>:** Rev. Grant Stuckless, World Food Sunday  
**October 23<sup>rd</sup>:** Rev. Grant Stuckless, Peace Sunday  
**October 30<sup>th</sup>:** Jeannie Page, LLWL

**Weekly Faith Study** will resume on ZOOM on Wednesday, October 19<sup>th</sup> at 6:30 p.m. All are welcome.

**A Prayer for Thanksgiving, by Rt. Rev. Richard Bott**

For what we have received, O God,

Make us truly thankful.

For the breath of life,

for the tears that fall,

for the moments of love,

for the times we are not sure

quite what to do next.

Make us truly thank-full, O God,

make us truly thankful.

Amen



## ***Simplify your Celebrations***

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



to:

Jeannie Page  
and  
Louisa Coates

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:

\_\_\_\_\_

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

Amount: \$ \_\_\_\_\_

*Thank You*