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LIFE AND WORK OF EMMANUEL UNITED CHURCH OCTOBER 2025

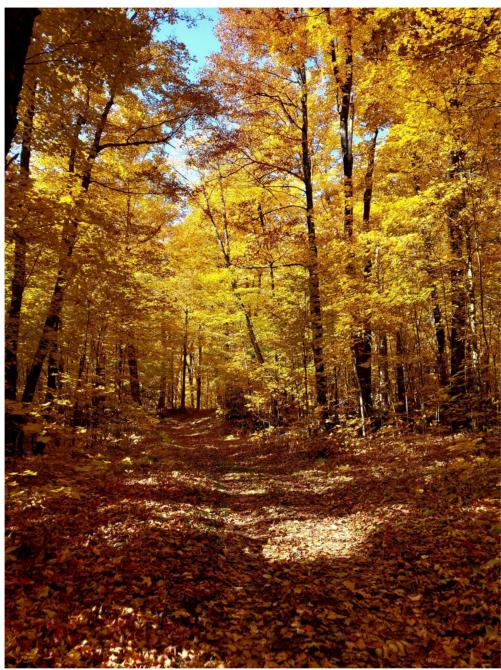


Photo from the 2024 EUC Fall hike Credit: Emma Dowd

November Issue Submission Deadline: October 20, 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	
revgstuckless@emmanuelunited.ca	
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publicity@emmanuelunited.ca	
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!



NOTICE OF FUNERAL PLANNING SERVICES

Funeral Planning Services,

If you have ideas for your funeral service, ranging from a full plan to a request that a specific hymn be played- *or not played*, consider having your wishes documented and filed by the Office. When the time comes that they are needed, your family will have your notes to guide them; your hand will shape the service we prepare.

If it would be of comfort to you and your loved ones, please know that our Minister, Pastoral Care Team, Office Staff, and Funeral Coordinators are all happy to assist you, however best suits your needs.

Sincerely,

Emma Dowd, Office Administrator

ACTIVITIES & GROUPS

Book Club ~ On Monday, October 13, Irene will lead a discussion of *Before We Were Yours* by Lisa Wingate. The meeting will be held in person in the church Lounge, at 2 pm, and refreshments will be served. If you haven't read the book yet, it is a quick read that is hard to put down. The **Book Club** schedule is available on the bulletin board in the library as well as on the website on the Activities page. If you happen to have read any of these books, please consider joining in for the discussion!

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 October 11, November 8, and December 11.

Monday Night Christian Meditation Group

"The kingdom of God is among you" (Luke 17:21)

"To face death with a hope that makes us full human and to live with a spirit of liberty and joy in being we must find this centre in time. We must learn to be one with this centre, which is another way of saying we must find our true selves." – 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).

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.

Grocery Card Sales: Cards will be available for purchase on October 19th after the service. The grocery store partners pay OMRA between 4% and 5% of the value of the grocery cards. OMRA uses the funds to subsidize rents for refugee housing.

Heretics

Discussion for the next several weeks will be using the book *Faith As Protest*, a collection of ecumenical/interfaith examples of people "answering the call to mend the world" by Karen A, Hamilton. The author served as General Secretary of the Canadian Council of Churches while also being minister of a large Toronto church. Her varied worldwide experience informs her selection of outstanding examples of hope in the midst of difficult situations and great pain. The book is filled with inspiring examples- but always with the challenge: how do we, in our faith tradition, answer the call: Whom shall I send? Here I am Lord; send me.

Areta Crowell will be leading us on Oct.2 with Chapter 1, the stories of interfaith-Jewish and Muslim support during times of violent attacks.

The topics beyond Jewish-Muslim issues include: human trafficking, refugees, racism, religious freedom, antisemitism, Indigenous realities, genocide and the climate crisis.

Come join us!





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 October 26. You can bring your donations to the church on October 26 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

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 15. Sign-up sheets will be in the Narthex in late October. You can contact Brenda Ashe: brendalashe@gmail.com or 613-806-2296 or talk to Brenda on Sunday, if you have any questions.

Your donations are so important to the 2025 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, craft 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.





INDOOR PLANTS & GARDEN: Potted indoor plants/cuttings, new pots, NEW Christmas wreaths, products made from the garden (body scrubs, potpourri). No previously used garden items.

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, hair clips, belts, 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. Sign-up sheets will be available in October to support the expanded deli menu which will include chili, shepherd's pie, macaroni & cheese and more.

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 collectibles and children's items are popular. **Please no** large sets of dishes, no large furniture items or non-working electrical items. No clothing.

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

PLEASE NOTE: We are able to receive your donations one week before the Bazaar. Please bring in baked goods on <u>Friday</u>, <u>November 14!</u>





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 next session will be on Friday, October 3. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)

Our next Let's Stay Together Sunday will be Oct 12. Join us after the service for lunch, fellowship and activities. After lunch activities will include a choice of watching and discussing short films related to Truth and Reconciliation or an all-age Thanksgiving craft.

Teen/Preteen Event - Saturday, Oct 25 - 4-8pm. Youth are invited to come for an evening of fun science activities, food and games.



COUNCIL

The September Council meeting was held on Tuesday, September 16, 2025 via Zoom.

Highlights:

- Renewal of existing Covenant Agreement between Emmanuel United Church, Bells Corners United Church and the United Church of Zambia, Chipembi Congregation for another five-year period to December 31, 2030.
- Transfer of \$2,000 from the Legacy Fund to the Benevolent Fund to replenish the fund which has been largely depleted over the years; and tasking of the Finance Committee to consider continued funding of the Benevolent Fund in the annual budget process
- Recommendation to the congregation for the 2026 Annual Meeting that Section 12 of the Constitution of Emmanuel United Church (Terms of Office) be amended to eliminate the requirement to annually re-elect the many incumbents to their positions as Chairs of Standing Committees and Members of the Board of Trustees.

Proposed amendment:

- Chairs of Standing Committees (s. 12.2) "are elected for a period of up to six years..." rather than the current "are elected for a one-year term and are eligible for annual reelection for a maximum of six consecutive terms."
- O Members of the Board of Trustees (s.12.3) "are elected for a period of up to nine years" rather than "are elected for a three-year term and are eligible for reelection for two further three-year terms."
- The proposed amendment maintains limits on terms of office while reflecting the current reality of Emmanuel's leadership.

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 with be an in-person meeting of Full Council on Tuesday, October 21, 2025 at 7:00 pm in the CE Hall.

GLOBAL PARTNERS

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

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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)

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

Post-Secondary Students, Keeping in Touch

Thank you to everyone who has sent in addresses for College and University Students. We want to include everyone, so this is a reminder that "thinking of you" packages will be delivered in late October. Make a student happy by giving us their contact information.

Thank you to all who are contributing to make these gifts special. Send student information to: joyce.white@sympatico.ca or 613-324-8759 or welcoming@emmanuelunited.ca

October and November "Keeping in Touch"

There are opportunities to keep in touch with each other at the Shantyman's Dinner on Saturday, October 18 and the Emmanuel Bazaar on Saturday, November 15. Let's help make these events a great success by letting family, friends and neighbours know about them. It is also a great way to keep in touch with other volunteers by working at the events.

Address/ Email Changes

In the last update to the congregational list there were a dozen changes. Please let Keeping in Touch or the Emmanuel Office know if your contact info changes so that we can keep in touch.

MINISTRY & PERSONNEL

- Grant will be on vacation the week of October 6-12.
- Emma will be on vacation the week of October 20-23. Erika Langner will fill in for Emma while she is away.

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 wellbeing.

There will be a Transitions lunch and learn Monday October 20th from 11:00 a.m. to 1:00 p.m. Marc Sequin, author of the book – Advocacy in Aging, will be the guest speaker. In his book, Marc looks at these questions - How do you plan for what's coming? How do you make transitions easy? How do you ensure your advocates respect your wishes, values, and wisdom?

To register:

You can email Ron MacDonald at <u>pastoralcare@emmanuelunited.ca</u> or call the church office at **613-733-0437.** Please leave contact information with Emma.

A Reflection for October

Quote (Quantum Physics): "Not only is the Universe stranger than we think, but it is also stranger than we can think." — Werner Heisenberg

Quote (Apophatic Spiritual Tradition): "God is best known by unknowing." — Gregory of Nyssa

October shows us that mystery is part of life, not a problem to solve. As trees drop their leaves and days grow shorter, we are reminded that the world is full of strangeness we cannot fully explain. The apophatic spiritual path teaches that God is found not by holding onto answers, but by letting go into silence. In quantum physics, just as particles appear and disappear in ways beyond our grasp, so to is the divine present in ways we cannot name but which we are nevertheless present to. Could October's fading light be asking us to rest more in mystery than in certainty? In a world of noise and answers, are you being challenged to meet the divine in simply being still?

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).

SOCIAL ACTION

Stamps For Good!

'Tis the season for exchanging greetings - and the stamp on mail you receive can be recycled for good! We collect used stamps and volunteers at the Ottawa chapter of OXFAM process them for sale to stamp collectors around the world, The proceeds are used for the relief work Oxfam does all over the world. So don't throw away your mail without saving the stamp! Drop them in the box in the narthex- and know you are spreading good news.

Social Action Committee

WORSHIP

Looking ahead to Worship in October

October 5th ~ World Wide Communion ~ Luke 17: 5-10

October 12th ~ Thanksgiving – Jeannie Taylor

October 19th ~ Luke 18: 1-8

October 26th ~ Joel 2: 23-32

Have you ever wished that you could pick the hymns for the Sunday service? Now is your chance. You are invited to let us know of a favourite hymn that we can include in the worship service. You would be prepared to tell us (briefly) why your chosen hymn has special meaning for you.

For those who are worshipping at home and unable to be here in person, you could send me your message for the lay reader to read for you.

If you would like to contribute to worship in this fashion, please contact Joan Foster-Jones and we will work your choice into an upcoming service. Don't be shy.

WORLD COMMUNION SUNDAY OFFERING: OCT. 5

Emmanuel congregants will join with Christians around the world for World Communion Sunday on October 5. Our Communion Offering will be dedicated to our partnership with the Chipembi congregation of the United Church of Zambia.

The links between Emmanuel and the Chipembi church are deep and strong. Members have visited and helped with projects; our youth have helped with Camp Chipembi, Vacation Bible School, for many years, including in 2025. In August, three folks from Emmanuel and Bells Corners who were part of the Camp leadership team were Xavier Lamb, Angela Starchuk and Kael Fowler.

In March, five members were part of a GLOBAL PARTNERSHIP VISIT: Keith Jeacle, Brenda Ashe, Grant Stuckless, Kati Munro Collins and Andrew Collins.

Our offering will help with continuing our partnership through visits and help with their projects. This is a great opportunity for each of us to share in the Chipembi story with our communion offering on October 5.

Notes:



Simplify Your Celebrations

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

In memory of Marg Kneen, a wonderful friend by Janet Campbell

In memory of a dear friend, Marg Kneen.
You will be so missed.
Love Sue & Gord Hodges

In memory of Marg Kneen by Cathy Sparling; Frank & Jean Hodgins; Valerie & Blake Lines; Pierre & Janice Péron; Brenda Ashe, and Debbie Meek

In recognition of Val Lines & Ellen Brohman for their leadership of youth and elders.

If the church is to have a tomorrow it will be thanks to them, and the other volunteers who bring so much joy to all of us! by Areta Crowell & Russell Smith



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 Capital Fund General 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 20