

Sunday
September 9, 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.***

Sunday, September 9, 2018

We Gather Together

Prelude:
Touch of Brass

"Great is Thy Faithfulness"
" Fairest Lord Jesus"

arr. Douglas Wagner

Lighting of the Chancel Candles: Psalm 4: 6-7: Let the light of your face shine on us, O God.
You have put gladness in my heart.

***Call to Worship:**

One: Sometime God is found in great cathedrals.

All: Sometimes God is found in the great outdoors.

One: Sometimes God is found in hospital rooms and school cafeterias.

All: Sometimes God is found in a church family.

One: Wherever we encounter God, may we open our hearts to the Spirit.

All: May we open our hearts in THIS space.

One: And in THIS time. Let us worship!

***Processional Hymn: 1 MV**

Let Us Build a House

Marty Haugen

Prayer of approach and Jesus' Prayer

Prayer of Confession: (unison-seated)

O God of grace, we confess that sometimes we are distracted from your presence. We worry about how we sound, how we look, how others see us. We are anxious about other parts of our lives. Help us, O God to offer those distractions to you, that we might find peace in our hearts, we pray in Jesus' name, Amen.

(a time of silent reflection and prayer)

Words of Assurance

Listening For God's Word

Hymn: 579 VU

The Church is Wherever God's People

Carol Rose Ikeler

A Time for All God's Children

(following the story, the children are invited to go to Sunday School.)

Bell Duet:

Tis the Gift to be Simple

arr. Douglas Wagner

Responsive Reading: Psalm 125, p.849 VU (with sung refrain)

Anthem:

"Amazing Grace/My Chains are Gone"

Raney

Soloist:

Jessyca Morgan

Scripture Reading: Mark 7: 24-30

Lay Reader: Marilyn Law

Sermon:

Changing Hearts and Minds

Elizabeth Bryce

Hymn: 412 VU

Healer of Our Every Ill

Haugen

Our Response

Offering

Offertory Music:

“The Call”

V. Williams

Soloist:

Jessyca Morgan

Offertory Response: 538 VU

**For the gift of creation, the gift of your love,
and the gift of the spirit by which we live,
we thank you and give you the fruit of our hands.
May your grace be proclaimed by the gifts that we give.**

Prayer of Thanksgiving and Concern

Life and Work of the Congregation

***Hymn: 679 VU**

Let There Be Light

Concord

Commissioning and Benediction

Postlude

The flowers today are presented in loving memory of Ina Lorimer, from her family.

We acknowledge with respect the history, spirituality, and culture of the indigenous peoples of Canada, and their stewardship of the unceded 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

Open House and Brunch: TODAY at 11:00 a.m. - 12:00 p.m. after today's service. Please join us for brunch and to learn about, or become re-acquainted with, our numerous programs, activities and services. There is something for everyone, from Sunday services, community outreach and pastoral care to music programs (adults, youth & children) and Harmony Club (seniors), to concerts, curling, quilting, euchre, yoga and more. All are welcome. More information, call 613-733-3156 ext 229.

Churchpost articles are due by NOON on **TODAY**, please. Submissions should be emailed to Marcia.gosse@sympatico.ca or call Marcia Gosse at 613-731-2281.

UCW Unit 2's Fall Deli Pie Making sessions begin soon. If you are available some **Tuesday or Thursday mornings (September 11 and 13, or 18 and 20) for 2-3 hours in September and Tuesday, Wednesday and Thursday mornings (October 9, 10 and 11 and 16, 17, 18)**, please contact Mabel Bannerman at 613-731-5865 or Lisa Sadler at 613-523-9101. We'd be delighted to schedule you in for one or more sessions. Lots of laughs and good conversation!

Reminder!! Bazaar Convener's Meeting on Wednesday, September 12 at 1:00 p.m. in the Parlour. If you are unable to attend, please send a brief report about your plans for the Bazaar to either Heather Ingrams at ingrams.heather73@gmail.com or judy2006@sympatico.ca Thank you!

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 (613-733-3156- 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!



Intro to Ghanaian Drumming: Want to try drumming? Want to improve your rhythm, singing, drumming or ensemble skills within a fun-filled, friendly environment? Open to everyone old enough to hold a drum, especially youth, pre-teens, teens, young adults, adults, and all those who are young at heart! Come and see what it's all about on Sunday, **September 9, at 11:30 in the Parlour.** Questions? Contact Iain Macpherson, Music Ministry Coordinator, (613) 733-3156 x 301 or choirdirector@rideaupark.ca



EXERCISE: The **50+ Fitness Group** starts its fall session on **Tuesday, September 11.** 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 613-733-3156 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 start 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 am-4 pm) at 613-733-3156 ext 229 OR Lynda Spalding at 4livingyoga@gmail.com or 613-422-3565.

CHAIR YOGA: Fall classes begin 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.

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.

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.

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. a presentation in the Parlour. 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.

A Taste of Healing Pathway: Would you like to know more about our Healing Pathway ministry? **TODAY**, you can stop by the Healing Pathway table at the **Open House** to get your questions answered, talk to a practitioner, and find out how to make an appointment for a healing prayer session.

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>.

Have you heard about Structural Review yet? Do you have ideas or comments to share about how we are organized here at Rideau Park? If so, we would love to hear from you! We will be holding consultations throughout September. More information and a list of the members working on this can be found www.rideaupark.ca/files/rideaupark/Content/Church. Looking forward to hearing from 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!

Activities Calendar: Sept 9-15		
<u>Sunday:</u>		
Meditation	9:10am	B-9
Launching Sunday	10:00am	Sanctuary
Open House	11:00am	Beecroft
<u>Monday:</u>		
Cross-stitching	9:30am	Parlour
Knitting	12:30pm	Beecroft
UCW Unit 10	1:30pm	Parlour
Ringin' Praise	6:30pm	Sanctuary
Touch of Brass	7:15pm	Sanctuary
<u>Tuesday:</u>		
Pie-making	8:30am	B. Kitchen
50+ Fitness	9:00am	Beecroft
Knitting Class	10:00am	B. Balcony
UCW Unit 3	6:30pm	Parlour
La Bell Ensemble	7:15pm	Sanctuary
UCW Unit 7	7:30pm	B. Balcony
<u>Wednesday:</u>		
Bazaar Meeting	1:00pm	Parlour
Gentle Yoga	5:30pm	B-12
Stewards	7:30pm	Parlour
<u>Thursday:</u>		
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
<u>Friday:</u>		
Morning Yoga	9:00am	Brackenridge
Chair Yoga	10:30am	Brackenridge
<u>Saturday:</u>		

Coffee Hour Volunteers	
Sept 9	Gretchen Conrad Mark Shulist & Merina, Devin & Rigel
Sept 16	Carolyn & John Scollick Susan & Colin Townsend
Sept 23	Joanne Rodgers Ron MacPherson Lois Jensen Christel Kurz
Sunday Duty Officers	
Sept 9	Beth Campbell-Keays
Sept 16	Marylou Reeve
Sept 23	Mary Lynn Holton
Counting Volunteers	
Sept 10	Mark Inman
Sept 17	Lois Jensen
Sept 24	Christel Kurz
Main Office is open Monday to Friday, 9am-4pm	
Ministers' pager number: 613-786-4340	
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	