

LIFE AND WORK OF EMMANUEL UNITED CHURCH MARCH 2026

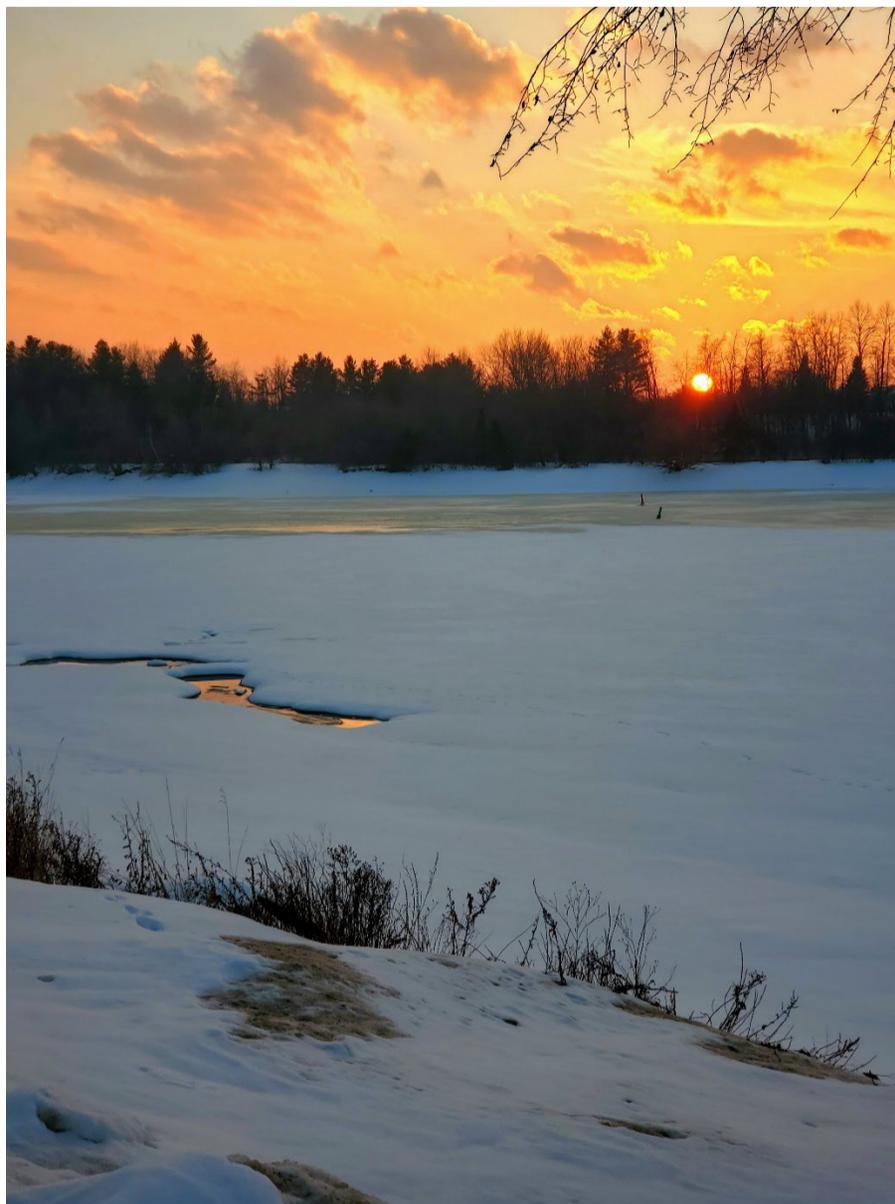


Photo Credit: Emma Dowd

**APRIL ISSUE SUBMISSION DEADLINE:
MARCH 23, 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 Anishinabeg 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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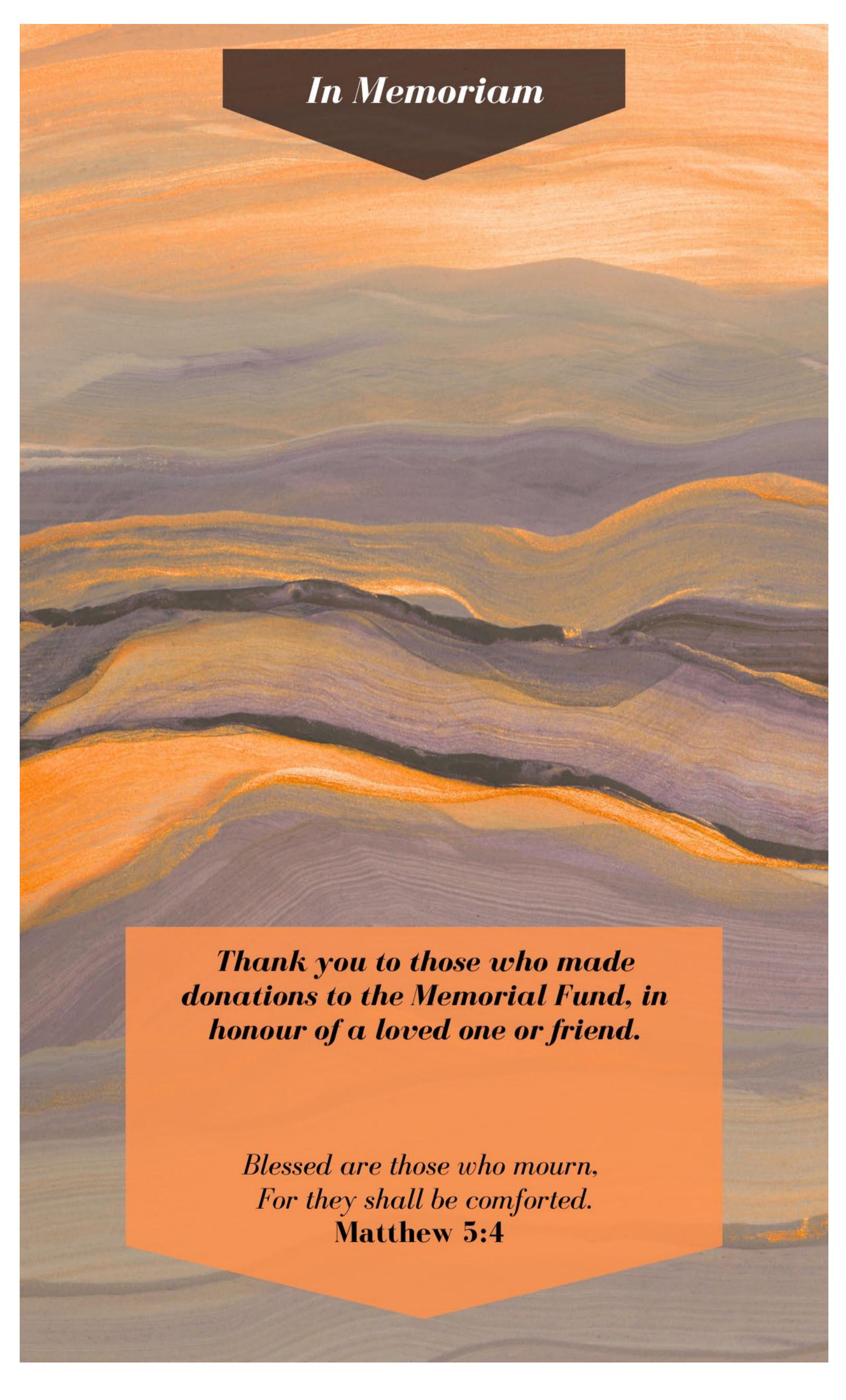
Media Publicity

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.***

***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

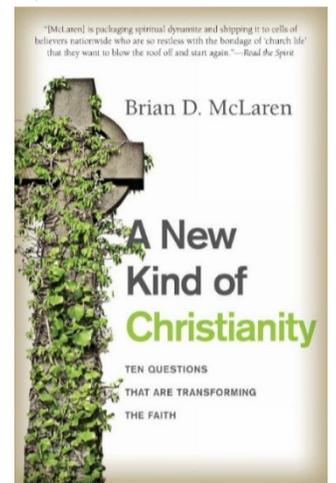
ACTIVITIES & GROUPS

Emmanuel's Book Club meets March 9th at 7:00 pm to discuss *Single Thread*, by Tracy Chevalier. This month's discussion will be led by Joan.

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 March 14, & April 11.

The Thursday Morning Discussion Group ('Heretics')

This month discussions at Heretics will be centered on the second half of 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 am 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.



What does the word LOVE mean to you?

The following ChatGPT Poem was created using Heretics members responses to the question, "What does the word LOVE mean to you?"

LOVE is the quiet thread
stitched through the fabric of breathing things,
the unseen current
running beneath skin, bark, stone, and star.
It is the something
that connects all beings to one another—
not a spark that flares and fades,
but a field we stand in together.
More than emotion,
more than the quick silver of feeling,
LOVE is the open hand
that does not calculate its release.
A giving without holding back.
It is a good-sounding word, yes—
a generous syllable
we place upon our best intentions

toward people, forests, oceans,
ideas, memories,
toward all material and unseen things.
Yet perhaps it is clearest
by what it is not:
not possession,
not transaction,
not a ledger of worth.

It is closer to sharing—
bread broken,
time offered,
space made at the table.
Love means another's happiness
and well-being matter—
not because of what they bring,
not because they shine or succeed,
but because they are.
A child once said,
“I love him so much.”
“Because he's cute?”
“No,” she answered,
“It's because I have a warm place in my heart.”
There it is—
that warmth.
A safe, unconditional welcome.
A shelter that does not ask
whether you are lovable.
LOVE IS A VERB.
It moves.
It feeds.
It listens.
It shows up.
It is kindness in motion,
respect with skin on,
care that leans forward
when another stumbles.
It is deep concern
for a person,
for a stranger,
for a policy that protects the fragile,
for an action that lifts the weary.

For humans,
it is the revealed recognition
and grateful response
to what calls us toward goodness.
For the cosmos,
it is the steady order of things—
gravity’s embrace,
seasons turning faithfully,
the silent reliability of dawn.
Love is security without chains,
relationship without fear,
presence without condition.
It is the warm place in the heart
that makes room—
again and again—
until we realize
there is no edge to it at all.

Monday Night Christian Meditation Group

“In very truth, anyone who gives heed to what I say and puts his trust in him who sent me has hold of eternal life, and does not come up for judgment, but has already passed from death to life” (John 5:24)

“That is the truth of the Gospel that each of us is invited not just to read, but to live. The Gospel of Jesus is about living. It is about life and all of us are invited to live our lives not, as it were, at fifty or sixty percent of our potential, but at one hundred percent: to live life with fullness. The witness of the Gospel proclaims that this is only possible for any of us if we are fully in touch with our life-source, which is the source of all life, the Divine energy” – 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).



A

LUNCH & ENTERTAINMENT OPPORTUNITY FOR SENIORS

MARCH 18, 12:00 PM - 2:00 PM

At Emmanuel United Church
691 Smyth, Ottawa

The Teen Youth Ministry is excited to host a special luncheon for our senior adults Wednesday March 18th! Join us for a delicious meal and warm fellowship. Following lunch, we'll gather in the sanctuary for musical entertainment provided by Ron MacDonald, who will lead us in a lively piano performance and sing-along featuring familiar favorites.

Please RSVP by March 14th

To RSVP you can email Ron MacDonald at pastoralcare@emmanuelunited.ca or call the office at 613-733-0437.

Come enjoy great food, wonderful company, and uplifting music. Kindly let us know if you have any food allergies when you RSVP. We look forward to seeing you there!



LET'S STAY TOGETHER



**MARCH 8
11:30 AM - 1:30 PM**

Join us for lunch & fellowship

Join us for lunch after the service on March 8 followed by a choice of two activities with the theme of storytelling.

The first is an all-age session with Ellen which will include the sharing of storybooks and making our own mini books.

The second program will involve storytelling and poetry.



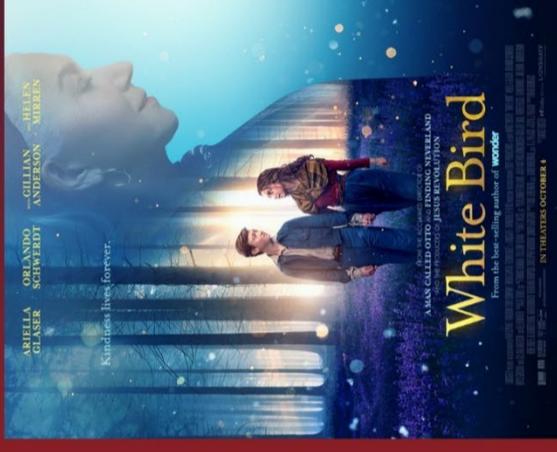
**EMMANUEL
FRIDAY NIGHT AT THE**

MOVIES

MARCH 20 | 7:00 PM

An inspirational film about wartime memories of the German occupation of France.

A bully expelled from his school in New York City meets his French grandmother who teaches him about their family's past in wartime occupied France. "A story of hope, kindness and courage in the darkest of times."



PG 13 (12 and over)

Ratings Imdb 7.4, rotten tomatoes 6.1

Drinks & Snacks Available

**FREE ADMISSION!
EVERYONE IS WELCOME!**
Bring your friends
Doors open at 6:30

Starring Helen Mirren and Gillian Anderson

Emmanuel United Church
691 Smyth Road, Ottawa
www.emmanuelunited.ca





Food Bank Sunday and Monday

It's that time again. Time to think about donating to the Rideau Rockcliffe Community Resource Centre.

Feel free to drop contributions in the food bank collection box on or before Sunday, March 22nd.

You can drop off donations to the church on **March 23rd 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.**



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 Friday, March 6**. The group meets for dinner and games, strengthens community ties, and supports members. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)

Let's Stay Together Sunday – March 8

Join us for lunch after the service on March 8 followed by a choice of two activities with the theme of storytelling. The first is an all-age session with Ellen which will include the sharing of storybooks and making our own mini books. The second program is still being confirmed, but the tentative plan is to host someone who will share stories and poetry.

Tween and Teen March Break Event – Wednesday March 18 – 10:30am to 7pm. Come help prepare and have lunch with our seniors. After lunch we'll go to Laser Tag followed by supper and games at the church.

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

Youth Outreach Leadership Camp – July 27 to 31 for youth in Grades 6 to 10 (please note the change in dates from what was published in February).

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

The 2026 Annual Congregational Meeting was held on Sunday, February 22, 2026, with both in-person attendance and live-streaming of the proceedings.

In addition to a review of the 2025 Financial Statements and approval of the 2026 budgets for the General Fund, Capital Fund, and Legacy Fund, the new Council members for 2026-27 were elected with unanimous approval.

The 2026-27 Council:

<u>Jim Lamb</u>	<u>Chair of Council</u>
<u>Jordan Trach</u>	<u>Vice-Chair</u>
<u>Val Dowd</u>	<u>Secretary / Webmaster</u>
<u>Keith Jeacle</u>	<u>Past Chair / Envelope Secretary</u>
<u>Ellen Brohman</u>	<u>Chair, Christian Development</u>
<u>Louise Burness</u>	<u>Co-Chair, Health</u>
<u>Linda English</u>	<u>Chair, Social Action</u>
<u>Joan Foster-Jones</u>	<u>Chair, Worship</u>
<u>Tom Kannemann</u>	<u>Chair, Finance</u>
<u>Blake Lines</u>	<u>Chair, Property & Grounds</u>
<u>Val Lines</u>	<u>Chair, Ministry & Personnel</u>
<u>Phyllis MacRae</u>	<u>Chair, Global Partners/EOORC Rep</u>
<u>Debbie Meek</u>	<u>Co-Chair, Health</u>
<u>Russell Pastuch</u>	<u>Chair, Communications</u>
<u>Joyce White</u>	<u>Chair, Keeping In Touch</u>
<u>Malcolm Collins</u>	<u>Pastoral Care Rep/Chair of Trustees</u>
<u>David Langner</u>	<u>Assistant Envelope Secretary</u>
<u>Sandra Lawson</u>	<u>Memorials Coordinator</u>
<u>Janice Péron</u>	<u>EOORC Representative</u>
<u>Lynn Solvason</u>	<u>Treasurer</u>
<u>David Wray</u>	<u>Roll Clerk</u>
<u>Christine Hywarren</u>	<u>Member at Large</u>
<u>Iga Kurzdylo</u>	<u>Member at Large</u>
<u>Ron Squires</u>	<u>Member at Large</u>
<u>Ross White</u>	<u>Member at Large</u>
<u>Rebecca Zahinda</u>	<u>Member at Large</u>

We dedicate ourselves to continuing to serve with energy, passion and compassion for you, our Emmanuel community of faith. Council meetings are held on the third Tuesday of the month. Our first meeting of the new Council will be on Tuesday, March 17, 2026 on Zoom. All members of the congregation may attend meetings of Council as observers. If you wish to attend and observe, please email Jim Lamb (jimlamb17@gmail.com) or Val Dowd (webmaster@emmanuelunited.ca) for the Zoom coordinates.

FINANCE

A word from the Finance Committee:

If you're like me, you lie awake at night, pondering life's deep mysteries. One of those noodle-scratchers may be "what's the difference between Emmanuel's General Fund, and its Segregated Funds?" Luckily for you, this message from the Finance Committee will set your mind at ease.

Put simply, the General Fund pays for the church's day-to-day operations, ensuring the lights are on, the building is (over)heated, and staff are paid. The general fund's main sources of revenue include weekly/monthly offerings from members, fundraising activities like the yearly bazaar, space rentals, and use of the parking lot. The yearly stewardship campaign helps predict yearly givings and determines the budget for the following year.

Segregated funds are accounts dedicated to a specific purpose. For example, if you see Blake Lines approaching the podium, there's a good chance the "Capital Fund" will be taking a hit. If you go to page 53 of the Annual Report, you'll see a list of 15 segregated funds; each is dedicated to a specific goal, and subject to various limitations. These funds rely on donations, and occasionally fundraising events dedicated to a specific segregated fund, like the pie sales that raise funds for our Global Partners, or offerings taken on days communion is served, which support local groups selected by our Social Action Committee.

Donations to the church (including offerings) are directed to the General Fund; however, people may also donate to any of the segregated funds.

If you have any questions about segregated funds, or anything else concerning church finances, please ask any member of the Finance Committee (other than me!)

Dave Langner

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

Spring Ahead

We look forward to more daylight hours when we move our clocks ahead one hour on March 8. It has been a long, cold winter and spring is a great time to get out and walk and check in on a neighbour. The first day of spring is officially March 20.

Welcome

Let's make it happen. If you are able to help design and create a bulletin board with the word **Welcome** in other languages, or have ideas for friendly messages, please contact Joyce.

Feeling new?

Keeping in Touch is hosting Coffee and Conversation on March 1. If you are feeling new, or have news you would welcome the opportunity to share, **grab an orange mug** so we can get to know you better. We will also be happy to mentor you if you want to know more about helping with this weekly event.

A Word of Appreciation

To all the dedicated teachers, hands on workers, and flexible space participants who have made things work and continued activities during the aftermath of the flood in the basement, we thank you!

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.

PASTORAL CARE

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL SUPPORT

Walking Together Through Life's Transitions
–Lunch and Entertainment for Seniors
*A supportive conversation group about
aging, care, and what matters most*

The Teen Youth Ministry is excited to host a special luncheon for our senior adults! Join us for a delicious meal and warm fellowship. Following lunch, we'll gather in the sanctuary for musical entertainment provided by Ron MacDonald, who will lead us in a lively piano performance and sing-along featuring familiar favorites.

When: Wednesday, March 18th

Time: 12:00 p.m. – 2:00 p.m.

Location: Lunch will be served in the CE Hall

Please RSVP by emailing Ron MacDonald at pastoralcare@emmanuelunited.ca. or call the main office at 613-733-0437. Deadline to RSVP is Friday March 14th.

Come enjoy great food, wonderful company, and uplifting music. Kindly let us know if you have any food allergies when you RSVP. We look forward to seeing you there!

Meditation on How Prayer Cares for Us

The season of Lent is a sacred time in our church year when we are invited to enter into prayer not as a task, but as a gentle space of personal care – as spiritual care. As John O’Donohue reminds us, “prayer allows the heart to breathe more easily, where our worries, hopes, and longings are held without judgment”. When we pray, we trust that God meets us in the ordinary rhythms of our day. And, when we bring our own fears, limits, and hopes before God, let us remember we are not being selfish — we are learning humility and trust, and courage to do the right thing.

During this season of Lent, let us attend to our hearts and trust that in our prayers, God meets us in each ordinary moment. Let us hold in our hearts the words of John O’Donohue: "*May you recognize in your life the presence, power, and light of your soul.*"

May this Lent be a time to attend to the stirrings of your own heart, trusting that God meets you there with care, presence, and gentle guidance. Take a few quiet moments each day this Lent to pause, breathe deeply, and simply place before God whatever is on your heart, noticing how God’s presence steadies, comforts, and renews you.

The Pastoral Care Team

The Pastoral Care Team offers emotional and spiritual support to individuals and families facing various life challenges. The well-being of the Emmanuel community is our priority. 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, Richard Johnston and Joyce White (Keeping in Touch).

PROPERTY & GROUNDS

Flood Update

Things are slowly progressing. We met with the Insurance Adjuster on site last week to discuss what is covered for repair. We were pleased to learn that the items we are looking to see repaired or replaced will be. The adjuster is working on producing the Statement of Work for repairs. Once he has finished his draft, it will be sent to us for review and approval. After we have agreed with the contents, it will be sent to at least 2 contractors for them to provide proposals.

We have also selected a contractor to install two new floor drains in the corridor. They will start this week with a camera probe of the existing plumbing so we can figure out where they will cut the floor and start installation.

Please stay out of the basement; it will start to turn into a construction zone with the installation of the new drains this week.

WORSHIP

March 1

John 3:1-17

March 8

John 4: 5-42

March 15

John 9:1-41

March 22

Intergenerational service planned by CD

March 29

Palm Sunday, Communion

Psalm 118:1-2, 19-29

Lenten evening services, Wednesdays on Zoom at 7:00 pm
March 4, 11, 18, 25

EASTER SERVICES

Maundy Thursday, April 2 from 7:15 to 7:45 pm

Good Friday, April 3 at 10:00 am, at Emmanuel with the Ottawa Mennonite Church.

Easter Sunrise, April 5 at 8:30 am. Light refreshments will be served after the service for those staying to attend the 10 am service.

Easter Service at 10:00

Easter Cross Flowers Needed.



Help bring our Easter cross into bloom by bringing a 4” flowering pot with you Easter morning, April 5th. *If you would like your plant returned, place your name on the pot and pick it up after the service*

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 February 2026 to
Emmanuel United Church as part of the
Simplify your Celebrations project.
Donations were received as follows:

Celebrating 67 years at Emmanuel United Church
by Hilde Reynolds

For Hilde Reynolds,
for her Constance and Generosity
by Ross & Joyce White

Thanks to the Let's Stay Together folks,
including those who provide us with the tasty lunches –
and original Canadian content
by Steve Taylor

Thanks to KIT
for available taxi chits at the right time

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