

LIFE AND WORK OF  
EMMANUEL UNITED CHURCH  
APRIL 2025



*Photo Credit: Brenda Ashe, taken on the March 2025 Pilgrimage to Chipembi, Zambia*

**May Issue Submission Deadline:**  
April 21, 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](http://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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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 10<sup>th</sup>, **Book Club** will discuss *The Road Years* by Rick Mercer, discussion lead by Jill.

The **Emmanuel's Men's Group** meets monthly for Breakfast from 8:15-10:15 am. The location for April is to be determined, contact Jon Jones or Terry Henderson for details. The upcoming dates are April 12, May 10, June 14, July 12, and August 9.

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

Thursday Morning Discussion is now following Homebrewed Christianity's Lenten class *Paul the Pharisee Faith and Politics in a Divided World* with John Dominic Crossan.



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](mailto:perkeve@hotmail.com)) or any member of Heretics for further information or a Zoom invitation.

### **Monday Night Christian Meditation Group**

“Anyone who wishes to be a follower of mine must leave self behind” (Mark 8:34)

“The faithful saying of our mantra is our response to this call of Jesus. It is work – the work of God. Above all, meditation is an all-out onslaught on egoism, on isolation and on sadness. It is an affirmation of consciousness and life through the experience of love.” – 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](mailto:perkeve@hotmail.com)).

## **Support for Goma, Democratic Republic of Congo**

The following motion (abridged) was passed unanimously by Emmanuel's Council at its meeting on March 25: "That Emmanuel support providing emergency response aid to Goma. Donations to Emmanuel, directed for this support, will be issued a tax receipt from Emmanuel and the donations will be forwarded to the Global Partnership Program of the United Church of Canada. Emmanuel also encourages donors to send their donations directly to the UCC for this initiative. Please note "DR Congo Emergency Response" in the memo field of the cheque."

## **GOMA Fundraiser ~ Friday, April 11 from 6:00 pm - 8:00 pm**

For over 30 years, the crisis in Eastern Congo has been one of the world's deadliest conflicts, yet it remains largely ignored. Join us on Friday, April 11<sup>th</sup> for an evening of powerful discussions, cultural performances, and expert insights as we amplify the voices of those affected.

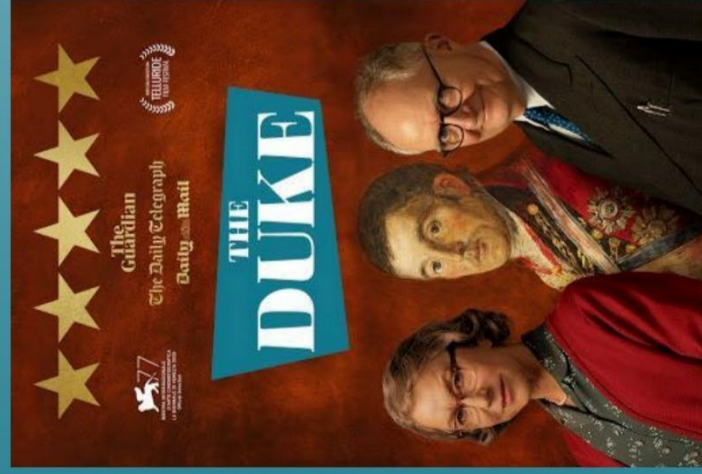
This event is a call to awareness, solidarity, and action. We will hear from community leaders, scholars, and activists who will shed light on the ongoing humanitarian crisis, the role of the international community, and how you can be part of the movement for justice and peace.

- Cultural Showcase – Experience traditional Congolese music, spoken word, and performances.
- Panel Discussion – Experts and community leaders break down the complexities of the Eastern DRC conflict.
- Advocacy & Global Solidarity – Learn about Canada's stance and what more needs to be done.
- Keynote Speaker: Yvette Ashiri – president of the Congolese community of Canada Ottawa Gatineau
- Dr. Christina Clark-Kazak – A leading scholar on forced migration and refugee rights.
- This is more than an event—it's a moment to stand together in truth and solidarity. Don't miss it!
- Admission is free. All are welcome.

EMMANUEL  
FRIDAY NIGHT AT THE

# MOVIES

APRIL 25 | 7:00 PM



A comedy/drama based on a true story.

In 1961 a 60 year old taxi driver steals a valuable portrait of the Duke of Wellington from the National Gallery in London. He sends a ransom note demanding that the government spend more on supporting elderly pensioners and veterans. Starring Jim Broadbent and Helen Mirren.

IMDB 6.9% Rotten Tomatoes 97%.

drinks & snacks for sale

**FREE ADMISSION!**

**EVERYONE IS WELCOME!**

Bring your friends

Doors open at 6:30

Emmanuel United Church  
691 Smyth Road, Ottawa  
[www.emmanuelunited.ca](http://www.emmanuelunited.ca)

# LET'S STAY TOGETHER

APRIL 13, 11:30 AM - 1PM

Join us for lunch & fellowship

After lunch you can choose between:  
An Easter craft suitable for all ages,  
Or a short film and discussion about the connection between Passover and Holy Week.



# CHRISTIAN DEVELOPMENT



The **Nursery** is available every Sunday.

**Sunday School** provides activities for children aged 3 to 14 during our Sunday church service.

**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](mailto:ellenbrohman@gmail.com))

Our next *Let's Stay Together* Sunday will be **April 13**.

Join us after the service for lunch and fellowship. After lunch activities will include a choice of an Easter craft suitable for all ages or taking part in an exploration of the connection between Passover and Holy Week through a video and discussion led by Ellen Brohman.

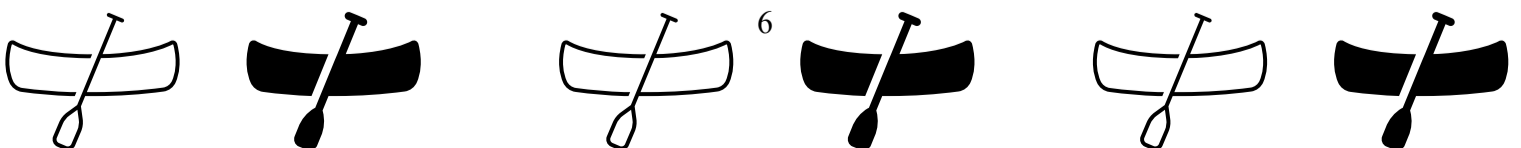
## **Confirmation ~ May 11**

Over the last few months some of our teens have been taking part in confirmation classes. We've explored different aspects of our faith and the beliefs and work of the United Church. Our confirmation service and celebration will be held on May 11. The service that day will be a celebratory intergenerational worship service.

**Youth Community Service Leadership Camp ~ July 7 to July 11, 9am to 3:30pm.** Youth going into Grade 6 to 10 will take part in community outreach projects as well as games, crafts and baking. For more information or a registration form contact Amelia Brohman or Valerie Lines.

## **Cook and Canoe Camp ~ July 28 to Aug 1**

Youth going into Grade 4 and up will spend Monday and Tuesday at Emmanuel preparing food for our canoe trip, playing games and taking part in other activities. Wednesday morning to Friday afternoon will be spent canoe camping at Lac LaPêche, about 50 minutes north of Ottawa. For more information or a registration form contact Valerie Lines.



# COUNCIL

On behalf of the 2025/26 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 held on Tuesday, March 25, 2025 via ZOOM.

Highlights:

- Renewal of Rev. Stewart Hewlett and Rev. Georgina Fitzgerald as Voluntary Associate Ministers (VAM) of the Emmanuel United Church, Community of Faith.
- Approval of new position description for Music Director
  - The search team for the Leader of Music Ministry position was finding it difficult to attract candidates experienced both in directing choirs who also played the organ (a requirement in the original job description)
  - In light of that, the search team and M&P proposed to remove the requirement of being an organist from the position description and rename the position to Music Director
- Approval of Emmanuel's support in providing emergency response aid to Goma.
  - The United Church of Canada has provided a path that would enable donations from Emmanuel to be forwarded to support people in distress in Goma. Emmanuel will be able to issue tax receipts for donations directed for this support, and the donations will be forwarded to the United Church of Canada – **“DR Congo Emergency Response”**
- Cluster brainstorming' on ideas of things Emmanuel might share with the other cluster churches or how we might work collaboratively with them (Rideau Park, Riverside, Glebe St. James, and Southminster)

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 15, 2025 at 7:00 pm on Zoom. If you wish to attend and observe, please contact Keith Jeacle or Val Dowd ([k.jeacle@outlook.com](mailto:k.jeacle@outlook.com) or [webmaster@emmanuelunited.ca](mailto:webmaster@emmanuelunited.ca)) for the Zoom coordinates.

## FINANCE

On our website, on the Resources page, under the Financial Documents heading, you can find this years **Post Secondary Bursary Application**. If you or someone you know is beginning their first year of post secondary education, please apply before the deadline of June 8, 2025.

## GLOBAL PARTNERS

### Iglesia Bautista Emmanuel

1. The state of emergency, a kind of state of siege, with the elimination of civilian and political rights, has been extended for 3 years, this situation allows the government to arbitrarily arrest people, without any court order. Among those are the Santa Marta 5, water and environment defenders, who have been accused of a murder during the civil war. They were absolved by a tribunal, but the Attorney General's office annulled the verdict, and a new trial will be held.
2. A case that has upset the IBE congregation, is the case of Tania Fabian 24 years old, mother of two little boys. She was trying to prevent the arrest of her brothers, but she also was arrested. Three years later, a judge ordered her release but the prison authorities denied her release. Tania became sick and was sent from prison to the hospital, where she died. Pastor Miguel is providing pastoral care to the family.
3. On Monday, March 24th, there was a special program to commemorate the 45<sup>th</sup> anniversary of Archbishop Romero's martyrdom. There was an Ecumenical Service in the Martyrdom chapel. Following the service there was a march from the chapel to the main plaza in the downtown. There was an expectation, that there would be a good number of participants in the march, with the participation of different sectors of society.



## **Chipembi Congregation of the United Church of Zambia**

1. Based on a generous donation from an Emmanuel member, the Chipembi board have decided that their priority is that the funds should support the construction of a dormitory for the Girls' Secondary School. This will eliminate the need for some of the girls to make long, and sometimes dangerous, walks to and from school on a daily basis.
2. Members of Emmanuel (Rev. Grant Stuckless, Keith Jeacle, Brenda Ashe, and Kati and Andrew Collins) just completed a mission trip to visit Chipembi. Pictures and text were provided in Sunday bulletins while the pilgrimage was in progress. An information evening and/or a testimony as part of a future Sunday service will be held.
3. We're still looking for leaders (age 18 – 30) to travel to Chipembi for Camp Chipembi in August. Tentatively, leaving Ottawa on August 9 and returning on August 25. Contact Amelia Brohman if you are interested.

## **HEALTH**

### **TAKE TIME TO BE WHOLEY- Exercises 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 the following dates:*

- Friday, April 18, 2025 (Good Friday)
- Monday, April 21, 2025 (Easter Monday)
- Monday, April 28, 2025 (Federal Election Polling Place)

# KEEPING IN TOUCH

## **Lunch for Newcomers and Confirmation Class**

### **\*\*Change of Date to Sunday, May 11**

All newcomers and newly confirmed members and their families are invited to a lunch, hosted by the Keeping in Touch Committee, following the service. This gathering will provide an opportunity to extend a welcome, meet others and enjoy food and fellowship together. Contact Joyce White 613-324-8759 or by email:

[welcoming@emmanuelunited.ca](mailto:welcoming@emmanuelunited.ca)

## **Guest Book in the Narthex**

Each week there is an announcement inviting Visitors and Newcomers to leave a record of their presence with us. Recently we added new pages to the Guest Book. From 2010-2025 visits were recorded on over 30 pages and we are thankful that many of the newcomers are with us today! Some of the written comments note historic moments at Emmanuel. On Thanksgiving Sunday, October 9, 2011, our first service after the C.E. Hall renovation, there was this comment: "Guests from Wellington, Ontario, happy to share in the Welcome Back Happiness."

## **Thank You Emmanuel Volunteers**

National Volunteer Week is April 27-May 3 this year. This year's theme is **Volunteers Make Waves: Together, we create ripples of change**. We see this in many ways at Emmanuel. Volunteering is rewarding and a great way to get to know others!

**Wednesday, May 7 \*\*Save The Date for the Spring Pilgrimage to Vincent Massey Park.** Keep an eye on the Community Bulletin Board in the upper hall for a signup sheet for this event. It's a great way to keep in touch in a lovely nature setting.

**Members of the Keeping in Touch Committee are:** Janet Campbell, Patty Henderson, Phyllis MacRae, Latisha Joseph, Hilde Reynolds, Zawadi Zahinda, Joyce White, David Wray. This year the Chair position is vacant. If you would like to know more about **Keeping in Touch**, contact Joyce.

**The next meeting is Tuesday, April 8 at 7:00 P.M. on Zoom.**

# MINISTRY & PERSONNEL

## **M&P April 2025 Packet**

Rev Grant will be away on vacation from April 21 through April 27. Emma will be away on vacation from April 30 through May 19. Loli Zahinda will be in the office while Emma is away.

## ***Update on Search for a Music Director***

Our original position description was for a person who would play the organ, lead the senior choir, and support all other aspects of music ministry at Emmanuel. We have decided to separate the organ work out and create a new Music Director position in which the primary responsibilities will be to direct the senior choir, choose and schedule anthems, meet with Grant about music choices and support our other music groups. On March 25, Council approved this new Music Director position description and we are in the process of readvertising.

# PASTORAL CARE

## **Thriving Together – Fostering Self-Advocacy Through Mutual Support**

### **More news from the Canadian Medical Association**

The Canadian Medical Association (CMA) emphasizes the importance of physical activity for seniors to maintain health, mobility, and independence.

### **Engage in Regular Aerobic Activity**

Aim to get at least 150 minutes of moderate-intensity aerobic activity each week. This could include activities like brisk walking, cycling, or dancing. Spread these activities over at least three days of the week.

### **Incorporate Muscle and Bone Strengthening Exercises**

Twice a week, include exercises that help strengthen your muscles and bones. This can include lifting light weights, using resistance bands, or doing bodyweight exercises like squats and push-ups.

## **Prioritize Balance-Enhancing Exercises**

To reduce the risk of falls, include activities that challenge your balance. Consider doing exercises like tai chi, yoga, or standing on one leg for a few seconds at a time.

## **Limit Sedentary Time**

Try to reduce long periods of sitting or lying down. Break up sitting with activities like standing or walking around the house. Aim for standing up or walking every 30 minutes.

Always listen to your body and avoid overexertion. These actions will help improve overall health, mobility, and reduce the risk of falls as you age.

## **Meditation on Suffering**

**"When we are able to embrace our suffering and walk with it, we will discover that we are in touch with the deepest, most sacred part of ourselves." (Henri Nowen)**

Beloved Christ,

In this sacred season of Lent, I walk the wilderness of my own heart, where sorrow and longing echo in the quiet. You, too, have known the weight of suffering, the loneliness of Gethsemane, the road that leads to surrender. Teach me to welcome my struggles, not as burdens to flee, but as thresholds to grace. May this Lenten journey carve within me a deeper space for Your presence, where light and love take root. In the shadows of my suffering, let me find You, leading me toward the promise of resurrection.

John O'Donohue

## **SPRING PILGRIMAGE**

**SAVE THE DATE: Day Pilgrimage at Vincent Massey Park. Wed. May 7th 10:00 a.m.-2:00 p.m.**

**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](mailto: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.*

At Rideau Park: The spring **Nearly New Clothing and Book Sale** is on **Friday, April 25 from 6pm-8pm** and **Saturday, April 26 from 9am-11:30am**. Items for sale include gently used clothing, accessories, linens, costume jewellery, fabrics, toys and second-hand paperback fiction at great prices. Please bring your own bags.

## WORSHIP

Looking ahead to Worship in April:

**April 6** ~ Isaiah 43:16-21, John 12:1-8

**April 13** ~ Palm Sunday ~ Psalm 118:1-2, 19-29, Luke 19:28-30  
Communion

**April 18** ~ Good Friday  
Joint service at Ottawa Mennonite Church at 10:30

**April 20** ~ Easter  
Sunrise service (in-person) 8:30, outside if weather permits  
10:00 Luke 24:1-12

**April 27** ~ Guest: Jeannie Taylor

**Lenten Evening Services:**

**Wednesday April 2**, 7:00 via Zoom

**Wednesday April 9**, 7:00 via Zoom

**Maundy Thursday ~ April 17**, 7:15 to 7:45 pm, in person

**Call for Flowers!** Bring 4" pots of flowers to help fill the cross on Easter Sunday, April 20. You can write your name on the bottom of the pot and pick it up after the service.

..... **100<sup>TH</sup> 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. There will be no service at Emmanuel that morning.

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 and place it in Joan’s mail slot or complete it on the website (in the Good To Know section of the home page).

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Question 1: How many adults in your household are likely to attend in person?

•

Question 2: How many children/youth from your household are likely to attend in person?

•

Question 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 15, prior to the service).

•

# *Simplify Your Celebrations*

We would like to thank those who have made contributions in the month of March 2025 to Emmanuel United Church as part of the *Simplify your Celebrations* project. Donations were received as follows:

Thank you to Julie Henderson for the gift ticket to an Ottawa Choral Society concert. Congratulations, Julie, on your 48 years singing with them and your 48 years with Emmanuel Senior Choir  
by Joyce White

In memory of Eva-May Hamilton  
by Sharon Noonan,  
Deborah Meek,  
Faye McDonald

Remembering the life and love of Cathy Borza  
by Ross & Joyce White

In loving memory of Cathy Borza  
Terry & Julie Henderson,  
Keith & Nancy Jeacle

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*