

LIFE AND WORK OF
EMMANUEL UNITED CHURCH
FEBRUARY 2025



Photo Credit: Emma Dowd

March Issue Submission Deadline:
February 17, 2025

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.

**691 Smyth Road,
Ottawa, ON K1G 1N7
Website: www.emmanuelunited.ca
Telephone: 613-733-0437**

Sunday Worship at 10:00 AM

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

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KEEPING IN TOUCH

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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

**Doris Smith,
December 12, 2024**

**Eva-May Hamilton,
December 17, 2024**

**Audrey Mather,
January 7, 2025**

***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.***

**Thanks to Julie &
Terry Henderson for
giving in memory of
Eva-May Hamilton.**

ACTIVITIES & GROUPS

On February 10th, **Book Club** will discuss *The Lives of Girls and Women* by Alice Munro this month, with discussion led by Emma.

Emmanuel's Men's Group meets monthly for Breakfast; join them at Perkins's Restaurant, St Laurent from 8:15-10:15 am. The upcoming dates are February 8 and March 8.

TELEOS meets on February 26 at 7 PM on ZOOM. Our topic is: **WHEN IS YOUR BUCKET (of life) FULL?**

Monday Night Christian Meditation Group

Jesus says, "In your prayers do not go babbling on like the heathen, who imagine the more they say the more likely they are to be heard." Prayer is not a matter of talking to God, but of listening to Him, or being with Him. It is this simple understanding of prayer that lies behind John Cassian's (a 4th century Christian monk) advice that if we want to pray, to listen, we must become quiet and still, by reciting a short verse over and over again." – John Main OSB

If you wish to join a group of meditators that practice this ancient form of prayer, we meet on Mondays for an hour starting at 7:00pm on Zoom. For further information and a zoom link, please contact Evelyn Perkins (perkeve@hotmail.com).

The Thursday Morning Discussion Group ('Heretics')

Thursday Morning Discussion Group is continuing to look at the Hebrew Bible with the aid of Dr. Amy-Jill Levine's lectures. We are at Isaiah now, and plan to continue this series until mid-March. After that, we're open to further suggestions. All are welcome to join us for our interesting and lively conversations. We meet at 10:00 a.m. on Thursday mornings on Zoom, and there's always room for more. Please contact Evelyn Perkins (perkeve@hotmail.com) or any member of Heretics for further information or a Zoom invitation.

**EMMANUEL
FRIDAY NIGHT AT THE**

MOVIES

FEBRUARY 21 | 7:00 PM



Mark the date for the showing of *The Princess Bride* on February 21 at 7:00 pm. Doors open at 6:30.

A high spirited adventure that pits love against inconceivable odds. Swashbuckling heroes, a beautiful and brave princess, pirates, evil villains. A hilarious spoof directed by Rob Reiner. A cult classic from 1987.

Imdb 8/10, Rotten Tomatoes 96%. Age 12 and up.
(Warning: there is kissing!)

drinks & snacks for sale
Emmanuel United Church
691 Smyth Road, Ottawa
www.emmanuelunited.ca



**FREE ADMISSION!
EVERYONE IS WELCOME!**
Bring your friends
Doors open at 6:30

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 – If a child in your family is interested in taking part in the children's choir led by Ashley Roy, 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)

Worshiplude – Saturday, February 1, 1pm to 10pm

Worshiplude is a winter worship and fellowship event for youth and young adults (ages 10+) from across Ontario. This year it is being held at Southminster United Church in Ottawa.

Youth and young adults are invited to gather at Emmanuel on Saturday Feb 1st at 1:00pm for an outdoor skate on a nearby rink followed by Worshiplude worship and activities at Southminster. We have skates to loan for anyone who needs them.

We will be leaving Emmanuel to drive to Southminster United Church at about 4:00pm and are expected to return back to Emmanuel by 10:00pm at the latest. Snacks and dinner will be provided.

Winter Fun Day - Saturday, Feb 22

Join us for tubing at Domaine de l'Ange-Gardien ([Home :: Domaine de l'Ange-Gardien](#)) located at 1031 Pierre-Laporte Road, L'Ange-Gardien, Quebec, followed by dinner together at Emmanuel and then we will finish the evening off with some family friendly games!

We will meet at Emmanuel at 12:30pm (come having already eaten lunch). Then we will drive to Domaine de l'Ange-Gardien (about a 40 minute ride from the church).

Tickets can be bought in advance; kids under 12 are \$21; kids over 12 and adults are \$24. Families can pay for tickets or make a donation toward the cost as they are able, otherwise Emmanuel can help cover the cost.

Around 4:30pm we will leave the hill to return to Emmanuel for dinner (at approximately 5:30 pm) followed by board games. **People are welcome to join us for the dinner and evening program at 5:30pm.**

Please contact Amelia Brohman (amelia.euc@gmail.com) for more information or to indicate your interest.

Our next *Let's Stay Together* Sunday will be **February 9**. Join us after the service for a **potluck lunch** followed by a choice of taking part in a swing dance lesson, a video/trivia/discussion gathering related to Black History; or playing games from the cultures of the Black diaspora. There will be a signup sheet in the narthex for the potluck lunch and activities.

COUNCIL

Notice of Annual Congregational Meeting—ACM Sunday February 23, 2025 @ 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, Immediately following worship and before the start of the meeting.

Copies of the 2024 Annual Report will be available by Sunday February 16, 2025. 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 your Chair of Council, Keith Jeacle.

If you think you would like to serve on a committee, in an area that interests you, your help would be very welcome. There are roles to suit everyone and the amount of time you have to commit, so don't be shy. Speak to anyone you know who is already volunteering, or contact Christine Hywarren: christine.hywarren@gmail.com

Please mark the date on your calendar and plan to stay.

See everyone there!

GLOBAL PARTNERS

Camp Chipembi, August 2025

Are you aged 19-30 and looking for a meaningful volunteer opportunity? We are accepting applications for young adults to work with local leaders in Chipembi, Zambia for two weeks in late August. If you are interested, please contact Keith Jeacle or Jim Lamb (k.jeacle@outlook.com) (jimlamb17@gmail.com) by the end of January 2025.

HEALTH

TAKE TIME TO BE WHOLEY- Exercise 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.

Please note that there will be **NO CLASSES on Monday, February 17, 2025** (Family Day Holiday).

KEEPING IN TOUCH

Choose to Be Kind during Ottawa Kindness Week

The third week of February is a special time when everyday acts of kindness are encouraged around the city. It is a good reminder for us to keep in touch by picking up the phone to call a friend you have been thinking about, perhaps the person that you sat next to in church. Or go through the new pictorial directory and see who you are missing.

It's all about being a good neighbour.

In February we also celebrate our diverse church community during Black History Month. It is an opportunity to have a conversation with someone you don't know so well, to hear their story and learn about their history and experiences.

Newcomer's Lunch--Save the Date

Keeping in Touch will host a lunch for newcomers and new members on Sunday, May 4, 2025. More details coming soon.

The committee appreciates hearing about concerns within the Emmanuel community.

Please contact any member of the committee: Janet Campbell, Patty Henderson, Phyllis MacRae, Hilde Reynolds, Joyce White, David Wray.

We welcome Latisha Joseph and Zawadi Zahinda as new members of Keeping in Touch.

The next meeting of Keeping in Touch will be on Tuesday, March 4 on Zoom at 7:00 P.M.

MINISTRY & PERSONNEL

After a break in January, Ann McNamee is returning as our interim organist/choir director for a few more months as we continue our search for someone permanent. We appreciate her sharing her talents with us!

Rev Grant will be away from March 6 through March 20. He is joining people from Emmanuel and Bells Corners United in a pilgrimage to Chipembi, Zambia.

Update on Search for Leader of Music Ministry

Our search process is ongoing. We are continuing to reach out to help spread the news of our opening.

PASTORAL CARE

Together We Thrive – Fostering Self-Advocacy Through Mutual Support

One powerful way to foster self-advocacy is by creating spaces for open dialogue and shared learning. The Tuesday morning ZOOM conversation – **Let's Talk Tuesdays** – provides an opportunity to engage with others, share experiences, and to support each other in advocating for our needs and goals. We cover many topics that range from personal growth as we grow older to navigating the unique challenges seniors face in today's world. These discussions not only promote self-advocacy but also create a supportive community, where members can share their experiences, exchange wisdom, and empower one another to embrace their independence and well-being. If you are interested in joining this group and would like more information, contact Ron MacDonald, Pastoral Care Provider, by calling the church office at (613) 733-0437.

A Meditation for the month of February - Embracing Renewal: A Reflection Inspired by St. Brigid

St. Brigid, a 5th-century Irish saint, is celebrated as the saint of February in the Celtic Christian tradition, with her feast day on February 1st. She is honoured for her profound spiritual legacy, her acts of charity, and her role as a beacon of light and renewal during the cold, transitional days of winter. Tradition holds that Brigid's life was a testament to the power of selflessness and kindness, particularly in her care for those in need. Her example reminds us that even in the most challenging seasons, we can bring light and renewal to the world around us.

As we move through February, a month of reflection and new beginnings, we can draw inspiration from St. Brigid's life by seeking ways to foster hope, creativity, and care in both our communities and in ourselves. Like Brigid, who centered her life on helping others, we can use this time to meditate on how to bring renewal and hope to those around us and to ourselves.

***"I pray that I may live in the light of Christ,
and that the light of Christ may live in me."***

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.

Team 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.

Song of Faith Lunch and Learn Series is collectively put on by Glebe St. James and Southminster United Churches with participation from the rest of the cluster. A Song of Faith, adopted in 2006, seeks to provide a verbal picture of what The United Church of Canada understands its faith to be in the historical, political, social, and theological context of the early 21st century. It is also a means of ongoing reflection and an invitation for the church to live out its convictions in relation to the world in which we live.

You can find the Song of Faith linked on the cluster website here: <https://eclecticdoctor.com/cluster/SOFSchedule.html>

Bring a bagged lunch and enjoy being connected to our wider church community.

In February there are four meetings, and they all begin at noon:

Feb 6 ~ The Spirit of God ~ Rideau Park

Feb 13 ~ The Value of Worship ~ Southminster

Feb 20 ~ The Value of Scripture ~ Glebe St. James

Feb 27 ~ The Person of Jesus the Christ ~ Southminster

WORSHIP

Looking ahead to Worship in February:

February 2nd ~ Fourth Sunday after Epiphany
Luke 4:21-30

February 9th ~ Fifth Sunday after Epiphany
Isaiah 6:1-13
Luke 5:1-11

February 16th ~ Sixth Sunday after Epiphany
Luke 6:17-26

February 23rd ~ Seventh Sunday after Epiphany
Genesis 45:3-11,15
Luke 6:27-38
Annual Meeting following service



Simplify Your Celebrations

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

In memory of Eva-May Hamilton
by Ross & Joyce White,
Keith & Nancy Jeacle

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