

LIFE AND WORK OF
EMMANUEL UNITED CHURCH
MARCH 2025



Photo Credit: Emma Dowd

April Issue Submission Deadline:
March 24, 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

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!

ACTIVITIES & GROUPS

On March 10th, **Book Club** will discuss *Demon Copperhead* by Barbara Kingsolver with the discussion lead by Phyllis.

The **Emmanuel's Men's Group** meets monthly for Breakfast; join them at Perkins's Restaurant on St. Laurent Blvd. from 8:15-10:15 am. The upcoming dates are March 8 and April 12.

The **Thursday Morning Discussion Group** ('Heretics') has thoroughly enjoyed Dr. Amy-Jill's lectures on the Hebrew Bible and will be finishing up with her discussion of apocalyptic literature in mid-March. We are floating ideas for future studies and will make a decision on that shortly. 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.

Monday Night Christian Meditation Group

“Learning to pray is learning to live as fully as possible in the present moment. In meditation we seek to enter as fully as we can into the now, and in entering into the now to live as fully as possible with the now-risen and ever-loving Lord Jesus. In meditation we are not thinking about the past, neither our own past nor anyone else's. In meditation we are wholly inserted into the present, and there we live to the fullness of our capacity, our consciousness expanding as we entertain the Lord of Life.” – John Main OSB

The meditation group meets on Monday evening for an hour starting at 7:00pm on Zoom. There is 25 minutes of silent meditation, a talk or video presentation, and a time for sharing.

For further information and a zoom link, please contact Evelyn Perkins (perkeve@hotmail.com).

TELEOS Emmanuel's Women's Group will meet on March 26, at 7pm, on Zoom.

Food Bank

Sunday and Monday



It's that time again. Time to think about donating to the Rideau Rockcliffe Community Resource Centre food bank. After Christmas, donations drop but the need does not.

Size 3T, 4T, and 5T diapers and feminine supplies are especially appreciated, as is coffee. Egg boxes are back on the list too. Reusable grocery bags continue to be welcome as well.

Feel free to drop contributions in the **Food Bank Collection Box** on or before Sunday, March 23rd. You can bring your donations to the church on Monday, March 24th between **2:00 to 3:00 PM**.

OR

Make a donation to the local food banks **via e-transfer** to **envelope.secretary@emmanuelunited.ca** and indicate for food banks (in this case Rideau Rockcliffe Community Resource Center Food Bank) in the memo field.

EMMANUEL
FRIDAY NIGHT AT THE

MOVIES

MARCH 21 | 7:00 PM

Thelma: a 2024 American comedy-adventure-drama. Starring June Squibb as 93 year old Thelma who falls for the “grandson scam” and loses \$10,000. While her daughter and son-in-law consider whether she should be placed in a care home, Thelma decides to get her money back. An inspiring and funny story about a determined senior who refuses to give up her independence.

Rotten Tomatoes 98%. PG 13.

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



LET'S STAY TOGETHER

When a family plays together there is joy!

Play a selection of intergenerational board games.



Enjoy a complimentary soup lunch.

Sign up in the narthex.

MARCH 9,
11:30 AM - 1 PM



CHRISTIAN DEVELOPMENT



The **Nursery** is available every Sunday.

Sunday School provides activities for children aged 3 to 14 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)

Our next *Let's Stay Together* Sunday will be **March 9**.

Join us after the service for a lunch of soup and rolls, followed by a time of intergenerational board and card games. We'll have games to choose from, but feel free to also bring your favorite! Game on!

Tweens and Teens March Break Event - 1:00 pm on Tuesday, March 11th to noon on Wednesday, March 12th.

Arrive at 1:00 pm on Tuesday, March 11 for 24 hours of games, reflection, food and fun! Pick up from the church is at 12:00 pm on Wednesday, March 12. We can also arrange drives home. Contact Amelia at amelia.euc@gmail.com for more details.

FINANCE

The CRA has confirmed that the 2024 charitable donation deadline will be extended to February 28, 2025. This means that tax receipts for donations made **between January 1, 2025 and February 28, 2025** may also be eligible to be claimed as charitable tax credits on 2024 Canadian income tax returns.

The Finance Committee has decided not to issue tax receipts for **all** donations received between January 1 and February 28, 2025, but will do so upon individual request.

Should you wish to claim donations made during the extension period on your 2024 Income Tax return, please contact Keith Jeacle, Envelope Secretary at envelope.secretary@emmanuelunited.ca

NOTE: Keith will be in Zambia from March 6 – 22, 2025 and will not be able to process your request during that time period.

GLOBAL PARTNERS

Members of the church will be in Zambia from March 6-22, 2025. We look forward to hearing about their trip once they return as well as learning about the friends they make and seeing their photos.

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.

KEEPING IN TOUCH

Coffee and Conversation in the CE Hall

KIT will be hosting on March 2. If you would like to learn more about kitchen routines and the duties for Coffee and Conversation, we would be happy to welcome you in the kitchen that day.

Let's Talk Tuesdays On Zoom:

All are invited to join Let's Talk Tuesdays Coffee and Conversation, on Tuesdays at 10 am. Thanks to Steve and Ron MacDonald for providing this opportunity for us to listen to each other and keep in touch. Contact Steve Taylor publicity@emmanuelunited.ca for the Zoom link.

Spring is Coming! Save the Date--Sunday, May 4, 2025

Lunch for Newcomers and Confirmation Class:

Keeping in Touch will welcome newcomers and new members and their families. Do you know a neighbour that is interested in learning more about Emmanuel? Invite them to come. Contact Joyce White 613-324-8759 or by email: welcoming@emmanuelunited.ca

Members of the Keeping in Touch Committee, 2025, are: Janet Campbell, Patty Henderson, Phyllis MacRae, Latisha Joseph, Hilde Reynolds, Zawadi Zahinda, Joyce White, David Wray. This year the Chair position on the committee is vacant. If you are interested in leadership, contact Joyce.

The next Keeping in Touch Meeting is Tuesday, March 4 at 7:00 P.M. on Zoom.

MINISTRY & PERSONNEL

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. We are open to splitting the roles of organist and music director to help broaden the potential pool of interested people.

PASTORAL CARE

Thriving Together – Fostering Self-Advocacy Through Mutual Support

In light of growing concerns, the Canadian Medical Association is reaching out to us about how the spread of health misinformation is increasingly jeopardizing the integrity and effectiveness of healthcare in Canada. Being aware of the impact of misinformation is crucial, as it helps protect both individual health and the overall wellbeing of our communities by ensuring that accurate, evidence-based information guides our healthcare decisions.

For more information, enter the following in your web browser:

- **CMA Health Misinformation**
- **CMA Health Misinformation Spread.**

Other trusted sources to consult when you have questions are:

- **Primary care providers:** They can help you navigate health misinformation and make informed decisions.
- **Local public health units:** They provide health updates for your community.
- **Health Canada:** Provides health updates for Canada.

A Meditation for the Season of Lent

Inspired by the writings of John O'Donohue

As we enter the season of Lent, we are invited into a time of stillness and introspection, where the world around us quiets, and we can hear the whisper of our own hearts. This is a time to seek renewal—both within ourselves and in the way we engage with the world.

Close your eyes and take a deep breath. Inhale the freshness of this moment. Allow your breath to draw you into the stillness that lies beneath the noise of daily life. In this moment, there is no rush, no expectation. Just the quiet presence of *now*.

As you sit in this moment of reflection, ask yourself: What is it that my soul is yearning for this Lent? What is it that I need to release, and what is it that I need to embrace? In the spirit of O'Donohue's words, "May the journey of Lent lead you deeper into the sanctuary of your

own heart, where you will encounter the still, gentle voice of your true self."

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light." (Matthew 11:28-30:)

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

You can contact our **Pastoral Care Provider**, Ron MacDonald at: pastoralcare@emmanuelunited.ca or contact the church at 613-733-0437.

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. **All meetings begin at noon:**

March 6 ~ The Root of Justice ~ **Southminster**

March 13 ~ What is Resurrection Faith? ~ **Southminster**

March 20 ~ The Church ~ **Glebe St. James**

March 27 ~ The Mission of God ~ **Southminster**

April 3 ~ The Gift of the Believers ~ **Southminster**

April 10 ~ The Sacraments of the Church ~ **Emmanuel**

April 24 ~ Hope as an Orientation ~ **Glebe St. James**

WORSHIP

Looking ahead to Worship in March:

March 2 ~ Transfiguration ~Exodus 34:29-35, Luke 9:28-43

March 9 ~ guest Susan Palmai

March 16 ~ guest Rev. Elizabeth Bryce

March 23 ~ Lent 3 ~ Luke 13: 1-9

March 30 ~ Lent 4 ~ Luke 15:1-3, 11b-32

Wednesday Lenten Evening Services:

Ash Wednesday ~ **March 5**, 7:00 pm, in person

March 12, 19, 26, April 2, 9, 7:00 pm via **Zoom**

Maundy Thursday:

April 17, 7:15 am to 7:45 am, in person

100TH ANNIVERSARY SERVICE SURVEY

On Sunday, June 15th, the Eastern Ontario Outaouais Region of the United Church will hold a special celebration at the EY Centre (near the airport). All of us are invited to attend. A livestream will also be available.

The planning committee would like to know how many people are likely to attend in person. Please answer the following questions – this is an estimate, not a firm commitment. Either complete the form below or complete it on the website (in the Good To Know section of the home page).

Thank you.

100th Anniversary Service Survey

1. How many adults in your household are likely to attend in-person? _____
2. How many children/youth from your household are likely to attend in-person? _____
3. How many in your household would like to be part of a mass choir? (there will be videos available to practise at home and a rehearsal on June 15th prior to the service). _____

Please return by March 31st to Joan Foster-Jones' mailbox.

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,
Jean Neale,
Patricia Watson

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