

LIFE AND WORK OF EMMANUEL UNITED CHURCH DECEMBER 2025



Photo Credit: Emma Dowd, Poinsettia from Omega's farm in Chipembi

January Issue Submission Deadline:
December 15, 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**

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KEEPING IN TOUCH

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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 a poinsettia plant with vibrant red, white, and yellow leaves. The leaves are arranged in a dense, overlapping pattern, creating a rich, textured background. A semi-transparent dark red banner is positioned at the top, and a semi-transparent yellow banner is at the bottom, both containing text.

In Memoriam

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

***In memory of Nanette Whitwam
Janice & Pierre Péron***

***In memory of Christine Hewlett
Ross & Joyce White
Keith & Nancy Jeacle***

***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.

January Packet: due December 15

February Packet: due January 19

The **Annual Meeting** is February 22, and reports are due February 2nd. Finance reports are due on February 9th. 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 December 13, January 10, & February 14.

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) “Learning to meditate is learning to unlearn. The big problem that faces anyone who starts to meditate is the simplicity of it... And Jesus tells us to become simple, to become childlike. Meditation is the way of rediscovering our innate, childlike sense of wonder.” – 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).

The Thursday Morning Discussion Group ('Heretics')

The Thursday Morning Discussion Group will be finishing up with their current book at the end of this year and will start with a new book in 2026. The plans for each meeting are:

Dec 4 ~ Human Trafficking – using Chapter 2 of Faith as Protest: Answering the Call to Mend the World by the Rev. Dr. Karen Hamilton.

Dec 11 ~ a discussion of Woke Ideology, led by Phyllis Macrae.

Dec 18-Jan 1 ~ Christmas break, with possible zoom-in for chats.

Jan 8 ~ Start of discussions based 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.

Emmanuel campaign to provide Christmas gifts to children at a new MHI community

Last year Multifaith Housing Initiative (MHI) merged with Gloucester Housing Corporation and as a result MHI has several new housing communities located in eastern Ottawa. One such community is located at 1087 Cummings Ave, a building housing only low-income families whose rents are subsidized. Affording Christmas gifts for the children of the community, of which there are 60 in ages 0 to 12, is difficult financially.

MHI has undertaken a project aimed at providing gift certificates to the families for each of the children in the housing community. They have approached three congregations, who are MHI members - Emmanuel United, MacKay United, and a Chinese Roman Catholic congregation - to assist in collecting funds.

The Cummings Ave community is located in the area where our congregation of Eastbrook United Church was formerly located. Also, a number of the families that are connected to Isaruit Inuit Arts, one of our partners, live in this area of the city.

Emmanuel will run a short Christmas gift campaign from **November 30 to December 14**. We are asking members of our Emmanuel family to contribute funds which MHI will use to purchase gift cards of \$50 each for the Cummings children. Beginning on November 30 you can contribute in several ways:

1. Make a cheque payable to Emmanuel United Church, noting that the purpose is the MHI children's Christmas gift campaign.
2. Make a contribution to Emmanuel by e-transfer at **envelope.secretary@emmanuelunited.ca**. In the memo line, please note your name and address and state that the purpose of the donation is for the MHI children's Christmas gift campaign.
3. Cash donations can also be accepted, with a note with your name and address and state that the purpose is the MHI children's Christmas gift campaign.

The donations will be provided to MHI by Emmanuel. Income tax receipts will be provided to donors by Emmanuel.

On November 30, December 7 and 14, we will have a table at coffee time to receive your donations.

For any questions contact Phyllis MacRae, Colleen Calvert and Joyce White.

Merry Christmas and thanks for your support of this campaign.



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. The next session will be on **Friday, December 5**. There will be no Rainbow Hub in January so the first one in 2026 will be on February 6. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)



Our next **Let's Stay Together Sunday** will be **December 14**. Join us after the service for lunch, fellowship and activities. The after-lunch activity choices are gingerbread house decorating, joining in a carol sing or making a Christmas ornament.

The cost of the gingerbread houses are \$12 each. Pre-registration is required. There is a sign-up sheet in the upstairs hallway or contact Val Lines (bvlines84@rogers.com) to register.

The CD team is offering a **Parents afternoon out – Sunday Dec 21 – after church until 2:30pm**. Parents can leave their children or drop them off for lunch, games, and crafts. Contact Amelia Brohman for more information. This will also be a time to rehearse for the 5pm Christmas Eve Family service for those that would like to participate.

Sunday, Dec 7, 11:00 am -2:00 pm – We are hosting an **exhibition** called '**Here from the Beginning...**' This is an exhibition prepared by the United Church for the 100th anniversary celebrations to recognize the significant role and contributions that Black people have played in the history of the United Church of Canada. It is travelling across Canada and will be in the Ottawa region in December. It will be on display at Emmanuel after the service on Sunday December 7 and will remain open until 2:00 pm to allow others to come see it.

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](#)). 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

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

We are, however, beginning to suffer from lacka-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. 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. We **REALLY** need some additional bodies for this.

ADVERTISING: The Christmas season has arrived, bringing the Just Gifts In-Person Market and the once-a-year services of December: Advent, Loss to Light, Christmas Eve Family Service and Christmas Eve Reading and Music Service.

Event and Announcement Organizers

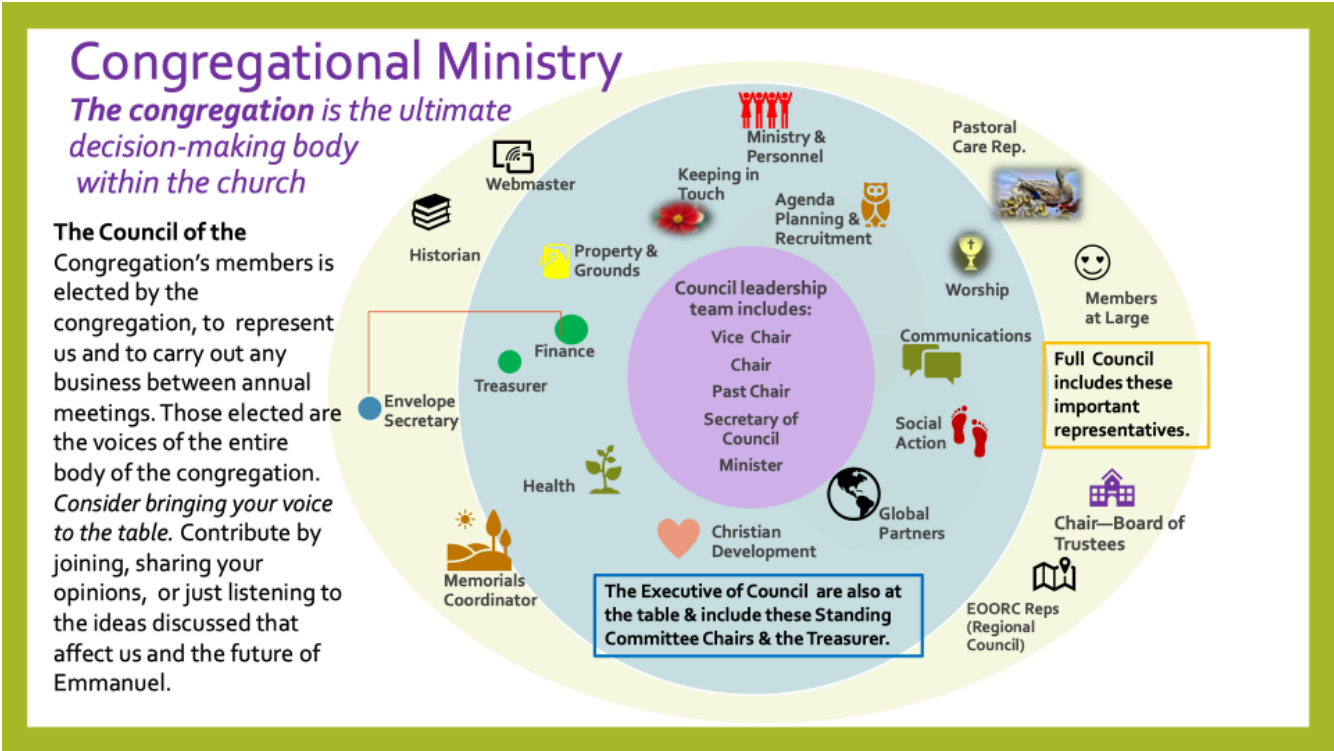
You may want to review the monthly Events you submit, to tell Vistas readers more about our activities. In the Fall Season of 2025 we began an annual ad campaign in our local paper, Vistas, to tell readers about our bazaars, market and Services at Christmas and Easter. Vistas responded with an expanded list of Emmanuel's Upcoming Events, including our Services. With advance planning and timing, we can advertise your event through several media channels: EOORC Event pages, Vistas, Councilor's newsletters, radio and social media. Event Organizers, please, contact Advertising (Steve), We can ensure the timing meets publication deadlines. But we need to know in advance. Late ads may be refused by publishers or given second priority (Thanks, in advance).

PLEASE also provide event information to Val Dowd for posting on the EUC website.

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.



GLOBAL PARTNERS



EMMANUEL UNITED CHURCH

JUST GIFTS CHRISTMAS MARKET

Fair trade & local food, handcrafts & gifts
Proceeds support Emmanuel's partners in
Zambia and El Salvador

Online Orders:
November 16-29, 2025
euconlinemarket.ca

Order pickup & in person market:
Saturday, December 6 10am-1pm
691 Smyth Road, K1G 1N7



HEALTH

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.

PLEASE NOTE: The Fall Session concludes on Friday, Dec. 19, 2025, and the Winter Session will recommence Monday, Jan. 5, 2026.

MINISTRY & PERSONNEL

The office will be closed from December 24 through to January 4. Emma, Grant and Ron will be back in the office on Monday, January 5, 2026.

We are thankful for all our staff have contributed to the life of Emmanuel this year and wish them a joyous Christmas break!

PASTORAL CARE

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL SUPPORT

As a church family, we walk together through every season of life — in times of joy and in times of sorrow. Our faith reminds us that even in our deepest struggles, we are never alone, the light of Christ shines through the care, prayers, and presence of our community. As we approach Advent and the Christmas season, when hearts may feel heavy and memories tender, we come together to lift one another up in love, hope, and faith.

From Loss to Light Service

This service is a time to remember our losses. There have been a lot this year, including death, illness, divorce, job loss and separation from loved ones for many reasons. It is also to hear words of support and hope. If you are having trouble finding peace this season, this time of prayer and reflection may provide the solace you are yearning for. We are not alone. God is with us! **Date:** Sunday December 14th at 2 pm (Note: this service will be live streamed)

Transitions Gathering

Looking toward 2026, there will be two Transition gatherings – dates to still be determined. There will be a gathering to learn about and share experiences concerning **Advanced Care Planning**. There will also be an **Afternoon Tea** with piano entertainment by Ron MacDonald. Stay tuned!

In the Heart of Winter, the Seed of Light

As December arrives, the world settles into longer nights and softer light. It is a season that invites us to pause, to notice the quiet spaces in our lives. To welcome the hidden stirrings of hope and longing. As we move into the darkness of December and approach the winter solstice, the longest night of the year, our church calendar gifts us with Advent and Christmas. Spiritually, it is a time for us to watch for the subtle work of God unfolding around and within us. Within the grip of winter, John O'Donohue reminds us, “the miracle of spring is already in preparation.” Even in shadowed places, God’s gentle presence quietly stirs. As John 1:5 tells us, “The light shines in the darkness, and the darkness did not overcome it.” Let this season we are now entering be a time to notice the sparks of joy, the whispers of promise, and the stirrings of grace waiting to be born. **What hope or gentle delight is beginning to awaken in your heart, and how**

might you make space to welcome it? May we hold close O'Donohue's words: "Grace is the permanent climate of divine kindness; the perennial infusion of springtime into the winter of bleakness."

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. Please feel free to reach out to the Pastoral Care Team if a loved one is in the hospital and would like a visit.

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.d

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

On December 7th, communion will be offered, and donations will be dedicated to OrKidstra. Since 2007, OrKidstra has been creating a musical community for kids who would otherwise not have the opportunity to learn and play music. Lessons are in groups such as Tiddlywinks, Kidsingers, Kidstarters - fun as well as learning! It gets great reviews from parents and friends for the positive impact on children's learning and relationships. The community is invited to hear them in action at free concerts on Dec. 8, 10 or 16 - try to hear them! Check out locations online. Our support helps enrich kids in our community through music- a reflection of the importance of music to our Emmanuel community. Be a blessing this Advent!

SOUTH EAST OTTAWA CLUSTER

Riverside United is holding a '**Vintage**' **Messy Church** event on December 13th with crafts, music, worship and celebration for all ages. Check their website for more information.

WORSHIP

Looking ahead to Worship in December:

December 7~ (Second Sunday of Advent - Peace)

Communion

Matthew 3:1-12

December 14~ (Third Sunday of Advent - Joy)

Luke 1:46b-55

December 14, at 2:00

From Loss to Light

December 21~ (Fourth Sunday of Advent - Love)

Matthew 1:18-25

Creche display

December 24~ Christmas Eve

5:00 Family Service

7:30 Readings and Music

December 28~

Sharon Sanderson

January 4~

Elizabeth Bryce

Wednesday evening Advent Services via Zoom

7:00 pm on December 3, 10, 17

Contact the office for the link.

Creche Displays – you are invited to bring your family creche to display in the CE hall during coffee and conversation. A short note about any special significance to your family can be included.

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 November, 2025 to
Emmanuel United Church as part of the
Simplify your Celebrations project.
Donations were received as follows:

In memory of Margaret Kneen
by Sharon Noonan, Scott Noonan

In memory of Marg Kneen,
her generous caring and
friendship
by Wendy McCracken & Harold
Hedley

In appreciation for the life of
Marg Kneen
by Clarice Dewar

In memory of Nanette Whitwam
by Hilde Reynolds, Nora Vargo,
Laurie McHugh,
Sharon Noonan, Don Hamilton

In memory of Nanette Whitwam,
her kindness and commitment to
social action
by Wendy McCracken & Harold
Hedley

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

With comforting thoughts for
Ross & Joyce White as they
mourn the loss of their good
friend René De Champlain,
as well as Ross’ sister Valerie
Lewis
by Julie & Terry Henderson

In recognition of Jon Jones for
generously sharing his computer
expertise
by Richard Johnston

Celebrating dear friend Lee
Langner’s 90th birthday
by Julie & Terry Henderson

In recognition of Brenda Ashe for
her leadership
in organizing a joyous,
community building bazaar.

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