

LIFE AND WORK OF EMMANUEL UNITED CHURCH SEPTEMBER 2025

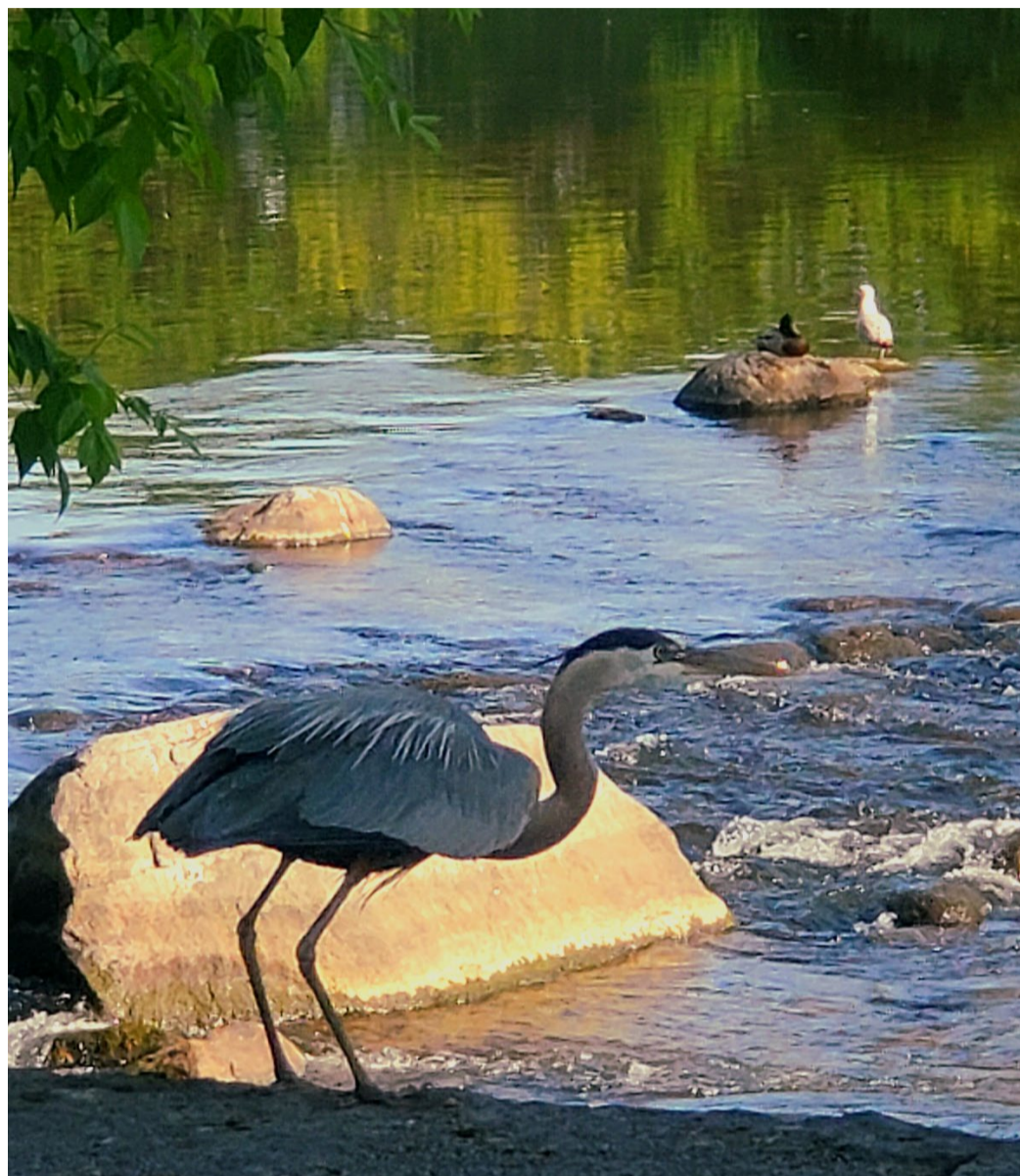


Photo Credit: Emma Dowd

October Issue Submission Deadline:
September 22, 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-4:30 pm**

MINISTER OF WORSHIP AND PASTORAL CARE

Grant Stuckless revgstuckless@emmanuelunited.ca

PASTORAL CARE PROVIDER

Ron MacDonald pastoralcare@emmanuelunited.ca

OFFICE ADMINISTRATOR

Emma Dowd office@emmanuelunited.ca

LEADER OF CHILDREN, YOUTH AND YOUNG ADULT MINISTRY

Amelia Brohman amelia.euc@gmail.com

WEBMASTER

Val Dowd webmaster@emmanuelunited.ca

ENVELOPE SECRETARY

Keith Jeacle envelope.secretary@emmanuelunited.ca

NEWSLETTER EDITOR

Phyllis MacRae newsletter@emmanuelunited.ca

MEDIA PUBLICITY

Steve Taylor publicity@emmanuelunited.ca

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

***Marg Kneen
August 18, 2025***

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

***In loving memory of our good
friend
of many years, Marg Kneen
Julie & Terry Henderson***

***In memory of Marg Kneen
Keith & Nancy Jeacle***

***In memory of Marg Kneen
Mark & Pat Harris***

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

ACTIVITIES & GROUPS

Book Club has announced its reading list for next year. If you happen to have read any of these books, please consider joining in for the discussion!

Akin by Emma Donoghue, September 8.

Before We Were Yours by Lisa Wingate, October 13

Clear: A Novel by Carys Davies, November 10.

North of Nowhere by Marie Wilson, January 12.

Jennie's Boy by Wayne Johnston, February 9.

A Single Thread by Tracey Chevalier, March 9.

The Salt Path by Raynor Winn, April 13.

Proof by Beverley McLachlin, May 11.

The **Emmanuel's Men's Group** meets monthly for Breakfast from 8:30-10:30 am at Roger's Italian Bistro, at 500 Terminal Ave. The upcoming dates are September 13, and October 11.

Monday Night Christian Meditation Group

“Set your mind upon his kingdom, and all the rest will come to you as well” (Luke 12:31)

“The call to meditate is an invitation to stop leading our lives on the basis of second-hand evidence. It is a call to each one of us to come to grips with our spiritual capacity and so to discover for ourselves the astonishing richness of the human capacity that is anchored in the divine reality, in the divine life-power.” – 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 will meet next on Wednesday, September 24th, at 7:00pm on Zoom. Teleos is a group for members of the congregation who identify as women. This month Lynn Solvason will share stories and pictures about walking the St. Cuthbert's Way in the UK with Russell in the spring of 2025.

If you are not on the Teleos distribution list but wish to join this meeting, please contact Colleen Calvert (colleenecalvert@gmail.com) or the Emmanuel Office to get the Zoom invitation.



Shantymen's Dinner

THANK YOU to everyone who attended our Shantymen's Dinner last year.



We are looking forward to working again with all of our bakers, cooks, servers and clean-up crew. The Emmanuel River Boys will also be sharing their home-grown, toe-tapping music.

SAVE THE DATE of **Saturday, October 18, 2025** with two sittings at 5:00 pm and 6:45 pm.

HERETICS; Emmanuel's Thursday morning (ZOOM) discussion group. Meetings will commence on *Thursday, September 25, 10:00 to 11:30 AM*.

Here are the topics for the Heretics upcoming sessions:

- **September 25:** Colleen will lead a discussion about HOW TO GET RELIGION WRONG! How do we think Emmanuel is doing? What changes could make us better?
- **October 2:** Areta will lead a discussion based chapter one of the book Faith as Protest. *There is a copy of the book Faith as Protest in the Emmanuel library.* Chapter 1: Circles of Caring: Muslim and Jewish congregations reach out to support the other after respective religious attacks.
- **October 9:** Janet will lead a discussion based on another chapter of the book Faith as Protest.

To get the ZOOM link for the HERETICS meetings you can contact the EUC office or Colleen Calvert at colleenecalvert@gmail.com



Food Bank & School Supplies Sunday and Monday

It's that time again. Time to think about donating to the Rideau Rockcliffe Community Resource Centre food bank. The need is growing steadily.

Size 3T, 4T, and 5T diapers and feminine supplies are especially appreciated, as is coffee. Rice, canned goods (meats, vegetables and fruits), and whole grain cereals are appreciated. Reusable grocery bags continue to be welcome.

Donations of pencil crayons, HB Pencils, Pens, kid safe scissors, rulers, lined notebooks, duotangs, binders, calculators, and small hand sanitizers are all needed school supplies.

Empty egg cartons are no longer required! Thank you to everyone that donated them when the need arose.

Feel free to drop contributions in the **Food Bank Collection Box** on or before September 29th. You can bring your donations to the church on September 29th 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 Holiday Bazaar
Saturday, November 15, 10am-2pm.

As this update is being written for the September Life and Work Packet, the 2025 Holiday Bazaar is 11 weeks away. This may seem like a lot of time but there is much to do to prepare for one of our largest fund raising events.

We are blessed to have many returning supervisors for various areas of the Bazaar this year, however, we are searching for someone to set up and supervise **our new INDOOR PLANT & GARDEN TABLE.**

Our 2025 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 15. The website, monthly packet and Sunday bulletin will keep you up-to-date with what's happening and offer opportunities for you to help in big and small ways!

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





CHRISTIAN DEVELOPMENT

The Nursery is available every Sunday.

Sunday School provides activities for children aged 3 to 13 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. will resume on Friday, September 5. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)

Let's Stay Together returns September 14. Join us after worship for a Fall Festival.



COMMUNICATIONS

VIDEO/AUDIO: Operations at the Video and Audio consoles continue to go well. We are, however, beginning to suffer from lack-a-operator phobia. There are basically six people who share video and audio duties. Of those six; two are heading back to school and will likely be sporadic in availability, two are in the choir so have limited availability, leaving two stalwarts. If you have **ANY** interest in doing either video or audio, please let a member of the Communications Committee know. Adequate training will be provided: this usually consists of 1 week watching, 1 week being coached and the last week being watched. Not rocket science. Remember, no bodies, no streaming and no audio. And I **DO** know of at least one church that had to stop due to lack of operators!!

SLIDE PREPARERS: Every week a team of dedicated individuals prepares the slides you see on Sunday, in the Narthex and at special occasions such as funerals, etc. Many of the same people doing video streaming are also on this team and thus there are few weeks when they are not involved in some aspect of the service. **We need people!** All that is required is a computer and some knowledge of PowerPoint. Services tend to be of three types: standard, communion and special occasions. Most of the time the slide decks are simply modifications of previous decks, not requiring a lot of extra work beyond Hymns, Prayers, etc. If you are interested, **PLEASE**, let a member of the Communications Committee know. This is a team approach with checkers along the way, so it is quite difficult to make any major mistakes, and if you do, well so be it. We **REALLY** need some additional bodies for this.

ADVERTISING: The fall season is a very busy one at Emmanuel. From various sales and bazaars to ramping up to the Christmas season. The Advertising Guru (Steve) stands ready to advertise your event through every medium at his disposal, but he first must get your copy. Event Organizers, please, contact Steve, he has a list of publishing and drop-dead dates for copy to be in his hands. **New tack, Stever will NOT chase you.** The dates are there; you miss them and Steve **WILL NOT** plead and beg with the newspaper editors.

PLEASE also provide the information to Val Dowd (webmaster@emmanuelunited.ca) for posting on the EUC website.

Russ Pastuch
Chair, Communications Committee

COUNCIL

“Summer’s lease hath all too short a date.”-William Shakespeare

As the calendar changes to September, our regular meetings of Council and Executive of Council return. Tuesday, September 16, 2025 at 7:00 pm is our next Council meeting and will be held on Zoom.

All members of the congregation may attend the meeting as observers. If you wish to attend and observe, please contact Keith Jeacle, Chair of Council, at k.jeacle@outlook.com or Val Dowd, Secretary of Council, at webmaster@emmanuelunited.ca for the Zoom coordinates.

GLOBAL PARTNERS

<i>Pies from Emmanuel United Church</i>	
<i>The online Thanksgiving Pie Market is open @euconlinemarket.ca.</i>	
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 September 1 - October 6!

Just Gifts 2025



If you are bottling pickles, jams or other preserves during this harvest season, please consider donating some to the Just Gifts Market. The online market will run from November 16 to 29. The in-person market and online order pick-up will be held on December 6 from 10am to 1pm. Just Gifts supports our global partners in El Salvador and Zambia.



HEALTH

TAKE TIME TO BE WHOLEY –

Seniors' Exercise Programs Drop-in Fee: \$7 per class (new rate)

Fall Session Begins: Monday, September 8, 2025

Chair Yoga – Mondays, 10:30–11:30 am

Chair Yoga offers a gentle and accessible way to improve flexibility, balance, and overall well-being. Suitable for all ages and fitness levels. No mat required.

Stretch & Strength – Fridays, 10:30–11:30 am

This program includes light exercises, both seated and standing, using free weights and exercise bands. Designed to help seniors stay active, stretch, and strengthen major muscle groups. All equipment is provided.

KEEPING IN TOUCH

Back to School

Good luck to all Emmanuel youth, young adults, school staff and others 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.**

I Have Called You By Your Name

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.**

Members of the Keeping in Touch Committee are: Janet Campbell, Phyllis MacRae, Latisha Joseph, Hilde Reynolds, Zawadi Zahinda, Joyce White, David Wray.

Send Post Secondary Student Information to:

Joyce at: welcoming@emmanuelunited.ca or: 613-324-8759.

Next Meeting: Tuesday, September 9, 2025 at 7:00 P.M. on Zoom.

PASTORAL CARE

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL SUPPORT

Together we Thrive

Last spring, the Pastoral Care Team launched a seniors' lunch and learn group called *Transitions*. The group was created in recognition of the many changes that come with aging—some anticipated, others unexpected—that can significantly impact our daily routines, relationships, health, and sense of purpose.

Navigating these transitions can be challenging, but having a strong support network—whether through family, friends, community groups, or professional services—can make a meaningful difference. By thinking proactively about potential challenges, we can often avoid preventable crises and maintain a greater sense of stability and well-being.

The first Transitions gathering will be in October. The topic for conversation will be **"Checklist for Aging in Place: What to Think About, What to Plan For"**. Stay tuned for more information!

A Quantum Meditation - Entangled in Love

"I am connected in ways I cannot see but can always feel."

In quantum physics, there's a remarkable idea called **entanglement**: when two particles become connected, they stay linked—even when they're far apart. What happens to one still affects the other.

It's a mystery, yes—but it's also a powerful spiritual image.
We, too, are never truly separate.

God created us for relationship—not only with each other but with God's own self. Scripture reminds us, *"In God we live and move and have our being"* (Acts 17:28). This means that **even when we feel alone, we are not alone**. We are held in a network of love—divine and human—that stretches beyond space, time, and circumstance.

Place your hand over your heart.
Feel the rhythm of life within you.

Bring to mind someone who loves you. Feel their care as a gentle thread connecting your spirit to theirs. Imagine God's presence—closer than breath, holding all things together in love.

Breathe gently, and repeat silently:

“I am held in connection. I am never alone.”

The Pastoral Care Team

If you ever find yourself in need of a listening ear — whether you're celebrating, grieving, wondering, or simply feeling the weight of the day — the Pastoral Care Team at Emmanuel is here for you. We're here to offer a gentle presence, a compassionate heart, and prayerful support, whatever the season you're in. 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.

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).

WORSHIP

Looking ahead to Worship in September

September 7

Luke 14:25-33, Jeremiah 18:1-11

September 14

Luke 15:1-10

A chance to view the 100th anniversary quilt (spot the Emmanuel block)

September 21


Luke 16:1-13

September 28

Luke 16:19-31

Truth and Reconciliation – **Wear Orange** on Sunday, September 28th in honour of Truth and Reconciliation Day, also known as Orange Shirt Day, to remember the violence and damage done to indigenous children in the Residential School system.

Simplify Your Celebrations



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



In memory of Marg Kneen.
She will be missed.
by Hilde Reynolds

Remembering the life of Marg Kneen
and the many gifts she offered to Emmanuel
over the years
by Ross & Joyce White

With gratitude to Bev Laplante
for providing hand crafted cards for
Keeping in Touch and Pastoral Care

With thanks to the Pastoral Care team
by Margo Ford



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