

**LIFE AND WORK OF
EMMANUEL UNITED CHURCH
DECEMBER 2023**



**January Issue Submission Deadline:
January 2, 2024**

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 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.*



IN MEMORIAM

Margaret Stymiest, November 10, 2023



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

(Bob Armstrong)
Susan Koschmider
Shirley Doswell

With warm thoughts of Brian Copeland
as he grieves the recent loss of his dear mother
Julie & Terry Henderson

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
(working remotely Mondays)

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CHRISTIAN DEVELOPMENT



Nursery – Nursery is available every Sunday.

Sunday School – In person Sunday school activities for children aged 3 to 13 take place during Sunday services.



Rainbow Hub - Rainbow Hub is a monthly social group organized and supported by the EOORC for LGBTQ2+ youth 12-18 years from across the city.

Meetings are usually held on the first Friday of each month; however, the December meeting will be the second Friday of the month – **Friday, Dec 8.**

A second Rainbow Hub is being formed at Kitchissippi United Church for youth aged 15-17.

For more information contact Ellen Brohman (ellenbrohman@gmail.com).

‘Let’s stay together’ Sundays – Let’s stay after church to build community, share in creative faith formation and have some intergenerational fun! Lunch and a choice of three activities will be provided.

Sunday, Dec 10 – 11:30 – 1:00 – Activities are Gingerbread House decorating, a carol sing, and a Teen/Adult Christmas craft. There is a signup sheet for all activities in the narthex.

Sunday, Jan 14 – 11:30 – 1:00 – Activities are an Inuit Beading workshop; a talk on Indigenous issues led by Kyrstin Dumont who is an Algonquin Anishinaabe from Kitigan Zibi; and a Messy Church all-age program.

The Thursday Morning Discussion Group (‘Heretics’)

The Thursday Morning Discussion Group is now “between books”, so we will have major planning sessions. The field is open. Basic livable income?



World peace? Faith traditions we're not familiar with? Local politics?

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 (perkeve@hotmail) or any member of Heretics for further information or a Zoom invitation. Our last meeting before Christmas will be December 14, and we will resume on January 11, 2024.



Book Club – will meet on **January 8** at 7:00pm on Zoom to discuss *Valley of the Birdtail* by Andrew Stobo Sniderman and Douglas Sanderson.

CHURCH ACTIVITIES & GROUPS

Men's Club Breakfast – Saturday **December 9** 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 and a zoom link, please contact Evelyn Perkins (perkeve@hotmail.com).

COUNCIL

Bequests from Isobel Bryan and Joan Halliday

We have recently had news that Emmanuel is the recipient of a generous bequest from the estate of Isobel Bryan. We have also been advised of an anticipated bequest from the estate of Joan Halliday. Isobel was an active member of Wesley and Emmanuel and Joan an active member of Emmanuel. Both were teachers and dedicated to the education of children in Ottawa. We were blessed to have had them with us.

The total anticipated amount of these two bequests is \$300,000. We are beginning to engage in how this money should be allocated or reserved for the use of the church. The result is intended to provide recommendations to Council and to the Congregation. We hope that this process will conclude at the Congregational meeting in February 2024.

Those close to Isobel and Joan will be consulted, but we would also like the entire congregation to have a chance to provide input. If you have views on this, please provide written notes to the Chair of Council (christine.hywarren@gmail.com) by December 31 so that comments can be assembled for review at the January meeting of Council. It would also be useful if you would speak with members or Chairs of Emmanuel committees to express your views. Committee Chairs are then encouraged to provide their committee's views by December 31.

Bequests Ad Hoc Committee: (Christine Hywarren; Malcolm Collins; Sandra Lawson; Grant Stuckless; Ross White)

Emergency Planning Committee

The EPC met recently to review the current public health situation. As predicted, there has been a rise in Covid-19 and respiratory cases in Ottawa.

The message from Ottawa Public Health remains the same—flu and respiratory viruses will continue to be in the community. Their recommendations remain:

- **Vaccinate** against flu/Covid-19/RSV and reduce the risk of infection
- **Stay home if you are not feeling well**
- **Mask if** you must go out and someone in your house is sick
- **Wash your hands** often and use sanitizer

At Emmanuel, we will continue to encourage individuals to follow these recommendations.

Masking is no longer required at the church. However, individuals who are more comfortable wearing masks are encouraged to make this choice.

We continue to ask that everyone be conscious of and sensitive to the personal space of those around you; consider that some are more comfortable with 2 metre distancing. Particularly, our seniors and those living with conditions that weaken their immune systems may wish to keep this space. With grateful thanks to our Communications Committee, worship remains available online each week.

Thank you for your continued support.

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

FINANCE



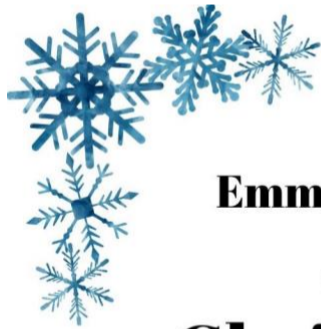
Graham's Christmas Readings: Memories

**Friday, December 1, 2023
7:00 – 9:15**

**Tickets are available at Coffee & Conversation
or through the Church Office (613) 733-0437
Adults \$15, Youth (12-18) \$10**

Proceeds to Re-Opening our Doors Project

GLOBAL PARTNERS



Emmanuel United Church

Just Gifts

Christmas Market

Fairtrade & local products

**In-person Shopping
and On-line Order Pick-up**

Saturday, December 2, 2023

10:00 am - 1:00 pm

HEALTH

Take Time to be Wholly- Exercises Programs for Seniors

Chair Yoga Exercise Program – Monday’s 10:30 to 11:30 am

Chair Yoga is a gentle and accessible way to enhance your flexibility, balance and overall well-being. It's perfect for individuals of all ages and fitness levels. No mat is required. Cost: Drop-in fee of \$5 per class.

Stretch and Strength Exercise Program – Friday’s 10:30 to 11:30 am

Exercise that consists of light exercises, some standing using light free weights and exercise bands. The program is designed to encourage seniors to stay or become more fit by stretching and exercising most body muscles. All the equipment needed is provided. Drop-in fee of \$5 per class.

PLEASE NOTE: The fall session ends on Friday, Dec. 15/23 and the winter session will resume on Monday, Jan. 8/24.

KEEPING IN TOUCH

Post-Secondary Students

Some of the comments received when thinking of you parcels were delivered:

“School is hectic at the moment as I'm finishing up my thesis and giving guest lectures.

The parcel was received without issue, thankfully. As always, it was lovely to know I was being thought of and I enjoyed all the tasty treats immensely.”

“I appreciate your support and I am grateful to have such a caring church community”.

“I wanted to thank the church committee for thinking about us. I appreciate your prayers and continued support of our personal and academic endeavours. Hope to see you in the near future.”

“I just received a parcel in the school mail; thank you for thinking of me; everything is good over here at Union College”. (Idi Zahinda’s package was mailed in North Carolina and arrived two days later in Barbourville, Kentucky!) He really liked the comment “score one for Emmanuel” that someone wrote on his card.

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.

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 at 613-324-8759 if you are available to drive.

Coming in 2024

What: A new Pictorial Directory of the congregation

When: Photos will be taken between April 10 and April 20

How: On-line booking will be available

Why: The Directory is an important resource for the Emmanuel Community.

Who: We want everyone included. Volunteers are needed for Reception, Publicity, Telephone Contact and Overall Planning.

The next meeting of the Keeping in Touch Committee will be Monday, December 4 at 7:00 P.M. on Zoom.

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

MINISTRY AND PERSONNEL

Amelia Brohman, our new Leader of Children, Youth and Young Adult Ministry, and Ron MacDonald, our new Pastoral Care Provider, have been settling into their new positions. Ron has started to do some first visits, accompanied by members of the Pastoral Care team. Amelia helped organize our first 'Stay Together' Sunday and is starting to look at future youth and family activities.

The search for an Office Administrator is in progress. We've received applications and are in the process of conducting initial interviews.

We will be having a celebration of Pat's time with us in late January/early February. Stay tuned for more details in early January.

PASTORAL CARE

Reflecting on a Month at Emmanuel: A Heartfelt Thank You
Dear Emmanuel Community,

As I complete my first month as Pastoral Care Provider, I express my sincere gratitude for the incredibly warm and supportive welcome I have received. The kindness and hospitality extended to me have not only eased my transition into this role but have also provided me a confident sense of belonging.

I want to extend a special note of appreciation to the Pastoral Care Team, Rev. Grant, as well as Val Lines and Jill MacLean. Your generosity and support have been instrumental in making my initial weeks at Emmanuel truly meaningful.

In my role as the Pastoral Care Provider for Emmanuel, I want to emphasize that my door is always open. If any member of our community is in need of a confidential space for a listening ear and support, I am here for you. Feel free to reach out to me at ['pastoralcare.euc@gmail.com'](mailto:pastoralcare.euc@gmail.com)

Thank you again for your warmth and hospitality. I look forward to continuing to serve and connect with each of you in the days ahead.

Warm regards,
Ron MacDonald

From Loss to Light Service

As we approach the Christmas season, we recognize that for community members experiencing and grieving loss, this time of year can be especially difficult. In acknowledgment of this, we extend a heartfelt invitation to our annual "**From Loss to Light**" service, taking place on **Sunday, December 17th, at 2:00 p.m.** The "From Loss to Light" service provides a comforting space offering support to anyone who may find it difficult to embrace the joy of Christmas.

If you are aware of someone in our community who might be struggling during this holiday season, we encourage you to extend a personal invitation to them. Your gesture may provide solace and companionship during a time that can be particularly challenging. The Pastoral Care Team is here to support you with compassion and understanding. We look forward to coming together as a community to offer comfort and light during this season on Sunday December 17th at 2 p.m. This service will be live streamed for those unable to attend in person.

SOCIAL ACTION

Communion Offering, December 10

Our communion offering will go again to OrKidstra. This is a unique Ottawa non-profit, which brings music to many kids who could not otherwise have music in their lives.

OrKidstra provides music lessons, instruments and a group experience which the public schools no longer include to kids whose families cannot provide for it. It is focused on those who could not afford these important ways to be enriched. They have an incredible schedule of opportunities!

An example of the importance this group has in the Ottawa music scene is that the world-renowned Ottawa pianist Angela Hewitt recently donated all her years of collected concert ball gowns to be sold to benefit OrKidstra!

Let's give generously to give the world of live music to kids who would not have it without OrKidstra!

Good News!

We have just learned that Immigration Canada has approved visas to the family of **Claire Ntazongwa and her three adult sons** to travel to Canada within the next two months. Claire is the sister-in-law of Chikwa, Mamy and Justin Zahinda. The family has been waiting in Uganda for their visas to travel to Canada under Emmanuel's refugee sponsorship. The family may arrive in Ottawa between mid-December and early January according to the information we have been given.

The Emmanuel Refugee Support Group will be looking to the congregation to provide financial contributions for our sponsorship, as well as donations of furniture, household supplies, winter clothing and used cell phones and computers (laptops, tablets etc). If you wish to assist with any of these needs, please contact Phil English, Chair of Social Action, and Jon Jones, coordinator of the ESRG.

Christmas Means Mail - Even Now!

We don't get much snail mail anymore - but at Christmas we still get some. It is a good time to save any stamps you see for OXFAM. Emmanuel has been saving stamps for this good purpose for many years.

For over 40 years, Oxfam Canada has been raising funds for projects across the globe from its volunteer Stamp Program. Believe it or not, those used stamps and envelopes can add up! Oxfam Canada volunteers (approximately 10-12 individuals at the moment) raise roughly \$30,000 annually by sorting and selling stamps to collectors. Over \$500,000 has been raised from the Stamp Program since it started in 1980. They depend entirely on donations – primarily of modern material from companies, organizations and

individuals. They also receive donations of older material from estates or a collector's duplicates.

In previous years, beneficiary projects of the Stamp Program have ranged from famine and typhoon relief to women's empowerment programs and reducing HIV vulnerabilities.

“That might seem like a drop in the bucket compared to the scale of the problems of poverty, disease and injustice around the world. We believe, though, that every little step in the right direction can help.”

WORSHIP

Advent is a time of expectation and preparation for the birth of Christ at Christmas.

The four themes of Advent are HOPE PEACE JOY LOVE

HOPE - On December 3 the Prophecy candle will be lit, which assures us we can have hope that God will fulfill the prophecies in the Old Testament foretelling the birth of Christ.

Isaiah 64:1-19. Mark 13:24-37

PEACE - On December 10 the Bethlehem candle will be lit, which reminds us of Mary and Joseph's journey to Bethlehem.

Isaiah 40:1-11. Mark 1:1-8

JOY - On December 17 the Shepherds' candle will be lit, to celebrate the shepherds' joy finding the Christ child and sharing their joy with others.

Isaiah 61: 1-4, 8-11

LOVE - On December 24 we light the Angels' candle, which reminds us of the message of the angels "Peace on Earth, Goodwill to All"

Luke 1: 47-55

On Christmas Eve, we light the Christ candle, which represents the Life of Christ.

Luke 1: 26-38

There will be a 10am Service on Sunday December 24, a Family Service at 5:30pm, and at 7:30pm a Carols and candles Service.

Joy to the World

EUC Music Ministry

The EUC Music Ministry is busy preparing for our Advent and Christmas services!

Special and grateful thanks to the membership (and Director, Ann Frederking) of the Emmanubells, the membership (and Director, Jim Lamb) of JAM, and to Abigail Sanchez-Rojas and the Senior Choir for all of their hard work in preparing for this deeply meaningful and exciting season. **Please note:** we will once again host a "Postlude Carol Sing" at the end of each Advent Sunday service; please join in singing along to congregational Carol Favourites!



Flowers - We would appreciate donations of poinsettia plants or other plants to beautify the sanctuary for Christmas. If you would like to donate a plant or give a monetary donation to help purchase one, please contact the office 613-733-0437.



Simplify your Celebrations

We would like to thank those who have made contributions in the month of November 2023 to the Emmanuel United Church as part of the *Simplify your Celebrations* project. Donations were received as follows:

Thanks to Ross White
for hand delivering a case of olive oil to my home
by Shirley Doswell

Thanks to Emmanuel and many within
for care and support received
during and after illness

In appreciation of Betsi Collins
by Pat Harris

Two thumbs up for the gluten free almond cookies
sold at the Bazaar
by Janet Thompson

Many thanks to Val Lines and Betsi Collins for transportation and to
Betsi, Val and Hilde for food
during my recent surgery
by Mary Turnbull

Thank you to the amazing leadership
of Brenda Ashe and Valerie Dowd
and the many volunteers for a great Bazaar



In memory of Bob Armstrong
by Hilde Reynolds

In memory of Margaret Stymiest
“I will miss her”
by Hilde Reynolds

With warm thoughts of Sandra Copeland
as she grieves the recent loss of her dear mother
by Julie & Terry Henderson



Donations may be made by cheque
payable to “Emmanuel United Church”,
e-transfer to envelope.secretary@emmanuelunited.ca
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