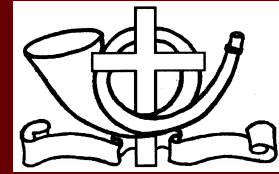


CHURCHPOST
RIDEAU PARK UNITED CHURCH



Rideau Park's website:
www.rideaupark.ca

E-mail:
info@rideaupark.ca

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

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OUR MINISTRY TEAM

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Ext. 225

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Ext. 229

Custodian

Paul Sorg
Ext. 229

Minister's Message

Welcome – Bienvenue!

These are words we hear quite a bit in September. Welcome to a new school year, welcome to the new program, welcome to new leaders, welcome to our Open House. We hope you do feel welcome at Rideau Park United, whether you are a newcomer, or have been worshipping here a long time. It is good to be welcoming. But what does that welcome mean?

Obviously, two concepts are at the root of the word itself: **well** and **come** – literally, it is good that you have come to this place. Most churches have a sign out front that says "Everybody welcome!" Some even have rainbow signs – the 21st century code for "no matter the quality of your clothing, the abilities you have or don't have, who you love, how you identify yourself – you are welcome. And we are blessed by your presence."

The rainbow outside is very important. It is a symbol to those looking for a place of Christian community and worship that, here, their orientation or their gender identity will not be obstacles but will, in fact, be celebrated. The questions are thus: can we, in good faith, put up this symbol, and thereby represent ourselves to those we wish to welcome that ours is a community of such celebration? Do we recognize how much courage it takes to come out? Do we recognize how much reflection and self-exploration it takes to realize that one's true identity

doesn't fit with society's expectations? Do we recognize that sharing one's identity - proclaiming it, and entering into a faith community just as you are - is itself an act of great faith? And, what can we do to ensure that we, in good faith, can answer these questions in the affirmative?

The question is not whether or not we are a friendly church. The question is whether or not we can affirm this great faith, and celebrate it. That is how we truly say welcome, "It is good that you have come to this place."

Last spring some members of our Session formed a working group on becoming an Affirming Ministry. This means that everyone who is part of Rideau Park United will have the opportunity to talk about the way that we welcome. It's not only a discussion about sexual orientation and gender identity, but that is the main focus. Most churches who have started the discussion have found that it leads to other conversations about welcoming: what welcome do we offer people of different abilities, or income levels, people with mental illnesses, visible minorities? How do we celebrate their great faith?

It is my hope that you will welcome this opportunity.

See Minister's Message, page 2)

EDITOR: Marcia Gosse

Marcia.gosse@sympatico.ca

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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

Douglas Robert Chappell	May 17, 2017
Albert Franklyn Cooper	May 25, 2017
Brian Dundas	June 20, 2017
Viola Mary Harasym	May 24, 2017
Orest Zenon Roy	June 2, 2017
Rev. Chuck Spicer	September 3, 2017
Muriel Lillian Spratt	June 2, 2017
Barbara Helen Stroulger	July 15, 2017
Joyce Carol Stuart	July 6, 2017

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.



Minister's Message
(continued from page 1)

We would like to find out what **you** want to know more about – do you have questions about biblical interpretation? Same gender marriages and parenting? Transgender experiences? Have you been asking why it's taken us so long to get started? I hope you will share your questions with us. The Affirming ministries working group will try to visit as many groups and committees at the church as possible this fall, to hear your questions and your celebrations – please offer us your feedback!

The members of the committee include: Nadia Senyk, Marilou Reeve, Alyce Dunnewold, Lorna McCrae, Diane Keavey-Harrold, staff ministers Steve Clifton and Elizabeth Bryce, and Session chair Bob Nelson.

Elizabeth Bryce

Photo Directory

We are in the planning stages of publishing a photo directory highlighting our vibrant church community and to update our church family information. Every church member photographed will receive a FREE photo directory simply by participating. As an extra feature, you can purchase photos at the same time for yourself, family and friends. Bring your family, pets, dress up, come casual, but please participate. The success of this project depends on you. There is no sitting fee and there is no obligation to purchase photos. What a great way to put a name to a face! Appointments (20 minutes) are currently being set up for October 18 – 21 and October 25 – 28. Sign-up sheets are posted by the elevator near the Beecroft entrance. Contact Marcia Gosse at 613-731-2281 or email Marcia.gosse@sympatico.ca.

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

CHURCH DIRECTORY



Is "IT" up Your Alley?

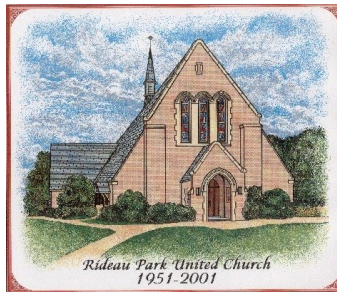
Administration-Communications Committee is seeking an IT volunteer. We need someone with the following experience, ideally:

- ◆ Trouble-shooting and fixing computer problems;
- ◆ Making recommendations for purchase of new computers;
- ◆ Installing software and setting up new computers;
- ◆ Ensuring that all computers are backed up regularly;
- ◆ Supporting staff in resolving computer problems;
- ◆ Setting up and maintaining a secure-wired church network for staff computers; and
- ◆ Setting up and maintaining a wireless network (Wi-Fi) for public use.
- ◆ Must be familiar with computer networking, both wired and wireless networks and router configuration.

Please contact Debi Brown or Nancy McPherson, if you are interested.

Blessing of the Animals Service

On October 1st at 2 p.m., in honour of the Feast Day of Francis of Assisi, who had a special connection to all of God's creatures, there is a tradition of blessing animals in a special service in the fall of the year. All of God's creatures are welcome to come out on the first Sunday afternoon in October, 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!



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.

That was easy....

By Maureen Stark

A few years ago I found a kitschy item at Staples. It was a large red button that said "that was easy" with gusto, when you pressed it.

Even if a given task is really difficult, who doesn't want to hear 'that was easy' said with confidence upon completing it?

I am one of those people who are always on the lookout for wisdom. I love to find new ways of looking at things, especially the so-called mundane things. For me, life boils down to the challenge and adventure of consistently wondering what the newness is in each moment.

Logically speaking, every moment in which we are alive, is inherently 'new'. Life is a series of moments that never

happened before. Logically speaking, there simply can't be an 'old' present moment. The very idea that there is such a thing as 'oldness' about a present moment, is actually an idea that serves to give people permission to dismiss or love something about what is happening in the present moment. It gives people permission to either see a present moment as valuable or insignificant. I'm not saying that this is bad, just that it is an idea that often masquerades as a 'logical' excuse for the belief that there is no inherent wisdom contained in the 'present' moment. I'm just saying, that logically, this is faulty, and as a result, leads to a sad way to live.

A dear friend said this morning "Nothing is easy, what it comes down to is 'how much do you want it'.

So, 'that was easy'....hmmm... I wonder!

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.

Christmas Treasures Bazaar 2017

It won't be long before **Saturday, November 4th** arrives; so mark your calendars to be sure you don't miss the excitement and bargains that will be found between 1 and 4 p.m. This huge fund raising project needs LOTS of volunteers and many donations so that we can serve both our community and our church. Here is how you can get involved and whom you can contact if you have any concerns that need addressing:

JAMS, JELLIES, PICKLES, RELISHES AND PRESERVES: *Heather Bennett 613-523-6113.* Food Safety Regulations require that all these food items be sold in self-sealing mason style jars.

DELICATESSEN: *Mary Arthur 613-733-6941 or Mabel Bannerman 613-731-5865.* Pre-make and freeze in your homes such foods as cabbage rolls, quiches, tourtières, baked beans and pizzas. Help with making turkey or beef pies at the church.

CRAFTS: *Lynda Coombe 613-733-9982.* Sewing, knitting, Christmas decorations, place mats, potholders, aprons, etc. Christmas-themed items sell well. We'd love some contributions from males as well.

JEWELRY: *Myrna Belo 613-520-3732.* All kinds of costume jewelry including purses, belts and watches.

BAKING: *Marlene Hutchison 613-731-2159 or Nancy McPherson 613-737-7339.* Home baking (pies, bread, buns, loaves, cookies, candy items and squares). Clearly label any items that are gluten-free or that might cause food allergies (those with peanuts, tree nuts, dairy, eggs). Pre-package items in smaller quantities (e.g. half a dozen). **Please: NO** store-bought items.

LADIES BOUTIQUE: *Sue Davidson 613-*

737-1099. Donations of scarves, fine glassware, china and pictures.

GENERAL STORE: *Wayne Bennett 613-523-6113.* Donations include:

HOUSEHOLD ITEMS: all appliances and electronics must be clean and in serviceable condition. Antiques, kitchenware, glassware, miscellaneous household goods, Christmas decorations, attic treasures of all sorts, paintings & prints, picture frames, mirrors, tools and sporting goods. **Please: NO** make-up kits, hair dryers, electric shavers, sinks, plumbing fixtures, skis, or ski boots.

TOY STORE: Clean stuffed toys and dolls, children's books and games.

ELECTRONICS: Radios, phones, electronic games, records, CDs, DVDs, and audio/visual equipment. **Please: NO** TV's, monitors, computers, printers, cassette tapes, VHS tapes.

BOOK ALLEY: Books, books, and more books in readable condition. **Please: NO** magazines, textbooks, encyclopaedias, old computer manuals, vintage self-help manuals or National Geographics.

GARDEN CENTRE: *Karen Humphries 613-738-1604.* Live green plants (garden or house), Japanese Lanterns, Silver Dollars, Bittersweet, dried Hydrangea, seedpods, etc.

CROSS-STITCH CHRISTMAS ORNAMENTS: *Lois Jensen 613-521-6917 or Judy Paré 613-523-0098.* Most ornaments are adorned with beads and all have beaded hangers for attaching to a Christmas tree. A calligrapher will be present to personalize tags.

SILENT AUCTION: *John Durkee 613-521-2051 or Peter Scobie 613-738-9551.* We are looking for quality items that will generate active bidding: gift certificates from well-known local establishments such as hair salons, restaurants, etc., donations of fine china,

crystal, silver, and jewellery, art works, antiques, baskets or any other services that you can offer to others will be greatly appreciated.

TEA ROOM: Visit with your family and friends while enjoying a plate of tasty sandwiches, sweets, and tea. Tickets are \$7.00 along with a bargain from the **BOOK ALLEY:** Have your Tea and then go to the Book Alley, buy a book at regular Bazaar prices and then receive a book of equal or lesser value for **FREE** in exchange for your tea ticket stub.

If you are still looking for another way to volunteer, MANY helpers are required to both set-up and dismantle each of the rooms, before (starting on Wednesday) and immediately after the big event. On Thursday, Friday, and Saturday morning, helpers are needed at the door to assist those who are delivering their donations. On Bazaar Day, November 4th, we also need help with security, operating the elevator, overseeing the coat check room, and providing first aid (should it be required). All high school students are reminded that the time they volunteer can be documented towards their school diploma volunteer requirements. If you have any questions, please contact:

Heather Ingrams, 613-733-8471
Ingrams.heather73@gmail.com
Judy Pare, 613-523-0098,
judy2006@sympatico.ca



Fall Nearly New Sale

The Fall Nearly New sale takes place on Friday, October 13th in the evening and Saturday, October 14th in the morning in Beecroft. We would be grateful to receive your SEASONAL, gently used adult and children's clothing, jewellery and footwear, also kids' toys, and table and bed linens in good condition. The Ladies' Boutique is a good spot to recycle your infrequently worn Better Clothing, and we love to see party and cocktail dresses at this time of year! If you have a pair of sparkly heels you only wore once or an evening bag with bling that's getting dusty, please bring them to Beecroft all day on Thursday, October the 12th and until noon on Friday, the 13th. Many thanks! Questions? Please speak to Nancy McPherson.



Meditation on Sunday Mornings

Increased mindfulness, a deeper appreciation of the moment, an awareness of the Holy in the here and now, lower blood pressure, peace within: these are some of the benefits of meditation. Why wouldn't you give it a try? A small group gathers for meditation 9:10 a.m. to 9:30 a.m. on Sundays, in a dedicated meditation space in the lower Sunday School hallway. Everyone is welcome... And if you would like to know more about meditation in the Christian tradition you can visit: <http://rideauparkspirituality.blogspot.ca/>.

Bakers Needed!

Bakers, get your aprons on and turn your thoughts to whipping up some delectable treats to sell at the Bake Table during the Christmas Bazaar on Saturday, November 4th! As usual, we are looking for items such as squares, cookies, buns, muffins, breads, fruit loaves, small cakes and pies. We know it's time-consuming and a bit tiring to stand and bake, but it is so very much appreciated by the shoppers. We will also be doing our bit for the sale, but we can't be a success without your help. Please identify ingredients, especially nuts, or if a treat is gluten-free. Please package your donations so they are ready to price, and small batches, such as half-dozens, sell well. We will be setting up and pricing on Friday, November 3rd, so we'd love to have your goodies dropped off to the Parlour by 8 p.m. at the latest. Lemon and chocolate are perennial favourites, and cherry pie is always a hit! Questions? Please speak to Marlene Hutchison or Nancy McPherson.

Childcare on Sunday Mornings

As a congregation we strive to be a community that welcomes all ages. Children are always welcome in worship; there are quiet activity boxes in our chapel for use on Sunday morning. Our childcare space will be staffed and open on Sunday mornings from 9:50 a.m. every Sunday. Children age 3 and up are welcome in Sunday School each week. If we can do anything to help make your children comfortable at Rideau Park, please let us know.



Youth Confirmation Classes

Youth Confirmation classes may be offered this year. We would meet one Sunday a month, after church from October through May to discuss our faith and to learn about our faith tradition. If participants choose to they would be confirmed in the spring. We would work out a more precise schedule when we meet together. Confirmation is for those in grade 8 and up. Please speak to Alyce Dunnewold or Rev. Steve if you would like to know more. Email Steve at sclifton@rideaupark.ca to sign-up.

Churchpost submissions

Due: 12 Noon, Sunday, November 4
Pick-up: Sunday, November 11

Submissions to Churchpost can be emailed to:

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

Opentable

Young adult ministry initiative presented jointly by the United, Anglican, Presbyterian and Lutheran communities in Ottawa. An open (free) meal on the last Sunday of each month at St. Albans Anglican in Sandy Hill. Doors open at 5:30 p.m. Dinner is at 6 p.m. An optional program follows. An opportunity to connect with Christian young adults. Visit <http://www.theopentable.ca/> for more information. And now - Open Table 2.0 – serving the Carleton community at Carleton University one week-day at lunch each month. More details will be coming soon.

**Rideau Park Family Sets Sail,
Supporting Coastal Issues!**

By Kristina Inrig

I am writing this article from our family sailboat along the East Coast. I am on my maternity leave right now and our son Benjamin is 3 months old. When I originally planned to take a year off from work (or somewhat off since I seem to have a hard time completely stopping work altogether...), I thought I would be nesting at home with a new baby and rocking him to sleep in a rocking chair. Instead, he is being rocked to sleep beside me by the ocean waves. I'm not sure if I was in my right mind when I agreed to take 9 months of my maternity leave to bring 4 kids under 10 on a 36 foot catamaran, but here I am!

As the Chair of Environmental Action Committee at Rideau Park, I have a passion for sustainability. This is one of the reasons I agreed to this crazy adventure. Through a new organization, Sea Change Canada, we hope to document and support environmental projects in coastal regions. We will be telling stories of sustainability and learning about best practices by the many great organizations already working on these issues. Without starting new projects, we hope to shine a spotlight on groups that are doing good work and are relevant to our community.

This is a family adventure, but it's also a sustainability adven-

ture. Our sailing plan is to travel north from the Chesapeake Bay in the USA where our boat was waiting for us until the baby was old enough to travel. We set out on August 1st and have until the end of April 2018 for this first trip. We will head out to the ocean and travel the east coast until it gets too cold. Then we turn around and head south, crossing over into the Caribbean sometime this winter. We hope to visit many places, document our journey, and learn about interesting sustainability projects as we go.

We invite our sustainability family to keep in touch and follow along. For those interested in family travel and sailing, you can subscribe to our weekly videos: www.youtube.com/c/FamilySailingVlog.

More regular and real time updates are available by liking our Facebook Page: www.facebook.com/sailinghi5. There you will also find links to Sea Change Canada for those interested in sustainability stories along the way.



Curling

The members of the Rideau Park United Church Curling Club have generously made a donation of all of the Club's remaining operating funds to the church, including to the Refugee Fund, the Benevolent Fund, and the Ministry and Programs Fund.

Starting in the 1960s, the Rideau Park Curling Club served curlers in our congregation, other United Churches, and the community for over 50 years. The Club reached a peak of 12 teams (48 curlers per draw) in the mid-1970s while curling at the historic, very drafty, now long-gone, Curl-O-Drome at Lansdowne Park. Starting in the early 1990s, the Club had mostly curled at the RA Centre, with a brief stint at Cityview. Initially seen at Rideau Park in "the 60s" as a men's club (since the women already had the UCW), the Curling Club formally opened its doors to women in the late 1980s. Although new members continued to join, membership in the Club had gradually declined in the past 10-15 years such that it was becoming increasingly difficult to field full teams for league play on Saturday mornings. As a result, the remaining Club members voted reluctantly but unanimously at the AGM in April 2017 to cease operations and to donate the remaining funds to Rideau Park United Church as an acknowledgement of the support in kind that the Church has provided to the Club over the decades.

Memories of the fun, friendships and keen competition will remain with Rideau Park's curlers! Those wishing to continue curling are doing so through leagues at the RA Centre and other curling clubs and facilities throughout Ottawa. T-line weight. Sweep hard! Harder!! Then, coffee, timbits and swapping stories after curling.
Wayne Bond

VBS/Camp Awesome 2017

Thank you to everyone who made our 2017 Camp Awesome so very awesome! We had a full house with 61 children registered. Beyond that many of our youth were working at our VBS : Staff - Julien Quesnel, Ruth Bryce, Rebekah Dillman, Bronwyn Clifton, Allyson Hopkin and volunteers: Dzifa Abegnyah, Meadow Adlard, Caitlin Allo, Clara Brady and Mohammed Iwad. Thanks to Zoe Sherwin for coordinating volunteers and childcare. Thanks to Debi and Debby for all their work too. Thank you to all lent a hand – it is appreciated!

Frozen Berries

Frozen blueberries, raspberries and/or cranberries will be available later this fall and the price of 2 kg of blueberries, 2.5 kg of raspberries, and 2 kg of cranberries will be confirmed in the near future. Berry orders must be accompanied by payment. Please contact Peggy Rader (Prader2_@hotmail.com or 613-733-6851) or Marcia Gosse (Marcia.gosse@sympatico.ca or 613-731-2281) for more information.

UPCOMING EVENTS

September 2017

17 (Sun)	10 a.m.	Covenanting with Sunday School
	11:30 a.m.	Adult Program Coffee Hour
19 (Tues)	9 a.m.	50+ Fitness begins (<i>Tuesdays & Thursdays</i>)
22 (Fri)	6 p.m.	Lobster Supper: For tickets call the office
23 (Sat)	9 a.m. – 4 p.m.	Day to Encounter God
24 (Sun)	11:30 a.m.	“Belief” documentary viewing and discussion
	3 p.m.	Meditative Service
27 (Wed)	11 a.m.	Harmony Club: a monthly social gathering/lunch/presentation for 60+ seniors
29 (Fri)	7 p.m.	Pub Night



October 2017

01 (Sun)	10 a.m.	Worldwide Communion Sunday
	11:30 a.m.	“Belief” documentary viewing and discussion
	2 p.m.	Blessing of the Animals Service
08 (Sun)	10 a.m.	Thanksgiving Sunday
	11:30 a.m.	“Belief” documentary viewing and discussion
09 (Mon)		Thanksgiving Day – Church offices closed
13 (Fri)	6 – 8:30 p.m.	Nearly New Sale
14 (Sat)	9 – 11:30 a.m.	Nearly New Sale
15 (Sun)	2 p.m.	Concert and Tea for refugee fund
22 (Sun)	10 a.m.	Anniversary Sunday: guest speaker Rev. Doug Wilson
	11:15 a.m.	Congregational Meeting
	3 p.m.	Meditative Service
25 (Wed)	11 a.m.	Harmony Club: A monthly social gathering/lunch/presentation for 60+ seniors



November 2017

04 (Sat)	1 - 4 p.m.	Christmas Treasures Bazaar
05 (Sun)		Daylight Savings Time ends; clocks back one hour
	10 a.m.	Remembrance Sunday
	11 a.m.	Mini-Bazaar
	11 a.m.	Christmas Pageant sign-up
	afternoon	Our Hearts Remember: <i>a service to remember our loved ones</i>
12 (Sun)	10 a.m.	Youth and Young Adult Sunday
12,19,26 (Sun)	11:15 a.m.	Pageant rehearsals
19 (Sun)	3 p.m.	Meditative Service
	11:30 a.m.	Fellowship luncheon
22 (Wed)	11 a.m.	Harmony Club: A monthly social gathering/lunch for 60+ seniors
24 (Fri)	5/6:30 p.m.	Roast Beef Dinner: <i>For tickets call the office</i>



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.

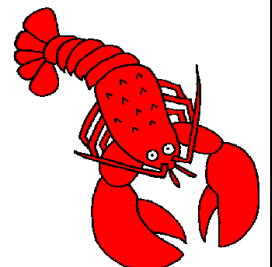
No SCENTS = Good SENSE!



We Are SCENT-FREE

Lobster Dinner!

The 23rd Annual Lobster Supper will be held on Friday, September 22nd, 6 p.m. Treat yourself to a dinner of lobster or steak with salads and home-made pie dessert while visiting with family and friends. Enjoy the musical entertainment. Tickets for this fundraiser dinner are \$40 and may be purchased after the church service on Sundays, at the church office. From the sea to your plate!



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



Healing Prayer Schedule

3 rd Sunday	Chapel	drop-in after the service 3-5 minutes of healing prayer
Sunday Communion	Sanctuary or Chapel	prayer stations 1-2 minutes of healing prayer
Thursdays 1 - 4 p.m.	Meditation Rm (B9)	book in advance 30-40 minute appointments weekly