

LIFE AND WORK OF
EMMANUEL UNITED CHURCH
APRIL 2024



Photo Credit: Emma Dowd ~ sunset over the Rideau River

May Issue Submission Deadline:
April 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 office@emmanuelunited.ca or go to our website at www.emmanuelunited.ca.

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-4:00pm**

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In Memoriam
Edna Wright
March 17, 2024

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



(Mary MacDonald)
Heather Moriarity; Kingsbury Family;
Trudy Taylor (Kirk); David Forrester;
MB MacDonald; Joan Lothian;
Janet MacCrimmon

(Tom Doswell)
Shirley Doswell and family



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

EMMANUEL'S NEW PICTORIAL DIRECTORY

Thanks to the 99 families who have, as of March 24th, signed up! This is an exciting time as we come together to create a family album that will not likely be repeated for a number of years to come.

What to expect when I arrive for my Appointment:

Photo sessions are held in the basement. Unless you need to use the elevator, enter the back side door of the church and go downstairs to Room 4. We recommend you arrive a few minutes early to complete paperwork and check the mirror. Your photographs will be taken in Room 9/10. In Room 6 you will choose the pose you want included in the directory. You will also have the opportunity to purchase portraits if you wish, but there is no obligation. You will receive a copy of the pictorial directory at no cost.

Don't Delay Signing up!

1. Go to the Emmanuel Website and Click on “**Pictorial Directory Sign Up**” in the Good to Know section of the Homepage.
2. In the Date calendar, click on your preferred date.
3. Select your preferred time from the times not greyed out. (If no acceptable time is available, select a different date).
4. Fill in the form with your name, phone number and email address. The latter is essential to receive confirmations and a reminder.
5. Click on **Finalize Photo Sitting Appointment**.

Email Ron Squires at EUCPhotoDirectory2024@gmail.com or phone 613-731-3105 with any questions. If you can't attend a photo session you may submit your own photo. Contact Joyce White at welcoming@emmanuelunited.ca or 613-324-8759 for instructions. There is a \$17 charge to include a submitted photo.

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 April 10th to 13th and April 17th to 20th. Contact Joan Foster-Jones at joanfosterjones@gmail.com

ACTIVITIES & GROUPS

Book Club's next meeting is April 8th on Zoom. They will be discussing *Hotline* by Dimitri Nasrallah, a subtle and moving novel about a young Lebanese woman who flees from war-torn Beirut. She finds herself trying to overcome the challenges of immigration in Montreal in 1986 as a single mother.

Teleos meets on Wednesday, April 24 at 7:00 via Zoom

Teleos is a group for all who identify as female. Janet Thompson will lead us in a program on Women in the Bible. If you are not on the regular Teleos distribution list but would like to attend this meeting, contact Joan Foster-Jones for the Zoom invitation.



Save the Date

**Emmanuel United Church's
Annual Bazaar**

November 9th 2024

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 for an hour on Mondays 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 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).



Save the date!

The Peanut Butter Falcon is the final offering in **Emmanuel's Friday Night at the Movies**. The film is suited to all ages, bring your family and friends!

FRIDAY MAY 24, 7:00 PM

A heartwarming adventure about a misfit on the run in the bayous of Louisiana, a young man with Down's Syndrome escaping from the seniors home where he is required to live, and a young social worker who is tracking him down and wants him to have a better life. For information contact Phyllis MacRae at pmjmacrae@gmail.com



CHRISTIAN DEVELOPMENT

The **Nursery** is available every Sunday.

Sunday School provides in-person activities for children aged 3 to 13 during our Sunday church service.

Rainbow Hub is a monthly social group organized and supported by the EOORC for LGBTQ2+ youth who are 12-18 years old from all across the city. Emmanuel hosts meetings for youth 12-15 years old; our meetings are usually held on the first Friday of each month. 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



A **Children's Choir** is returning to Emmanuel! Ashley Roy and Amelia Brohman are working to begin a children's choir. If a child in your family is interested in taking part, please contact Amelia at amelia.euc@gmail.com

Join us on ***Let's Stay Together Sundays***, by staying after church once a month to build community, share in creative faith formation and take part in some intergenerational fun! Our next event is Sunday, **April 14 from 11:30 to 1:00**. The theme of the April session is music! Come and make a joyful noise! Lunch will be provided, followed by a choice of taking part in a drumming circle led by Iain McPherson from Rideau Park United, joining Jim Lamb for a JAM session with folk and gospel songs, or making a musical instrument. As usual, there is a sign-up sheet in the Narthex.

A **Young Adult Weekend Away** is happening in **May, from the 24th to the 26th**. Young Adults are invited to get together at a cabin about an hour away from Ottawa for discussions, community building, worship, and fun! Contact Amelia to learn more if you are interested.

Camp Awesome at Emmanuel will take place from the **8th to the 12th of July**. Camp Awesome programming is a day camp program offered by the EOORC region. Camp Awesome is for children aged 4-12 and runs from 9:30am-3:30pm each day. Extended care is available at no additional cost from 8:00-9:30am and 3:30-5:00pm. Additional information and online registration can be found at Program & Registration – Camp Awesome (camp-awesome.ca). Information is also available from Ellen, Amelia, or Val Lines.

Emmanuel's **Junior Leader in Training Program** runs concurrently with Camp Awesome, from the **8th to 12th of July**. 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

Adventure into the wilderness with our **Canoe Camp!** The camp runs from **July 29th to August 2nd** and is intended for youth going into Grades 4 and above in September. Monday and Tuesday will be spent at Emmanuel, preparing food and playing games. The canoe camping will take place at Lac LaPeche, about 45 minutes north of Ottawa, from Wednesday morning to Friday afternoon. Registration forms will be available soon. For more information, contact Val Lines at bvlines84@rogers.com

Apply for the **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>.

COUNCIL

On behalf of the 2024/25 Council, thank you for your trust and support in electing us to carry out the business of the Emmanuel congregation for the coming year. We are mindful that we are representative of you, the Congregation, and responsible to you.

Our first Council meeting was an in-person meeting held on Tuesday, March 19, 2024. Highlights of the meeting include:

- Approval of Social Action motion to transfer funds from the Social Action Heritage Fund to Isaruit Inuit Arts to support their Inuit games and gym program.
- Report on a new e-mail platform, Google Workspace for Non-profits, which should resolve problems the office has encountered with bulk e-mails and attachments and provide more efficiency.
- Suggestion for congregational self-assessment to look ahead at our future and sustainability – initiated collection of data on trends and forecasts of revenues and expenses, attendance figures (both in-person and on-line), membership, etc.

All members of the congregation may attend meetings of Council and Executive of Council as observers. Our meetings are held on the third Tuesday of the month. Our next meeting will be a meeting of Executive of Council on Tuesday, April 16, 2024 at 7:00 pm on Zoom. If you wish to attend and observe, please contact Keith Jeacle at k.jeacle@outlook.com or Val Dowd at webmaster@emmanuelunited.ca for the Zoom coordinates.

FINANCE

If you are about to begin your first year of a post-secondary program, and are younger than 25 years old, consider **applying to the Post-Secondary Bursary Fund**, (*also seen on page 8*). The deadline for the application is June 2, 2024. 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

Camp Chipembi 2024 is a **Leadership Opportunity** for young adults between the ages of 18 and 30. Camp Chipembi is a global intercultural learning and faith formation opportunity we share with our partners in Zambia. Participants will join with Zambian leaders in developing and implementing a week-long Christian day camp program, in Chipembi, for 100 children between the ages of 4 and 14.

Participants Must be:

- fully vaccinated
- available for 2 weeks in August (tentative dates are August 6-20)
- willing and able to travel to Chipembi, Zambia and in possession of a valid passport or travel document.
- Previous camp leadership experience is an asset, but not required.

Travel, accommodation and meals are funded by Emmanuel United Church as part of its partnership with United Church of Zambia, Chipembi Congregation.

An information session will be held April 7th after church.

For more information please contact Keith Jeacle, k.jeacle@outlook.com; Jim Lamb, jimlamb17@gmail.com ; or Christina Clark-Kazak, cclark.kazak@gmail.com

HEALTH

Take Time to be Wholely is a Chair Yoga Exercise Program for seniors. Join us on **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 occurs on **Friday's from 10:30 to 11:30 am**. The class consists of light exercises, some standing, and 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

Welcome Newcomers!

The Newcomers lunch on March 24th was enjoyed by attendees of all ages. It was good to learn more about everyone as they introduced themselves. Thank you to those who offered hospitality and conversation, provided food, served lunch, washed a mountain of dishes and laundry, and set up and took down tables! As one of our guests said, “participation helps us feel part of the community!”

Thank You All Emmanuel Volunteers

National Volunteer Week is April 14-20 this year. We appreciate volunteers every day, but this year’s theme **Every Moment Matters** highlights the importance of every volunteer and each contribution they make at a moment when we need support more than ever.

Coffee and Conversation

Keeping in Touch will be hosting on April 7. Sometimes we have new people at Coffee and Conversation; we encourage everyone to take this opportunity to ask them, “what brought you to Emmanuel today” and begin a conversation. Conversation allows for the building of relationships, helps people feel welcome and comfortable in a space, and gives them the confidence to ask questions.

We welcome David Wray to the Keeping in Touch Committee as Roll Clerk. Thank you to Ron Squires for his 27 years of keeping our Rolls and Records and for all the work he is now doing on for the Emmanuel Pictorial Directory 2024. It’s not too late to sign up!

MINISTRY & PERSONNEL

The office hours from now until May 17 are 9am to 4pm (instead of 4:30pm) as accommodation for the fact that Emma is taking time on Monday evenings to participate in the Ottawa Pastoral Care Training Program. This training is a requirement for our Office Administrator position; giving them the tools to support our community pastorally in whatever circumstances we encounter.

PASTORAL CARE

Emmanuel's Spring Pilgrimage 2024

Dear friends,

The Pastoral Care Team extends a heartfelt invitation to join us on a journey of unity, compassion, and solidarity. We gather amidst the beauty of nature's awakening to reflect on and be spiritually nourished by this year's theme – *No One Stands Alone*.

Theme: No One Stands Alone

Where: Vincent Massey Park (Riverside at Heron)

When: Wed. May 8th (rain date May 15th) 10 A.M-2 P.M.

Who: All are welcome

Why: To enjoy nature, grow spiritually, and share with our Church family

Register: After Easter, a sign-up sheet will be posted in the upstairs hallway opposite the C.E. Hall or talk to Irene Baaker or Jill MacLean. Drivers are needed.

Pastoral Care at Emmanuel United

The Pastoral Care Team 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.

The well-being of the Emmanuel community is our priority. To get in touch with the Pastoral Care Team, 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, Dr. Ron MacDonald, Malcolm Collins, Nyla Garrett, Patricia Fairbairn, Terry Henderson, Jon Jones, Jill MacLean, and Joyce White (Keeping in Touch).

SOCIAL ACTION

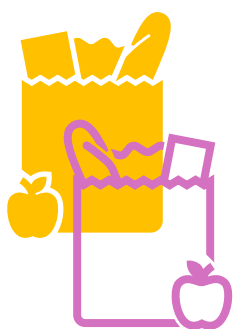
Gift Cards for Good!

We all buy groceries. With gift cards for good you can help those who struggle to get enough groceries with your own buying. You can do it by using gift cards to pay 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!*

Do you shop at Wilson's Independent Store on 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!

SOUTHEAST OTTAWA CLUSTER EVENTS

The Southeast Ottawa Cluster consists of Emmanuel, Glebe St James, Rideau Park, Riverside & Southminster United Churches

Riverside: stop by on Saturday mornings to check out the farmers market hosted here!

Rideau Park: is hosting *Forest Church* on April 28th at 4pm where they meet in Cunningham woods for evening worship.

Glebe St James: on April 21st from 3-5pm you can stop by to take part in a labyrinth walk.

ALSO: check out the weekly devotional videos presented by Cluster ministers. A new video will be posted every Wednesday at noon, on

the Cluster's youtube page found here:
<https://www.youtube.com/@SECluster>

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

Church in Community is a neighbourhood bible study shared by St. Aidan's Anglican Church and Martin Luther Church. On Tuesday, **April 24th at 11am, Emmanuel will be hosting** Rev. Rosemary Parker from St. Aidan's Church and Pastor Judith Kierschke from Martin Luther Church as well as members of both congregations. Our community neighbours will be in the lounge for discussion with coffee and tea, and all are welcome to join. We look forward to engaging with them.

If you would like to join another of their bible study sessions, they also meet on **April 16th at Martin Luther Church** where attendees will also enjoy a soup lunch.

WORSHIP

Looking ahead to April Worship Services

April 7

Sharing

Acts 4:32-35, John 20:19-31

April 14

The Power of Love

Acts 3:12-19, Luke 24:36b-48

April 21

Shepherding

Acts 4:5-12, John 10:11-18

April 28

Diversity, Inclusion, Welcoming Community

Acts 8:26-40, John 15:1-8

PRAYER STUDY Concludes

Tuesday April 2. 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 Christine & Norman Williams
Hilde Reynolds



In recognition of Clarice Dewar
for the many lifts she has provided for me
by Patty Kavcic

Welcome to all Newcomers to Emmanuel
and thank you to those who helped
with the Newcomer's Lunch



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