

LIFE AND WORK OF EMMANUEL UNITED CHURCH FEBRUARY 2026



Photo Credit: Emma Dowd

March Issue Submission Deadline:
February 16, 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
Telephone: 613-733-0437

Sunday Worship at 10:00 AM

Office Hours: Monday – Thursday
9:00 am-4:30 pm

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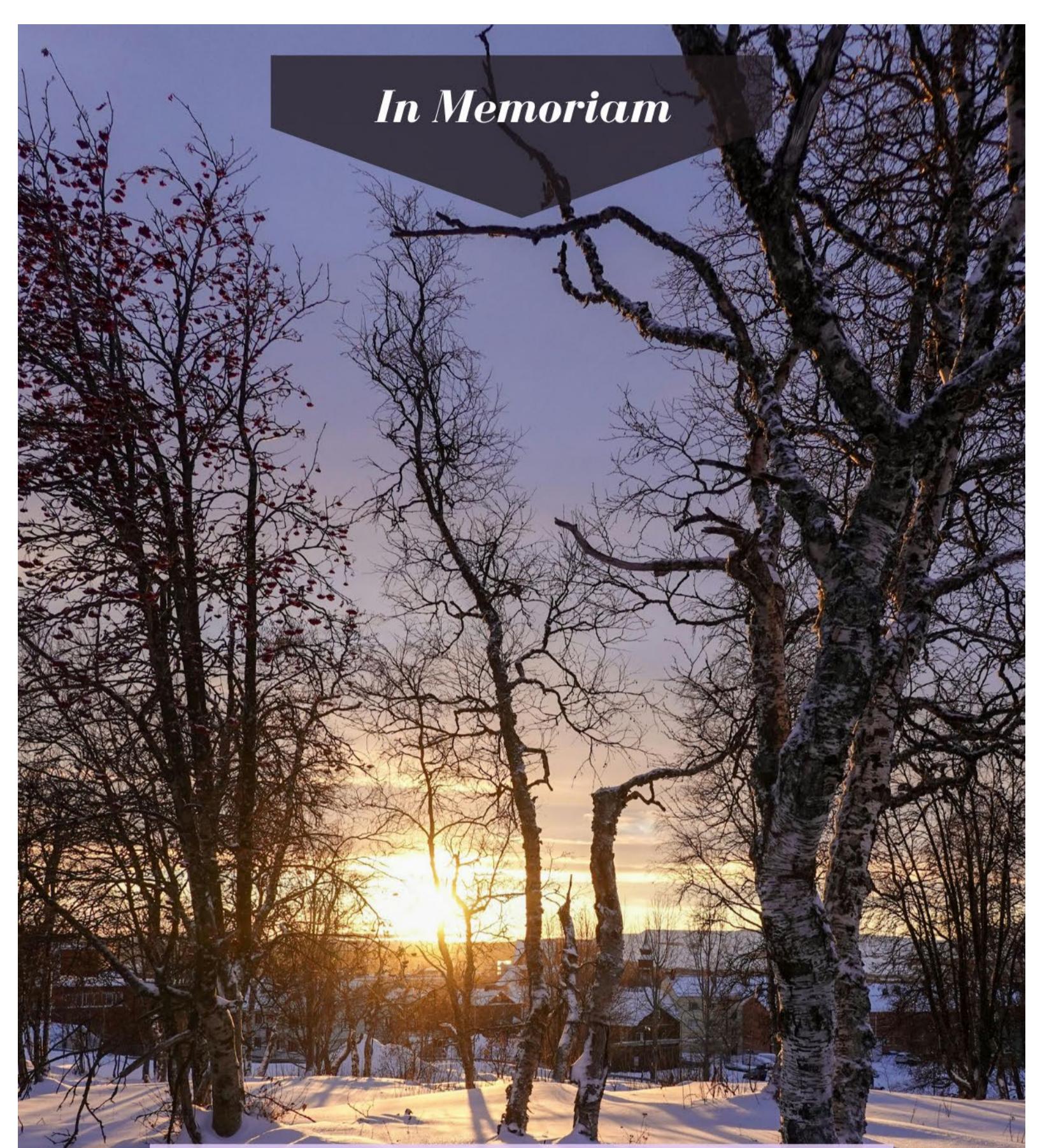
MEDIA PUBLICITY

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

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

***Thanks to Ross & Joyce White for their
remembrance of René Givogue***

*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:

The **Annual Meeting** is February 22, and **REPORTS ARE DUE FEBRUARY 2ND** (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.*

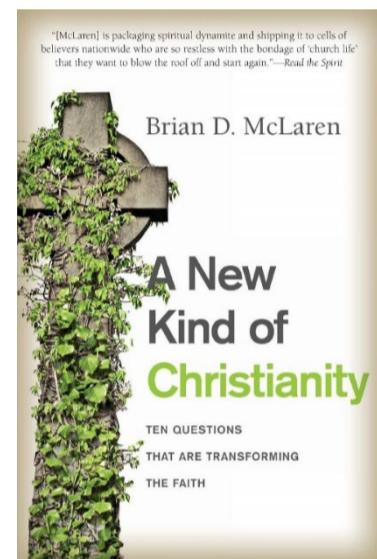
ACTIVITIES & GROUPS

Emmanuel's Book Club meets Monday, February 9th to discuss Jennie's Boy, by Wayne Johnston. The discussion will be led by Janice.

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 February 14, March 14, & April 11.

The Thursday Morning Discussion Group ('Heretics')

This month discussions at Heretics 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. Heretics meets weekly on Thursday mornings at 10:00 on Zoom. 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.



Monday Night Christian Meditation Group

“The time approaches, indeed, it is already here, when those who are real worshippers will worship the Father in spirit and in truth” (John 4:23-4). “Meditation is the way of making full contact with your own spirit, of making full contact with truth... Contemplation consists in the simple enjoyment of the truth.” – 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).

Grocery Card Sales ~ After Worship on Sun. Feb. 15th!

On a monthly basis, you may purchase Loblaws, Metro and Farm Boy Gift cards to raise funds for refugee housing through the **Ottawa Mennonite Refugee Association**. 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. Grocery cards may be purchased by **cheque, cash or e-transfer** to envelope.secretary@emmanuelunited.ca (please do your e-transfer 2-3 days in advance of the sale date). Thank you for your support of OMRA.



EMMANUEL
FRIDAY NIGHT AT THE
MOVIES
FEBRUARY 20 | 7:00 PM

"A FRESH, BIG-HEARTED COMEDY"
THE WALL STREET JOURNAL

TOM BASDEN TIM KEY AND CAREY MULLIGAN

THE BALLAD OF WALLIS ISLAND

HE'S GETTING THE BAND BACK TOGETHER.

ONLY IN THEATERS MARCH 28

The Ballad of Wallis Island
2025

**Starring Carey Mulligan,
Tom Basden.**

**A quirky celebration of
love, loyalty and human
connection. Comedy,
drama, music and
romance. An isolated
music fan invites his
favourite folk musicians to
visit and perform on
remote, isolated Wallis
Island. He hopes to
romantically reunite two
musicians who have no
idea of his plans.**

Rotten Tomatoes 96%. PG
13. Winner British
Independent Film Awards
2025. A favourite at
Sundance.
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





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 Rainbow evening is **on February 6**. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)

Let's Stay Together Sunday – February 8

Join us for lunch after the service on February 8. After lunch we'll be celebrating winter with a choice of going tobogganing together or staying inside to watch a film (or films) about winter fun in Canada. We can provide helmets and winter gear for anyone who needs to borrow some for tobogganing. Please let Amelia know by Thursday, Feb 5 if you need to borrow helmets or winter gear so we have time to get them organized. We'll come back to the church after tobogganing for hot chocolate.

Summer Camps – We're looking ahead and have picked the dates for our summer camps:

- **Youth Outreach Leadership Camp – July 20 to 24** for youth in Grades 6 to 10.
- **Canoe Camp** – tentatively scheduled for August 10 to 14. This is a camp for youth going into Grades 4 and up.

Contact Amelia Brohman or Val Lines if there are any questions and look for more information and registration forms in the coming months.

COUNCIL

Notice of the **Annual Congregational Meeting (ACM)**, to be held Sunday, February 22, 2026 @ 11:30 a.m.

The Annual Meeting of our congregation will take place in-person, on the above date and time, following our regular worship.

A light lunch will be served from the lounge immediately following worship and before the start of the meeting.

Copies of the 2025 Annual Report will be available by Sunday, February 15, 2026. Please plan to pick one up. If you need assistance, contact Emma in the office to arrange receipt of your copy.

We always try and answer questions before the day of the meeting. If you need anything explained, contact the appropriate committee, or your Chair of Council, Keith Jeacle.

If you think you would like to serve on a committee, in an area that interests you, your help would be very welcome. There are roles to suit everyone and the amount of time you have to commit, so don't be shy. Speak to anyone you know who is already volunteering, or contact Christine Hywarren: christine.hywarren@gmail.com

Please mark the date on your calendar and plan to stay. See everyone there!

GLOBAL PARTNERS

Just Gifts was successful again this year both with the online market and the in-person market. Funds from that event along with other fund raisers and donations from individuals in the congregation support the works of our global partners in El Salvador and Zambia.

Iglésia Bautista Emmanuel (IBE)

The Advent and Christmas season was a busy one for IBE. They held their Advent Peace School, a vacation bible school not only in San Salvador but also in outlying communities. It provides a learning experience for the children who attend as well as for the youth leaders.

The Peace School locations included:

Usulutan,

-Alegria, Las America and Altos de Guadalupe 42 children.

Guallinac,

-two communities, 48 children

Cruces,

- Los Cruces y Los Llanitos, 53 children

- Mercedes Umaña and El Rio Community, 34 children.

Cuscatlan, Suchitototo.

- San Rafael and Huisilapa, 52 children

-Montepeque, Cantón Palacios, 58 children.

Soyapango,

Comunidad Melendez, 56 children,

San Jacinto, 43 children

Colégio Bautista Emmanuel completed another school year in December. They had an enrolment of 196 students, with 18 graduating high school at the end of the year. The school has a strong peace program, with activities in the arts, workshops on the environment, ecumenical activities, and peace marches.

They are currently celebrating the 34th anniversary of the peace accord at the end of the civil war.

The Chipembi Congregation of the United Church of Zambia

The partnership agreement between Emmanuel United, Bells Corners United and the Chipembi congregation has now been signed by all parties and will be in effect until December 31, 2030.

Preparations are beginning in Chipembi and in Ottawa for this year's Camp Chipembi. The camp will be from August 11 to 15. Chipembi, Emmanuel United, and Bells Corners United are all seeking to recruit leaders for this year's camp. At Emmanuel we are looking for young adults age 18 to 30ish to travel to Chipembi on August 5 returning home on August 18. Travel and accommodations are covered by the church. Speak to Jim Lamb or Keith Jeacle if you are interested in participating, know someone who might be interested, or just want to learn more about the experience.

As seen in the video at the service on January 11, the Secondary Girls' Dormitory is progressing with the completion of the concrete slab. The next steps are to construct the walls for 6 student living blocks, 2 hygiene areas, a matron's room, a kitchen, and working space. Progress has been slow to-date due to weather and health issues with key members of the construction team.

We have invited the Chipembi congregation to send two members to Ottawa to visit Emmanuel United and Bells Corners United and experience congregational life here as a means of strengthening our partnership. It is anticipated that the visit will take place in early autumn of 2026.

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.

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 or local radio stations.

KEEPING IN TOUCH

February, Love and Kindness

February is a time when love is in the air. Love is an action word—a verb. Love is demonstrated through acts of kindness, support, patience, and understanding. It is intentional, requiring us to look beyond ourselves to meet the needs of those around us. Sometimes, love is as simple as making a phone call, offering a listening ear, giving a heartfelt hug, helping someone with their coat, being a good neighbour.

In February we also celebrate our diverse church community during Black History Month. It is an opportunity to have a conversation with someone you are getting to know, to hear their story and shared experiences.

Nametags

We invite you to wear your nametag as a sign of hospitality and openness to meeting new people. The rack has recently been tidied up, making it easier for everyone to find their name. If you need a nametag, please add your name to the list on the bulletin board closest to the office.

Welcome

Some of the bulletin boards in the upper hall need refreshing. If you are able to help design and create a bulletin board with the word **Welcome** in other languages, please contact Joyce .

Learn a new kitchen skill

Keeping in Touch is hosting Coffee and Conversation on February 1 and March 1. We would be pleased to mentor you so that you will feel comfortable with all aspects of helping with Coffee and Conversation.

Please let any member of the Keeping in Touch Committee know of needs in our community. Members are: Janet Campbell, Latisha Joseph, Phyllis MacRae, Hilde Reynolds. Joyce White, David Wray, Mamy Zahinda.

Our next meeting is on Zoom, March 3 at 7:00 P.M.

MINISTRY & PERSONNEL

Ann McNamee will be away from February 4-25. Joan Foster-Jones will be filling in for her during that time.

PASTORAL CARE

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL SUPPORT

Walking Together Through Life's Transitions
– a Lunch and Learn Gathering
A supportive conversation group about aging, care, and what matters most

As we live longer, fuller lives, it can be helpful to pause and consider what matters most—and how our choices can be honored. *“With age comes wisdom, and with wisdom comes the freedom to live on your own terms.”*

During this session, we'll enjoy a shared meal and engage in gentle conversation, guided reflection, and a few simple questions to help you think through your priorities. Questions may include:

- What matters most to me as I age?
- Who knows my wishes, and have I shared them?
- How comfortable am I talking about life transitions and care planning?
- What questions and concerns do I have?

When: Wednesday, February 18th

Time: 12:00 p.m. to 2:00 p.m.

Where: C.E. Hall

RSVP: Email Ron at pastoralcare@emmanuelunited.ca or call office at 613-733-0437

A Reflection on Gratitude to Carry us into 2026

Gratitude is not merely a thought we have; it is a way of being present to our lives. It emerges when we slow down enough to notice what has carried us through the day—a kind word offered at the right moment, a shared meal, a breath of quiet after feeling overwhelmed. To give thanks is to recognize that we do not move through life alone, and that

much of what sustains us comes through others and through moments we never planned.

Scripture reminds us, “*Give thanks in all circumstances; for this is the will of God in Christ Jesus for you*” (1 Thessalonians 5:18). Gratitude does not deny difficulty; it helps us see where grace has met us within it.

We learn gratitude by living—by passing through hardship and realizing we were supported and carried by the prayers of the community, by experiencing loss and understanding more clearly what truly mattered, by waking to another ordinary day and sensing that it is, in itself, a gift.

Gratitude softens us. It opens our hearts to connection, to humility, and to care. It strengthens relationships and deepens community, reminding us that we belong to one another. When we practice gratitude, we begin to see life not only as something to manage, but as something to receive.

For reflection:

Pause for a few slow breaths. Let your body settle. Gently bring to mind one person, one moment, or one unseen support that helped you today. Notice what you feel as you hold it in awareness. There is nothing to add or fix. Simply rest in the quiet presence of thanks.

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.

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) and Richard Johnston

WORSHIP

Looking ahead to Worship in February

February 1

Matthew 5:1-12
Baptism

February 8

Matthew 5:13-20

February 15

Transfiguration
Matthew 17:1-9

February 18

Ash Wednesday 7:00 pm service (in person)

February 22

First Sunday of Lent
Matthew 4:1-11

February 25

Lenten Evening Service, Wednesday, at 7:00 pm on Zoom

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:

In memory of Margaret Ruth Clark
who touched many lives
and comfort to the Clark-Kazak family
by Ross & Joyce White

In honour of the people who worked hard
during the recent flood
to protect valuable items from the water.
Their efforts are much appreciated.
by Ann & Bob Frederking

In recognition of all the elves
who made Christmas special at Emmanuel
including cleaning up a flood.



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