

# LIFE AND WORK OF EMMANUEL UNITED CHURCH JANUARY 2026



*Photo Credit: Emma Dowd, quilt made by Emmanul Quilters*

**February Issue Submission Deadline:**  
January 19, 2026

## *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-4:30 pm**

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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!



A close-up photograph of several snowflakes against a dark, textured background. The snowflakes are intricate, with multiple arms and fine details. One large, well-defined snowflake is in the center-left, while others are scattered around it, some appearing more blurred. The lighting highlights the crystalline structure of the ice.

## *In Memoriam*

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

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

# 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

## NOTICE FOR WINTER DEADLINES:

Our holiday season is incredibly busy, and we appreciate all the time that our congregants give to the community. It is your participation and engagement that makes Emmanuel the welcoming, Affirming, active, and engaged community it is.

I encourage contributors to take some time to think ahead and plan for the busy winter season packets and the Annual Report.

February Packet: due January 19

The **Annual Meeting** is February 22, and **REPORTS ARE DUE FEBRUARY 2<sup>ND</sup>** (Finance reports are due on February 9). ***Committees and Groups submitting to the Annual Report are asked to limit their content to a max of 350 words whenever possible.***

## ACTIVITIES & GROUPS

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 January 10, February 14, March 14, & April 11.

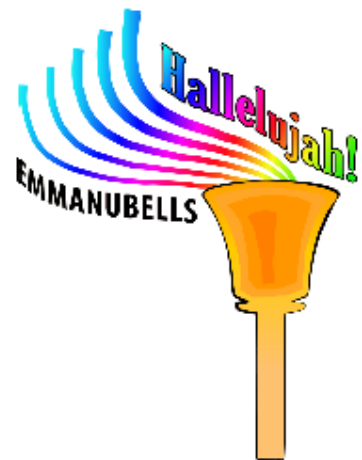
### Enjoy making music?

#### Join the Emmanubells?

We would welcome new ringers to join us and will provide instruction. No previous handbell experience needed.

We rehearse on Thursdays from 6 pm - 7:30 pm and perform in church monthly.

For more information, please contact  
Ann frederking, Director  
613 749 5815 or [ViolaAnnF@gmail.com](mailto:ViolaAnnF@gmail.com)



### Monday Night Christian Meditation Group

“I tell you that whosoever does not accept the kingdom of God like a child will never enter into it.” (Luke 18:17)

“Christian prayer is a state of innocence. When we meditate we go beyond desire, beyond possessiveness, beyond self-importance, beyond all sources of guilt and complexity. So the first thing you must learn when you set out on the pilgrimage of meditation is to listen to the message with the simplicity of a child.” – John Main OSB

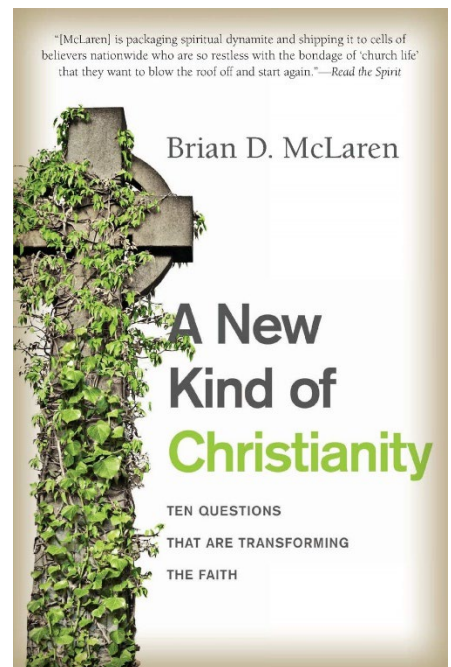
The meditation group meets on Monday evening for an hour starting at 7:00pm on Zoom. There is 25 minutes of silent meditation, a talk or video presentation, and a time for sharing.

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



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

Starting January 8, Heretics will meet weekly on Thursday mornings at 10:00 am on Zoom. Discussions will be centered on Brian McLaren's book, *A New Kind of Christianity: Ten Questions That Are Transforming the Faith*. There is a copy in the church library. Drop-ins are welcome, and there is no need to have the book to attend. Please contact the church office or any member of Heretics for further information and a Zoom invitation.



### Coming soon to Emmanuel: Friday Movie Night Returns

**January 16:** *One Life*; starring Anthony Hopkins as Nicholas Winton. The true story of the rescue of Jewish children from Czechoslovakia in 1939.

**February 20:** *The Ballad of Wallace Island* starring Carey Milligan. Comedy, uplifting.

**March 20:** *White Bird: a Wonder*. Starring Helen Mirren and Gillian Anderson. WWII France. "Choose kind"

The movie plays at 7:00 pm. Doors open at 6:30. Admission is free. Bring a friend!



## **Food Bank Sunday and Monday**

**It's that time again.** Time to think about donating to the Russell Heights Community House food bank. The need is growing steadily.

Feel free to drop contributions in the food bank collection box on or before Sunday, January 25<sup>th</sup>.

You can drop off donations to the church on **Jan 26th from 2:00 to 3:00 PM**. We love the company!

Size 3T, 4T, and 5T diapers and feminine supplies are especially appreciated, as is coffee. Some of the most helpful donations are of canned goods like tuna, beans, and vegetables, as well as, rice, pasta, and whole grain cereals. **EGG BOXES ARE BACK ON THE LIST.**

At this time, we will not be accepting monetary donations to the Russell Heights Food Bank – either in cash, cheque or e-transfer. Monetary donations can be made directly to:

Russell Heights Community House  
1799 E&D Russell Road  
Ottawa ON K1G 0N1

**No tax receipts will be issued.**



## CHRISTIAN DEVELOPMENT

The Nursery is available every Sunday. Sunday School activities for children aged 3 to 14 take place during our Sunday church service.

Rainbow Hub is a monthly social group for LGBTQ2+ youth 12-18 years old from across the city. There will be no Rainbow Hub in January so the first one in 2026 will be **on February 6**. For more information, please contact ([ellenbrohman@gmail.com](mailto:ellenbrohman@gmail.com))

There won't be a **Let's Stay Together Sunday** in January due to other events. The next one will be on will be February 8.

**Ontario Youth Parliament** brings together youth from across the province to debate current issues, explore their spirituality, and build friendships. It is being held in **Belleville from Feb 13-16, 2026 and is for youth aged 14 to 21**. This is a great opportunity to join other youth in a fun and reflective environment. Information can be found on the OYP website ([Ontario Youth Parliament](http://OntarioYouthParliament.com)). There will be a bus from Ottawa to take people there. Anyone interested should talk with Christine Hywarren or Val Lines for more information, including about help with funding.

## COMMUNICATIONS

Another year has come and gone, and we begin again.

**VIDEO/AUDIO:** Operations at the Video and Audio consoles continue to go well.

**It should be noted that we came within ONE volunteer, who happened to also be in the choir, of NOT streaming the 5:00 pm Christmas Eve service !!**

There are basically 6 people who share video and audio duties. Of those 6; 2 are heading back to school and will likely be sporadic in



availability, 2 are in the choir so have limited availability, leaving 2 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 Communications Committee has embarked on an advertising blitz for 2026, to see if we can generate interest in Emmanuel. We expect there to be some type of ad in every issue of at least one of the local papers, plus the usual Activity blurb.

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. **Steve 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 for posting on the EUC website.

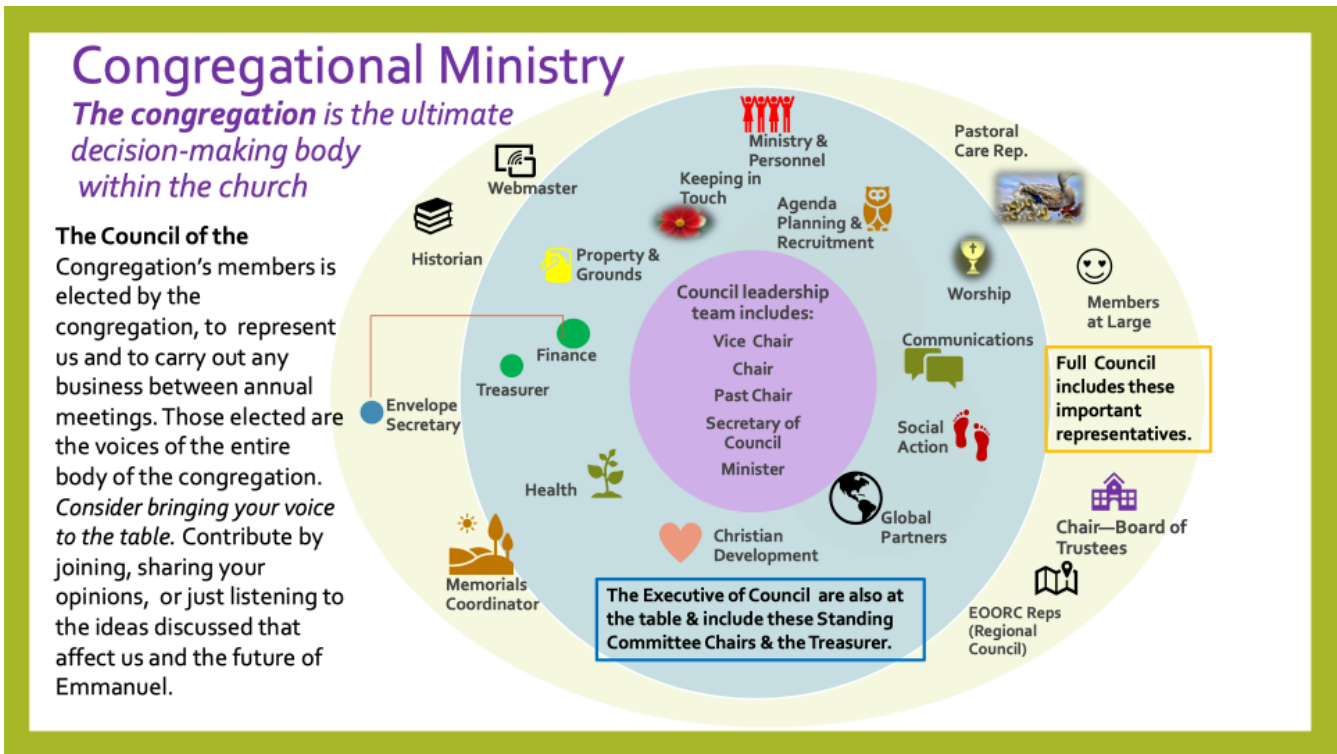


And I must thank our “informal” member of the Communications Committee, Emma Dowd, who generates such incredible ads for the local papers (sample on left). Truly amazing work. Check them out in VISTAS and Riverview Park Review.

Russ Pastuch  
Chair, Communications Committee

# COUNCIL

The Agenda Planning Committee is looking to fill several positions before the February 2026 annual congregational meeting. A small team of us will be engaging people in conversation, to find out their interests. Thank you for considering a role on Council or committees.



# HEALTH

## **Winter Session begins Monday, January 5, 2026**

### **Chair Yoga Exercise Program – *Monday 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 \$7 per class.

### **Stretch and Strength Exercise Program – *Friday 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 \$7 per class.

**REMINDER:** If school buses in Ottawa are cancelled due to snow or ice, **TTBW will also be cancelled.** Check updates on the “Ottawa School Transportation Authority” [www.ottawaschoolbus.ca](http://www.ottawaschoolbus.ca) or local radio stations.

## KEEPING IN TOUCH

### **Looking Ahead**

With the start of a new year, we give some thought to goals and plans for the coming year, both personally and as a committee.

**Save the date, Sunday January 25, 2026 to join us for a potluck lunch, following the service, to celebrate Emmanuel's 67<sup>th</sup> Anniversary.** We look forward to gathering with members who have been here for a while and others who have come more recently, to share ideas and favourite foods. Your homework is to find out who has been attending the longest, #1 on the roll, going back to 1959. You may also be surprised by who is #3 on the roll. **Watch the announcements in January for more information about the potluck.**

### **Coffee and Conversation—Welcome Someone New**

KIT will be hosting on January 4. We will have the Orange Mugs available for newcomers so that you will have the opportunity to have a conversation with someone new. Wearing your name tag is a sign of hospitality to newcomers as well as an openness to engage in a friendly



conversation. If your nametag has gone missing or you do not have one, add your name to the list on the bulletin board closest to the office.

**A Caring Community**

We welcome the increased minutes of daylight in January. For those who are feeling isolated and anxious, your gift of checking in with someone may be just the light that someone needs. If you know someone who needs support, please share this with any member of KIT: Janet Campbell, Latisha Joseph, Phyllis MacRae, Hilde Reynolds, Joyce White, David Wray, Zawadi Zahinda.

**A Safe, Healthy and Hopeful New Year to everyone.**

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

**Our next Keeping in Touch Meeting will be on Tuesday, January 6 at 7:00 P.M on Zoom.**

**MINISTRY & PERSONNEL**

The staff at Emmanuel are looking forward to a great year of work in 2026. They wish to extend their thanks to the community at Emmanuel for engaging with them and contributing to the active community of worship we all enjoyed in 2025.

**PASTORAL CARE**

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL  
SUPPORT

**A New Year Message from the Pastoral Care Team**

As the Pastoral Care Team reflects on the past year, we express with deep gratitude for the many opportunities we have had to walk alongside our community—sharing in moments of joy and offering support in times of sorrow. As we step into 2026, we reaffirm our commitment to provide compassionate pastoral care whenever it is needed. We are here for you. We also celebrate how each member of our community shares in caring for one another—through prayer, encouragement, or a listening ear.” Together, we foster a community rooted in love and compassion. We are confident that the God of love

and compassion walks with us in every moment. So, as we say goodbye to 2025 and welcome 2026, may the new year bring you peace, hope, and healing.

Warmly,

The Pastoral Care Team - Rev. Grant Stuckless, Malcolm Collins, Patricia Fairbairn, Terry Henderson, Jon Jones, Jill MacLean, Dr. Ron MacDonald, and our liaison with Keeping in Touch (KIT), Joyce White.

### **A New Year Community Blessing**

As we stand at the doorway of a new year, take a slow breath and feel God's presence steady beneath your feet. Let any weight you carry from the past months rest now in mercy's hands. Give thanks for the small lights that guided you through the dark. May this turning of the year be a holy threshold — where your spirit is renewed, your heart opened, and your hope restored. May you see God's grace in familiar faces, in shared meals, in laughter that softens the edges of worry. May peace find a home within you, and kindness flow outward from you into the lives you touch. And as each new day dawns, may you walk gently, trusting that Christ goes before you, beside you, and within you.

***May the Eternal go with us into the turning year, the Spirit breathe within us new life, and divine Love guide our choices and our care for one another.***

(This meditation inspired by the writings of John O'Donohue)

### **Let's Talk Tuesdays**

Every Tuesday from 10 to 11 AM, a group gathers on Zoom for friendly and engaging conversation. Sometimes the theme is as simple as *"What's on your mind?"* and other times we explore a specific topic together. Our ZOOM gathering is a great way to connect, reflect, and share in a supportive space. If you're interested in joining or for more information, please contact Ron MacDonald by calling the church office or send him an email at: [pastoralcare@emmanuelunited.ca](mailto:pastoralcare@emmanuelunited.ca) . So, if your Tuesday morning is free, we'd love to have you join us!

## **Transitions**

There will be three gatherings for Transitions, for seniors, in the coming months. Dates will be determined in January.

- 1) Advanced Care Planning – Planning Checklist
- 2) An Afternoon Tea – Ron will entertain on piano
- 3) Designing a Celebration of Life service- Rev. Grant Stuckless

## **WORSHIP**

Looking ahead to Worship in January

### **January 4**

Rev. Elizabeth Bryce  
John 1:1-14

### **January 11**

Cluster service at Emmanuel  
Isaiah 42:5-9, Psalm 29

### **January 18**

John 1:20-42

### **January 25**

Anniversary Sunday – 67 years!

### **Land Acknowledgement**

The Worship committee has discussed using a variety of Land Acknowledgements in our Sunday services. We hope this will help us to avoid falling into the habit of hearing the same words without reflecting on their significance. If you have suggestions for alternative versions, please pass them onto any member of the Worship committee for our consideration.



# *Simplify Your Celebrations*

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

Thanks to the musicians at Just Gifts,  
and all the organizers too  
by Ross & Joyce White

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*