

CHURCHPOST

RIDEAU PARK UNITED CHURCH



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Minister's Pager #:
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OUR MINISTRY TEAM

Ministers

Rev. Elizabeth Bryce
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 Ext. 224

Rev. Steve Clifton
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Rev. Georgina Fitzgerald
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Organist

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Debi Brown
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Custodian

Paul Sorg
 Ext. 229

Minister's Message

The image of journey -- of an, so devoted to Christ-like service, would have gone through periods in her life where she had no sense of God's presence at all? I applaud both her candor in sharing this and her willingness to continue to serve even when the original divine promptings were no longer present.

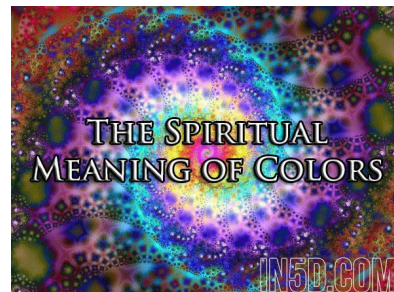
A mature spirituality has, of course, both an inward and an outward expression. We nourish the inward part of our faith through worship, prayer and reflection. But if we are to be faithful to Jesus' example, an equal part will find expression in acts of grace and kindness, and that will require a journey outward into the community and the world around us.

Although I've been in the theology business for over 40 years now, there are still areas of Christian belief that I'm pondering. Perhaps you are too. Should you wish to discuss any of them, my door is always open.

So also, with our spiritual journey. The path to a deeper spirituality, and a more intimate relationship with God, is not a straight line, and it's not always an upward or an unbroken one either. Sometimes we feel that the Divine Presence permeates our being, upholding and guiding us every step of the way. At other times we feel alone and adrift.

Blessings,
 Georgina

Like life itself, our spirituality is subject to change. Even as stalwart a Christian as Mother Teresa had her spiritual ups and downs. Who would have guessed that this wom-



EDITOR: Marcia Gosse, Marcia.gosse@sympatico.ca

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	Jeff Allo, Clerk	
Stewards	John Scollick, Chair	stewards@rideaupark.ca
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Admin. & Communications	Nancy McPherson	admincomm@rideaupark.ca
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Christian Development	Co-Chairs:	christiandev@rideaupark.ca
	Tara Lynne Lockhart	
	Andrea Laliberté	
Pastoral Care	Brian Neal	pastoralcare@rideaupark.ca
Social Action & Outreach	Sandra Weedmark	socialaction@rideaupark.ca
Worship & Music	Co-Chairs:	worshipmusic@rideaupark.ca
	Kate Whitridge	
	Karen Lamb	

RIDEAU PARK UNITED CHURCH

Worship:	10 a.m.
Coffee Hour:	11 - 11:45 a.m.
Sunday School:	10 a.m.

OUR HEARTS REMEMBER

Lorraine Frances Stevenson	May 12, 2018
Gladys Mary Hunter	June 9, 2018
Edward James Boothe	July 21, 2018
William Carson McVey	August 26, 2018
Roger Bently Hillier	August 12, 2018

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. John 11: 25, 26

**Rideau Park's 2019 Fall Stewardship Campaign**

The 2019 Stewardship Campaign Co-chairs are Kristina and Michael Inrig. They graciously agreed to help with this annual campaign to help ensure Rideau Park remains a vital and active community of faith. The congregations time, talents and financial support are crucial to maintaining our presence and continuing our capacity as a centre for spirituality, community and service in the areas of Alta Vista and Ottawa South.

The theme for the campaign **Live Courageously** is found in the Scriptures. It is the fourth in a four-year series based on I Timothy 6:18-19: "They are to do good, to be rich in good works, generous, and ready to share, thus storing up for themselves the treasure of a good foundation for the future, so that they may take hold of the life that really is life." "Live Courageously" also focuses on Psalm 31:24: "Be strong and take courage, all you who wait for the Lord."

The campaign is seeking your ongoing financial support and pledges for: **the Rideau Park Ministry and Programs Fund; the United Church of Canada Mission and Service Fund; and the Rideau Park Property Renewal Fund.**

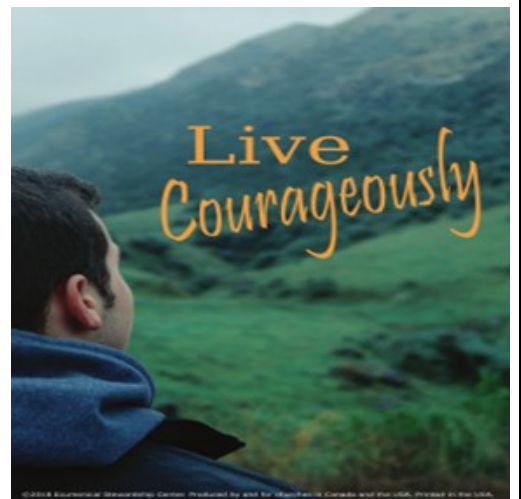
Campaign Dates:

Sunday, September 23rd - Stewardship material to be

- Sunday, September 30th** - picked up; Stewardship Campaign Co-chair speaks to the congregation; First Pledge Now Sunday;
- Sunday, October 14th** - Second Pledge Now Sunday; and
- Week of October 15th** - outstanding pledges distributed and followed-up.

Each year we respond to God's generous Spirit and many blessings with our sustaining financial support

With your commitment we can all experience God's grace and do God's work together for our families, friends, neighbours and others that we may reach out to.



UCW Unit 10 - *The Best Friends a Girl Could Have: Audrey, Beryl, Gerri, Hope, Joan, Lois, Louise, Jessie, Myrna*

Ajolly group of women, we
who call ourselves a family.
For 50 years God's placed us here,
To warm each other's hearts, so dear.

Seven we were at the start
of this new church, Rideau Park,
when roads were few and cows close by,
Farms a plenty and hopes were high.

How young we were, with children growing
we served our church, and, never slowing,
our hands were busy knitting, sewing,
we found the faith to keep on going.

Bazaars were vital to our call
And so we worked from fall to fall.
We baked and served some tasty treats
To teachers, curlers - fancy feasts.

Our monthly meetings would be blessed
With programs offered by our best.
Each one would take her turn to share
Important things and holy prayer.

We'd drink our tea and have a chat
About this thing, then about that:
Family stresses, jobs to do
Cloudy days or skies of blue.

The ladies we call Unit 10
Have always been the best of friends.
A working team - joined as One,
Together we've had years of fun.

Mutual love best describes
the 'Philia' that in these girls abides
for sisters such as these who care
are a group extremely rare.

We're thankful for a lifetime lived
Close to the souls of hearts that give
their love and kindness - all to bless
Each other's lives with happiness.

By Louise Mundle

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!

Harmony Club

Harmony Club is seeking someone to take on the responsibility of organizing programs of interest to our members.

What is required in this role is to:

1. Seek out presenters who have something of interest to bring to our members. In some cases, these will be members of our congregation.
2. Contact them to ask whether they would like to take part in this way.
3. Explain the format of our meetings, seek a suitable date.
4. Confirm and serve as ongoing contact.
5. Request a brief resume.
6. Introduce the presenter. The Convener could assume this duty in the case, for example, of a person who would be prepared to assist but would not be free to attend at the time of the meeting. As well, it could be omitted in the case of someone who isn't comfortable speaking in public.

Meetings take place, each month from September to May, inclusive. Most, but not all, are held on the last Wednesday of the month. In the fall, the week may change to avoid conflicting with preparations for the bazaar. It is moved up, in any case, in November and December.

If you are interested in this responsibility, please let the church office know.

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.

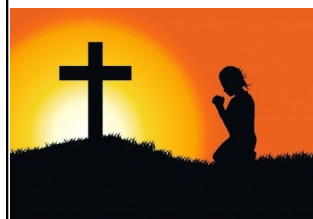
Maplewood: 11 a.m., 3rd Tuesday of the month.

Clementine Towers: 7 p.m., 3rd Thursday of the month.

Perley-Rideau Veterans: 2 p.m., Sunday, every couple of months.

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.

Rideau Park's New Website

Rideau Park has a new website which is a contemporary-looking, user-friendly site that incorporates Rideau Park's impressive history, its vibrant present, and, gives a sense of what our future as a community of faith can become. As I worked on this project, along with many other people, I gained a keen appreciation for Rideau Park's beginnings and the time and commitment that were required to build and establish it solidly. I see that it was a labour of love.

For several months, many members of staff and our congregation have contributed their technical expertise, analytical skill, practicality, humour and imagination to this project. I wish to thank, in particular, Kristie Marr, Lynda Becker, Greig Scott, Pat Whitridge and Elizabeth Bryce for their painstaking review of the existing website and their suggestions for a 'new and improved' version. The project would not have gotten off the ground without the assistance of Ron MacPherson, Ken Tong, Wayne Bond, Debby Gerro, Debi Brown and Steve Clifton. Thank you to Marjorie Melick and Don Ford for their wisdom and technical knowledge.

The new site can be found at the same address on the Internet - www.rideaupark.ca - and I hope you enjoy getting to know it. I am particularly pleased with our increased use of photos and our unlimited Calendar of Events. If you have an event taking place next year - or the year after! -- please don't hesitate to send details to Debby Gerro so it can be added and anticipated. If you find any errors, please notify us, and we will ensure that corrections are made. If you have questions about some of the new features, I would be delighted to answer them. This is a lively and 'living' website. By that I mean that it will always have something new to share and to pique your interest, while offering the practical information and, of course, access to our live streaming service, that we have long appreciated.

Lastly, my thanks to Adam Maclean of APM Solutions. He is a fine designer and an infinitely patient person.

Nancy McPherson,
Chair, Administrative-Communications Committee

Sunday Webcasts Update

We often say time flies and for our worship service webcasts this is very true. Since 2013, Rideau Park has video webcast its weekly worship services - more than 250 services, pageants, bell and choir concerts, weddings and funerals. In 2015, we began editing the webcasts and making them available on the Rideau Park website link <http://rideaupark.canwebcast.net/archives/> to our webcasting host Collaborate Video. In 2017 we received a \$10,000 Presbytery Mission Strategy Grant that allowed us to upgrade our webcasts to high definition (HD).

The ability to view the service live for those living at a distance or unable to attend because of physical limitations has been welcomed by the congregation. Our members at seniors' homes can enjoy this service as well as those travelling or on an extended vacation. The archived services provide for catch-up if a service or event is missed.

Viewing reception is available on iPhone, iPad, android devices, home and office computers as well as Apple and like TV devices.

If you have questions or comments concerning the webcasting, you can speak to me or use my email - brian.hamilton1@gmail.com. Should you wish to support this ministry please indicate "Webcasting at Rideau Park" on



HEALING PATHWAY

Healing Pathway Schedule

We pray with our hearts and our minds, but we can also pray with our hands. Healing Pathway practitioners are trained to invite God's love and healing energies to flow through their hands for the highest good of the receiver.

Thursdays weekly

- ◆ 1 - 4 p.m.
- ◆ Meditation Rm (B9) - **book in advance**
- ◆ 20-40 minute appointments

3rd Sunday of the month

- ◆ 7 - 9 p.m.
- ◆ Meditation Rm (B9) - **book in advance**
- ◆ 20-40 minute appointments

Sundays

- ◆ Chapel drop-in after the service
- ◆ 3-5 minutes of healing prayer

Sunday Communion

- ◆ Narthex - prayer stations
- ◆ 1-2 minutes of healing prayer

Rideau Park Knitters

The UCW Supply and Welfare is looking for knitters to knit mitts, hats and scarves for those in need. There is wool available in the white drop-off box outside Steve's office that you are welcome to use. Please put finished projects in the white box to be delivered. Thank you for all your help in this important outreach. If you have questions, please call Lynda Coombe at 613-733-9982.

Steve on Sabbatical

On June 1st, Steve Clifton began a time of sabbatical, which is a time set aside for God. He will return to work on October 1st.

Christmas Treasures Bazaar 2018

It won't be long before **Saturday, November 3** 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.

PRINCESS BOUTIQUE: *Heather Ingrams 613-733-8471.* Tiaras and children's jewelry.

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 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 3, 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

The night before Christmas

UCW is recycling

The UCW is recycling:

- Used eyeglasses for the Third World eye clinics,

- Used postage stamps for Oxfam,
- 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.

Deli Pie Making

UCW Unit 2's Fall Deli Pie Making sessions are underway. If you are available some **Tuesday or Thursday mornings (September 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!

Affirming Ministry

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.

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 starting on Sunday, **September 16, at 11:30 a.m. in the Parlour**. Questions? Contact Iain Macpherson, Music Ministry Coordinator, 613-733-3156 ext. 301 or choirdirector@rideaupark.ca

Gentle Yoga

Mid-week **Mindfulness** on **Wednesdays at 5:30 p.m.** AND/OR **Energize Your Fridays at 9 a.m. have started.** 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

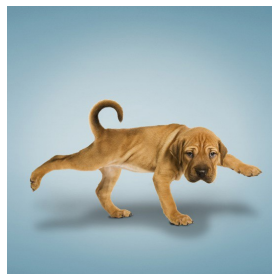
\$72 for 12 weeks (1 class per week) or \$130 for 24 classes (2 classes per week). *Drop-in fee is \$8.* Classes end on December 12 and 14. For more information, call the church office (Mon-Fri 9 a.m.-4 p.m.) at 613-733-3156 ext. 229 OR Lynda Spalding at 4livingyoga@gmail.com or 613-422-3565.

Exercise

The **50+ Fitness Group** has started its fall session on Tuesdays and Thursdays from 9 - 10 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 for 23 classes, ending Thursday, December 6. Fees are payable at the first class. Come by and give us a try. Drop-in fee is \$8. For more information, call the church office (Monday-Friday 9 a.m.-4 p.m.) at 613-733-3156 ext. 229.

Chair Yoga

Fall classes have begun, until 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 a.m.-4 p.m.) at 613-733-3156 ext. 229 OR Lynda Spalding 4livingyoga@gmail.com or 613-422-3565.



Knitting

Mondays, **12:30 - 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 Noon**, 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 Noon**, 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.

Euchre, Anyone?

DID YOU MISS IT? I bet you did! You missed the first day of Rideau Park EUCHRE but don't worry, this fun Seniors Group meets every Thursday, at Rideau Park at 1 p.m. 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.

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 can be found at www.rideaupark.ca/files/rideaupark/Content/Church. Looking forward to hearing from you.



UPCOMING EVENTS

September 2018

16 (Sun)	10 a.m.	Covenanting with Sunday School; Sunday School begins
21 (Fri)	6 p.m.	Lobster Supper: For tickets call the Church office
26 (Wed)	11 a.m.	Harmony Club: a monthly social gathering/lunch and presentation on a variety of topics for 60+ seniors
28 (Fri)	6 - 8:30 p.m.	Nearly New and Book Sale
29 (Sat)	9 - 11:30 a.m.	Nearly New and Book Sale
30 (Sun)	10 a.m.	Orange Shirt Day
	11:30 a.m.	Stewardship Campaign kicks off
		Environmental Action Lunch and Learn



October 2018

2 (Tues)	10 a.m.	Coffee Break (weekly)
7 (Sun)	10 a.m.	Thanksgiving Sunday
8 (Mon)		Worldwide Communion Sunday
14 (Sun)	2 p.m.	Thanksgiving Day - Church offices closed
21 (Sun)	10 a.m.	Blessing of the Animals
	11:30 a.m.	Anniversary Sunday with Eloi Gunn, guest speaker
24 (Wed)	11 a.m.	Congregational meeting
28 (Sun)	11:30 a.m.	Harmony Club: A monthly social gathering/lunch/presentation for 60+ seniors
		Affirming Ministry Workshop



November 2018

3 (Sat)	1 - 4 p.m.	Christmas Treasures Bazaar
4 (Sun)	11 a.m.	Daylight Savings Time ends; clocks go back one hour
	2:30 or 3 p.m.	Mini-Bazaar
11 (Sun)	10 a.m.	Our Hearts Remember Service
16-18 (Fri-Sun)	all day	Remembrance Sunday
18 (Sun)	10 a.m.	Ontario Youth Parliament
21 (Wed)	11 a.m.	Youth and Young Adult Sunday
		Harmony Club: A monthly social gathering/lunch/presentation for 60+ seniors



December 2018

2 (Sun)	10 a.m.	Advent I worship service with the celebration of Communion
	11:15 a.m.	Advent Happening (following the service): a time of gathering with the family to create your own gingerbread house and share lunch
3 (Mon)	7 p.m.	"Ringing in Christmas" Handbells Concert
5 (Wed)	1 p.m.	UCW Candlelight service and AGM
	11 a.m.	Harmony Club's Christmas Party
	7:15 p.m.	Advent evening retreat
9 (Sun)	10 a.m.	Advent II worship service
	7:30 p.m.	Christmas Celebration Concert: Choirs, Handbells, brass
11 (Tues)	4 p.m.	Ottawa Presbytery meets at Rideau Park for its historical last meeting
12 (Wed)	7:15 p.m.	Advent evening retreat
16 (Sun)	10 a.m.	Advent III - White Gift Sunday - Children's Christmas Pageant
19 (Wed)	7:15 p.m.	Advent evening retreat
20 (Thurs)		Christmas Cheer packing
21 (Fri)		Christmas Cheer delivery
23 (Sun)	10 a.m.	Advent IV worship service



Meditation in the Christian Tradition

Pease. Awareness. Mindfulness. Groundedness. Meditation is good for you: mind, body and spirit. A small group meets for silent meditation from 9:10 - 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: <http://rideauparkspirituality.blogspot.ca>. We will continue to meet each Sunday through the summer.

Next Churchpost Submission

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).

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