

LIFE AND WORK OF
EMMANUEL UNITED CHURCH
JUNE 2026



Photo Credit: Emma Dowd

SUMMER JULY-AUGUST ISSUE SUBMISSION DEADLINE:
JUNE 22, 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**

Minister of Worship and Pastoral Care

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Pastoral Care Provider

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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!



In Memoriam

Anita Tattrie,
May 18, 2026

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

***In memory of our friend
Michel Lamesse
from Phyllis MacRae and
Richard Johnston***

***In memory of Anita Tattrie,
sister of Patty Kavcic
by Keith, Nancy & Kirsten
Jeacle***

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



Emmanuel United Church
Holiday Bazaar

Our Emmanuel Holiday Bazaar is Saturday Nov. 14, 2026

Please keep Emmanuel's Bazaar in mind.

If you are canning or making jams over the summer, please consider setting aside a jar or 2 for the Bazaar.

If you are making cuttings from indoor plants, please consider potting up a few for the popular Plant Table at our Bazaar.

If you are cleaning out, clearing out your home or wondering what to do with no-longer-needed treasures, please consider setting items aside for the Bazaar.

If sewing, knitting and doing other handmade projects over the summer, please consider setting aside a few items for the Bazaar.

Craft workshops held on Tuesday afternoons over the summer will ensure our Christmas Craft Table will have plenty of gift items for sale. Information will follow in our Sunday Bulletins. Our first workshop will be on **Tuesday June 30**. All are invited to join in the fun.

Thank you for your support.
Brenda Ashe, Bazaar Convenor



691 SMYTH ROAD, OTTAWA
www.emmanuelunited.ca
613-733-0437

ACTIVITIES & GROUPS

Book Club Outing: The book club will be gathering for their end-of-year dinner at The Canal Ritz on Mon. June 22nd at 6:00 pm to learn about the books that were chosen for next year and to plan the schedule. Any questions, contact Val Dowd at valeriejdowd@gmail.com.

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 June 13, July 11, & August 8.

A poem and reflection from the Heretics

I-Thou

Far from temple and the ministry,
a thin place on the edge of things
evokes a sense beyond the senses,
an affinity with creation.

"I-Thou" is a mutual encounter with another being, which Martin Buber argues is the path to meaningful existence and connection with the divine. Compare with "I-It", a relationship where you see the other as a thing, a means to an end. The Emmanuel "Heretics" considered Buber's thoughts on April 23, 2026.

The **Thursday Morning Discussion Group (Heretics)** will take a summer break starting in June. On September 10, 2026, we will come back to get reacquainted and to make plans for the new season. Please contact the church office or any member of Heretics for further information, or with ideas you may have for our fall discussion. New members are always welcome.

Monday Night Christian Meditation Group

“Turning to the Jews who had believed in him, Jesus said, “If you dwell within the revelation I have brought you, you are indeed my disciples; you shall know the truth, and the truth will set you free.” (John 8:31-2)

“Meditation is entering into that experience of being free for God, transcending desire, sin, leaving it behind; transcending ego, leaving it behind, so that the whole of our being is utterly available to God. It is in that profound availability that we become ourselves... Meditation is simply dwelling within the revelation, dwelling within the vision of God.” – 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).



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 evening is **Friday, June 26**. For more information, please contact Ellen Brohman. (ellenbrohman@gmail.com)

Let's Stay Together Sunday – June 7 – Square Dancing!

Join us for lunch after the service on June 7 followed by square dancing for all ages, led by a caller and some dancers from the Merry Squares group. Mark it on your calendar and come out to dance (or watch)!

Summer Camps –Our summer camps are listed below:

Youth Outreach Leadership Camp – July 27 to 31 for youth in Grades 6 to 10. There will be outreach projects, crafts, games and food!

Canoe Camp –August 10 to 14. This is a camp for youth going into Grades 4 and up. We will spend two days at Emmanuel and three days (two nights) canoeing and camping at Lac La Peche in Gatineau Park.

Registration forms are available on our website or by contacting Amelia Brohman or Val Lines.

Young Adult Event – June TBD

Amelia is organizing an event in June (possibly dinner and bubble soccer). Details are being worked out; info will be sent out as soon as it's confirmed. Contact Amelia (amelia.euc@gmail.com) for more information.

FINANCE

Post-Secondary Bursary – Students entering the first year of a post-secondary program are encouraged to apply for a bursary from Emmanuel. To apply, please fill in the application form found on the homepage of Emmanuel’s website in the Good to Know section or in the *finance section* of Emmanuel’s website on the Resources page. Include a letter of reference and proof of acceptance into the program. For more information contact Janice Péron, Val Lines or Ellen Brohman. **Applications are due by June 7, 2026.**

HEALTH

TAKE TIME TO BE WHOLELY- Exercise Programs for Seniors

Chair Yoga – Monday’s from 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 or \$65 for 10 tickets.

Stretch and Strength – Friday’s from 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 or \$65 for 10 tickets.

Important Notice:

- *The final class of the season will be held on Friday, June 12, 2026.*
- There will be no exercise classes during the summer months.
- The fall session will begin on Monday, September 14, 2026.

KEEPING IN TOUCH

Best Wishes to all Students

As the school year draws to an end, we are thinking of you. Wherever you are in your studies, be it a graduation milestone, a change of class or school, or a completed course for employment, we wish you good luck, bonne chance.

Summer Hospitality:

Summer is a time of re-energizing for many volunteers. It is also a time when guests attend worship services. It really makes a difference if they receive a warm welcome and an invitation to stay for a glass of lemonade and conversation.

If you notice visitors and they seem comfortable, ask them to sign the guest book with their name, address and phone number so that we are able to contact them.

Emergency Contacts

We have added new names to our Emergency contact records and made updates. You never know when it might be needed. If you want to check if we have information for you, or add your name to the list, contact Joyce White at 613-324-8759 or welcoming@emmanuelunited.ca.

Pictorial Directory 2024

Keeping in Touch will be preparing an update page with photos of newcomers who have joined us since 2024. Newcomers, we will be contacting you to arrange for a photo. An updated “In Memoriam” page and updated address information will be available as well.

Remember, Keep in Touch with each other over the summer months!

MINISTRY & PERSONNEL

Grant will be away for the weekend of May 29-31 for a quick visit home for a significant family birthday. CD is leading the service on May 31.

Emma will be on vacation from June 8 through June 19. Idi Zahinda will be filling in for her while she’s away.

Ann will also be away from June 9 through June 19. Joan will fill-in for her for the Sunday, June 14 service.

PASTORAL CARE

THRIVING TOGETHER • FOSTERING SELF-ADVOCACY THROUGH MUTUAL SUPPORT

A Reflection on Scamming and Moral Wounding

In a world where scams and deception are becoming more common, many faithful and generous people are left carrying not only financial loss, but also a deep moral hurt. When someone who tries to live by kindness and the Golden Rule is taken advantage of, the pain often reaches beyond embarrassment or anger; it can feel like a violation of one's trust, conscience, and belief in basic human decency—a true moral wound. The experience of being morally harmed by another person's dishonesty is not necessarily a sign of weakness or foolishness; it is often the painful cost of continuing to believe that honesty, kindness, and goodwill still matter in human relationships. Unfortunately, scams, deception, and exploitation are becoming experiences many of us encounter more frequently, leaving behind not only financial or emotional pain, but also a moral hurt caused by the betrayal of trust and goodwill. I believe our Christian faith is being challenged at this time in this way. The response to this situation is not to stop caring for and trusting 'the other', or 'the stranger'. Rather, I believe we are being challenged **to learn how to hold compassion and discernment together**. Christians are called to remain open-hearted, while also **growing wiser** about the realities of deception and exploitation.

Reflection Question:

How will I remain open-hearted and faithful to the Golden Rule without allowing the dishonesty of others to harden me? As we read in Matthew: "Be wise as serpents and innocent as doves." — Matthew 10:16

Meditation: Pentecost: Entering the Mystery of the Divine Breath

We remember Pentecost as that moment when the disciples realized that the **Spirit of Christ was no longer only beside them, but alive within them**. Ordinary people were filled with courage, wisdom, and love, becoming living vessels of God's presence in the world. Teresa of Ávila captured this beautifully when she wrote that Christ now has "no body but yours," reminding us that Christ continues to move through human hands that serve, voices that comfort, and hearts willing to love.

In a world that can feel divided and disconnected, Pentecost reminds us that we are bound together by the same divine breath of life. Even modern ideas about the hidden interconnectedness of creation point toward this

mystery: that unseen connections hold us together more deeply than we fully understand.

Pentecost is, therefore, an invitation to become bearers of light and hope for others. It calls us to carry the presence of Christ into places longing for peace, belonging, and healing. Rather than simply remembering an event from the past.

Reflection Question: *For in Him we live and move and have our being.* ” — Acts 17:28

Where in your everyday life might you feel called to bring hope, compassion, or peace into the world around you — perhaps through a listening ear, a word of encouragement, patience with someone struggling, care for the lonely, kindness toward a stranger, healing a broken relationship, protecting creation, or simply bringing calm and gentleness into a tense moment?

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).

SOCIAL ACTION

On Sunday, June 7th and Monday, June 8th Emmanuel will be collecting donations for the Rideau Rockcliffe Community Resource Center.

Located in the former Rideau High School at 815 St. Laurent Blvd, it is home to a number of community support programs including the Food Bank managed by the energetic Patricia Lau. The food bank is very well organized, serving 1400 community members each month. Communities served include Overbrook, Forbes, Carson Grove, Manor Park, Lindenlea, Rockcliffe, and New Edinburgh.

Donations of food and money are gladly accepted. The list of food items accepted can be found on the food bank box in the narthex. Coffee is a special hit as are toddler sized diapers. Cash donations go towards the purchase of dairy products, proteins, and fresh foods.

The food bank often needs new volunteers. Applications can be made in person at the community coffee event, the times of which are found on their website.

WORSHIP

Looking ahead to Worship in June

June 7 (Pride Sunday)

Acts 15: 5-13

June 14 (Indigenous Day of Prayer)

1 Kings 3: 5-12

Matthew 19: 16-22

June 21 (National Indigenous Day)

Genesis 2:15-17, 3:1-7

Psalm 32

Matthew 4:1-11

June 28

Matthew 10:40-42

This year the summer evening services in the Botsford garden will take place in July as Grant will be on vacation during August.

PRODUCE BAGS

Keep your shopping plastic free and protect your produce. These bags are durable, washable and very light-weight. To Order, contact Joan Foster-Jones, or place the completed form in Joan's mail slot (near the elevator).



Order Form

Bags are sold as a set of three, and cost \$10.

Name:

Phone number:

Number of sets:



NOTES:

NOTES:

Simplify Your Celebrations

We would like to thank those who have made contributions in the month of May 2026 to the Emmanuel United Church as part of the *Simplify your Celebrations* project. Donations were received as follows:

Thanks to the knitters and Pastoral Care committee for the lovely shawl in celebration of my 90th birthday. Presented by Patricia Fairbairn during the *Gratitude in the Garden* gathering.
by Areta Crowell

Special thanks to Joyce White for the beautiful tulips and pussy willows - a happy spring day surprise.
by Areta Crowell

Gratitude to Janet Mark Wallace for her time and her work in sharing her knowledge with us
by the Family Studies teachers of the OCDSB

In recognition of all the work and time the Property and Grounds Committee has given to move the reconstruction in the basement forward. Thank You.

With thanks to all the Sunday School teachers, helpers and students who share their gifts throughout the year!

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