

LIFE AND WORK OF
EMMANUEL UNITED CHURCH
NOVEMBER 2024



Photo Credit: Emma Dowd

December Issue Submission Deadline:
November 18, 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
Sunday Worship at 10:00 AM

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

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KEEPING IN TOUCH

Joyce White welcoming@emmanuelunited.ca

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

***Shirley Maguire,
October 2, 2024***

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

**Thanks to Marjorie
Cooper for giving in
memory of Don Ford**

&

**Joyce & Ross White
for their donation in
remembrance of
Shirley Maguire**

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

OUR EMMANUEL HOLIDAY BAZAAR IS

SATURDAY NOVEMBER 9, 10AM-2PM

This is a major fund raising event for Emmanuel's general fund and we look forward to everyone being involved in big and small ways to make this event fun and successful!

Please consider volunteering to assist in various areas and/or working on Bazaar Day, Saturday November 9. Sign-up sheets are in the Narthex. You can contact Brenda Ashe: brendal Ashe@gmail.com or 613-806-2296 or talk to Brenda on Sunday, if you have any questions.

Your donations are so important to the 2024 Bazaar. Here are the various areas and special requests to consider when donating:

BAKING: All baking is welcome! Ginger, chocolate chip and oatmeal cookies sell well. Fudge, jams, jellies, preserves, small loaf cakes, muffins, cupcakes, squares and seasonal items are all appreciated. Cookies can be packaged by 6 or 12. Iced Cupcakes packaged in boxes to protect the icing, and muffins can be packaged by 2, 4 or 6 per package. **Again, all baking is welcome.**

BOOKS & CDs/DVDs: Young adult and children's books sell well. Mystery, biography, history, crafts, self-help and travel books are appreciated. Please no textbooks, encyclopaedias, Harlequin romance. CDs/DVDs should not be scratched or otherwise damaged.

CHRISTMAS DECOR: Good condition Christmas mugs, dishes, angels and Christmas ornaments and decorations. No electric lights.





KNITTING and SEWING: ONLY NEW knitted and sewn items please. The estimated cost of the item should be included with the donation. Toques, socks, mitts, baby items, kitchen towels, dish cloths and cloth wine bags are all appreciated.

JEWELRY and ACCESSORIES: Jewelry that does not require repair. Accessories can include gently used and cleaned scarves, ladies gloves, purses and jewelry storage boxes.

SCROUNGER'S PARADISE: Items in good condition and in working order, house wares, decorative items, linens, bowls etc.. NO cracked or chipped dishes. Games, toys, sports equipment and puzzles with no missing pieces.

SHANTYMEN'S DELI: Homemade bread and rolls are needed to sell alongside the Deli items available at the table.

SILENT AUCTION: Can you provide tickets, a welcoming invitation, or a service to help others? A service can include making a dinner for pick-up or delivery, making a photo book, giving computer help. Also, unique treasures, good quality collectables and children's items are popular. Please no large sets of dishes, no large furniture items or non-working electrical items. No clothing.

WOODWORKING: Handmade wood items and wooden Christmas items. No furniture please.

Thank you for contributing in any way possible.



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: November 9, and December 14.

The **Book Club** is reading Daughters of the Deer by Danielle Daniel, and will meet at 7pm November 11th on Zoom for a discussion of the book lead by Kathleen. The novel is a haunting historical novel, where Danielle Daniel imagines the lives of her ancestors in the Algonquin territories of the 1600s.

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).

Emmanuel At The Movies November 15, 7:00 pm

The Darkest Hour - In May 1940 the fate of World War II hangs on Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean the end of the British Empire and Europe as it was known. Starring Gary Oldman, (Academy Award Best Actor) and Kristin Scott Thomas. The film is a terrific and suspenseful historical drama.

PG 13, Ratings IMDb 7.4/10

Free admission. Free will donation to Emmanuel
Popcorn and drinks for sale

For information contact Phyllis MacRae at pmjmacrae@gmail.com

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

This month the Heretics is viewing and discussing lectures by Dr. Amy-Jill Levine on the subject of the **Hebrew Bible**. Dr. Levine's ideas are well-researched, fascinating, and most importantly thought-provoking and excellent bases for conversation.

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, links to Dr. Levine's lectures, and a Zoom invitation.

Emmanuel United Church **invites you to a *Lunch and Learn* Event**

When: Monday, November 18, lunch at 12:00
speakers at 12:30

Who: Speakers from Canadian Food Grains Bank and TSURO Trust, Zimbabwe

What: Learn about the work being done on the ground to alleviate hunger and how you can be part of the solution.

Where: Emmanuel United Church, 691 Smyth Rd.

RSVP for lunch: Joyce White: welcoming@emmanuelunited.ca or through the church office at 613-733-0437.



Watch for a poster in the narthex with more details.

Neighbourhood Bible Study is a partnership project between St. Aidan's and Martin Luther churches and Emmanuel. These three denominations will gather **every Thursday in November, at 11am** to share in spiritual reflections and small studies. *Emmanuel is hosting a session November 14th in the lounge*, and if you wish to participate further, the other meetings are:
November 7th at St. Aidan's, 934 Hamlet Road.
November 21st, at Martin Luther, 933 Smyth Road
And on November 28th the group will meet at Starbucks, 1910 St. Laurent Blvd.

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 **November 25th** 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 24th.

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.
- And egg cartons once again





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

Rainbow Hub is a monthly social group for LGBTQ2+ youth who are 12-18 years old from 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)

Our next *Let's Stay Together* Sunday will be **November 3**. Join us after the service for a lunch of homemade soup and rolls followed by after lunch activities on the theme of 'Raising Marginalized Voices'. There will be a speaker and all-age Messy church.

On **December 8th** *Let's Stay Together*, will again share lunch followed by a choice of making a gingerbread house, a Christmas craft or joining in a carol sing. We welcome suggestions of topics and themes for future sessions; please pass them on to any member of the CD team.

Confirmation – Our first confirmation session was held on October 20; the second will be on Nov 17 after the service from 11:30 to 1pm. Interested people can still join; contact Amelia for more information.

COMMUNICATIONS

While the packet, bulletin and slide announcement change seasonally, our local paper, the Vistas, is published only ten months each year: January to June. We submit announcements, as well as ads, articles, and photos to them, allowing us to cast our net into the wider community, drawing in the curious and interested to our various events.

The second local paper, Riverview Park Review is published five times yearly in October, December, February, April and June. The Review might publish ads, articles and photos, but no longer publishes announcements.

Our local papers are publishing again next month. **If you have ads, events or announcements, photos and/or stories for them, please send them to publicity@emmanuelunited.ca by the 15th of the month.**

COUNCIL

The October Council meeting was an in-person meeting held on Tuesday, October 15, 2024.

HIGHLIGHTS:

- Transfer of \$20,000 from General Fund to the Capital Fund.

Capital funds will be needed in the near future to support significant repairs to the church building particularly replacing the Hardie Board siding on the exterior of the CE Hall and repairs/replacement of the roof. There is only a minimal amount in the Capital Fund as at September 30, 2024. Because of lower than expected expenditures, there is likely to be a year-end 2024 General Fund surplus. The Finance Committee recommended the transfer of \$20,000 from General Fund to the Capital Fund, and it was approved.

- Preliminary Expenditure Forecast 2025 was presented and approved by Council.

This is an Expenditure Forecast for 2025 based on input from the various committees within Emmanuel. The expenditure forecast reflected approximately a 4% increase over the 2024 General Fund budget. The final General Fund budget will be prepared and presented to Council in January once the revenues (from the Stewardship campaign) have been determined. The final approved budget will be presented to the Congregation at the Annual Meeting in February.

- Canadian Foodgrains Bank lunch and learn

On Monday, November 18, 2024 at 12:00 pm, a lunch and learn will take place at Emmanuel with an opportunity to learn more about the work of the Canadian Foodgrains Bank, a Canadian charity made up of 15 Canadian churches and church based agencies with a mission to end global hunger. In addition to Canadian Foodgrains Bank representatives, two (2) guests from Mozambique, who are directly involved with the program, will be able to talk about the program, the situation in their country and how it is making a difference in the lives of people.

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 Full Council on Tuesday, November 19, 2024 at 7:00 pm via 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

Stewardship Campaign 2024

“The Spirit of Fellowship, the Need for Caring.”



Our Annual Stewardship Campaign begins with Stewardship Sunday on Oct 27th and will run through Nov 17th. This year's theme highlights the core values of Fellowship and Caring. Fellowship we see in our gathering each Sunday and throughout the week in various activities that support our church, our community, and our world. Caring is about love and compassion, empathy, and the concern for others. We are a caring congregation.

We are blessed at Emmanuel to have a congregation whose members exemplify these themes. We have a vibrant church with many activities that are made possible only by the generous volunteering of our church congregation. Without your generous time and talent our church could not continue. Please volunteer, if you are not already doing so. Thank you if you are volunteering! You can fill out our Time and Talent Survey online at <https://emmanuelunited.ca/support/time-and-talents-survey/> .

Our Stewardship Campaign is held once a year, in the fall. Please pick up your Stewardship Package in the Narthex before or after Sunday Service during our Stewardship Campaign and promptly return your pledge card. Through your generous monetary support of Emmanuel's General Fund, we will be able to achieve our financial and operational goals. When you consider your financial support of Emmanuel's General Fund for 2025, please respond generously. We ask that you increase your financial pledge by 4% over last year, to allow us to maintain our Activities, Services, Ministerial Support, Building Maintenance, and Outreach.

GLOBAL PARTNERS

Zambia Pilgrimage

Call For Expressions Of Interest

Global Partners is planning a potential pilgrimage to Zambia to visit the Chipembi congregation and our United Church partners in 2025. If you are interested in possibly participating in this trip, please contact Keith Jeacle or Christina Clark-Kazak by November 30th, 2024. Thank you!

Camp Chipembi 2024 Reflecton

By Alison Lines

I was fortunate to have the opportunity to return to Chipembi, Zambia with Emmanuel United Church as one of the youth leaders for Camp Chipembi this past August. I first travelled to Zambia in March of 2016 as the youngest member of a partnership visit. I remember having to be convinced into going, as it was the first time I would be travelling without my parents, and travelling for over 24 hours to find yourself on the opposite side of the world is a daunting endeavour, especially for a 15-year-old. However, once I got there, I became enamoured with it. The stunning scenery, the warm hospitality of the people, and the deep sense of community at Chipembi United Church left a lasting impression. I was also fortunate to stay with and learn from Omega at Makumba farm—something I will forever cherish. After having such a wonderful experience, I knew I wanted to return. Four years later, in 2020, I was excited to be invited back as a youth leader for Camp Chipembi, but unfortunately, the pandemic made global travel impossible.

So, when I was approached earlier this year and asked if I would be interested in being a youth leader at Camp Chipembi 11, I was thrilled. Not only would I be returning to Zambia, but I would also have the opportunity to expand on my experience by taking on a leadership role. The timing felt perfect given that I had just finished my studies, and I was eager to represent Emmanuel alongside Erika Langner and Xavier Lamb, both of whom I had grown up with in the church. After more than 30 hours of travel, we finally arrived in Chipembi—tired but excited. We had a few much-appreciated days of rest at Makumba Farm—a uniquely invigorating and tranquil place. Soon the farm was energized with the arrival of the Zambian youth leaders for camp planning, and the whirlwind of camp began. The next few days were filled with learning, camp preparation,

shared meals, and moments of laughter as we worked, played, and bonded, creating a strong sense of community.

During camp, I worked primarily with children aged 9-10, and it was a joy to share bits of Canadian culture while learning from them. I got to share some of my favourite games I had grown up playing and learned some new ones from the kids. I got to learn snippets of the local languages, and engaged in multiple discussions about who would win in fights between Zambian and Canadian animals. (It was bears—specifically an angry grizzly, which is always a frightening image). I got my hair done multiple times, as everyone wanted a turn, although I believe there was some frustration about its unwillingness to stay in braids. Camp days were filled with learning, laughter, and joy, with truly quiet moments only coming at lunch when the kids had just sat down to eat. I wouldn't have wanted it any other way.

Returning to Zambia and being a part of Camp Chipembi was an experience I will never forget. I saw firsthand the passion and dedication of leaders and community members as they gave their time and energy to create a meaningful camp for the children. This was such a special opportunity to share in faith and friendship, and I feel incredibly fortunate to have gotten to experience and contribute to this vibrant and welcoming celebration of partnership.



EMMANUEL UNITED CHURCH

JUST GIFTS CHRISTMAS MARKET



Fair trade & local food, handcrafts & gifts
Proceeds support Emmanuel's partners in
Zambia and El Salvador

Online orders:
November 15-30
euconlinemarket.ca

Order pick-up & in-person market:
Saturday Dec 7, 10am-1pm
691 Smyth Road, K1G 1N7



HEALTH

TAKE TIME TO BE WHOLEY SENIORS' EXERCISES

Drop-in fee \$5 per class

Chair Yoga Exercise Program

Mondays 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

Fridays 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

Welcome to New Members

At the Worship Service on October 20, we welcomed nineteen new members to the Emmanuel community. Many have already engaged in volunteer activities and we look forward to working with you in the future.

Cheering Students On

“Thinking of you” packages have been distributed to seventeen post-secondary young adults, giving them our support and wishing them well in their studies this year. Thank you to everyone who contributed by shopping (for example the packages provide school supplies, hand sanitizer, Hallowe'en treats, toothbrushes and floss). As well we had cookie bakers, dishcloth knitters, special note cards and eco-friendly gift bags made by congregation members.

Your stewardship contribution to the General Fund provides Keeping in Touch and other committees with a budget to make this kind of outreach possible.

Coffee and Conversation

KIT will be hosting on November 10. If you would like to help KIT with Coffee and Conversation, we would be happy to teach you more about kitchen routines.

Members of the Keeping in Touch team:

Ann Bihamba, Janet Campbell, Patty Henderson, Phyllis Macrae, Hilde Reynolds, David Wray, Joyce White (Chair)

Thank you to Clarice Dewar who has been on the Committee for a number of years and is now stepping aside. We have a vacancy on the committee and invite you to join us.

Our next meeting will be on Tuesday, November 5 at 7:00 P.M. on Zoom.

MINISTRY & PERSONNEL

Grant attended the United Church Annual Theology Conference at Bells Corners United Church this past week on October 21-22. He will be on vacation the week of October 28 to Nov 3. We wish him a fun time celebrating his 50th birthday!

We're very pleased that Ann McNamee has agreed to step in as our interim organist and choir director. She will be with us until the end of December 2024. This gives us some breathing room in our search process.

Update on Search for Leader of Music Ministry

The ad for a Leader of Music Ministry has been posted on the Emmanuel website, the EOORC website and on the Royal Canadian College of Organists website. We are reaching out to various other contacts to help us spread the news.

PASTORAL CARE

Together We Thrive

Fostering Self-Advocacy Through Mutual Support

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

Did you know that the Emmanuel Library has 4 very useful booklets regarding Advanced Care Planning. They are by Gloria Levi and Beryl Petty (call number 65LEV) .They are titled: **Challenges of Later Life, with an additional sub-title.**

Booklet 1 : I'm Not What I Used to Be. It is for those living independently who recently have had a health loss. It can be helpful in making adjustments or accommodations.

Booklet 2 : A New Home. This is for any older adult considering moving, be it by choice or by force. It considers the physical and emotional turmoil involved.

Booklet 3 : By Myself. This is for older people living alone. It talks about loss and loneliness and how to cope. It explores the commonalities and differences of divorced, widowed, or never married individuals.

Booklet 4 : Inner Focus—Your Life Story and Its' Meaning. It is written for those who wish to explore the spiritual richness of the 2nd ½ of your life.

In addition to the above, there are also books on the topic of aging successfully.

Carrying the Light: A Meditation on Remembering Loved Ones November, in the Christian tradition, is a sacred month of remembrance, where we are called to honor and reflect on the souls of those who have passed, trusting in the promise of eternal life. As we live through the month of November, take a moment to honor the presence of those who have gone before us, their lives woven into ours in ways that still whisper to us through memory and love. As John O'Donohue reminds us, "When someone you love dies, you are given the gift of their essence, which lingers as a light within you." In the quiet spaces of our hearts, their spirits continue to guide us, offering unseen blessings. Let us feel the warmth of their presence and acknowledge that love transcends the boundaries of time. May

we carry their light forward, honoring their legacy in the way we live today.

The Loss to Light Service is on Sunday, December 15th at 2 PM. This gathering is especially for anyone who has experienced loss of any kind and is navigating their grief during this time. All are warmly invited.

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 or contact the church at 613-733-0437.

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

Riverside: Their Annual Bazaar runs from 10am-2pm on November 16th.

Rideau Park: The Christmas Treasures Bazaar is from 1-4pm on November 2nd.

Glebe St James: Their Bazaar is on November 23rd from 10am-2pm.

Southminster: Their Bazaar is November 30th, from 10am-1:30pm.

WORSHIP

Looking ahead to worship in November

November 3

Guest preacher Steve Moore

November 10

Remembrance Sunday

Ruth 3:1-15, 4:13-17

Mark 12:38-44

November 17

Intergenerational service led by CD

November 24

John 18: 33-37

We are looking to add to our roster of people who are willing to volunteer to 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.

Notes:

Notes:

Simplify Your Celebrations

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



In gratitude to Julie Henderson
for her beautiful solo
at the Celebration of Life service for Don Ford
by Margo Ford and family



Thank you to Clara Brownlee for sewing cloth bags
and Jean Henderson for original art cards
for the “thinking of you” packages
for post-secondary students



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