

LIFE AND WORK OF
EMMANUEL UNITED CHURCH
FEBRUARY 2024



March Issue Submission Deadline:
February 19, 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.

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
9:00 am-4:30pm**

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*Our thoughts and prayers are
with the family of
Mary MacDonald
on her death on January 23, 2024.*

*Mary was a founding member of Emmanuel
and made the 50th Anniversary Banner
that hangs in the sanctuary.*



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

Blessed are those who mourn, For they shall be comforted.
Matthew 5:4

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.



*At Kitchissippi United Church
a second Rainbow Hub is being formed
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! **Sunday, Feb 11**, 11:30 - 1:00 - Our February session will have a focus on the experiences of Black Canadians. This month the **lunch will be a potluck – bring your favorite food to share** with others. The activities will be a choice of: a couple of short films and trivia; a dance or other active learning; and activities for the young and young at heart. 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.

Church Activities & Groups

Teleos Wednesday, February 28th via Zoom

Teleos is a group for all who identify as female. This month Phyllis MacRae will share some background on the recent UCC remit concerning the indigenous church. If you are not on the Teleos distribution list but would like to attend this meeting, then contact Joan Foster-Jones for the Zoom invitation.

Find more on the upcoming Teleos All Day Retreat on page 8.

The Thursday Morning Discussion Group (Heretics)



This season the Thursday Morning Discussion Group (Heretics) is delving into Jesus' Parables. That man knew how to tell a story! We are using the book *Meditations on the Parables of Jesus* by Thomas Keating" as a resource, but it is not necessary to have that book to engage in our full discussion.

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

The **Men's Club Breakfast** will be Saturday February 10th at Perkins' Restraunt, St. Laurent, at 8:15 am.

The **Book Club** is reading *Fayne* by Ann-Marie Macdonald this month and will meet February 12th on Zoom. *Fayne* is the 19th Century coming of age story of Charlotte Bell, set on the moors between England and Scotland; a tale of intrigue and discovery. Contact valeriejdowd@gmail.com to join.

Friday Night at the Movies

February 23 at 7:00 pm in the C.E. Hall, Doors open at 6:30.



Brian and Charles is a quirky little British film set in rural Wales. Brian is a shy, reclusive inventor of many original items (such as a flying cuckoo clock) that he builds with lost objects and trash that he picks up. One day he builds himself a robot, who takes the name of Charles Petrescu and becomes Brian's best (and only) friend. Together they have adventures, find love and romance for Brian and fight for justice against the village bullies. Highly rated by critics and audiences. This is a sweet, funny and uplifting film that will be enjoyed by the whole family. Suitable for all ages. Bring your friends. Entry to the film is free and popcorn and snacks will be available for purchase.



Mark your calendar for future movie nights.

March 22: Chocolat

April: movie planned for youth and families

May 24: The Peanut Butter Falcon

See you there!

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 (perkeve@hotmail.com).

Teleos Retreat – Saturday, March 23rd

Teleos invites anyone who identifies as female to a day of retreat with Rev. Wendy Jean MacLean. The retreat will take place at the church from 9:30 to 3:30. The cost will be \$20 (includes lunch). There will be a maximum of 20 participants.

To register – contact Joan Foster-Jones

Stars and Stories: An Intimate Cosmology

Our world view (cosmology) is shaped by the ancient wisdom of philosophers and mathematicians, priests and storytellers, poets and theologians. Their world views were shaped by religion and sacred text. These scriptures and traditions continue to hold meaning for us, as people of faith.

We are shaped by our origin stories. How does emerging scientific insight about the formation of the universe change the way we understand our presence in our own time and place? Why do science and religion bring us deeper into mystery, the more we learn?

Our understanding of the universe is deeply rooted in our own bodies, and our place and presence in the world. The spark of divinity is manifest in all life.

Exploring Cosmology

- a structure of exploring time and space
- spirituality as our lens for opening to mystery and love
- honouring our body/our cosmos/house and home
- a holistic approach: integrating insight from the sacred body in movement, creativity, prayer.

Wendy Jean MacLean's work is shaped by her lifelong engagement with mythology, gospel and spirituality. With a background in Classics and English she taught in Quebec and the Middle East before she finally responded to a call to ministry. After ordination in 1997, and spent her ministry in Kingston, Cowansville (Quebec) and Lyn, Ontario. By the time she retired in 2021, she had served in a city church, town church, rural church and Montreal Presbytery (as Vision and Transformation minister).

She is a spiritual director, trained in the "contemplative evocative" approach to listening for the soul and soul-friend accompaniment. Her work has always been rooted in her spiritual practice of writing poetry. She loves scripture and the ancient words of the prophets.

Wendy is an award-winning poet, with many publications, including three books. Her latest book, *On Small Wings*, was published in 2022.

COUNCIL

Notice of Annual Congregational Meeting—ACM Sunday February 25, 2024 @ 11:30 a.m.

The Annual Meeting of our congregation will take place in-person, on the above date and time, following our regular worship. A light lunch will be served from the lounge between the end of the service and the start of the meeting.

We are all the “C” in ACM! This is our opportunity to remember those who passed away in 2023, as well as to show our gratitude for those who have served on your council/committees. Some will step down and others will step up. We will vote to accept our budget for 2024.

Copies of the 2023 Annual Report will be available by Sunday February 18, 2024. Please plan to pick one up. If you need assistance, contact Emma in the office to arrange receipt of your copy.

We always try and answer questions *before the day* of the meeting. If you need anything explained, contact the appropriate committee, or the Chair of Council, Christine Hywarren.

As well, there are still a few vacancies to fill for the coming year. Speak to Phyllis MacRae if you would like more information about a possible way to volunteer.

Please mark the date on your calendar and plan to stay.
See everyone there!

HEALTH

TAKE TIME TO BE WHOLEY- Exercises Programs for Seniors

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

Lunch for Newcomers: Save the Date--Sunday, March 24, 2024

If you are new to the congregation, join us for lunch on March 24th, following the Worship Service. Hosted by the Keeping in Touch Committee, this informal gathering will provide an opportunity to welcome newcomers, as we join in fellowship. Contact Joyce White 613-324-8759 or by email at: welcoming@emmanuelunited.ca

Pictorial Directory Photography Sessions, April 10-20

Be ready...block the dates on your calendar now so that you get first choice when on-line bookings open up. We still have volunteer opportunities in the areas of Publicity, Telephone Contact and Overall Planning. Contact Ron Squires for more information.

Sunday, March 3, Farewell for Pat Harris

Over the years, Pat has been very much part of keeping in touch with so many at Emmanuel. We will say goodbye and wish her well on March 3 and we hope that everyone can be there.

The next meeting of the Keeping in Touch Committee will be Monday, February 5 on Zoom.

MINISTRY & PERSONNEL

A celebration of Pat's time with us will be held on **Sunday, March 3** after the service. A card will be available for people to sign after Sunday services starting on January 28. It will also be available during the week in Val Lines' mail slot.

We are pleased that Emma Dowd started as our new office administrator on January 17. Emma has been active in the life of Emmanuel in many ways over the past few years - she has been secretary of Council this past year; she has done office fill-in when Pat was away; in 2021 she was part of the new logo design team and prepared the artwork for our new logo; in 2022 she worked as our summer program coordinator, and she has volunteered her time at several events. Emma is looking forward to providing administrative support to the life and work of Emmanuel. Her office hours will be Monday to Thursday, 9am - 4:30pm. Welcome Emma!

Grant will be away on vacation from January 22 through February 7.

PASTORAL CARE

NEW FAITH INITIATIVE – Lectio Divina

Embark on the journey of Lectio Divina: a timeless Christian practice known as "Divine Reading." Engage in intentional and reflective reading of selected passages from the Bible and other inspirational texts, fostering meditation, prayer, and contemplation. This practice provides a unique opportunity to deepen your spiritual awareness, cultivating a more profound relationship with God by developing a deeper relationship with sacred and inspirational writings.

The exact details of time and format is still to be determined depending on interest. Our Lectio Divina gatherings can be held both in person and/or virtually on ZOOM depending on interest. We're proposing Mondays for our sessions, with the exact time to be determined based on interest.

Please email Ron MacDonald at pastoralcare.edu@gmail.com to express your interest. In your email, specify if you prefer Monday morning at 10:00 a.m. or Monday evening at 7:00 p.m. Additionally, let us know whether you'd like to participate virtually or in person at the church.

TUESDAY COFFEE AND CONVERSATION ZOOM MEETING

Our Tuesday Coffee and Conversation is held from 10 a.m. to 11:00 a.m.. Currently, we are engaging in discussions about our faith life, drawing inspiration from a single chosen word! If you're interested in joining the Tuesday Zoom Coffee and Conversation, please contact Steve Taylor at publicity@emmanuelunited.ca. Steve will set you up with the ZOOM link. All are welcome.

NAVIGATING WINTER'S EMBRACE TOGETHER: Winter can be a metaphorical season in our lives, where challenges may seem a bit more daunting, and the shadows a little longer. In times of uncertainty or solitude, remember that you are not alone. Your church community is here to provide comfort and light. If you find yourself in need of someone to talk to, facing a personal struggle, or simply seeking guidance, please don't hesitate to reach out to the Pastoral Care Team. Contact Ron MacDonald at: pastoralcare.edu@gmail.com

PAT'S RETIREMENT CELEBRATION: Join us for a celebration of Pat's time with us on **Sunday, March 3** after the service. A card will be available for people to sign after Sunday services starting on January 28. It will also be available during the week in Val Lines' mail slot.

REMINDER: Grant will be away on vacation from **January 22 through February 7**. For pastoral emergencies, please contact Ron MacDonald, Emmanuel's Pastoral Care Provider at 519-272-3805.

SOCIAL ACTION

The next Communion Offering is on **March 3** and will be dedicated to Iglesia Bautista Emmanuel, our partner in El Salvador. Iglesia has been at the forefront of efforts to bring peace to the troubled country for decades. The gang troubles persist; meaning the peace work of the church is still much needed. We ask that you consider this partnership as you plan for the Communion Offering on Mar. 3.

WORSHIP

February is the shortest month of the year, but 2024 being a Leap Year, gives us one extra day. Plan something exciting!

February may be short, but it will be busy.

February 4. Mark 1: 29-39

February 11. Transfiguration. The Shining Human Journey
Mark 9: 2-9

February 18 Lent 1. Believing in a Promise
Genesis 9: 8-17. Mark 1: 9-15

February 25. Lent 2. God Calls Us by Name
Genesis 17: 1-7, 15-16. Mark 8: 31-38

As well as the Sunday services, there will be an **Ash Wednesday** service in the Sanctuary on Wednesday February 14 at 7pm.

Reverend Grant Stuckless will be conducting a series of **7pm Prayer Study** sessions on Zoom. Different types of prayer, prayer traditions, and approaches will be explored, using the book *Learning to Pray: A Guide for Everyone*, by James Martin as a guide. We will have the chance to practice what we learn together. These are scheduled for **Tuesday February 13 and 27**.

These Prayer Studies will continue through March and April on selected Tuesdays. March 5 and 26, and April 2, 9, 23, and 30

Jeannie has been the Chair of the Worship Committee for many years and we thank her for her leadership. We look forward to welcoming a new Chair as we move forward into the New Year.



Simplify your Celebrations

We would like to thank those who have made contributions in the month of January 2024 to the Emmanuel United Church as part of the *Simplify your Celebrations* project. Donations were received as follows:



In memory of William Selkirk
by Gordon & Helen Selkirk



In recognition of Ross & Joyce White
Many thanks for your ongoing caring support
by Patty Kavcic

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