Life and Work of
Emmanuel United Church
November 2026



Photo Credit: Emma Dowd

December Issue Submission Deadline:
November 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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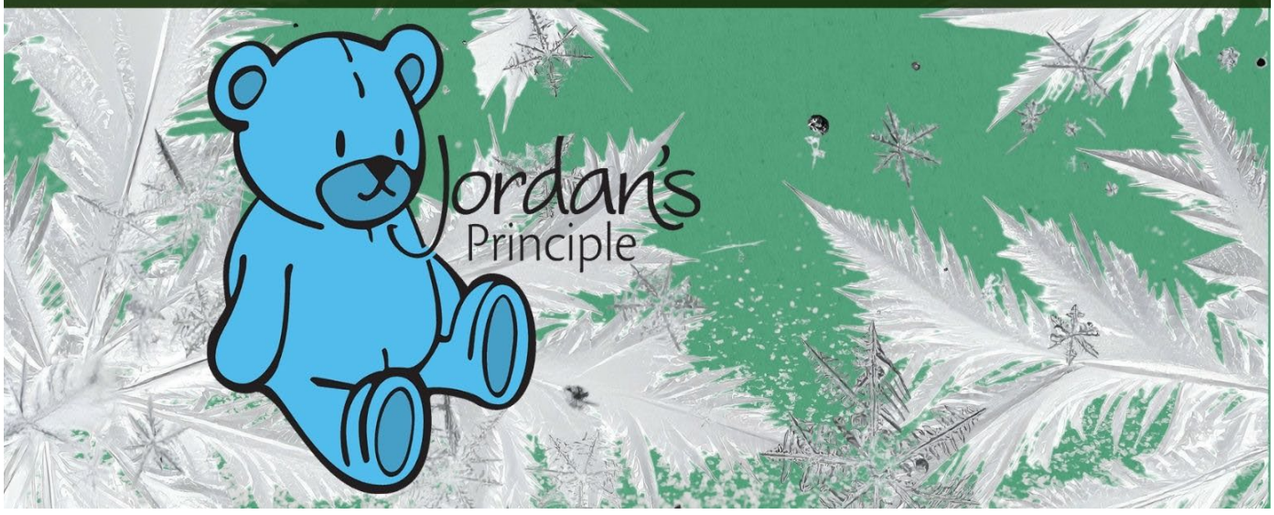
For information on any of our church activities, please call or email the office and check out our website - the upcoming events and good to know sections of the homepage host excellent content; get to know us even better by exploring more!

LET'S STAY TOGETHER

NOVEMBER 8, 11:30 AM - 2 PM

When a family plays together there is joy!

Join us for lunch after the service on Nov 8 followed by a presentation and discussion on Jordan's Principle and Indigenous Child Welfare. For the young and young at heart, we will show a related age-appropriate film clip and make hearts for the garden.



Emmanuel United Church
Holiday Bazaar

Saturday, November 14, 10am-2pm.

The Bazaar is approaching quickly, and planning is underway for this major fund-raising event where proceeds go directly to Emmanuel's General Fund. We are looking forward to everyone being involved in big and small ways, each helping to make this event fun and successful!

Please consider volunteering to assist in various areas and/or working on Bazaar Day, Saturday November 14. Sign-up sheets are in the Narthex. You can contact Brenda Ashe: brendalashe@gmail.com or 613-806-2296 or talk to Brenda on Sunday, if you have any questions.

There will be a lot of help needed to set- up **Scroungers Paradise Friday (Oct. 13). HELP IS ALSO NEEDED in the room on Saturday, Nov.14, BAZAAR DAY.**

The last Christmas craft workshop will be Tuesday, November 3 from 1-3pm in the CE Hall. Come join the fun if you are able.

Your donations are so important to the 2026 Bazaar.
Here are the various areas and special requests
to consider when donating this year:

BAKING: All baking is welcome! Ginger, chocolate chip and oatmeal cookies sell well. Fudge, jams, jellies, preserves, small loaf cakes, muffins, cupcakes, squares and seasonal items are all appreciated. Cookies can be packaged by 6 or 12. Iced Cupcakes packaged in boxes to protect the icing, and muffins can be packaged by 2, 4 or 6 per package. Again, all baking is welcome.

BOOKS/CDs: Young adult and children's books sell well. Mystery, biography, history, crafts, self-help and travel books are appreciated. Please no textbooks, encyclopaedias, or Harlequin romance.

CHRISTMAS CRAFTS & GIFTS: Newly made crafts for Christmas giving and decor.

INDOOR PLANT Table: Potted cuttings or plants for indoors.

691 SMYTH ROAD, OTTAWA
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Emmanuel United Church
Holiday Bazaar

JEWELRY and ACCESSORIES: Jewelry that does not require repair. Accessories can include gently used and cleaned scarves, ladies' gloves, purses, belts, and jewelry storage boxes.

KNITTING and SEWING: ONLY NEW knitted and sewn items please. The estimated cost of the item should be included with the donation. Toques, socks, mitts, baby items, kitchen towels, dish cloths and cloth wine bags are all appreciated.

SCROUNGERS PARADISE: Items in good condition and in working order. Games, toys, sports equipment and puzzles with no missing pieces. No cracked or chipped dishes/glassware. No bicycles or large equipment. There will be a Christmas Corner for decorations BUT no electric lights please.

SHANTYMEN'S DELI: Homemade bread and rolls are needed to sell alongside the Deli items available at the table. Rolls packaged in quantities of 4 and 6 sell well.

SILENT AUCTION: Can you provide tickets to an event (EXAMPLE. season ticket holders who know they will be away), or a service to help others? A service can include making a dinner for pick-up or delivery, making a photo book, giving computer help. Also, unique treasures, good quality collectables and children's items are popular. Please no large sets of dishes, no large furniture items or non-working electrical items. No clothing.

WOODWORKING: Handmade wood items and wooden Christmas items. No furniture please.

WISH UPON A STAR DISPLAY: Freely offers an invitation to make a wish for someone or something this holiday season

***PLEASE NOTE: WE ARE ABLE TO RECEIVE YOUR DONATIONS THE WEEK BEFORE THE BAZAAR. BAKED GOODS ARE BROUGHT IN ON FRIDAY, NOVEMBER 13.**

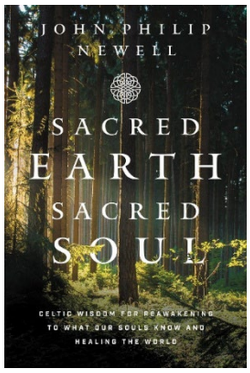
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ACTIVITIES & GROUPS

Book Club meets on Zoom on November 9 to discuss *The Personal Librarian* by Marie Benedict. Kathleen will lead the discussion.

The **Emmanuel's Men's Group** meets monthly for Breakfast from 8:30-10:30 am at Roger's Italian Bistro, 500 Terminal Ave. The next meeting is November 14.

The **Thursday Morning Discussion Group** (**'Heretics'**)
This month the Heretics will investigate Celtic Christianity with the help of the book **Sacred Earth, Sacred Soul:** ***Celtic Wisdom for Reawakening to What Our Souls Know and Healing the World*** by John Philip Newell. This book is available in the Ottawa Public Library, but there is no need to have read the book to attend the meetings.



All of the Heretics meetings will be held at **10:00 am Thursday mornings on Zoom**. Contact the church office or any member of Heretics for a Zoom invitation. You're welcome to come whenever you can – there's no commitment.

Monday Night Christian Meditation Group
"As the Father has loved me, so I have loved you. Dwell in my love. If you heed my commands, you will dwell in my love, as I have heeded my Father's commands and dwell in his love" (John 15:9-10)

"Relationship, community and authentic progress are possible because each person possesses within the energy and consciousness necessary to defeat isolation, selfishness and death. Through our daily meditation we become one with this divine energy and consciousness. It is the power of the Spirit to expand us into generosity, life and love, indeed into eternal, which means limitless, life." – 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

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 12-20 years old from across the city. The next Rainbow evening is **6 Nov, 2026.**
For more information, please contact Ellen Brohman.
(ellenbrohman@gmail.com)

Let's Stay Together Sunday – Nov 8
Join us for lunch after the service on Nov 8 followed by a presentation and discussion on Jordan's Principle and Indigenous Child Welfare. For the young and young at heart, we will show a related age-appropriate film clip and make hearts for the garden.

Youth Activity– Nov 14 Bazaar Volunteering
Contact Ellen Brohman who is organizing volunteers to help at Emmanuel's bazaar. Lunch and snacks will be provided!

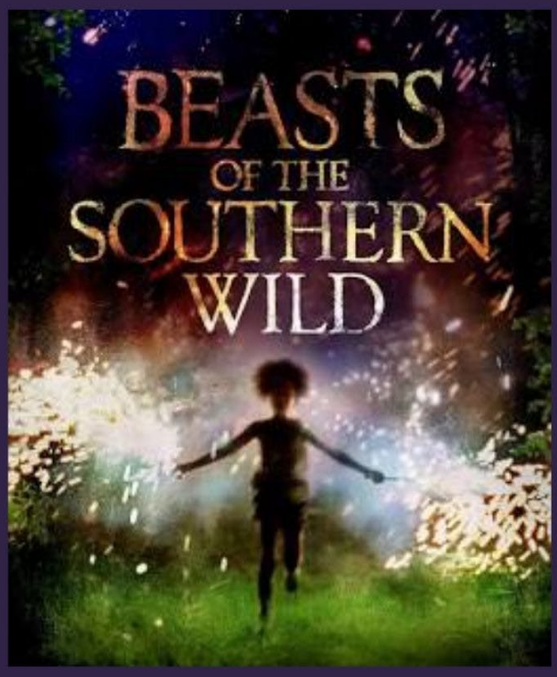
Young Adult Activities
Planning for the next get-together is underway. Contact Amelia Brohman (amelia.euc@gmail.com) for more info.

UCC Online Workshop - Becoming an Intercultural Church
Members of the CD team are taking part in a UCC led online workshop on becoming an Intercultural Church from 6:00pm to 7:30pm on Wednesdays from Oct 14 to Nov 25. If you would like to join us please contact Val Lines for instructions on how to register as part of our group.

EMMANUEL
FRIDAY NIGHT AT THE

MOVIES

NOVEMBER 27 | 7:00 PM



Beasts of the Southern Wild is a 2012 American magical realism film directed, co-written, and co-scored by Benh Zeitlin. It was adapted by Zeitlin and Lucy Alibar from Alibar's one-act play Juicy and Delicious.

The film was nominated for four Academy Awards in 2013: Best Picture, Best Director, Best Adapted Screenplay, and Best Actress (Wallis). At age 9, Wallis became the youngest Best Actress nominee in history.

PG 13 (12 and over)
IMDB 7.2/10
Rotten Tomatoes 87%

Drinks & Snacks Available

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



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

COMMUNICATIONS

ADVERTISING: If you are leading a fundraising, or event of interest to the people in the Emmanuel area, please contact Steve Taylor to discuss advertising, at an early stage in the planning. Connecting to the outside community.is very important.

MOVIES: Movie nights have started up again for the season. These take place once a month, starting at 7:00pm in the C.E. Hall. Check the bulletin for dates and titles. Popcorn, drinks coffee and tea available. Come one, come all, bring a friend. Admission is always FREE !

FINANCE

Stewardship Campaign 2026 (Nov 1-22)

On Sunday, November 1st, Emmanuel will begin a four-week stewardship campaign inspired by this year's theme, ***Lighting the Way: Sharing Hope in a Changing World.***



Over these four weeks, we invite you to listen, reflect, and consider how your gifts can help keep that light burning brightly. Every pledge—of any size—, time volunteered—of any amount—, and talent—of any type to enrich our ministry—, helps sustain the people, programs, partnerships, and welcoming spaces that make Emmanuel a spiritual home and a beacon of compassion. Watch for weekly bulletins and testimonials and join us as our individual lights come together to illuminate the way forward.

Please pick up your Stewardship Package before or after service on Sundays during the Stewardship Campaign (or let the office know if you need one mailed to you) and promptly return them to the Envelope Secretary's slot in the narthex. Thank you.

Tom Kannemann
-Stewardship Coordinator

Health

TAKE TIME TO BE WHOLEY –
Seniors' Exercise Programs Drop-in Fee: $7 per class

Chair Yoga – Mondays, 10:30–11:30 am
Chair Yoga offers a gentle and accessible way to improve flexibility, balance, and overall well-being. Suitable for all ages and fitness levels. No mat required.

Stretch & Strength – Fridays, 10:30–11:30 am
This program includes light exercises, both seated and standing, using free weights and exercise bands. Designed to help seniors stay active, stretch, and strengthen major muscle groups. All equipment is provided.

Keeping in Touch

Keeping in Touch with Young Adults
Our post-secondary student population continues to grow, with over twenty packages being delivered this year. Thank you to everyone who shopped (for example, school supplies, dental supplies, food treats) or offered homemade cookies, dishcloths and eco-friendly bags.

Your stewardship contribution to the General Fund provides Keeping in Touch and other committees with a budget which makes outreach like this possible.

Bazaar Keeping in Touch
The bazaar is a meeting place for the community. Consider dropping off information, picking up a donation, giving a ride to someone, bringing a guest for lunch; all good ways to keep in touch. Thank you to newcomers and neighbours who have offered to assist with the bazaar.

Coffee and Conversation
KIT will be hosting on November 1st. If you would like to volunteer for Coffee and Conversation, we would be happy to partner with you that day and show you kitchen routines.

2024 Photo Directory updates will be available in the CE Hall if you missed receiving one earlier.

Remember to wear your nametag as a sign of openness and hospitality. This is especially appreciated by newcomers and visitors.

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

Our next meeting is scheduled for Tuesday, November 3 at 7:00 P.M. on Zoom.

Pastoral Care

Thriving Together • Fostering Self-Advocacy Through Mutual Support

Aging Well: What New Research Means for Seniors

A recent **2026 peer-reviewed study** in *Nature Aging*, titled **"Delayed molecular aging, preservation of energy metabolism and enhanced exercise response in exercise-trained human muscle,"** offers encouraging news for older adults. Researchers found that seniors who engage in regular, gentle movement show **slower aging in their muscle cells** and maintain **better everyday muscle function**, making daily tasks feel steadier and less tiring. These benefits support balance, confidence, and mobility — all essential for thriving in our later years.

What makes this study especially meaningful for our congregation is how closely it aligns with the **senior exercise programs offered here at the church during the week**. The light stretching, guided movement, and steady routines practiced in these classes mirror exactly the kinds of activities shown to help older adults maintain strength, independence, and a sense of wellbeing.

And while this research speaks directly to the seniors in our weekday exercise classes, its message is one we can all take to heart: caring for our bodies with steady, simple movement is a gift at any age, helping us live with strength, confidence, and gratitude.

Meditation: Remembering Across Our Many Homelands

November in Canada is a threshold month — the light fades earlier, the trees stand bare, and the world seems to exhale. This natural quiet mirrors an inner calling and quiet needed for remembrance, a calling in the month of

November. It is a time when creation itself slows down, inviting us to do the same. As a culturally diverse community, we are invited, during November, to remember that God's presence in the Emmanuel community has travelled across borders, seasons, and beloved stories. In the Emmanuel community, memories rise from Chipembi's fields, Iglesia Bautista Emmanuel's faithful gatherings in El Salvador, and the welcoming life of Emmanuel United Church in Ottawa. The Emmanuel community has gathered many homelands into one community shaped by God's love. In the Celtic tradition, memory is a threshold place where the past still breathes and blesses. Irish mystic John O'Donohue reminds us that memory can be a homecoming, especially when we honour the *anam cara*—the soul friends who shaped our lives and our community. The Emmanuel community is also inspired by Chipembi memories where Christian faith is woven into daily life, echoing the ubuntu truth that we become who we are through one another. This November, you are invited to meditate on this question: ***Which loved one from my past is God inviting me to remember with tenderness, and what blessing from their life still lives in me today, in my community?***

Mark in Your Calendar - From Loss to Light Service

The annual Loss to Light Service will be held on **Sunday December 13th at 2 p.m**... The Loss to Light service is especially for anyone who has experienced a loss of any kind loss during the year or for those grieving a loss.

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. 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 Johnson and Joyce White (Keeping in Touch)

SOCIAL ACTION

STAMPS: they may seem insignificant to you!But they can help bring the love of God to people in need. It's really a miracle: when you save your stamps and put them in the box in the church hallway- volunteers process , organize and sell them to stamp collectors worldwide! That raises money to help enable OXFAM's services to needy people - as OXFAM tells us below
Christmas is a time for cards and more mail than usual.
It's a great time to save your stamps!

Supporting communities through crisis

The past few months brought one emergency after another, often to communities already facing enormous challenges. Your support helped Oxfam and local partners respond across regions, while continuing to support recovery in places where crises began long before this summer.

In Venezuela and the Philippines, we supported earthquake-affected families with essentials including water, hygiene supplies and shelter materials, alongside protection and psychosocial support. Following the earthquake in Colombia, we worked with local organizations to identify communities' most urgent needs. In Nepal and Bangladesh, our flood responses helped families access emergency supplies and restore essential water and sanitation services.

Alongside these sudden disaster responses, we continued supporting people trapped in conflict, facing hunger and displacement in Gaza, Sudan, South Sudan, and Lebanon. In Uganda and DRC, our partners helped communities hosting refugees protect themselves from Ebola through better water and sanitation services, infection prevention and public health information.

Thank you for being there for people whose lives have been turned upside down.

Southeast Ottawa Cluster

Bazaar Dates of our Cluster Churches:
Rideau Park, Saturday, November 7th from 12pm-4pm.
Glebe St. James, Saturday, November 21st 10am-12pm.
Riverside Saturday, November 28th from 10am-12pm.
Southminster, Saturday, November 28th from 10am-1pm.

Worship

Looking ahead to Worship in November

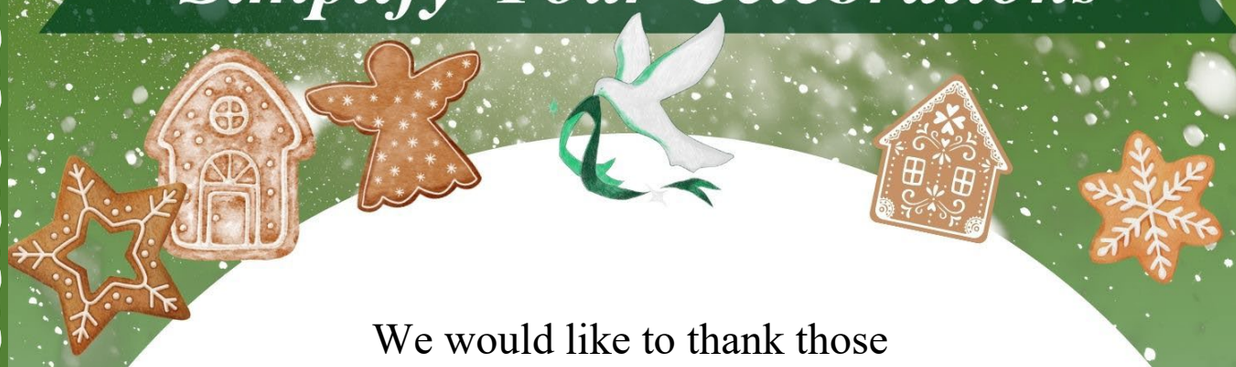
November 1st
Matthew 5:1-12
November 8th
Remembrance Sunday
Matthew 25:1-13
November 15th
CD service
November 22nd
Reign of Christ
Matthew 25:31-46
November 29th
First Sunday of Advent

Have you ever wished that you could pick the hymns for the Sunday service? Now is your chance. You are invited to let us know of a favourite hymn that we can include in the worship service. You would be prepared to tell us (briefly) why your chosen hymn has special meaning for you.

For those who are worshipping at home and unable to be here in person, you can send me your message for someone to read for you.

If you would like to contribute to worship in this fashion, contact Joan Foster-Jones or the office and we will work your choice into an upcoming service. Don't be shy. The last time we made this offer, I heard a rumour that someone was busy compiling a list.

Simplify Your Celebrations



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

In recognition of Blake Lines
for looking after the basement and heating repairs
and always being there for us.

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