

LIFE AND WORK OF  
EMMANUEL UNITED CHURCH  
SEPTEMBER 2024



Photo Credit: Emma Dowd

**October Issue Submission Deadline:**  
September 24, 2024

*Welcome to Emmanuel United Church*

INCLUSIVE • COMPASSIONATE • JUSTICE SEEKING • WELCOMING ALL

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. As an affirming church we welcome everyone.

We recognize the Algonquin Nation, on whose traditional unceded territory Emmanuel United Church is located. We gratefully acknowledge them as past, present and future stewards of this land.

Telephone: 613-733-0437  
691 Smyth Road,  
Ottawa, ON K1G 1N7  
Website: [www.emmanuelunited.ca](http://www.emmanuelunited.ca)  
Sunday Worship at 10:00 AM

**Office Hours: Monday – Thursday**  
**9:00 am-4:30pm**

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For Information on any of our church activities please call or email the office and check out our website- the upcoming events and good to know sections of the homepage host excellent content; get to know us even better by exploring more!



# ***In Memoriam***

**Donald Ford,  
July 25, 2024**

**Carolyn Brown,  
July 30, 2024**

**Albert Richardson,  
August 11, 2024**

**Joan Craig,  
August 11, 2024**

**Gordon McElveny,  
August 15, 2024**

**Graeme Elliott,  
August 15, 2024**

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

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

**(In memory of Edna  
Wright)**

**Clara & Jim Brownlee**

**(In memory of Don  
Ford)**

**Ross & Joyce White**

**(In memory of Carolyn  
Brown)**

**Helen Binks,  
Ross & Joyce White**

## ACTIVITIES & GROUPS

Emmanuel's Men's Group meets monthly for Breakfast; join them at Perkins's Restaurant, St Laurent from 8:15-10:15 am.

The dates for the Men's Club Breakfast are:

September 14, October 12, November 9, and December 14

The **Book Club** resumes after a summer hiatus. The first book this year is The War Pianist by Mandy Robotham. Elahe will lead the discussion **in person** in the lounge on Monday, September 9th at 7:00pm.

The **Thursday Morning Discussion Group (Heretics)** will resume our weekly meetings at 10:00 a.m. on Thursday, September 12.

Some of us have reviewed a DVD with lectures by Professor Amy Jill Levine on the subject of the **Hebrew Bible**, and find her excellent and thought-provoking. We'll definitely delve into that that the start of our fall session, and then – who knows? Where the spirit moves.

Regardless of the topic, we always have interesting and lively times, and we'd love to have you join us. Drop-ins are always welcome; no commitment is required. Please contact Evelyn Perkins or any member of Heretics for further information and a Zoom invitation.

The **Emmanubells** have openings for new ringers. We rehearse on Thursdays from 6 pm - 7:30 pm and play in church about once each month as well as participating in a massed concert on May 4. A basic ability to read music is necessary but no previous bell ringing is required - we will teach you. We do require a commitment to attend rehearsals on a regular basis and to notify the director well in advance if you are unable to play on a scheduled Sunday. Contact Ann Frederking if interested.

**National Day for Truth and Reconciliation (Orange Shirt Day):** Monday, September 30. Wear an orange shirt to honour the Indigenous children who were sent away to residential schools. We can all be a part of reconciliation.





**Our Emmanuel Holiday Bazaar is  
Saturday Nov. 9, 2024**

As this update is being written for the September Life and Work Packet, the 2024 Bazaar is less than 10 weeks away. This may seem like a lot of time but there is much to do to prepare for this major fund raising event.

We are blessed to have many returning and a few new supervisors for various areas of the Bazaar this year. Our 2024 Holiday Bazaar promises to be traditional with a few additional twists...details to follow.

There will be many opportunities to contribute between now and November 9. The website, monthly packet and Sunday bulletin will keep you up-to-date with what's happening!

In the meantime, if you are canning or making jams this Fall, please consider setting aside a jar or two for the Bazaar.

If you are starting to gather items for holiday baking needs, please consider adding a little extra for Baking Table donations.

If you are cleaning out, clearing out, or wondering what to do with no-longer needed treasures, please consider setting them aside for our Bazaar.

There will be pop-up workshops to help prepare items for the Bazaar and all are welcome to participate.

Thank you for your support,  
Brenda Ashe, Bazaar Convener



## **Food Bank (*and School Supplies*) 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 September 30th between **2:00 to 3:00 PM. NOTE NEW TIMES!** As well, feel free to drop contributions in the food bank collection box on or before Sunday the 29<sup>th</sup>.

**At this time, we will not be accepting monetary donations to the Russell Heights Food Bank – either in cash, cheque or e-transfer. Monetary donations can be made directly to:**

**Russell Heights Community House  
1799 E&D Russell Road  
Ottawa ON K1G 0N1  
No tax receipts will be issued.**

*What items are most helpful to donate?*

Rice

Pasta and pasta sauce

Canned meat and fish

Canned fruits and vegetables

Canned stews and chilis

Whole grain cereals

Healthy snacks – granola bars,

fruit cups, apple sauce

Size 3T, 4T, and 5T diapers and feminine supplies are especially appreciated. As is coffee.

Reusable grocery bags continue to be welcome.

*School Supplies:*

Pencil crayons, washable markers, HB pencils, pens,

pencil sharpeners, and erasers

Kid safe scissors,

Metric rulers, glue sticks

Lined notebooks, paper; both

lined and graph, duotangs, and binders

Calculators, geometry sets

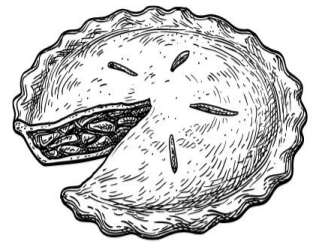
French English dictionaries, and small hand sanitizers.

Please consider product quality over quantity as some items are easily broken by children.

## *Pies from Emmanuel United Church*

*The online Thanksgiving Pie Market will be open soon @euconlinemarket.ca.*

You will be able to order apple, blueberry, peach, raspberry and strawberry-rhubarb pies.



ORDER @ EUCONLINEMARKET.CA

Funds from Pie Sales support our  
Global Partners Iglesia Bautista  
Emmanuel in San Salvador and the  
Chipembi congregation of the  
United Church of Zambia.  
Thank You!

Sale August 23  
-  
September 31!

**Irene and Roger McCullogh**, members of Emmanuel since 1972, are celebrating their 60<sup>th</sup> (diamond) wedding anniversary on September 5, 2024. Congratulations Irene and Roger!

### **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 gather 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 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](mailto:perkeve@hotmail.com)).





## CHRISTIAN DEVELOPMENT

The **Nursery** is available every Sunday.

**Sunday School** provides activities for children aged 3 to 13 during our Sunday church service.

**Children's Choir** – Ashley Roy and Amelia Brohman are starting a children's choir. If a child in your family is interested in taking part, please contact Amelia at [amelia.euc@gmail.com](mailto:amelia.euc@gmail.com)

**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. The meetings are usually held on the first Friday of each month. For more information, please contact Ellen Brohman ([ellenbrohman@gmail.com](mailto:ellenbrohman@gmail.com))

**Let's Stay Together** Sundays are resuming this fall on the second Sunday of each month. Join us after the service on **September 8** for a BBQ and corn lunch and some 'get to know each other' activities. *We welcome suggestions of topics and themes for future sessions; please pass them on to any member of the CD team.*

**Confirmation** – We are holding confirmation learning sessions this fall. Interested people should contact Amelia for more information.

**Young Adult Habitat Build** – A small group is taking part in a Habitat for Humanity build in Cobourg, Ont on August 22-24. The group is collecting donations in support of the Northumberland Habitat chapter who are coordinating the build. If you would like to donate, you can do so at <https://www.canadahelps.org/en/charities/habitat-for-humanity-northumberland/p2p/buildchallenge2024/team/emmanuel-united-ottawa>



# COUNCIL

Welcome Back! I hope everyone had an enjoyable summer.

Council meetings will resume in September, with an in-person meeting to be held Tuesday, September 17, 2024 at 7:00 pm in the CE Hall.

All members of the congregation are welcome to attend as observers.

# HEALTH

## **TAKE TIME TO BE WHOLELY**

### **Seniors' Exercises on Monday and Friday**

Drop-in fee \$5 per class.

The fall session will begin on **Monday, September 9, 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.

**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.

# KEEPING IN TOUCH

## **Pictorial Directory Update**

We are looking forward to receiving the 2024 Pictorial Directory from the Publisher in September. Watch the announcements for more details about distribution.

## **Back to School**

Good luck to all Emmanuel youth, young adults and school

staff who are returning to school in the fall. We are cheering you on as you continue your journey as a life-long learner. In October, the Keeping in Touch Committee will deliver “thinking of you” packages to post- secondary students. Please send us the names and addresses of college and university students so that they can be included.

### **Membership**

Make Emmanuel your home - we welcome everyone who chooses our congregation, wherever you are in your spiritual journey. Some of you may wish to join Emmanuel through profession or reaffirmation of faith, or transfer of membership from another congregation. A New Member’s Service is scheduled for Sunday, October 20. If you have any questions about membership or desire to be on the Emmanuel United Church official church roll, please talk to Rev. Grant or call the church office.

### **Name Badges**

Wearing a name badge is a signal that you are open to conversation and serves as a welcoming sign to others. You can request a name badge on the sign-up sheet located on the bulletin board closest to the office. New names, new ideas, Emmanuel 2024!

### **Coffee and Conversation**

Keeping in Touch will be the host on October 6 in the CE Hall. If you would like to join us in the kitchen, we would be happy to show you how to volunteer for this fellowship activity and share your gift of hospitality.

### **Greeter Coordinator:**

We are still looking for a **Greeter Coordinator**, a volunteer who will arrange for a greeter each week, to welcome everyone as they come in the door on Sunday morning.

Contact: Joyce at: [welcoming@emmanuelunited.ca](mailto:welcoming@emmanuelunited.ca) or: 613-324-8759.

Next Meeting: Tuesday, September 3, 2024 at 7:00 P.M. on Zoom.



# MINISTRY & PERSONNEL

## **Theresa's Retirement**

After spending twenty years with us, Theresa is retiring. She was hired as our Organist/Pianist in 2004, and then as our Leader of Music Ministry in 2012, her professionalism and energy has been appreciated. Theresa's last day will be August 30. We will celebrate her time with us at the end of the service on October 6. If you would like to make a contribution towards a gift for Theresa, you can give cash or cheque (made out to Valerie Lines) to any member of M&P, or by e-transfer to [bvlines84@rogers.com](mailto:bvlines84@rogers.com).

A search team is being assembled and a position description is being prepared. Both will be presented at the September 17 Council meeting for approval; after which the search to find a new Leader of Music Ministry will start in earnest.

We are also looking into hiring an interim choir director for a few months while we conduct the search.

*Please share news of this position with anyone you think may be qualified and interested.*

## **Email Safety**

M&P would like to remind people to look at the email address of emails received from Grant (not just the name, but the full email address of the sender). Sometimes emails which have Grant's name as the sender are not actually from him. If you get one of these emails, do not respond to it or open any link in it – delete it.

**Vacation** - Ron will be on vacation for two weeks from Aug 26 to Sept 8. Emma will be on vacation from Aug 26 to Sept 2. Erika Langner will be in office that week.

# PASTORAL CARE

## **Together We Thrive: Fostering Self-Advocacy through Mutual Support**

### *Planning for Peace of Mind: The Importance of Advanced Care Planning*

Welcome to our new series for **Together We Thrive**. Over the next few months, the focus will be on advanced care planning. Advanced care planning is crucial for all families, as it ensures that everyone's wishes are understood and respected, fostering clarity and unity during challenging times. As we navigate the journey of life, it's essential to think about how we want our care to be managed in the future. Advanced care planning helps ensure that your values and preferences are honoured, giving you and your loved one's clarity and comfort. In the upcoming issues, we'll provide practical advice, share real-life stories, and offer resources to help you make informed decisions. Please let the Pastoral Care Team know of any information regarding Advanced Care Planning you would like to see published in the Packet.

A website to check out:

<https://www.advancedcareplanningontario.ca/acp> and here is a YouTube introduction to ACP :

<https://www.youtube.com/watch?v=6gFzCiMnlg>

### **A Meditation: September Stillness**

Find a quiet space and close your eyes. As the crispness of September fills the air, allow yourself to embrace the gentle transition from summer's warmth to autumn's calm.

Breathe deeply, feeling the rhythm of the changing season. With each breath, let go of what no longer serves you, like leaves drifting on a breeze. Embrace the stillness and clarity that autumn brings, inviting renewal and introspection.

In this moment of quiet, honor the journey of the year so far and the possibilities that lie ahead. Trust that, like the earth, you too can rest, renew, and flourish.

Open your eyes slowly, carrying this sense of peace with you into the day.

*John O'Donohue*



## **The Pastoral Care Team**

The Pastoral Care Team offers emotional and spiritual support to individuals and families facing various life challenges. 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@emmanuelunited.ca](mailto:pastoralcare@emmanuelunited.ca) or contact the church at 613-733-0437.

**Pastoral Care Team:** Rev. Grant Stuckless, Dr. Ron MacDonald, Malcolm Collins, Patricia Fairbairn, Terry Henderson, Jon Jones, Jill MacLean, and Joyce White (Keeping in Touch).

## **SOUTHEAST OTTAWA CLUSTER EVENTS**

**The EOORC Flourishing Workshop hosted by Moderator Rev. Dr. Carmen Lansdowne** will be taking place at Emmanuel United church on September 14<sup>th</sup> from 9:00 am – 4:30 pm. **Attendees are asked to register**, and a link to do so can be found on our website, just look for the Flourishing Workshop in the Upcoming Events section of the homepage! Those attending will enjoy a catered lunch and many engaging, energizing activities as they explore ways to shape our communities with dream-oriented actions to overcome the challenges of contemporary church life.

## **WORSHIP**

Welcome back to a new season – the season of Creation. We hope that your summer was refreshing.

Looking ahead to worship in September

September 1 ~ Mark 7:1-8, 14-15,21-23

September 8 ~ Mark 7: 24-37

September 15 ~ Proverbs 1:20-33 & Mark 8:27-38

September 22 ~ Mark 9:30-37

September 29 (Orange shirt day) ~ Esther 7:1-6,9-10;  
9:20-22

We are looking to add to our roster of people who are willing to volunteer as an usher or to help with coffee and conversation. This is a great way to get to know people if you are new to the congregation (or even if you have been around for awhile). This doesn't need to be a huge time commitment. For ushering – see Bob Gander. For coffee and conversation – see Irene Bakker.

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Have you ever wished that you could pick the hymns for the Sunday service? Now is your chance. Following the positive feedback from the music service at the end of April, you are invited to let us know of a favourite hymn that we can include in the worship plans. As our leaders did at that service, you would be prepared to tell us why your chosen hymn has special meaning for you.

If you would like to participate in worship in this fashion, let Grant or Joan Foster-Jones know and we will work your choice into an upcoming service.





## ***Simplify your Celebrations***

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



With thanks to Cecil and Laura Fietz  
for the donation of two quilts.  
Look for one, made by the Emmanuel Quilters,  
at the Bazaar's Silent Auction on November 9  
by Joyce and Ross White



Donations may be made by cheque  
payable to "Emmanuel United Church",  
e-transfer to [envelope.secretary@emmanuelunited.ca](mailto:envelope.secretary@emmanuelunited.ca)  
or through the CanadaHelps.org "Donate Now" button  
on our website at [www.emmanuelunited.ca](http://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*