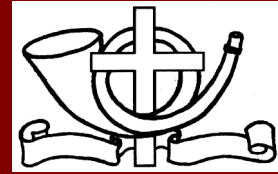


CHURCHPOST

RIDEAU PARK UNITED CHURCH



Minister's Message

Rideau Park's website:
www.rideaupark.ca

E-mail:
info@rideaupark.ca

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

On Sunday mornings before the church service, a small group of people gathers in our meditation room and silently meditate together for 20 minutes or so. Silent meditation often involves focusing on our breath. We breathe slowly, deeply, mindfully...a focus on the breath helps clear our minds, unclutter our thoughts, so that there is room for God within.

Meditation includes deliberate breathing. We breathe all the time whether we think about it or not, but meditators often begin with a focus on their breath. We slow our breath, relax our breathing, and breathe deeply. Breathing may be part of spiritual practice. Simple mindful breathing can be a form of prayer.



Whether we are mindful of our breath or not, we do it while we live, from our first breath to our last. We breathe about 16 times a minute, 23,000 times a day. Every minute we exchange about 6 litres of air, 6 in and then 6 out.

Rhythmically. Involuntarily or mindfully. In and out. Out and In. Inhale, then exhale. When you breathe, you take in what is life giving and blow out what is not. When it comes to breathing, we understand that, if you want to inhale, you have to exhale first. But, in other parts of life, we get confused. We just keep trying to fill up our lives more and more and more. We do not remember to get rid of what is old and unnecessary. We forget to exhale...

If you are like most modern people your life is pretty full...probably a little too full. Do we know that we sleep two and a half hours less each night than people did 150 years ago? We work longer hours than did the average medieval peasant. Children may feel overscheduled. Even retired people complain about there not being enough time to accomplish all that they want to do in a day. Our days just fill up. One in every two Canadians acknowledges feeling squeezed by overfull schedules; their lives are too crowded...too busy.

In a few weeks, we begin the season of Lent. Lent is a time to exhale, to clear out the clutter, to make room for the new. Lent is a 40-day season, a time of spiritual renewal. People abstain from things; give up things to make room for the new, for the better.

Marie Kondo has become famous helping people to mindfully declutter their lives. Things are given away with gratitude. Things are kept if they "spark joy". We breathe out what is not needed. We breathe in that which gives life. Lent is a lot like this.

Before we can take in, receive, inhale God's life and spirit, consider what takes up space in our life that we might clear away? Before you can breathe in that which gives life and joy you have to breathe out. In the days to come, let's remember to exhale.

Steve Clifton

EDITOR: Nancy McPherson, nmcpherson@rogers.com

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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.

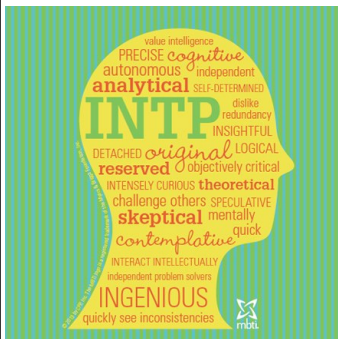
OUR HEARTS REMEMBER

Tony Bernard November 22, 2018
 Paul Woolner December 10, 2018
 Lorne Gold December 11, 2018
 Dorothy Brown December 11, 2018
 Donald Tait January 5, 2019
 Tabitha Jean F. Lewis January 10, 2019
 Doug Taylor January 25, 2019
 David John McOnie January 29, 2019

*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

Myers-Briggs Workshop

If you'd like to gain a deeper understanding of yourself and those with whom you live and work, the Myers-Briggs Personality Type Indicator can help with that. A series of four workshops will be offered on April 7, 14, 28 and May 5 if sufficient interest is indicated. The workshops will be held on Sundays from 11:30 a.m. to 12:45 p.m. Cost is \$20. Pick up a pamphlet on the Sunday School counter to learn more. Speak to

Georgina or email her (gfitzgerald@rideaupark.ca) if you plan to attend. Also, let her know if you'll require child care. This is a fundraiser for the Refugee Committee.

UCW Recycles...

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 and NO Campbell Soup labels** as they have stopped their program.



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

Meditation

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, visit: <http://rideauparkspirituality.blogspot.ca>.



Voices of Rideau Park II Concert

If you have a "voice" – a song, a piece, an offering – and would like to be featured in this celebration of talent at Rideau Park, please contact



Music Ministry Coordinator Iain Macpherson, 613-733-3156 ext. 301, by March 15, to add your voice to the event. It takes place

on Sunday, April 7 in the Sanctuary at 2:30 p.m.

Spring Nearly New Sale and Book Sale

The spring sales take place on Friday, April 26 (6:30 p.m. to 8:00 p.m.) and Saturday, April 27 (9:00 a.m. to 11:30 a.m.). Drop-off of gently used clothing, shoes and other accessories for all ages will be received gratefully on Thursday, April 25 and Friday, April 26 until noon in Beecroft Hall. If you are desperate to drop things off early, please contact Nancy McPherson at 613-737-7339 or email nmcperson@rogers.com. We are also happy to have table and bed linens, fabrics, knitting and sewing-related items.

The same guidelines apply to donating your gently used books – please, no magazines or encyclopaedia sets! Drop-off in Brackenridge Hall would be very helpful. Many thanks!



BAKE SALE



Unit 7 will hold their annual fundraiser bake sale during coffee hour on Sunday, April 7. Mark the date on your calendar and plan to do your Easter baking "shopping". Look forward to seeing everyone there.

Camp Awesome

Summer is coming. And with summer comes Camp Awesome. Our annual VBS runs the week of August 19 to 23. Registration will be open in March through our church website. Youth volunteers will also be needed. For more information, please speak to Steve Clifton.



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. Questions?

Contact Iain Macpherson, Music Ministry Coordinator, 613-733-3156 ext. 301 or choirdirector@rideaupark.ca.



"Bells in Spring" Concert

Sunday, May 5 at 7 p.m. in the Sanctuary. Featuring Rideau Park's five choirs and guest choirs from Trinity Presbyterian, St. Andrew's Presbyterian, and Emmanuel United Churches.



Harmony Club

Harmony Club for seniors 60+ meets on Wednesdays once a month from September to May. At each meeting, there is a presentation from 1:00 p.m. to 2:00 p.m. on a topic of interest to seniors, meeting in the Parlour. It is free, open to all, and prior notice is not required. The dates for winter to spring 2019 are February 27, March 27, April 24 and May 29. Wheelchair accessible. For more information, please call the office at 613-733-3156 x229.

Gentle Yoga

The spring session at Rideau Park is at 5:30 p.m. on Wednesdays, April 3 to May 29 AND/OR 9 a.m. on Fridays, April 5 to May 31. Yoga enhances other exercise routines with mindful, therapeutic stretching, strengthening and balance work. For males and females, all ages.

Chair Yoga: Fridays, 10:30 a.m. to 11:30am, April 5 to May 31. Gently revive flexibility, strength and balance using a chair for support.

Fees for all spring yoga classes: \$48/8 classes or \$8/drop-in fee. Classes are led by Lynda Spalding, Certified Yoga Instructor/Yoga for Seniors Instructor. Questions: Call Lynda at 613-422-3565 or email 4livingyoga@gmail.com



Affirming Ministry

In May 2017, our congregation began to explore the possibility of our becoming an Affirming Ministry. What is an Affirming Ministry?

Affirming Ministries are congregations, and other ministries within the United Church, that publically declare their commitment to inclusion and justice for people of all sexual orientations and gender identities. Although Affirming Ministries make an explicit statement about issues of sexuality and gender, their commitment to justice is far broader. They continually grow and change as they seek to live more fully into God's way of welcome, love, and justice for all creation. Affirming Ministries work in many different ways toward the healing and wholeness of creation: challenging bias and discrimination based on appearance, culture, class, or age; working to end racism; promoting economic justice; increasing accessibility; caring for the planet. Affirming Ministries seek to go beyond issues of gender diversity and sexual orientation to work for justice and inclusion for all people. (Open Hearts: Resources for Affirming Ministries in The United Church of Canada)

Our Session formed an Affirming Ministry group to lead our affirming process.

- This group has held discussions with all congregational committees, Session, and Council, as well as with many constituencies in the congregation, including a large gathering of our young adults.
- We have been in conversation with our neighbors at Emmanuel United, which became an Affirming Ministry in 2017.
- We have walked with other United Church communities in the Capital Pride Parade in each of the last two summers.
- We have held two educational events. First, we welcomed Aaron Miechkota and the Iridesce project in February of 2018. Then, in the fall, at the suggestion of our young adults, we welcomed Daniella Noël, Education Coordinator at the Canadian Centre for Gender and Sexual Diversity, who led us in a workshop on how to be an ally to the LGBTQ+ community.
- Sermons and Churchpost articles have lifted up the Affirming discussion and have invited dialogue.
- In addition to dialogue and education, our Affirming group has written a new inclusive congregational Vision Statement. This has been endorsed by Session and Council and will be coming to our February Congregational Meeting for approval. We have also created an Action Plan that puts the vision into motion.



On Sunday, May 12, we plan to have a congregational meeting after the church service where the congregation will have an opportunity to vote on whether Rideau Park will become an Affirming Ministry.

In May, it will be two years since our Session formed an Affirming Ministry group. We are grateful for the conversations that we have shared and would welcome further dialogue as this process draws to its close. Group members are: Diane Keevil Harrold, Lorna McCrea, Marilou Reeve, Nadia Senyk, Alyce Dunnewold, and Bob Nelson, with Elizabeth Bryce and Steve Clifton as pastoral support. Feel free to approach group members with questions or perspectives.



Texas Cake (Brownies)

This is the recipe Elizabeth used for the brownies in her children's story in January, with the gluten-free option. It frequently makes an appearance at Hearsay too!

Texas Cake (Brownies)

2 cups flour (for gluten-free, use gluten free flour and an extra egg)
 1/2 cup sour cream
 1 3/4 cups sugar
 1 tsp. baking soda
 2 eggs (or 3 for gluten free)
 1 cup margarine
 1 cup water
 2 Tbsp. cocoa
 1/2 cup chopped walnuts (optional)

In large bowl, mix flour, sour cream, sugar, baking soda and eggs together. In small saucepan, bring margarine, water and cocoa to a boil. Add hot cocoa mixture to first mixture and mix well. Add walnuts. Stir and pour into greased and floured 15 1/2 x 10 1/2 inch "jelly roll" pan. Bake at 350°F for 20 minutes.

Frosting

1/2 cup margarine
 3 Tbsp. cocoa
 6 Tbsp. milk
 4 to 5 cups icing sugar

Bring margarine, cocoa and milk to a boil. Add icing sugar. Spread warm over the Texas cake.



Mediterranean Cruise

Sail the beautiful Mediterranean and Aegean Seas on a 14-day cruise aboard the Emerald Princess, May 17 to June 1. Visit Italy, France, Spain, Montenegro, and the islands and mainland of Greece. While mini-suites and balconies are sold out, there are still some inside and outside cabins available. Cost for an inside stateroom is \$3,700, without airfare or gratuities included; with both it's \$5,439. Pick up a brochure at the church, visit the Rostad Tours website, or speak to Georgina for more details.



Next Churchpost Submission

Due: 12 Noon, Friday, May 3, 2019
Pick-up: Sunday, May 12, 2019

Submissions to Churchpost can be emailed to:

nmcpherson@rogers.com

and should include the name and phone number of the author(s).



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.

UPCOMING EVENTS

February 2019

| | | |
|------------------------|------------|------------------------------------|
| 15-18 (Fri-Mon) | All day | Ontario Youth Parliament |
| 18 (Mon) | All day | Family Day (church offices closed) |
| 24 (Sun) | 10:00 a.m. | Baden-Powell Sunday |
| 27 (Wed) | 11:00 a.m. | Harmony Club for Seniors 60+ |



March 2019

| | | |
|------------------|---------------------|--|
| 1 (Fri) | 2:00 p.m. | World Day of Prayer (at Riverside United Church) |
| 3 (Sun) | 10:00 a.m. | "Oh, Jonah!" musical |
| 5 (Tues) | 5:30 p.m. | Shrove Tuesday Pancake Supper |
| 6 (Wed) | | Lent commences |
| 6 (Wed) | 7:15 p.m. | Ash Wednesday service and Encarna |
| 10 (Sun) | 10:00 a.m. | Lent 1, Communion service |
| 16 (Sat) | 9:00 a.m.-3:00 p.m. | E-Waste Depot |
| 17 (Sun) | 10:00 a.m. | Healing service |
| 26 (Tues) | 7:00 p.m. | Movie: "Won't You Be My Neighbour?" |
| 27 (Wed) | 11:00 a.m. | Harmony Club for Seniors 60+ |



April 2019

| | | |
|-------------------|----------------------|---|
| 7 (Sun) | 10:00 a.m. | Dedication of Lamb window |
| 7 (Sun) | 11:00 a.m. | Bake Sale |
| 7 (Sun) | 2:30 p.m. | Voices of Rideau Park II Concert |
| 14 (Sun) | 10:00 a.m. | Palm/Passion Sunday |
| 18 (Thurs) | 5:45 p.m. | Seder Supper/Maundy Thursday service |
| 19 (Fri) | 11:00 a.m. | Good Friday service (church offices closed) |
| 21 (Sun) | 10:00 a.m. | Easter Sunday service |
| 22 (Mon) | | Easter Monday (church offices closed) |
| 24 (Wed) | 11:00 a.m. | Harmony Club for Seniors 60+ |
| 26 (Fri) | 6:00 p.m.-8:30 p.m. | Nearly New and Book Sale |
| 27 (Sat) | 9:00 a.m.-11:30 a.m. | Nearly New and Book Sale |
| 28 (Sun) | 10:00 a.m. | Easter II – Communion |
| TBD | 5:30 p.m. | Spring Dinner (late April/early May) |



May 2019

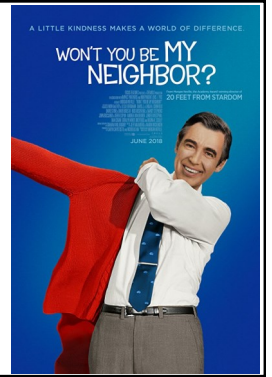
| | | |
|-----------------|------------|--------------------------------------|
| 3 (Fri) | 12:00 p.m. | Churchpost submission deadline |
| 5 (Sun) | 7:00 p.m. | "Bells in Spring" Handbells concert |
| 12 (Sun) | 10:00 a.m. | Mother's Day/Christian Family Sunday |
| 20 (Mon) | | Victoria Day (offices closed) |
| 29 (Wed) | 11:00 a.m. | Harmony Club for Seniors 60+ |



*Come and find the quiet centre in the crowded life we lead,
find the room for hope to enter, find the frame where we are freed:
clear the chaos and the clutter, clear our eyes, that we can see
all the things that really matter, be at peace, and simply be. (VU #374)*

Annual Movie Night: Tuesday, March 26, 7:00 p.m.

Join us for the Social Action Outreach Committee's annual movie night. "Won't You Be My Neighbor?" is about the guiding philosophy of Fred Rogers, Presbyterian minister and children's advocate. From 1968 to 2001, Mr. Rogers kept little ones out of their parents' hair by offering a half-hour program designed to counter the cartoon violence and frenetic pacing of other kids' shows on the air. The film was nominated for numerous awards, including the Independent Spirit Award for Best Documentary Feature, and was chosen by *Time* magazine as one of its top ten films of 2018. "Won't You Be My Neighbor?" is the highest-grossing biographical documentary of all time.

**Recycle Your E-Waste and Divert Toxins from our Landfills!**

The Refugee Committee will be holding an E-Waste Recycling Program on Saturday, March 16 from 9:00 a.m. to 3:00 p.m. Ontario Electronic Stewardship (OES) will recycle your used electronics. We get paid by the tonne, so clean out your basements and garages, and bring in your old TVs, VCRs, DVD, Blu-Ray players, audio and stereo equipment, cameras, phones and cellular devices, laptops, computers and all accessories, printers, speakers, remotes, gaming systems, etc. Proceeds will go to Rideau Park's Refugee Fund.

**Vesey's Spring Planting Flower Bulbs and Seeds**

The Refugee Committee will be selling Vesey's spring bulbs and seeds, starting Sunday, February 24, until noon Wednesday, April 17, during coffee hour or through the church office. Proceeds will go to Rideau Park's Refugee Fund

**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.

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

**HEALING
PATHWAY**

Full sessions are offered most Thursdays, by appointment between 12:30 and 4:00 p.m., and once a month on Sunday evening between 7:00 and 9:00 p.m. To book an appointment, please email healingpathway@rideaupark.ca, or speak to Sharon Sanderson or Brian Neal. Healing prayer is also offered in the Chapel, immediately following the service, every Sunday of the month. No appointment is needed for these shorter, 3-5 minute sessions.

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