Sunday

September 16, 2018

Rideau Park United Church

Welcome to Rideau Park United Church. Please note: Audio loops are available from the ushers. Prayer requests for today's services can be noted on the lists at the entrances. Childcare for pre-schoolers is available in room B-12 (lower hallway). Quiet activity boxes are also available for children in the chapel each Sunday. ***Indicates where the congregation is invited to stand as able.** *After the service you are invited to join us for refreshments and conversation in Beecroft Hall.*

September 16, 2018

We Gather Together

Prelude:

Lighting of the Chancel Candles: *In this world of darkness, so let us shine, you in your small corner and I in mine." (Hymn 585)*

*Call to Worship:

One: Let this be our reason for worshipping:

All: that broken hearts shall rejoice, and those who are weary find renewal.

One: That battered souls and bodies shall be healed; and the hungry fed and prisoners of conscience set free;

All: that all earth's children shall know peace and fairness and joy in this time, in this world.
So let us worship God, in Christ and in Spirit.

***Hymn: O When the Saints Go Marching In**

*Prayer of Approach and Jesus' Prayer

Please note: The lyrics for the hymns will be projected by PowerPoint this morning. They are not in our hymn books. Thank you.

Listening for God's Word

Hymn: **Amigos de Cristo**

A Time for All God's Children
Re-covenanting as Learners and Teachers 2018

Scripture Reading: Mark 1: 29-39 Lay Reader: John Durkee

Anthem: *"Bridge Over Troubled Water"* arr. M. Haynes
Chancel Choir

Scripture Reading: Romans 12: 9-18 Lay Reader: John Durkee

Sermon: The Rosetto Effect Georgina Fitzgerald

***Hymn:** **Our Joy is in the Knowledge**

Our Response

Offering

Offertory Music "Alleluia" Mozart
Soloist: Carmen Harris

***Offering Response: 191 MV**

What can I do? What can I bring,
what can I say, what can I sing?
I'll sing with joy, I'll say a prayer,
I'll bring my love, I'll do my share.

Prayer of Thanksgiving and Concern

The Life and Work of the Church

***Hymn:** **Onward Joyful Christians**

Commissioning
One: Go from here with open arms, with heads held high and with love in your hearts.
All: Each one of us is beautiful and loved by God. No matter what happens, let us Always remember that, and always believe in ourselves.
One: Be everything you can be for the sake of God and the world. And may the peace Of Christ go with you.
All: Amen!!

Sung Benediction **Go Now in Peace**

Postlude

We acknowledge, with respect the history, spirituality, and culture of the indigenous peoples of Canada, and their stewardship of unceeded Algonquin land where this church is built.

Rideau Park United Church seeks to be a welcoming faith community, inclusive of all, including those of different economic, ethnic, racial and religious backgrounds, sexual orientations and gender identities. We have recently begun a study process with the goal of becoming an Affirming Ministry, as defined by the United Church of Canada.

Rideau Park News

2203 Alta Vista Drive, Ottawa, ON K1H 7L9
(613) 733-3156 rideaupark.ca

Upcoming Worship Events

Oct 7	Worldwide Communion Sunday	10:00am
Nov 11	Remembrance Sunday	10:00am
Nov 18	Youth and Young Adult Sunday	10:00am

Intro to Drumming from Ghana: Sundays at 11:30, **starting TODAY!** Meet in the Parlour; classes to be held there, or in the Sanctuary. Open to everyone old enough to hold a drum - children, pre-teens, teens, young adults, adults, and everyone with one hand or two! Parents, drum with your kids! Teens, bring a friend along! Come and see what it's all about. Questions? Contact Iain Macpherson, Music Ministry Coordinator, (613) 733-3156 x 301 or choirdirector@rideaupark.ca

Harmony Club for Seniors (60+) will meet on **Wednesday, September 26**, beginning with registration at 11:00 a.m. At noon, lunch (cost $6.00) will be served. From 1:00 p.m. to 2:00 p.m. there will be a presentation in the Parlour. Peter Kunstadt will be making a PowerPoint presentation. Please spread the word that presentations are open to all, without charge or prior notice. For anyone who is not yet a member to join us for lunch, registration is required by Thursday, September 21, by calling Carolyn Scollick at 613 745-1798. Please plan to join us again on October 25, 2017.

You are invited to attend our annual **Lobster Dinner on Friday, September 21, at 6:00 p.m.** Tickets are $40.00 and are available after Sunday services and from the Church office (613733-3156- ext. 229). *Choose between fresh lobster OR steak.* Both come with saffron rice, a seasonal vegetable, fresh rolls and a variety of delicious home-baked pies, tea and coffee. Takeout is also available. Please make sure you let us know when you purchase your tickets which option you are choosing, and/or if it will be takeout. Come and share this wonderful meal!

TIME TO START THINKING ABOUT PLANTING YOUR BULBS FOR SPRING! The Social Action/Outreach Committee are selling bulbs from Vesey in Prince Edward Island. Fifty percent of the proceeds from the sale come to Rideau Park and will be divided equally between the Refugee Committee and the Environment Committee. Catalogues are on the Duty Officer's desk and we will be selling bulbs on Sundays during coffee hour. **The cut-off date is October 5**. We thank you for your support for this project.

EXERCISE: The 50+ Fitness Group has started its fall session. It takes place Tuesdays and Thursdays from 9:00 a.m – 10:00 a.m. Get moving, strengthening, and stretching. All levels of fitness (male and female) are encouraged and supported by Faiza, our experienced Seniors' Fitness Instructor (SFIC). Keep fit for walking, skiing, hiking and biking throughout the year. Fees are $70.00 for 23 classes, ending Thursday, December 6, 2018. Fees are payable at the first class. Come by and give us a try. Drop-in fee is $8.00. For more information, call the church office (Monday-Friday 9:00 a.m-4:00 p.m) at 613-7333156 ext. 229. REGISTER ONLINE @ rideaupark.ca

GENTLE YOGA: "Midweek Mindfulness" on Wednesdays at 5:30 pm AND/OR "Energize Your Fridays" at 9:00 a.m, will started September 12 and 14. Join one or both Gentle Yoga classes. Certified Yoga Instructor, Lynda Spalding, leads beginner to advanced (male and female) students through gentle mat yoga classes with modifications for various needs. Change balance, flexibility and strength through mindful movement. Fees are $72 for 12 weeks (1 class per week) or $130 for 24 classes (2 classes per week). Drop-in fee is $8. Classes end on December 12 and 14. For more information, call the church office (Mon-Fri 9 am4 pm) at 613-733-3156 ext 229 OR Lynda Spalding at 4livingyoga@gmail.com or 613-4223565.

CHAIR YOGA: Fall classes began on Friday, September 14 (to December 14) at 10:30 a.m. Fees are $72 for 12 classes or $8 drop-in. Mindful movement for nurturing balance, flexibility and strength. Lynda Spalding, Certified Yoga for Seniors Teacher, leads the classes with poses and stretches that are accomplished sitting on and standing by a chair for support. For more information, call the church office (Mon-Fri 9 am-4 pm) at 613-733-3156 ext 229 OR Lynda Spalding at 4livingyoga@gmail.com or 613-422-3565.

Healing Pathway: Full sessions are offered most **Thursdays, by appointment, between 1:00 and 4:00 p.m., and once a month on Sunday evening between 7:00 and 9:00 p.m.** To book an appointment, please email healingpathway@rideaupark.ca, or speak to Sharon Sanderson or Brian Neal. Healing prayer is also offered in the Chapel, immediately following the service, every of the month. No appointment is needed for these shorter, 3-5 minute sessions.

Pellegrini Opera presents Puccini's masterpiece "**Madama Butterfly**" on **Saturday, September 22, at 7:30 p.m.,** conducted by Andrew Ager. The venue is the Ukrainian Community Centre 1000 Byron Ave. Please check the Pellegrini opera website for further details. Thank you.

Reminder: Please note that the services at Rideau Park are live-streamed on our web site: www.rideaupark.ca *on Sunday mornings only,* and then they are posted mid-week under "Webcast Service Archives" for your enjoyment. Good to know if you're stuck at home due to illness, or bad weather, or out of town!

CROSS STITCHING: Mondays, 9:30 a.m. to 12:00 p.m., ladies meet together in the Parlour to make lovely cross stitch ornaments for the bazaar, and enjoy some conversation. New participants are always welcome. For more information, contact Lois Jensen at ucw@rideaupark.ca.

KNITTING: Mondays, 12:30 p.m. to 3:30 p.m., ladies meet in the Parlour to enjoy knitting articles for the bazaar. Interested knitters welcome! For information contact Doreen Hamilton at ucw@rideaupark.ca.

QUILTING: Thursdays, 9:30 a.m. to 12:00 p.m., ladies meet in the Parlour to enjoy fellowship and make beautiful quilts. New participants are always welcome. For information contact Doreen Hamilton at ucw@rideaupark.ca

DID YOU MISS IT? I bet you did! You missed the first day of Rideau Park EUCHRE which started on Thursday September 6th at 1:00 pm. Don't worry, this fun Seniors Group meets Every Thursday, at Rideau Park at 1:00 pm for a rousing and laugh filled afternoon of Euchre. The only qualification, you need to have to join this wonderful group is that you like to laugh, like to talk and playing Euchre is optional. For more information please call the church office because Steve Shipley will be still out riding the country Roads until the first snow fall.

Meditation Group: A group meets for Meditation from 9:10 a.m. to 9:30 a.m. on Sundays, in a dedicated meditation space and everyone is welcome... If you would like to know more about meditation in the Christian tradition you can visit: http://rideauparkspirituality.blogspot.ca.

FAITH AND ARTS OTTAWA: Spirit Art Night ("SPAN") Join us on **September 23** in the Parlour at Southminster United Church, at Bank and Aylmer. Linda Privitera will present Spiritual Autobiographies – "Mapping our Lives" (collage art). SPANs are for stretching our spiritual and artistic horizons… a series of Sunday evening sessions with a different spiritual artist each month at 6:30 pm. Light refreshments and conversation from 7:00 p.m. to 9:00 p.m., led by a spiritual artist.

Blessing of the Animals service: **is happening on Sunday, October 14 this year, at 2:00 p.m., as Thanksgiving Sunday, October 7, is the first Sunday.** All of God's creatures are welcome to share in a service of blessing. We will meet in our side parking lot. (If it rains we may move into Beecroft hall.) Pets should be leashed or caged or carried, whatever makes them feel safe and secure in the company of others. No pre-registration is required. All (species) are welcome!

PSYCHOLOGY TODAY: Pick up a copy in our library. Lots of interesting articles to keep you informed and to aid in your personal growth.

Activities Calendar: Sept 9-15

Sunday:		
Meditation	9:10am	B-9
Sunday Service	10:00am	Sanctuary
Monday:		
Cross-stitching	9:30am	Parlour
Circle	9:30am	B-9
Knitting	12:30pm	Parlour
Ringing Praise	6:30pm	Sanctuary
Touch of Brass	7:15pm	Sanctuary
Tuesday:		
Pie-making	8:30am	B. Kitchen
50+ Fitness	9:00am	Beecroft
La Bell Ensemble	7:15pm	Sanctuary
Wednesday:		
Gentle Yoga	5:30pm	Beecroft
Council	7:30pm	Parlour
Thursday:		
Pie-making	8:30am	B. Kitchen
50+ Fitness	9:00am	Beecroft
Quilting	9:30am	Parlour
Euchre	1:00pm	Parlour
Healing Pathway	1:00pm	B-9
HearSay	5:45pm	Beecroft
KinderPraise	6:15pm	B-9
Joyful Noise 2	6:15pm	B-12
Cherubs	6:15pm	B-13
Note-Able Sound Chimes	6:15pm	Sanctuary
Joyful Noise 1	6:45pm	B-12
Grace Notes	6:45pm	Sanctuary
Chancel Choir	7:30pm	Sanctuary
Friday:		
Morning Yoga	9:00am	Brackenridge
Chair Yoga	10:30am	Brackenridge
Lobster Dinner	6:00pm	Beecroft

Coffee Hour Volunteers

Sept 16	Carolyn Scollick & John Scollick Susan & Colin Townsend
Sept 23	Joanne Rodgers Ron MacPherson Lois Jensen Christel Kurz
Sept 30	Karen Humphries & Rob Blake Ken & Dipty Tong & Family

Sunday Duty Officers

Sept 16	Marylou Reeve
Sept 23	Mary Lynn Holton
Sept 30	Jennifer MacKinnon

Counting Volunteers

Sept 17	Lois Jensen
Sept 24	Christel Kurz
Oct 1	Norm Edwards

Main Office is open Monday to Friday, 9am-4pm

Visit our website: rideaupark.ca

Prayer Chain: ext. 227 or prayerchain@rideaupark.ca

Church Staff: 613-733-3156

Elizabeth Bryce - Minister	**Mon-Thurs**	**ext. 224**	**ebryce@rideaupark.ca**
Steve Clifton - Minister	**Tues-Fri**	**ext. 225**	**sclifton@rideaupark.ca**
Georgina Fitzgerald - Minister	**Tues-Thurs**	**ext. 226**	**gfitzgerald@rideaupark.ca**
Andrew Ager - Organist	**Thurs-Fri**	**ext. 223**	**organist@rideaupark.ca**
Iain Macpherson - Music Ministry Coordinator	**Wed-Thurs**	**ext. 301**	**choirdirector@rideaupark.ca**
Debi Brown - Administrator	**Mon, Wed-Fri**	**ext. 228**	**administrator@rideaupark.ca**
Debby Gerro - Administrative Assistant	**Tues-Fri**	**ext. 229**	**adminassist@rideaupark.ca**
Paul Sorg - Custodian	**Mon, Wed-Fri**	**ext. 229**	