

LIFE AND WORK OF EMMANUEL UNITED CHURCH JANUARY 2024



February Issue Submission Deadline:
January 22, 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

Doreen Humphrey, November 25, 2023



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

(Bob Armstrong)
D. Lynn Solvason & Russell Pastuch
Blake & Valerie Lines

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

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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 for youth 12-15 years old are usually held on the first Friday of each month at Emmanuel.

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).

Confirmation – Amelia Brohman and youth from Emmanuel are joining confirmation classes with youth from Rideau Park. Contact Amelia at amelia.euc@gmail.com if you are interested in joining.

February Youth/Family Weekend – We are planning a youth and family weekend away on the Family Day weekend of **Feb 17, 18**. We will play outdoor and indoor games, prepare and share meals and worship together. Please contact Amelia at amelia.euc@gmail.com for more information.

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

Sunday, Jan 14 – 11:30 – 1:00 – After lunch activities are an Inuit Beading workshop; a talk on Indigenous issues led by Kyrstin Dumont, an Algonquin Anishinaabe from Kitigan Zibi; and a Messy Church all-age program. There is a sign-up sheet in the narthex. You

can also call the office and ask for your name to be added to the sign-up sheet.



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.

The Thursday Morning Discussion Group (Heretics)



This season the Thursday Morning Discussion Group (Heretics) will be delving into Jesus' Parables. That man knew how to tell a story! We will be using the book *Meditations on the Parables of Jesus* by Thomas Keating" to help us on our journey

Heretics meets regularly at 10:00 a.m. on Thursdays on Zoom. We always have interesting and lively times, and would love to have you join us. Drop-ins are always welcome; no commitment is required. Please contact Evelyn Perkins (perkeve@hotmail.com) or any member of Heretics for further information and a Zoom invitation.

Teleos – Wednesday, January 31st at 7:00 via Zoom

A program for all who identify as female. Jeannie Taylor will share with us her new role with the Candidacy Board for Eastern Ontario and Quebec. If you are not on the regular Teleos distribution list but would like to attend this meeting, please contact Joan Foster-Jones for the Zoom invitation.

SAVE THE DATE – Teleos all-day retreat with Rev. Wendy Maclean on Saturday, March 23rd at the church. Further information and registration available later in January.

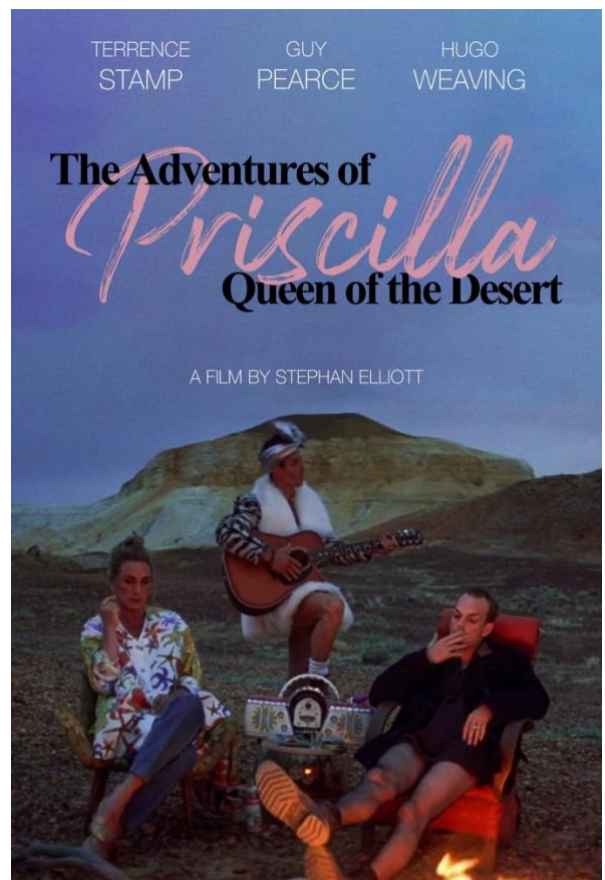
CHURCH ACTIVITIES & GROUPS

Men's Club Breakfast – Saturday **January 13** at 8:15am at Perkins Restaurant.

Friday night at the Movies
January 19 7:00 pm

Come and see *The Adventures of Priscilla, Queen of the Desert*

This is a 1994 Australian road comedy that follows two drag queens and one transgender woman as they journey across the Australian outback in an old tour bus named Priscilla. The film was a worldwide hit and helped introduce LGBTQ themes to a mainstream audience.



Wikipedia: “A surprisingly tender and thoughtful road movie”.
Rolling Stone: “Roaringly comic and powerfully affecting”

94% Rotten Tomatoes; 7.5 IMDb
Recommended for 13+

Admission free. Popcorn and beverages for sale.

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).

COMMUNICATIONS

Advertising

Our Alta Vista Community Newspapers, Riverview Park Review and VISTAS, continue to publish. If you have events or announcements, photos and/or stories for them, please send them to publicity@emmanuelunited.ca by the 15th of the previous month, earlier if possible, so we can get approval and layout space.

Newsletter

If you have suggestions for articles and stories or would like to make a contribution to the upcoming edition of the Emmanuel newsletter, please contact Phyllis MacRae at: newsletter@emmanuelunited.ca.

Friday Movie Night

The **January 19, 7:00 p.m.** showing is an Australian movie: The Adventures of Priscilla, Queen of the Desert; it's got adventure, comedy, and more. "Cheerfully outrageous comedy!" says Leonard Maltin. Rated 14A.

Volunteer Opportunity

We need slide team and audio/visual volunteers. The slides that are shown, the audio that fills the Sanctuary and the audio/video that is streamed every Sunday morning does not happen by itself. It is the work of a small, too small, team that puts together what you see and hear. We desperately need additional members so that we few can have the occasional Sunday off. Training is provided, so if you are interested, please speak to myself (Russ) or anyone operating the equipment in the back.

Comments

Another year has come and gone. If you have ANY suggestions-comments-complaints about the service streaming, films, anything to do with the Communications Committee, PLEASE let me or another member of the committee know!

COUNCIL

Thank you to all those who sent very well-considered ideas to the *Bequest Ad Hoc Committee*. The committee will meet to consider together in the first week of January. Then, a report will be presented to Emmanuel's Council. If Council agrees, motions concerning the use of the bequests will be presented to the congregation for approval at our Annual Congregational Meeting.

Dates to remember

The **January** meeting of (full) Council will be on **Tuesday, January 16 @ 7:15pm**, by Zoom.

Our **Annual Congregational Meeting** is coming up quickly; note **Sunday February 25** on your calendars!

The annual meeting of a congregation is an important time in the church year. Even if you are not currently volunteering on a committee, or a member of Council, *you are part of the governance of a congregational church!* Be sure to come out to this meeting if you possibly can and be able to vote on important decisions that will affect how we move forward through 2024 and beyond.

FINANCE

OFFERING ENVELOPES



If you would like Offering Envelopes for 2024 please let the Envelope Secretary know:
envelope.secretary@emmanuelunited.ca

Indicate your choice of either weekly or monthly envelopes.

GLOBAL PARTNERS

Just Gifts Christmas Markets

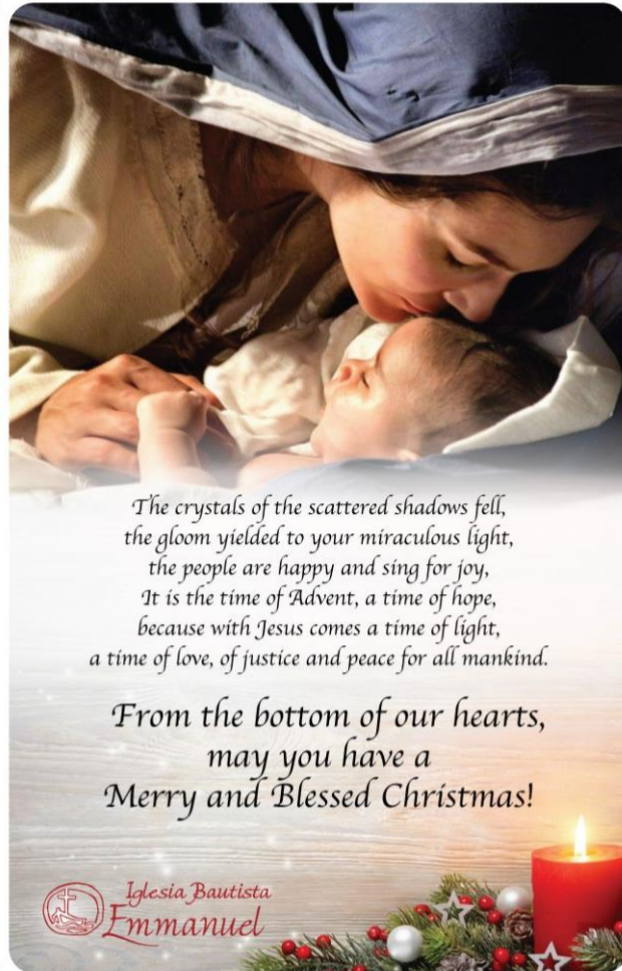
A great big **THANK YOU** to everyone who contributed to making our *Just Gifts* Christmas Markets an overwhelming successes. Again this year we held both an on-line and in-person market, with the on-line market running from November 10th to the 25th and the in-person market (and on-line pick-up) on December 2nd. The excitement and “buzz” in the Sanctuary on Saturday, December 2, 2023 was something special.

In addition to raising awareness of Fair Trade and buying local, the events netted almost \$6,500 which will be split between our two partners with 50% directed to IBE in El Salvador, and 50% to the United Church of Zambia, Chipembi Congregation, our Zambia partner.

The “Pie Factory” – Betsi, Christine, Carol, Jean and friends - raised an additional \$4,200 for our Global Partners through the sale of over 500 pies (over and above those sold through the on-line and in-person markets) to members of the congregation and the larger community as well.



Message from Iglesia Bautista Emmanuel



Message from United Church of Zambia, Chipembi Congregation Rev. Douglas Chisenga

Compliments of the season, Brothers and Sisters.

*Wishing you a Merry Christmas and a prosperous 2024 New Year.
I believe and trust that the good Lord has got a good package for
each one of us.*

I pray that the favor of God will locate each one of us.

*The grace of God will take us into 2024 and we will cross over by
God's grace.*

*May God bless each one of us, our families, our churches. May God
bless us all.*

And may God continue keeping us.

Thank you so much.

God bless you all.

HEALTH

Take Time To Be Wholely- Exercises Programs for Seniors

Winter Session begins Monday, January 8, 2024.

Chair Yoga Exercise Program – Monday’s from 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 from 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.

KEEPING IN TOUCH

Looking Ahead

With the start of a new year, we give some thought to goals and plans for the coming year, both personally and as a committee. There are plans to have a Newcomer’s Lunch in March, watch for the date in the February packet. We look forward to a new pictorial directory to help us put names to faces. We thank Amelia Brohman and the CD Team for “Let’s Stay Together” which fosters intergenerational connections. 2024 is off to a good start!

Pictorial Directory Dates

Now that you have your new calendar handy, mark **April 10-April 20** as the dates for photographs at Emmanuel.

A Caring Community

We welcome the increased minutes of daylight in January. For those who are feeling isolated and anxious, your gift of checking in with someone may be just the light that someone needs.

If you know someone who needs support, please share this with any member of KIT:

Ann Bihamba, Janet Campbell, Clarice Dewar, Patty Henderson, Phyllis MacRae, Hilde Reynolds, Ron Squires, Joyce White.

Thank you for the greetings that Keeping in Touch received over the Christmas Season. It is a blessing for the Emmanuel community that **everyone** is part of “Keeping in Touch.”

A Safe, Healthy and Hopeful New Year to everyone.

Joyce White (Coordinator) 613-324-8759

Our next **Keeping in Touch meeting** will be on **Monday, February 5 at 7:00pm** on Zoom.

MINISTRY AND PERSONNEL

We are planning a celebration of Pat’s time with us to be held in early February after the service. A card will be available for people to sign after Sunday services starting on January 14. It will also be available during the week in Val Lines’ mail slot.

We welcome **Sue Nassif** as our new office administrator, starting on January 8. She brings previous office administrative experience from her work with Health Canada, Ellis Don and Public Health. Sue will be in the office **Monday through Thursday, from 8:30am – 4pm.**

Grant’s normal working days are Tuesday, Wednesday, Thursday, Saturday, Sunday. He is often away from the church and out visiting on Wednesday and Sunday afternoons, though that sometimes changes as needs arise. Grant will be away on vacation from January 22 through February 7.

Ron MacDonald, our Pastoral Care Provider, works mostly on Monday, Tuesday and Wednesday, but occasionally also on other days as needs arise. He can be reached at pastoralcare.euc@gmail.com.

Amelia Brohman, our Children, Youth and Family support staff person, works mostly weekends and on Monday evenings for administrative work. She provides support to the CD team for various things including organizing youth events, ‘Let’s Stay Together’ Sundays, and occasionally leading the Children’s time in Sunday worship. Amelia can be reached at amelia.euc@gmail.com.

Theresa and Abi continue to share their musical talents with us during Sunday worship and other special services.

We are blessed with caring staff!

PASTORAL CARE

As we bid farewell to 2023, the Pastoral Care Team at Emmanuel has been diligently attending to the needs of our community. Team members have been actively engaged in visiting congregants residing in senior residences, long-term care facilities, and those still in their homes. Rev. Grant officiated at two worship services – one at the Perley and another at Landmark – that provided a cherished opportunity for spiritual care, connecting community members to Emmanuel as a worshipping community.

In December, the Pastoral Care Team organized the Loss to Light service, a sacred time and space for those who experienced loss during the year to find consolation and comfort. A heartfelt thank you goes to Jill MacLean, the lead coordinator, for making this meaningful service possible.

Additionally, the team distributed the 2024 calendars crafted by the Keeping in Touch committee. Featuring beautiful pictures of life at Emmanuel, these calendars serve as a touching outreach initiative to stay connected with community members who can’t be physically with us. A special thanks to Joyce White and the Keeping in Touch committee for their efforts in preparing this thoughtful calendar.

As we step into the New Year, the Pastoral Care Team is eager to resume bringing communion to members of Emmanuel who are unable to attend Sunday worship, another cherished opportunity for spiritual care.

A few important notes:

Ron, our Pastoral Care Provider, is available on Monday, Tuesday, and Wednesday. Feel free to reach out to Ron via email at pastoralcare.euc@gmail.com.

If you're interested in joining the Tuesday Zoom Coffee and Conversation, please contact Steve Taylor at publicity@emmanuelunited.ca.

The Pastoral Care Team is here as a "listening ear" whenever needed. If you find yourself in need of someone to talk to, know you can reach out to the Pastoral Care Team, consisting of Malcolm Collins, Nyla Garrett, Patricia Fairbairn, Terry Henderson, Jon Jones, Jill MacLean, Ron MacDonald, and our liaison with Keeping in Touch (KIT), Joyce White.

“Remember, Pastoral Care is the art of nurturing hearts, souls and fostering a sense of belonging for all.”

SOCIAL ACTION



Food Bank Sunday and Monday

It's that time again. Time to think about donating to the Russell Heights Community House food bank. The need is growing steadily.

You can drop off donations to the church on January 29th between **2:00 to 3:00 PM. NOTE NEW TIMES!**

Size 3T, 4T, and 5T diapers and feminine supplies are especially appreciated, as is coffee. But feel free to drop in contributions to the

collections box on Sunday the 28th or anytime earlier. Reusable grocery bags continue to be welcome.

or

Make a donation to the local food banks (in this case Russell Heights Community House Food Bank) **via e-transfer** to the church at envelope.secretary@emmanuelunited.ca and indicate for food banks in the memo field.

WORSHIP

January is named after the Roman god Janus who is depicted with two opposite faces. One looking to the future and one to the past. He was the god of beginnings and endings, and of gates and doorways. And so it is with us as we look forward to 2024, while remembering what was in 2023.

January 7

Epiphany Sunday which commemorates the visit of the Magi, will be held at Southminster United Church at 10:30am. No service at Emmanuel.

It is also observed as Twelfth Night when Christmas decorations are removed.

January 14

Following the regular service, will be **Let's Stay Together** 11:30 - 1:30. Lunch is provided and then there will be activities based on *indigeneity*. You can choose from taking part in a reconciliation circle led by Kyrstin Dumont, a session of Inuit craft, or Messy Church. Be sure to sign up.

January 28

Anniversary Sunday will be celebrated.



Simplify your Celebrations

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

A big thanks to Brenda Ashe
and all the people who made our Bazaar a success
by Hilde Reynolds

In appreciation for Keith Jeacle's leadership in the Christmas
Readings and Just Gifts
by Malcolm & Betsi Collins

In recognition of the many people whose work made Graham's
Christmas Readings such a success.
Graham would have been so pleased. Thank You!
by Janet Campbell

Thank you to Isobel Oakley for note cards for student packages
and for all the cards she has made over the years

With thanks to Terry and Julie Henderson and Aunt Shirley for a Silent
Auction donation of Serving Dishes, which became a treasured
Christmas gift
By Joyce & Ross White



In memory of Bob Armstrong
by Don & Eva-May Hamilton
Roger & Irene McCullough
Edna Miller (Guelph)

Celebrating the life and service of Bob Armstrong
by Carol Scott



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