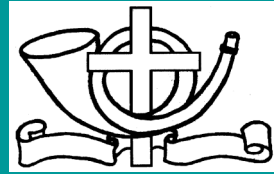


CHURCHPOST

RIDEAU PARK UNITED CHURCH



Minister's Message

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Listen more, draw on holy patience, and have faith

As I write this column I am very aware of my privilege today. I am thankful that I live in a quiet corner of suburban Ottawa, where semis and transport trucks have NOT been parked for the current demonstration on Parliament Hill. I am NOT losing sleep because of horns honking or lights flashing. I do NOT feel afraid to step out my door to do the necessary errands that keep our household working. I count this as a privilege, because I know some of you have had your home life or work life terribly disrupted. You will likely be receiving this ChurchPost more than a week after I am writing for it, so I am praying that resolution of the occupation has taken place, and that life has returned to "pandemic normal 4.0".

In the spring of 2020 one of my favourite comedians, Julie Nolke, started doing a series of short videos called *Explaining the Pandemic to My Past Self*. I am sure when she started it she never realized how much material it would generate. Or that it would go viral (20 million views and counting!). Or that she would become an "overnight success". After 13 years of study and casting calls and auditions and rejections, of course. You can listen to her tell her own story in this Ted Talk: <https://www.youtube.com/watch?v=azuip14tmE>.

We often talk about "hindsight 20/20". There is new irony in those numbers that are shared by a perfect score in an eye test and the year we lost our ability to predict or see what was around the corner. Wouldn't you love to go back to early 2020 and tell your past self what to look out for, to stock up on yeast or to trim down your expectations for travel in the next few years?

How about some other aspects of your past life? Say you had the opportunity to go back several decades and inform your old attitude towards the 2SLGBTQ+ community, or the racialized community. If you had the opportunity to enrich your previous faith journey with the faith questions and beliefs you have now in 2022, what would you say?

More importantly, do you think your past self would have listened? With the demonstration this week and the voices I have heard in the media, I am reminded once again how hard it is to change someone's mind, or heart, or path. It is an incremental process that calls us to listen more than we speak, to draw on a deep well of holy patience, and to have faith in God who will lead us all to healing and justice and well-being.

And I would probably tell my 2003 self that we chose the right house in Ottawa. Thanks be to God!

Elizabeth Bryce



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Ken Tong, Chair council@rideaupark.ca
 Pat Whitridge, Past Chair vicechaircouncil@rideaupark.ca

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Stewardship Gavin Currie, Chair stewardship@rideaupark.ca
EOORC Representative Doug Robinson
Ministry & Personnel Jeffrey Allo, Chair mandp@rideaupark.ca
Trustees Mike Presley, Chair trustees@rideaupark.ca
United Church Women Nancy McPherson, President ucw@rideaupark.ca

Committees (Email addresses are on RPUC website)

PEOPLE
Drew Presley, Liaison
Congregational Life Alyce Dunnewold, Chair
Nominations Marilyn Law, Chair
Pastoral Care Brian Neal, Chair
Congregational Dev. Greig Scott, Chair
PROGRAMS
Steven Neal, Liaison
Worship & Music Karen Lamb and Sharon Sanderson, Co-Chairs
Social Action & Outreach Lynn Sherwood, Chair
Christian Development Tara Lockhart and Andrea Laliberté, Co-Chairs
Environment Kristina Inrig, Chair
RESOURCES
Ron MacPherson, Liaison
Finance Bob Roden (Treasurer), Chair
Property Brian Hamilton, Chair
Stewardship Gavin Currie, Chair
Administration & Comm. Kristie Marr, Chair

RIDEAU PARK UNITED CHURCH

Worship (online): 10 a.m.
Coffee Hour: Suspended
Sunday School: Online

OUR HEARTS REMEMBER

We hold in our thoughts and prayers the families and loved ones of these Rideau Park friends who have passed away:

Margo Osudar November 29, 2021
 Audrey Henry December 20, 2021
 Robert Seeley January 14, 2022
 Walter Conrad January 29, 2022



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

Seeking Duty Officers

The Property Committee needs multiple volunteers who can act as Duty Officers at the church to host week-night activities and ensure that the building is secured at the end of the day. If you are interested, contact the administrator@rideaupark.ca.

"As I Grow Older"

A poem provided by Mabel Bannerman

Lord, Thou knowest better than I know myself that
 I am growing older, and will some day be old.
 Keep my mind free from the recital of endless details
 – give me wings to get to the point.
 Release me from craving to try to straighten out everybody's affairs.
 I ask for grace enough to listen to the tales of others' pains,
 Help me to endure them with patience.
 But seal my lips on my own aches and pains – they are increasing and
 my love of rehearsing them is becoming sweeter as the years go by.
 Teach me the glorious lesson that occasionally it is possible
 That I may be mistaken.
 Keep my voice reasonably sweet; I do not want to be a saint –
 Some of them are so hard to live with – but a sour old woman
 Is one of the crowning works of the devil.
 Make me thoughtful, but not moody; helpful, but not bossy.
 With my vast store of wisdom it seems a pity not to use it all –
 But Thou knowest, Lord, that I want a few friends at the end.

Annual Congregational Meeting

The Annual Congregational Meeting takes place on Sunday, February 27 at 11:30am, following the Church service. Annual Reports and the agenda will soon be available for download on the www.rideaupark.ca website. The Zoom link and report will be sent by email. If you require a printed copy, please email administrator@rideaupark.ca.

Christmas Shoebox Outreach

Thank you to Heidi, Sean, Allyson, Haden and Nessa. The Hopkin family has shepherded our Christmas Shoebox outreach, in support of the Heron Road Community House and Minwaashin Lodge, for 7 years. Thank you for this great gift. And we are happy that Laura Presley is taking on this program for 2022.



Finance Committee Note



Year two of the pandemic again presented many of the challenges we faced in year one. While restrictions eased up during the summer, they tightened again towards the end of the year. Even with these ever-changing circumstances, the church was able to pivot seamlessly between live and online services. Strong support from the congregation through your donations, and from the government through their various assistance programs, allowed us to keep staff on the payroll for the entire year. In addition, we were able to keep the Christmas Cheer and the Shoebox programs going and to fulfill our Mission and Service commitments to the national church. We ended 2021 with a substantial surplus, which has enabled us to build up our reserves.

The committee would like to thank members of the congregation, staff and volunteers for helping make 2021 another successful year under difficult circumstances. We look forward to your continued support in 2022.

The Rideau Park Finance Committee

Canada Summer Job Grant

Rideau Park has applied for a summer job grant. It will be a few months before we know the status of our application, but hopefully we will be able to offer a student position this year.

Collecting Personal Care Items

Social Action and Outreach will resume collecting personal care items on Monday, April 25. Details will be available via congregational email closer to the date.

Children's and Youth Ministry News

Online Sunday School and Youth Drop-in are continuing. Thank you to Meg Steele, Allyson Hopkin and Peter Osudar for working each week to make this possible. Contact [Steve Clifton](#) for the Zoom coordinates.

Meditation Group Online

The Meditation Group meets weekly on Thursdays at 10am. Meditation is not difficult. You can't be bad at it. It is just sitting in silence with intention in the presence of God. And its benefits are many. Come join in and give meditation a try. Contact [Steve Clifton](#) for the Zoom link. [Click here](#) to learn more about Christian meditation or check out the videos on our [YouTube channel](#).



Council News – January 26, 2022

- Council Executive has proposed **returning to in-person worship on March 6**, with a limit of 40 worshippers, then gradually increasing capacity. There is a requirement for those attending to be **fully vaccinated**, according to Ottawa Public Health Guidelines, except for children under 5.
- Property Committee needs multiple volunteers who can act as **Duty Officers** at the church to host week-night activities and ensure that the building is secured at the end of the day. If you are interested, contact the administrator@rideaupark.ca.
- Council reviewed the **proposed 2022 Budget**, for approval by the congregation at the annual meeting.
- On Saturday, February 19 a number of area congregations are meeting to discuss "**cluster**" initiatives we might work on together, including outreach and faith formation. We are looking for 3 representatives who would be willing to attend on RPUC's behalf; contact ebryce@rideaupark.ca if you are interested.
- The **ANNUAL CONGREGATIONAL MEETING** will be held on **Sunday, February 27 at 11:30 a.m. over Zoom**. Annual reports and the agenda will soon be available for download on the www.rideaupark.ca website. The Zoom link for the meeting and report will be sent by email. If you require a printed copy of the report, please contact administrator@rideaupark.ca.
- Since this is Council's last meeting before the annual meeting, a number of Council members are completing their terms. We thank them for the wisdom and work they have offered to the congregation over their time on Council.

World Day of Prayer, March 4, 2022

This year, the service has been written by women from England, Wales and Northern Ireland. The theme is "I Know the Plans I Have for You", Jeremiah 29:1-14. A video can be downloaded from <https://www.wicc.org> (the Women's Inter-Church Council of Canada) for free. Community TV stations broadcasting this recording can be found at <https://www.wicc.org/get-involved/events/>. More info for viewing the service will be provided, as available, in a congregational email.

Healing Pathway

Practitioners are available for healing prayers over the phone, and also host a YouTube [Healing Circle](#) session on Sundays at 11:15am on our [Rideau Park YouTube channel](#).



UCW Update

This is the 60th anniversary of the National UCW. A conference to celebrate this is taking place in June in Sydney, Nova Scotia. Details are in this month's issue of the UCW Newsletter, emailed February 5 to UCW members at Rideau Park. The RP UCW hopes to hold a special UCW-led service sometime this year to celebrate the history and accomplishments of the national organization. We'll keep you posted via congregational email and updates to the UCW page on www.rideaupark.ca. We may even be making live announcements when we get access once again to in-person church services. Fingers crossed.

At this time, UCW members are actively working on an online frozen soup sale March 2-3, an online bake sale March 30-31 by unit 7, the 2022 Easter Memorial Card Project in April, and there are tentative plans for an outdoor Nearly New clothing sale in May. Details for the frozen soup sale and the bake sale are below and will be posted online shortly on the Programs/UCW page of www.rideaupark.ca. We look forward to celebrating World Day of Prayer on March 4. We will also be organizing another Merry Dairy ice cream fundraiser in June, as well as the UCW General Meeting the first Monday in June.

All this to say we are very much committed to continuing our fundraising and outreach activities as well as possible under circumstances, which can change weekly. We appreciate the congregation's encouragement and financial support, and hope that 2022 will be even more successful than 2021.

Stay well, stay warm and, as Debi Brown's email signature says, stay sane.

Nancy McPherson, UCW President



Soup-er Winter Fundraiser

Soup-makers of Rideau Park: If you would like to make some comfort food for our weary congregation, here's your chance. Please notify Lisa Sadler at 613-400-8009 if you will rustle up some soup. Frozen soup needs to be ready by February 26. Sale will run March 2-3. Orders by phone only, please, to Sandra Weedmark from 7pm to 9pm at 613-731-6447. Curbside pick-up on Saturday, March 5 between 10am and 11am.

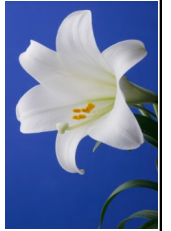


UCW Easter Memorial Project

As an Easter Memorial project, our UCW will be sending hand-made cards to families who have experienced the loss of a loved one this year, as well to members of Rideau Park who continue to be shut in, either at their home or a retirement and/or long-term care home. The UCW hopes that these cards will be a cheery reminder that they are remembered and thought of by Rideau Park at this lonely and difficult time.

We will publish the Memorial List as a special Easter Congregational Bulletin.

Thank you for your continued support of our Easter memorials, remembering those we have loved and lost, and those in our congregation who can no longer be an active part of our family.



Bake Sale

Unit 7 will hold their annual bake sale fundraiser virtually again this year. There will be lots of delicious home baking (cookies, squares, pies, muffins, etc.). Sale will run March 30-31 with curbside pick-up on Saturday, April 2. Please watch the RP website for details on purchasing and pick-up.

Next ChurchPost Submission

Due: 12 Noon, Friday, May 6, 2022

Pick-up: Sunday, May 15, 2022

Submissions to ChurchPost can be emailed to:

nmcperson@rogers.com

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

Black History Month

Did you know there are extremely informative and interesting books available through the United Church Bookstore at www.UCRDStore.ca? For instance, *Reflections on Emancipation and Anti-Black Racism for Canada*, a collection of reflections on the relevance of the celebration of the abolition of slavery for Canada from theologians, historians and pastors. There is also a thought-provoking series of blogs at <https://united-church.ca/blogs/round-table/get-out-my-face>. One is about the experiences of a member of the UCC, now living in Brantford, ON, upon starting school as a young girl fresh from Jamaica. Worth a read.



Help for Centretown Residents

By the time you read this, it may be irrelevant. I hope so! Should you be a resident of Centretown, you should know there are volunteer groups set up to help people having a hard time during the trucker protest. If you are feeling frightened or anxious about walking alone to get groceries or other outdoor errands, there is help. A volunteer group called Safety Walks Ottawa (SafetyWalksOttawa@gmail.com) was started this month. It vets its volunteers and will send you two people to escort you to and from your home safely. The Good Companions Centre (<https://thegoodcompanions.ca>) can also help you. As well, there is an organization called Counselling Connect (<https://www.counsellingconnect.org/>) if you need to speak to someone.

We know, from the paper, TV and social media, that many residents are suffering during the trucker protest. In particular, BIPOC, aboriginal youth, LGBTQ2S+, Muslim and Jewish people, women alone or staying in women's shelters, and other vulnerable people are being verbally abused. Wearing a mask is a red flag, it seems. I participated in a Zoom call on February 4 called Outlasting the Convoy, chaired by a local MPP. Suddenly, someone on the call interrupted a young black woman invited to speak. It was a racist, expletive-filled rant, written multiple times in the chat column. Disgusting and alarming, and thank goodness it was just online. It gave me an insight, however, into how threatened some of our fellow citizens must feel when confronted by a protester.

For other sources of emergency assistance, please see <https://linktr.ee/OttawaMutualAidandAction>. Please remember, you are not alone in this situation.

Nancy McPherson



Tips and Tricks for Using Rideau Park's YouTube Channel

Many features in YouTube are meant to help, but may seem confusing. However, there are a few simple things you can do to make things easier and to optimize your listening and viewing experience. This article is intended for people using the Rideau Park United Church YouTube channel, but it is broadly applicable for any YouTube users.



It is not always obvious how to find what you are looking for on YouTube. If you have never used YouTube before, simply go to "youtube.com" in your internet browser and use the YouTube search window to look for "Rideau Park United Church". But then you will have to browse through a long list of videos trying to find the specific one you are looking for. The search list will include not only all the videos on our channel, but many other videos, including ones that YouTube will suggest for you and that have nothing to do with Rideau Park.

You have two main options to shortcut the search process for a video:

1. Use an Address Link

- Ask someone to send you a link to the video that you want to watch, then simply click on the link in your email, or copy and paste the link into the address bar of your browser (Firefox, Safari, Internet Explorer, Chrome, Edge, etc.).
- With the video open in your internet browser, you can create your own bookmark and use that bookmark anytime later that you want to re-watch that video.
- To watch one of our two Distance Healing Circle videos, go to the Rideau Park website, specifically the Healing Circle page, to find the links: <https://www.rideaupark.ca/programs/spirituality/rideau-park-healing-circle/>. From that page, click on either of the two YouTube videos, as shown below in this excerpt from the Healing Circle page:

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.

[Distance Healing Circle \(Classical music\) – YouTube video](#)

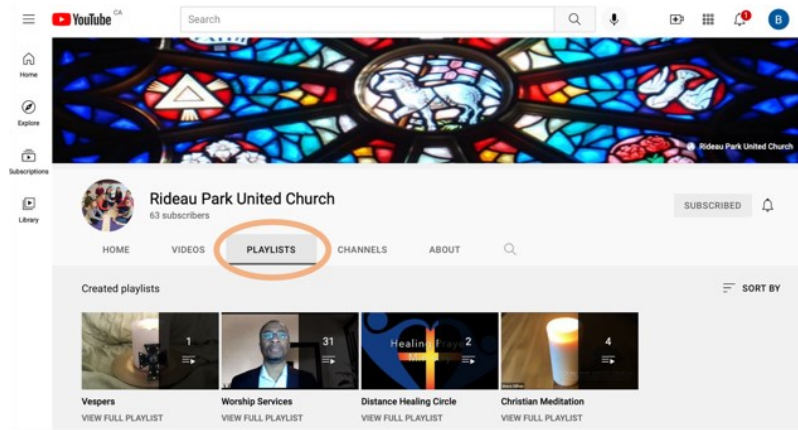
[Distance Healing Circle \(New Age music\) – YouTube video](#)

Continued on page 6

Tips and Tricks for Using Rideau Park's YouTube Channel (Cont'd from page 5)

2. Use YouTube Features

If you have a YouTube account, there are other handy features you may want to check out, including the *Save* button. With the *Save* feature, you can put your favourite videos into a *Playlist*, so you don't have to search through the whole channel looking for them. Your saved video playlists will appear when you select the *Library* view. Our Rideau Park YouTube channel already has pre-saved *Playlists* that sort our content and make things easier to find when you are browsing our channel, as shown below.



Avoiding Ads

Rideau Park United Church does not invite advertisers to place ads on our channel, but last year YouTube changed their policy. Now ads can be placed on any videos published in the public space. One of our videos, in particular, has been attracting ads, starting soon after it surpassed 100 views, specifically the Distance Healing Circle (Classical music) video. Although you can usually press the *Skip Ad* button after a few seconds to move on to the actual video, it is possible to avoid the ads altogether if you can access a copy of the video in the unlisted section of our YouTube channel. Because of these ads, both of the Distance Healing Circle videos are now available in our unlisted section. Of course, to access them you have to have the link. The links to these unlisted copies are the ones provided on the Rideau Park Healing Circle webpage, as already described above.

Note: Rideau Park has no control over these ads and is not promoting anything.

Stopping Autoplay

If you are listening to a meditation video or a healing circle video, you probably don't want YouTube to launch immediately into another video that it picks randomly for you. To avoid this, select *Autoplay* to Off. This widget is usually found along the bottom of the window when you pause the video or move the cursor to hover over the video.

Brian Neal



Autoplay Button Highlighted above is "On"
(Click once to turn "Off")

Rideau Park United Church
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