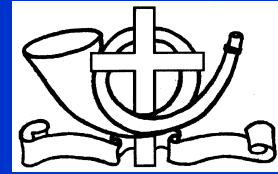


CHURCHPOST

RIDEAU PARK UNITED CHURCH



Rideau Park's website:
www.rideaupark.ca

E-mail:
info@rideaupark.ca

Minister's Pager #:
 (613) 786-4340

Telephone #:
 (613) 733-3156

Fax #:
 (613) 733-1657

OUR MINISTRY TEAM

Ministers

Rev. Elizabeth Bryce
ebryce@rideaupark.ca
 Ext. 224

Rev. Steve Clifton
sclifton@rideaupark.ca
 Ext. 225

Rev. Georgina Fitzgerald
gfitzgerald@rideaupark.ca
 Ext. 226

Organist

Andrew Ager
organist@rideaupark.ca
 Ext. 223

Music Ministry Coordinator

Iain Macpherson
choirdirector@rideaupark.ca
 Ext. 301

Church Administrator

Debi Brown
administrator@rideaupark.ca
 Ext. 228

Administrative Assistant

Debby Gerro
adminassist@rideaupark.ca
 Ext. 229

Custodian

Paul Sorg
 Ext. 229

Minister's Message

When a loved one dies, the family usually looks to their church for help in organizing the rituals that mark this significant event in their lives. At such a time the church tries to offer both comfort to the bereaved and practical help with arranging the funeral service. The ministers at Rideau Park hope the following information will assist you with this process.

Arranging the service:

One of the Rideau Park ministers would be pleased to lead the service for you or your loved one. We've recently become aware that several of the funeral homes in Ottawa now have their own officiant and that they encourage people to use this person rather than their own minister. As part of the Rideau Park family you will not require this service. The ministers can be reached by phoning the church office Monday through Friday from 9 to 5. Evenings and weekends you can leave a message on the ministers' pager and someone will return your call promptly.

Where to hold the service:

- If the deceased has not made their wishes known in this regard, the family will have to decide whether to hold the service at a funeral home or in the church. There are some things to consider as you make this decision....
- How many people will attend? If you're expecting a large number, will the funeral home be able to accommodate?
- How much did attending worship mean to the deceased? If the per-

son was in church on a regular basis when they were able, they may want their funeral service in the familiar surroundings of the sanctuary.

- There is no charge for the use of the sanctuary or chapel for a funeral.
- If a cremation is involved, it's also possible to hold the visitation at the church if that would be more convenient for the family.

Information on receptions:

- When more than 75 people are expected to attend the reception, Beecroft Hall is used. Up to 75 can be accommodated in the Parlour. We have four funeral reception teams at Rideau Park. The women on these teams volunteer their time to this ministry. While they no longer provide food for the receptions, they do set up the room, purchase and make the tea and coffee, and serve the food and beverages. Most people recognize the effort that goes into hosting, sometimes more than 100 people, and make a donation to either the UCW or the church itself, usually in the amount of \$150. Such donations are very much appreciated and are used toward the other forms of ministry that take place at Rideau Park.

(See Minister's Message, page 2)

EDITOR: Marcia Gosse

Marcia.gosse@sympatico.ca

DIRECTORY OF CHAIRS		
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Board of Trustees	Sheila Faure, Chair	trustees@rideaupark.ca
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	Bob Roden, Treasurer	treasurer@rideaupark.ca
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	Tara Lynne Lockhart	
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Social Action & Outreach	Sandra Weedmark	socialaction@rideaupark.ca
Worship & Music	Co-Chairs:	worshipmusic@rideaupark.ca
	Kate Whitridge	
	Nancy Begg-Durkee	

RIDEAU PARK UNITED CHURCH	
Worship:	10 a.m.
Coffee Hour:	11 - 11:45 a.m.
Sunday School:	10 a.m.

OUR HEARTS REMEMBER	
Ted Brennand	February 13, 2017
Lisa Ruth Bryden	April 11, 2017
Claude Bugslag	March 23, 2017
Freda Hayes	March 5, 2017
David McGougan	March 31, 2017
John Malcolm McInnes	April 5, 2017
Isabel Murphy	March 17, 2017
Dorothy "Betty" Rhoades	March, 2017
Elizabeth Louise Dugger Udell	March 27, 2017
<i>I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.</i>	
<i>John 11: 25, 26</i>	

Minister's Message
(continued from page 1)

Fees associated with a funeral or memorial service:

- There is a set fee for the organist. If a soloist is used, the fee is set by the soloist and may depend on how many selections s/he is being asked to sing. There is no set charge for the minister although an honorarium is generally given. There is a charge for audio-visual assistance.
- A Funeral and Memorial Planning booklet which provides more detailed information is available. If you would like a copy, speak to one of the ministers or pick one up in the church office. Copies will also be available at both entrances on May 21.
- If you have questions on arranging a funeral, Elizabeth, Steve or Georgina would be happy to meet with you.

Blessings,
Georgina



Photo Directory Update

It has been several years since the 2012 Pictorial Directory of Rideau Park United Church was released. Since then, many faces have changed, new families have joined the Rideau Park family, and we have lost some of our shining stars. With this in mind, we have proposed that a new pictorial directory be considered for the fall of 2017. If you would like to help with this project, please contact Marcia Gosse at 613-731-2281 or email Marcia.gosse@sympatico.ca. Further details will be forthcoming.

Welcome to the WWW
Service Webcast

Please note that the services at Rideau Park are live-streamed on our web site: www.rideaupark.ca on Sunday mornings only, but then they are posted mid-week under "Webcast Service Archives" for your enjoyment. WWW = World Wide Web

Affirming Ministries

After the recent Session meeting, a group came together to begin the discussion of Rideau Park becoming an Affirming Congregation. This is an educational process, providing members and groups a variety of opportunities to discuss how inclusive we are of gay, lesbian, bisexual or transgendered people who may be in our community, or looking for a welcoming faith community. Members of the working group are: Marilou Reeve, Diane Keevil Harold, Lorna McCrea, Alyce Dunnewold, Nadia Senyk with Bob Nelson as Chair of Session, and ministers Steve Clifton and Elizabeth Bryce. Please be in touch with any of these people if you have questions or would like to join the working group. Our neighbours at **Emmanuel United** are officially becoming an Affirming Ministry in worship **on Sunday, May 28 at 10 a.m.** They will be the fifth Ottawa United Church congregation to become Affirming and invite us to join them as they celebrate this new beginning.

Pops Night!

Join us on Friday, June 9 at 7:30 p.m. in the sanctuary for an hour of hits from the 30's to the 70's, performed by Andrew Ager on our amazing vintage Electone! There will be a free-will offering for this evening of popular favourites. Music that will live forever.....



Update on Debi Brown

As many of you know, Debi Brown, our Administrator, has been waiting for knee replacement surgery, which had to be postponed because of other health issues that she encountered. The surgery was performed on Monday, May 8. Debi will be off work until the end of July. We wish her all the best and look forward to her return to work. The M & P Committee members are presently working with the staff to ensure that the work Debi does, is looked after while she is away.

Carleton Chaplaincy

Rideau Park provided volunteers and baking to the Exam Pause Table at Carleton University April. Food, conversation and a warm welcome help students as they study through the exam period. The reality is that for many students, they come to exams with food plans spent and with empty cupboards. Students will wait 20 minutes just to get a toasted bagel. We will return to Carleton for Christmas exams in December. Your support of this outreach is appreciated!

Rideau Park Prayer Chain

Pastoral Visiting. Prayer Shawls. Prayer requests on Sunday morning. These are a few of the ways that Rideau Park people offer prayerful care. A prayer chain is a group of people who are committed to pray each day for concerns that are brought to them. Concerns for people can be sent to the chain. The prayer request will be forwarded through the chain by email or phone. Prayers will be offered; names and circumstances need not be included with prayer requests and all information that is provided will be kept confidential within the chain. If you would like to access our prayer chain, please send requests to Doreen Hamilton at: hamilton.doreen@gmail.com, or phone the church 613-733-3156 and press 5 to leave a voicemail request. If you would like to join the prayer chain, please contact Doreen.

Churchpost submissions are due by 12 Noon:

Sunday, September 10

Pick-up: Sunday, September 17

Submissions to Churchpost can be emailed to:

Marcia.Gosse@sympatico.ca and should include the name and phone number of the author(s).

Worship Services at Retirement Homes

Our Pastoral Care Minister, Georgina Fitzgerald, conducts services at many of the Retirement Homes on a rotational basis. If friends or family members would like to come to these services, they are more than welcome!

Oakpark:

1:30 p.m., 1st Wednesday of the month.

Hunt Club Manor:

11 a.m., 1st Thursday of the month.

Billings Lodge:

10:45 a.m., 2nd Tuesday of the month.

Maplewood:

11 a.m., 3rd Tuesday of the month.

Clementine Towers:

7 p.m., 3rd Thursday of the month.

Perley-Rideau Veterans:

2 p.m., Sunday, every couple of months.

Facebook Page

Rideau Park has a Facebook group with more than 100 members. It's a place to post information and to share insights and inspirations. If you are on Facebook, you can look up "Rideau Park United Church" and join in!

UCW is recycling

The UCW is recycling:

- Used eyeglasses for the Third World eye clinics,
- Used postage stamps for Oxfam,
- Campbell soup labels to help purchase school materials,
- Aluminum pop can tabs for Clifford Bowey Public School.
- Please **NO** plastic bread tabs.

All are gratefully accepted with thanks. For more info, call Lynda Coombe at 613-733-9982.

Spiritual Healing – Fact or Fiction?

Healing Pathway, the energy-based healing ministry of the United Church, is new to most of us, and many are probably wondering if there is anything to it. In our western society, we have an inherent skepticism of anything that we cannot see and touch. We want scientific proof. So we wonder if Healing Pathway is a scam, just a ‘placebo’ for those that want to believe, miraculous faith healing, or actually a legitimate healing technique with proven effectiveness. Can positive healing outcomes occur simply by having someone work in your energy field? What is fact and what is fiction?

First, we should explain that Healing Pathway has its roots in a secular energy-based program called Healing Touch. The Healing Touch program was developed as a nursing continuing education program in 1989 by the American Holistic Nursing Association (AHNA) Education Committee, and based on founder Janet Mentgen's nursing study and practice with other healers¹. Their basic curriculum was a medical model that defined energy-based healing in scientific terms. Rochelle Graham, a certified Healing Touch practitioner, introduced this type of healing to the United Church at a workshop back in 1992, and then felt God's call to redefine it in a Christian healing context. She wanted to reclaim the Christian roots of the early church in which healing was an integral part. With the blessing of Janet Mentgen, the founder and director of the Healing Touch Certification Program, Rochelle led the work to develop a new and independent Christian-based curriculum, which we now call Healing Pathway.

There is considerable anecdotal evidence about the effectiveness of Healing Pathway, but that is not convincing enough to the scientific mind, even if one knows some of the people affected. We might still wonder if there were other factors at play, or a simple psychology explanation – like the placebo effect or a self-fulfilling prophecy. Although there is not much research to report specifically related to Healing Pathway, there have been numerous studies undertaken to

validate Healing Touch and a similar secular version called Therapeutic Touch. We should also note that there is a common core of theory and concepts shared by most energy-based healing techniques. This suggests that research into the effectiveness of Healing Touch and Therapeutic Touch can inform us about the effectiveness of Healing Pathway. Now for the facts.

Fact: “Healing Touch is used in a wide variety of settings including hospitals, long-term care facilities, private practices, hospices, and spas. Healing Touch was founded in 1989 as a continuing education program for nurses, massage therapists, other health care professionals, and lay persons. Today Healing Touch is taught in universities, medical and nursing schools, and other settings around the world.”

– healingtouchcanada.net

Fact: “Using a randomized control trial design, participants were assigned to a control or intervention group. The control group received traditional nursing care (TNC), and the intervention group received a HT (Healing Touch) treatment in addition to TNC. Pre- and post-data collection included measurement of pain, anxiety, blood pressure, and pulse. HT treatment was at least as effective as TNC for reduction in pain and more effective in reducing anxiety.” - Abstract from “Effects of Healing Touch on Postsurgical Adult Outpatients”, 8 May 2015, Journal of Holistic Nursing.

Fact: In an article reporting on a review of existing research at the time, it was concluded that, “Evidence clearly indicates the effectiveness of therapeutic touch and other touch-energy therapies in relieving physical and psychological symptoms in patients with cancer.” - Abstract from “Does Therapeutic Touch Help Reduce Pain and Anxiety in Patients With Cancer?”, Clinical Journal of Oncology Nursing • Volume 12, Number 1, February 2008.

Of course there are other studies that have not found a statistically significant difference. However this conclusion from two medical doctors, who did a rigorous critique of existing research into

the effectiveness of Therapeutic Touch (TT) and related energy-based techniques and who dismissed much of it, is particularly interesting.

“Taking all these studies together, it appears that real TT may be more effective than sham TT (using the serial subtraction technique described above). However, whether these apparent benefits are due to the energy-healing effects claimed by practitioners or, more simply, through emotional communication, remains unclear.” - EBSCO Complementary and Alternative Medicine (CAM) Review Board.

So far, we have been looking at the effectiveness of the secular version. Imagine the potential for increased effectiveness when you add in the power of prayer and invite God's love and grace to flow during the healing session. Rochelle Graham noticed this when she started teaching Healing Pathway, and said, “When I asked participants to ask God to work through their hands, in comparison to simply the intent to help [the secular version], it was as though someone had turned on one hundred light bulbs in the room.”

Of course there is nothing better than first-hand knowledge. Anyone interested in experiencing Healing Pathway first hand, can do so simply by making an appointment at Rideau Park or any of the other seven United Churches in the Ottawa area who have active practice groups. You don't have to have a serious health issue to benefit from it. It's really about wholeness and balance (body, mind and spirit), and that can lead to a variety of favourable health outcomes and an overall sense of clarity and well-being. To make an appointment at Rideau Park where sessions are offered on Thursdays, you are invited to send an email to healingpathway@rideaupark.ca.

Brian Neal, Healing Pathway Coordinator for Rideau Park United Church

¹ *Healing Pathway rejects the term “healer” because it is God that provides healing and the practitioners are just channels for God's healing energies.*

Legacy Gifts

Are you interested in exploring opportunities to invest in the future of Rideau Park? Historically, our church has benefitted from legacy gifts from those who wished to leave something to support the ministry and programs they value. There are many options to ensure your wishes are met through specific instructions. While reference is made to gifts for Rideau Park, the same benefits apply should you choose the United Church of Canada or its established funds.

BEQUEST/IN YOUR WILL - This tends to be the most common choice to designate your gift to any area of the church's work and ensures a charitable receipt for your estate.

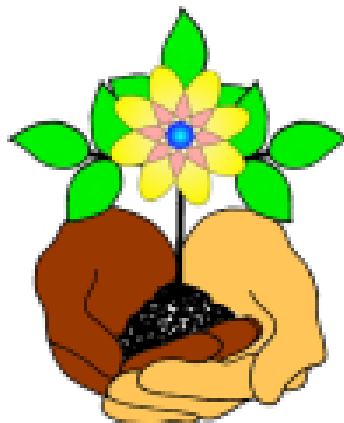
LIFE INSURANCE - Whether you indicate Rideau Park as the beneficiary of an existing policy, or purchase a new one for this purpose, the added benefit is that this will not reduce the value of your estate.

RRSPs, RRIFs, and TFSAs - The church will issue a charitable tax receipt for the full amount of the gift. This process ensures you will have a considerable tax benefit for your estate that will significantly offset the amount of the gift.

STOCKS, MUTUAL FUNDS, AND BONDS - These can be an effective way to make donations as there are no capital gains taxes for publicly listed securities through this process (i.e. stocks, mutual funds, or bonds listed on the TSX, NYSE, etc.) You receive a tax receipt for the full fair market value of your gift and avoid capital gains totally. The United of Canada Foundation facilitates this process for a minimal transfer fee. In 2016 it received over \$2.8 million in gifts of stocks and mutual funds, the vast majority of which it passed on to congregations.

How do you learn more about the process? More information is available through LEGACY GIFTS at www.united-church.ca; **OR** contact Paul Sales, Financial Development Officer, Quebec and Eastern Ontario at 613-841-9291, psales@united-church.ca; **OR** contact Sheila Faure, Chair, Rideau Park Board of Trustees, sheila@faure.ca or 613-824-824-8771. Copies of "Gifts That Last Lifetimes" will be available on the counter by the Library. More information and links can be found on the Rideau Park United Church website, www.rideaupark.ca/?i=15616&mid=1000&id=388765.

Rideau Park United Church Board of Trustees



Rideau Park Prayer Shawl Program

Recently I had to withdraw from all activities to have long-awaited hip replacement. I looked ahead to six weeks of resting (what was that???)

The first week was hectic as friends and neighbours and church flowers came to my bedroom. But still, when everyone left, I felt incredible emptiness as I was not used to being alone so much.

Then Judy Paré came on behalf of Pastoral Care and brought me a prayer shawl. I was in awe of the beautiful blue colour, and the softness of the wool. Later that week I developed chills at night as a side effect of the surgery. When I put on the shawl I felt a hug from the entire congregation at Rideau Park. I felt warm and beautiful in the blue shawl. For a moment, I felt like a fashion queen and not the bumbling patient I had become. The shawl has not left my bedpost since and every time I feel a little down, I wrap it around me to receive another Rideau Park HUG!!!

I think about all the times I sat in church and watched the knitters busily knitting the shawls. I want to thank you. You are much loved and appreciated for all you do. I understand you donate the wool yourselves. Thank you again. The wool in my shawl is not inexpensive. I also thank the Pastoral Care Committee for thinking of me and I want to let you know that the Prayer Shawl idea is one of the best Rideau Park has ever had. With many thanks,

Heather Ingrams

NEARLY NEW NEWS FAST FACTS

We have been having spring and fall sales since 1972 - the past few years we have been selling family clothing, plus linens and accessories.

Frugal shoppers shop here for bargains. What we do not sell gets distributed far and wide:

- Charles H. Hulse School received 5 bags for their clothing cupboard.
- Salvation Army Alta Vista received the remaining ladies wear.
- The Mission received some of the menswear.
- At least 8 bags of summer wear were purchased to be shipped to Haiti.

Reduce, Reuse and Recycle is a great motto, and one that our neighbouring Salvation Army Thrift Shop uses. Our green efforts help keep textiles out of our landfill also.

Nearly New Fall Sale Dates: October 13 and 14

**Peace. Awareness.
Mindfulness. Groundedness.**

Meditation is good for you: mind, body and spirit. A small group meets for silent meditation from 9:10 a.m. to 9:30 a.m. on Sundays, in a dedicated meditation space and everyone is welcome. It's not hard to do; it's as easy as breathing. Why not give it a try? And if you would like to know more about meditation in the Christian tradition you can visit: rideauparkspirituality.blogspot.ca. We will continue to meet each Sunday through the summer.

Extreme Hunger Appeal

The United Church of Canada is launching an *Extreme Hunger Appeal* as the humanitarian crisis in Kenya, Nigeria, Somalia, South Sudan, and Yemen reaches grave levels. All donations raised for this appeal will go to our long-term Mission & Service partners, including ACT Alliance, which is saving lives in the region. Many United Church members have also generously given to the Canada Food Grains Bank, which is providing emergency food relief. You can donate online using www.united-church.ca; or by phoning toll-free 1-800-268-3781 ext. 2738 and use your Visa or Mastercard; or by sending a cheque to The United Church of Canada, Philanthropy Unit - Emergency Response, 3250 Bloor Street West, Suite 300 Toronto, ON M8X 2Y4. Please make sure all donations specify *Extreme Hunger*.

An Afternoon of Music and Tea

On Mother's Day, **Sunday, May 14, at 2 p.m.**, please join us for this wonderful interlude of coming together to enjoy a quartet of flute, violin, viola and cello, led by our own Iain Macpherson. All proceeds to go to the Refugee Fund. Tickets (\$10) are available from the Church office.

Rendez-Vous

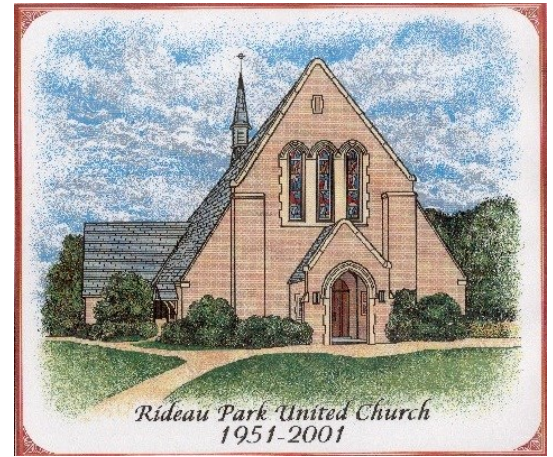
Rendez-Vous is a national gathering of United Church of Canada youth (going into grade 9), young adults (under 30), and their leaders. It is taking place on August 16 to 19, at Concordia University – Montreal, Quebec. Rideau Park United Church people who had attended Rendez-Vous 2014 and 2011 found that it is an amazing experience. If you might be interested in attending please let Steve know so that funding can be made available to you. Please visit www.uccrendezvous.ca/ for more information.



VBS 2017: Camp Awesome!

Camp Awesome is a week-long Christian day camp program sponsored by Ottawa Presbytery of the United Church of Canada. It is led by a trained staff of young people, including members of our own congregation. Activities include games, crafts, drama, singing, water fun and learning about important topics. The day starts at 10 a.m. and goes to 3 p.m. Children bring their own lunch. Childcare is available for those who request it, from 8:30 a.m. to 10 a.m. and from 3 p.m. to 4:30 p.m. For more information or to register please go to our church website. This year's Camp Awesome runs from August 21 to 25.

Volunteers for Camp Awesome are needed, so if you are a young person who is interested in earning volunteer hours or joining our staff for the week, please speak to Steve.



Canada Summer Jobs Grant

Rideau Park has received a Canada Summer Jobs Grant which will finance a student job with us this summer. The grant finances a 10-week position, averaging 35 hours per week. The remuneration is \$11.40 an hour.

The position is an eclectic one as the student will be doing a number of very different things over the 10-week period of employment. They will be filling in for our custodian and our administrative assistant while these staff members are on vacation. They will also need to be available on the Sunday mornings for 2 hours, from June 25 through August 27 (July 2 excepted) to provide a childcare program during the Sunday service. They will serve as congregational coordinator during our Camp Awesome VBS, during the week of August 21 - 25. Other small projects may be given to the student as opportunity arises. If you are interested, please forward a cover letter and resume with two references to Rev. Steve Clifton by Sunday, May 28, email: sclifton@rideaupark.ca.

The Harmony Club for Seniors 60+

The Harmony Club for Seniors 60+ will meet on Wednesday, May 31. From 1 - 2 p.m., a speaker from the Competition Bureau will be here to talk about "Scams Affecting Seniors." All seniors are welcome. The church is wheelchair accessible. The Club is run by volunteers. This will be the final meeting of the season. For more information please call the church office 613-733-3156 ext. 229.

UPCOMING EVENTS

May		
14 (Sun)	10 a.m.	Mother's Day / Christian Family Sunday
	2 p.m.	An Afternoon of Music and Tea - quartet of flute, violin, viola and cello led by Iain Macpherson. Tickets available at the Church office.
17 (Wed)	7 p.m.	International Day against Homophobia, Biphobia and Transphobia, with a showing of the film <i>Pride</i> .
21 (Sun)	11 a.m.	Oprah Winfrey's "Belief" series with Sharon Sanderson
	3 p.m.	Meditative Service
28 (Sun)	11 a.m.	Oprah Winfrey's "Belief" series with Sharon Sanderson
22 (Mon)		Victoria Day (<i>office closed</i>)
31 (Wed)	11 a.m.	Harmony Club: A monthly social gathering/lunch/presentation for 60+ seniors— <i>Scams affecting Seniors</i>
June		
4 (Sun)	10 a.m.	Pentecost - Communion
	11 a.m.	Oprah Winfrey's "Belief" series with Sharon Sanderson
5 (Mon)	6 p.m.	UCW Dinner and General Meeting
5-24	8:30 a.m. - 5 p.m.	Rideau Park Café (during RCM exams)
9 (Fri)	7:30 p.m.	Pops Night! with Andrew Ager
18 (Sun)	10 a.m.	Father's Day / First Nations Sunday, guest speaker: Sylvia Smith
July		
2 (Sun)	10 a.m.	Shared service at Emmanuel United Church, 689 Smyth Rd.
3 (Mon)		Canada Day (<i>office closed</i>)
August		
6 (Sun)	10 a.m.	Shared service with Emmanuel at Rideau Park
7 (Mon)		Civic Holiday (<i>office closed</i>)
September		
4 (Mon)		Labour Day (<i>office closed</i>)
17 (Sun)	10 a.m.	Open House



Environmental Action at Rideau Park United Church!

The Environmental Action green team at Rideau Park is looking for volunteers to help develop our sustainability action plan and organize green events this year. If you are interested, please email: greenrpu@gmail.com, or speak to Kristina Inrig.

Scent-Free Space

As a community of faith, it is important that all people who come here feel respected and safe – spiritually and physically. For the general population, exposure to scents is not typically a problem. However for some people with chemical sensitivity, asthma or allergies, exposure to perfumes and other scented products could be a health hazard, or life-threatening. Reactions may vary from breathing problems to migraine headaches, anxiety, inability to concentrate, nausea, fatigue, and/or skin irritation. Our Worship and Music Committee is asking that we be sensitive to those among us who are scent-sensitive. Please refrain from wearing cologne, aftershave and perfume in our worship space, that all may worship safely and comfortably. Thank you.

South-East Ottawa
Community Health Centre
Every One Matters.



Centre de santé communautaire
du sud-est d'Ottawa
Chaque personne compte.

South-East Ottawa Community Health Centre (SEOCHC), located at 1355 Bank Street, Suite 600 is a non-profit organization that provides a range of services to clients, including primary health care, social services, home support and community development. We have professional teams of physicians, nurse practitioners, nurses, social workers, nutritionists, early childhood educators, counsellors, chiropodists and others. We offer programs and services for children, youth, seniors, adults and families, all at low or no cost.

Come and learn about the programs and service offered by the Centre at an information session to be held on Thursday, June 8, from 7 - 8 p.m. For more information, you can contact July Pare at 613-523-0098.

Light refreshments will be served and door prizes will be drawn.

We look forward to seeing you there!

You can also check us out at www.seochc.on.ca.

Rideau Park United Church
2203 Alta Vista Drive
Ottawa, ON, K1H 7L9