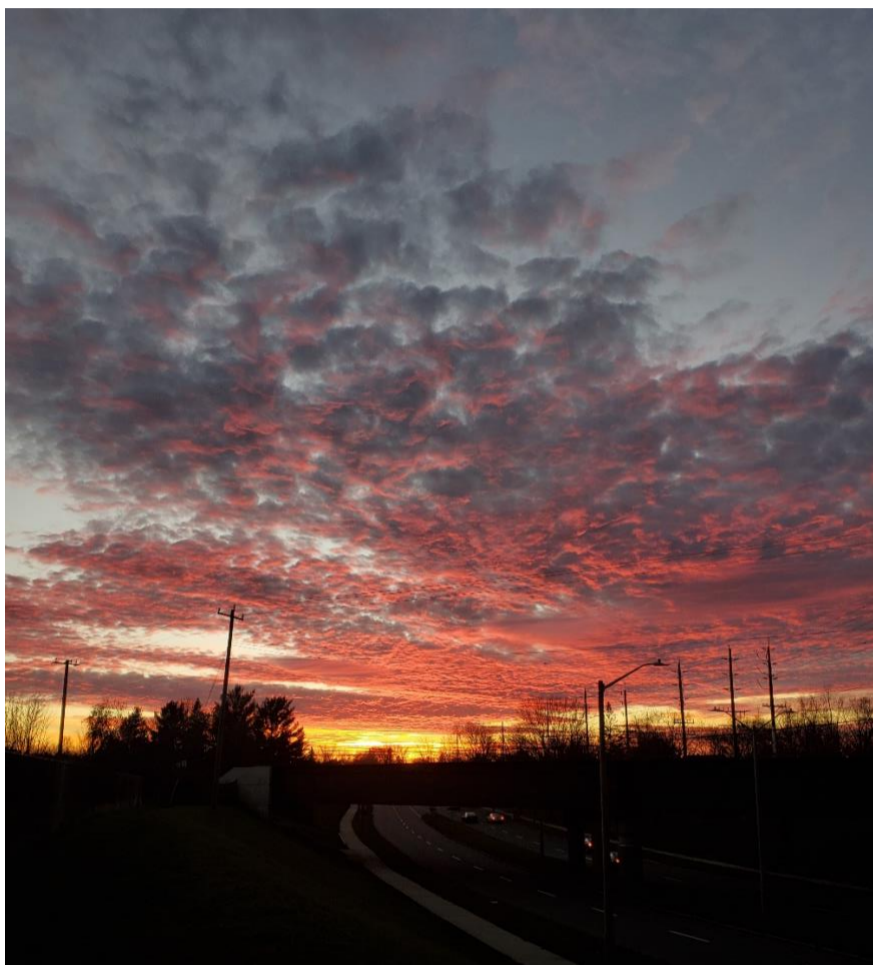


LIFE AND WORK OF
EMMANUEL UNITED CHURCH
MARCH 2024



April Issue Submission Deadline:
March 25, 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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In Memoriam
Mary MacDonald,
January 23, 2024

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



(Mary MacDonald)
Ross Copping; Catherine Power
Helen Binks; Helen Brown
Malcolm & Betsi Collins
Graham & Margaret Kneen
Barbara McCormick

In fond memory of Mary MacDonald,
a friend and exceptional person, in gratitude from
Ron & Doreen Squires

(Bill Meek)
Patrick Brennan

(Graham Campbell)
Lorraine Armstrong

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

EMMANUEL'S NEW PICTORIAL DIRECTORY

Emmanuel's Keeping In Touch Committee is excited to announce plans for a new Pictorial Directory.

Photographers from IPC Canada Photo Service will be at Emmanuel for: **One-stop Photography and Portrait Selection**

Wednesday, April 10	2:30 – 8:30
Thursday, April 11	11:00 – 5:00
Friday, April 12	2:30 – 8:30
Saturday, April 13	9:30 – 3:30

Wednesday, April 17	2:30 – 8:30
Thursday, April 18	11:00 – 5:00
Friday, April 19	2:30 – 8:30
Saturday, April 20	9:30 – 3:30

You will soon have your chance to reserve an appointment. Check your calendar and be prepared to select the time that suits you best!!

Sunday, March 3rd: *Early Bird Pre-Booking at Emmanuel*

Tuesday, March 5th: *Online booking begins*

Putting Names to Faces ~ Building Community ~ Let's All Join In

Help Wanted

We are looking for people to serve as hosts during the upcoming photo sessions. You would spend several hours greeting people as they arrive and helping them fill out the information form. We have daytime and evening slots Wednesday April 10th to Saturday April 13th and Wednesday April 17th to Saturday April 20th. For further information or to volunteer, please contact Joan Foster-Jones at joanfosterjones@gmail.com

ACTIVITIES & GROUPS

Book Club's next meeting is March 11th at 7:00pm on Zoom. They will be reading *Addressed to Greta* by Fiona Sussman. Join them to discuss the story of the shy Greta, who is bequeathed an adventure in her dear friend Walter's will. Greta's story is told via a series of letters as she journeys across the globe, finding freedom as she goes.

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

This season the Thursday Morning Discussion Group (Heretics) is delving into Jesus' Parables. We are finding layers of meaning in these stories that we never saw before. What did it mean to compare yeast to the Kingdom of God in Jesus' time? At the time when the Gospels were written? Just a sample of the questions we are asking ourselves.



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, and we'd love to have you join us. Heretics meets regularly at 10:00 a.m. on Thursdays on Zoom. Please contact Evelyn Perkins (perkeve@hotmail.com) or any member of Heretics for further information and a Zoom invitation.



Do you shop at Wilson's Independent Store?

(Alta Vista at Bank)

You can help the Heron Food Bank by saving your cash register receipts! Bring them to the church; we will collect them and the food bank receives 1% of the total you spent. What an easy way to help without costing you a penny! And that's not all- the OMRA grocery cards you buy at church are useful at that store too.

Remember to buy the grocery cards and save receipts- and you will be helping our neighbors who are struggling with food insecurity. Think of it – 5% from the cards plus 1% = such a gift for the community!

EMMANUEL
FRIDAY NIGHT AT THE



MARCH 22 | 7:00 PM



Based on a novel by Joanne Harris, *Chocolat* tells the story of Vianne Rocher (Juliette Binoche) who arrives in a little French village with her daughter Anouk at the beginning of Lent. Vianne opens a small chocolaterie. Soon she and her chocolate begin to influence the lives of the mayor and the townspeople of this repressed little community in magical and interesting ways.

Starring: Juliette Binoche, Judi Dench, Johnny Depp, Alfred Molina

“A delightful confection, a cream-filled bon - bon, a tantalizing, delectable and randy movie of melting eroticism and toothsome humour.”

Chicago Tribune.

PG 13

**FREE ADMISSION
EVERYONE WELCOME!**

Bring your friends



& snacks
for sale

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 March 25th 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.*

Feel free to drop contributions into the collections box on Sunday the 24th 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.

Teleos Retreat – Saturday, March 23rd

Registration deadline: Friday, March 15th

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.

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)

March Break Youth Activity Day

For youth in Grade 4 and up. Tentatively scheduled for Thursday, March 14 from 2pm – 7pm. Contact Amelia at amelia.euc@gmail.com for details.

‘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! Our next event is **Sunday, March 10** from 11:30 am to 1:00 pm. Our March session will have an Easter theme. A lunch will be provided, followed by a choice of decorating Easter eggs; preparing an Easter craft; or listening to a speaker (still being confirmed). As usual, there will be a sign-up sheet in the Narthex.

Camp Awesome, July 8 – July 12 – Emmanuel is taking part in the EOORC region Camp Awesome day camp program again this year. Camp Awesome is for children aged 4-12 and will take place at Emmanuel July 8 – July 12, from 9:30 am – 3:30 pm each day. Extended care (no additional cost) is available from 8:00 – 9:30 am and 3:30 – 5:00. Information is available from Ellen, Amelia or Val Lines. Additional information and online registration can be found at: [Program & Registration – Camp Awesome \(camp-awesome.ca\)](http://camp-awesome.ca).

Junior Leader in Training Program, July 8 – July 12 - Emmanuel provides an opportunity for youth going into Grade 7, 8 or 9 in September to learn leadership skills, support the Camp Awesome program and have fun! For information on this program please contact Val Lines (bvlines84@rogers.com).

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!

FINANCE

Post-Secondary Bursary Fund - This bursary is to be paid to a deserving Emmanuel student commencing a full-time postsecondary program. The deadline for the application is June 2, 2024. The program must be started sometime in the calendar year following that date. The student can be up to the age of twenty-four years. The application can be found on the RESOURCES > Documents page of the website or by clicking this link: <https://emmanuelunited.ca/wp-content/uploads/2024/02/Student-Bursary-Application.pdf>.

GLOBAL PARTNERS

Communion Offering, March 3

This Communion Offering will be dedicated to the work of Iglesia Bautista Emmanuel, our partner congregation in El Salvador. We read of political dispute about crime in that country, but in the midst of that turmoil, the church is faithful in its work for peace.

IBE has a network of outreach which we can help support: *Youth and Children Building Peace in El Salvador* includes: ARTS, with guitar, keyboard, singing, painting, and computers; SPORTS with volleyball, badminton, and martial arts; The PEACEMAKERS PROGRAM which serves 4 groups of youth and teenagers with training for transformation and conflict resolution.

Our gifts will support facilitators and trainers. It is a privilege to be able to partner with them in work which is so faithful to the Gospel!

HEALTH

TAKE TIME TO BE WHOLELY- 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, all Newcomers are Invited:

Sunday, March 24th the Keeping in Touch Committee will be hosting a **Lunch for Newcomers**, following the service. If you are new to Emmanuel, we hope you can join us! Contact: Joyce White at 613-324-8759 or welcoming@emmanuelunited.ca

Let us know of address or phone number changes:

As we prepare for a new photo directory, we are also making changes to our congregational address list. If your address or phone number has changed, please let the office know so that the congregational list will be an updated resource in the 2024 Directory.

Are You Receiving Congregational Emails?

Emmanuel is a hub of activity and we want to make sure you are being kept up to date with important notices. If you are not receiving emails from the Office Administrator, Emma Dowd, please contact the church office: emmoffice@bellnet.ca or at 613-733-0437.

Pictorial Directory, Photos of Activities and Groups

In April, we will begin to take family portraits for our new pictorial directory. Essential to the new directory are updated photos of events that highlight the busy nature of our church. If you have photos to share, please contact Val Dowd at valeriejdowd@gmail.com.

If you need photos taken of your groups and activities, contact Val to arrange for a photo to be taken at Emmanuel; let’s not miss the opportunity to capture our life and work in action and to document it in our new directory.

The next meeting of the Keeping in Touch Committee will be Tuesday, March 5 at 7:00 P.M. on Zoom.

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.

MINISTRY & PERSONNEL

A card for Pat will be available on Sunday, February 25 as well as during the week in Val Lines' mail slot. If you haven't had a chance to sign the card yet, please do so soon! If you would like to contribute to a gift for Pat, you can do so by giving cash or cheque (made out to Valerie Lines) to any member of M&P, or by e-transfer to bvlines84@rogers.com.

Grant will be on Study leave from March 5 through Sunday March 17. He is joining a group with Rev. Bill Smith who are going to El Salvador to learn and to strengthen our relationship with Iglesia Baptista Emmanuel.

M&P took some time to refresh ourselves on best practices for M&P teams. One of the recommendations is to share the role of M&P with the congregation, which is to support our staff and to help build positive relationships between staff and the congregation. If members of the congregation have praise or concerns about staff, you can share those with any member of the M&P team. All communication with the M&P team is treated with confidentiality. *The M&P team is Shelley Ferrell, Val Lines, Jill MacLean and Chikwa Zahinda.*

PASTORAL CARE

Tuesday coffee and conversation zoom meeting

Our Tuesday Zoom Conversation Group gathers virtually from **10 a.m. to 11:00 a.m.** for stimulating discussions on current affairs, spirituality, faith, and more. This is a lively group where all ideas and opinions are welcomed. We also spend part of the hour checking in to see how everyone is doing. Our Pastoral Care Provider, Ron, usually facilitates discussion to enrich our faith experience. If you're interested in joining the Tuesday Zoom Coffee and Conversation, just one time or every week, please contact Steve Taylor at publicity@emmanuelunited.ca. Steve will set you up with the ZOOM link. All are welcome.

Save the Date

Planning is in the works for ‘**Emmanuel’s Spring Pilgrimage.**’ This year’s theme is “**No one Stands Alone.**” The pilgrimage is set for Wednesday May 8th. The rain date will be Wednesday May 15th. Stay tuned for further information!

Pastoral Care Team

At Emmanuel United, pastoral care offers emotional and spiritual support to individuals and families facing various life challenges. Whether you're experiencing personal struggles, navigating difficult decisions, coping with loss, or simply seeking a listening ear, our team is here to offer comfort, encouragement, and guidance.

If you find yourself in need of pastoral care or simply wish to connect with someone who cares, we invite you to reach out to the Pastoral Care Team. Your well-being is our priority, and we are here to support you. Contact Ron MacDonald, Pastoral Care Provider at: pastoralcare.euc@gmail.com or contact the church at **613-733-0437**.
Pastoral Care Team: Rev. Grant Stuckless, Ron MacDonald, Malcolm Collins, Nyla Garrett, Patricia Fairbairn, Terry Henderson, Jon Jones, Jill MacLean, and Joyce White (Keeping in Touch).

SOCIAL ACTION

GIFT CARDS for Good!

We all buy groceries. Imagine helping persons who struggle to get enough groceries by your own buying. You can do it, just buy gift cards for your groceries! Each gift card is worth exactly what you spend for it, but 5% from that card goes to OMRA, our partner in providing affordable housing for immigrants. What an easy way to help! Last year OMRA received over \$1800 from the sale of gift cards. Cards may be purchased after church from Janice Peron and Joan Foster Jones on the 3rd Sunday each month. You choose: Loblaws, Farm Boy, or Metro. Usually for \$50 or \$100.

Janice takes cash or cheques. You can also pay by e-transfer if you order no later than the Friday before. E-transfers must be clearly marked for Grocery cards. Best to let Keith know too. *That’s all there is to it! How can you refuse!*

SOUTHEAST OTTAWA CLUSTER UNITED CHURCH OF CANADA

**There are many Lenten Activities at our Cluster congregations
(Emmanuel, Glebe St James, Rideau Park, Riverside & Southminster)**

Check the Good to Know section on the home page of the Emmanuel Website for details of dates and times. Some of the offerings are:

Riverside United: *Scripture Exploration of Peter*

Emmanuel United: *Weekly Lenten study about Prayer*

Rideau Park and Glebe St James: *Labyrinth*

Glebe St James: *Monday Meditation*

Southminster and Riverside: *Lunch and Learn*

All congregations offer Maundy Thursday and Good Friday services. Times vary.

ALSO: Weekly devotional videos presented by Cluster ministers. A new video will be posted every Wednesday at 12:00 noon, and all can be viewed after that. The Video Link is:

<https://www.youtube.com/@SECluster>

All are welcome to take part in these activities and services wherever you live or worship.

WORSHIP

Why is Easter observed on a different date each year?

Easter Sunday is the first Sunday after the first full moon of Spring. March 22 is the earliest it can occur, and April 25 is the latest.

Palm Sunday commemorates when Jesus entered Jerusalem.

Maundy Thursday commemorates the Last Supper and the washing of feet.

Good Friday commemorates Jesus's crucifixion and death.

Easter Sunday commemorates the resurrection of Jesus.

We welcome Jeannie Taylor to the pulpit on March 10 and March 17 while Grant is on a mission trip to El Salvador.

Save the Date for our Easter Services

March 3 ~ COMMUNION

A Table That is Always Shared

Exodus 20: 1-17, John 2: 13-22

March 10 ~ Affirm Sunday

Matthew 5: 14-16 and John 16: 12-15

March 17 ~ Listening for God's Voice

Psalms 51, John 12:20-33

March 24 ~ PALM SUNDAY

Come in to Save Us, Jesus

Mark 11: 1-11

March 28 ~ MAUNDY THURSDAY (7:15 pm)

Day to be Grounded

Exodus 12: 1-14, John 13: 1-17, 31b-35

March 29 ~ GOOD FRIDAY (10:00)

To Watch or to Suffer

John 18: 1-19

March 31 ~ EASTER SUNDAY SUNRISE (8:00 am)

COMMUNION (10:00)

Restarting to be Anew

John 20: 1-18

PRAYER STUDY continues

Tuesday March 5. 7pm on Zoom

Tuesday March 26. 7pm on Zoom



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 Mary MacDonald
by Clifford Cook



Dear Emmanuel Congregation,
I was blessed to be part of the celebration
for our 65th anniversary of Emmanuel United Church.
It was a wonderful remembrance of our history.
My best regards for our continued growth and comradery.
In appreciation, Hilde Reynolds, Founding Member



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