

In memorium: Our thoughts and prayers are with the families and friends of members of our church family who have died recently: John (Jack) Ellacott, husband of Alice (April 26.)

Wednesday mornings May 5 to May 19, 10:00 am to 11:30 come join us for a **Coffee Break on Zoom**. An informal opportunity to meet some RPUC folk and share in open-ended conversation. To receive the Zoom link please email ebryce@rideaupark.ca. Please make sure your name appears in a way we can recognize it and let you in from the waiting room.

Thursday mornings 10:00 to 10:20 am. – Meditation group – Twenty minutes of quiet, peace, and mindfulness as we meditate together over zoom. Contact Steve to receive the Zoom invite.

Thursday evenings at 7:30 pm – Choir Practice. Iain Macpherson is inviting singers to exercise their vocal chords on Zoom, even though we cannot sing together. Contact choirdirector@rideaupark.ca for more information.

Sunday services are followed by a **Healing Circle at 11:15 am**, presented by our Healing Pathways practitioners, using a technique called “distance healing”. You are invited, in the comfort of your own home, to use either of the following YouTube video links to guide you through this healing time.

Join one of Georgina’s **weekly 40-minute Zoom Cyber Chats**. They're held on different days of the week with a different theme each time. These chats are meant to be fun and to help the women of the congregation stay connected during the pandemic. If you haven't received an invitation yet, let Georgina know (gfitzgerald@rideaupark.ca).

Sunday May 2 at 2:00 pm - the National Capital Opera Society will be **interviewing Andrew Ager and Carmen Harris** about their current projects and the prospects for Ottawa's opera scene. Please join us! Reserve a Zoom spot at this email address NCOSZoom@ncos.ca and Lesley Robinson from NCOS will confirm and send you a link.

Friday May 7 (2:00-4:30 pm) and Saturday May 8 (9:30 am-12:00 noon) - The Eastern Ontario Outaouais Regional Council of area united churches is holding its annual meeting over Zoom. We have a spot for one more delegate if you are

interested in taking part, or coming as a guest or visitor. Contact Elizabeth or Steve if you would like more information.

Sunday, May 9 – Christian Family Sunday – Last day of Zoom Sunday School for the 2020-21 season, with recognition of our teachers and learners. We also welcome Dianne Cardin to our worship team, as she provides coverage for Kitchissippi United during Jenni Leslie's sabbatical.

Sunday, May 23 – The Pentecost Sunday service will include communion, so be prepared with your own bread and cup. We also invite any worshippers who are not in Ottawa to send us greetings, (ebryce@rideaupark.ca) as we celebrate the Spirit's work in bringing us together.

Sunday, May 30 – Multifaith Housing Initiative is hosting its annual Tulipathon, and for the second year it is being held virtually. Participants will complete a 3k stroll to support MHI's rental subsidies program. Register, donate or get more information at: <https://www.multifaithhousing.ca/tulipathon.html>.

In March 2020 **OASIS and Alcoholics Anonymous** made the decision to stop in-person meetings and to go online with their program. However, they know that many people who might need their support don't always know where to turn. There is a local help line at 613-237-6000 to speak to a member of Alcoholics Anonymous right here in the city. When volunteer members are unavailable (e.g., after 10:00 p.m.), individuals can leave a confidential message and a volunteer will return their call. Their meeting list may be found at <https://ottawaaa.org/meetings/>.

Broadview magazine has articles about spirituality, social issues and the life of the church. The Easter letter contained an information sheet on how to subscribe or continue a subscription. Don't forget to be in touch with the administrator@rideaupark.ca if you would be interested in receiving the magazine or changing your subscription status.