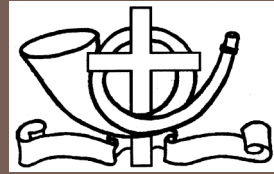


# CHURCHPOST

## RIDEAU PARK UNITED CHURCH



### Minister's Message

Rideau Park's website:  
[www.rideaupark.ca](http://www.rideaupark.ca)

E-mail:  
[info@rideaupark.ca](mailto:info@rideaupark.ca)

Telephone #:  
 (613) 733-3156

Fax #:  
 (613) 733-1657

### OUR MINISTRY TEAM

#### Ministers

Rev. Elizabeth Bryce  
[ebryce@rideaupark.ca](mailto:ebryce@rideaupark.ca)  
 Ext. 224

Rev. Steve Clifton  
[sclifton@rideaupark.ca](mailto:sclifton@rideaupark.ca)  
 Ext. 225

Rev. Georgina Fitzgerald  
[gfitzgerald@rideaupark.ca](mailto:gfitzgerald@rideaupark.ca)  
 Ext. 226

#### Organist

Andrew Ager  
[organist@rideaupark.ca](mailto:organist@rideaupark.ca)  
 Ext. 223

#### Music Ministry Coordinator

Iain Macpherson  
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#### Church Administrator

Debi Brown  
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 Ext. 228

#### Custodian

Geoff Scollick  
[custodian@rideaupark.ca](mailto:custodian@rideaupark.ca)  
 Ext. 229



### Living with Uncertainty

For a long time, I thought of the pandemic as temporary. A return to life as I knew it, where hugging a friend wasn't a luxury, and attending a funeral didn't put you in danger, was always just around the corner. This past spring, I thought we'd arrived at herd immunity and freedom from masking and other restrictions would be here soon. I was sure of it. Not anymore. Reality has replaced wishful thinking.

COVID is still with us. Eighteen people who were on the tour I took of Newfoundland in July tested positive for it. Within the past month, two family members did, as well. What's changed is my attitude toward it. Like many people, I'm coming to view COVID as more like the seasonal flu. I'd prefer not to catch it but I'm not taking as stringent measures to avoid it as I did in the beginning. I'm learning to live with a certain level of risk.

Humans have always lived with a degree of uncertainty. It's part of our nature as temporal, corporal beings subject to accident and illness. Most of the time though, thoughts of harm coming our way are kept at the back of our minds. The pandemic moved those thoughts forward. Despite vaccinations and booster shots, we know COVID can still find us.

Continuing uncertainty is hard to cope with, especially when our personal safety is involved. But since that seems to be our lot for a while yet, what can we do to make it less stressful? For one thing, we can focus on those things in our lives that we have certainty about: the affection that exists in our families; the support of friends; the comfort of daily rituals and familiar routines; and the sense of purpose and hopefulness we experience as followers of Jesus. With these good things in place, let's try to hold positive thoughts about the future, to enjoy small pleasures in the moment and, yes, even to dream a little of a time when life will return to normal.



Let's attempt to make our lives as rich and full as we can, while still exercising the level of caution our age and personal health situation warrant.

Let's help each other get through this!

*Georgina Fitzgerald*



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 Heather Ingrams, Vice-Chair [vicechaircouncil@rideaupark.ca](mailto:vicechaircouncil@rideaupark.ca)

**Permanent Committee Representatives**

**Stewardship** Gavin Currie, Chair [stewardship@rideaupark.ca](mailto:stewardship@rideaupark.ca)  
**EOORC Representative** Nancy McPherson  
**Ministry & Personnel** Vacant [mandp@rideaupark.ca](mailto:mandp@rideaupark.ca)  
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**United Church Women** Nancy McPherson, President [ucw@rideaupark.ca](mailto:ucw@rideaupark.ca)

**Committees (Email addresses are on [RPUC website](#))****PEOPLE****Drew Presley, Liaison**

**Congregational Life** Judy Paré, Chair  
**Nominations** Patricia Whitridge, Chair  
**Pastoral Care** Brian Neal, Chair  
**Congregational Dev.** Greig Scott, Chair

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**Social Action & Outreach** Lynn Sherwood, Chair  
**Christian Development** Meg Steele, Chair  
**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:** 10 a.m.  
**Coffee Hour:** Suspended  
**Sunday School:** 10 a.m.

**OUR HEARTS REMEMBER**

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

Margaret Sturley	May 10, 2022
John Brian Irvine	May 21, 2022
Hyacinthe Wade Howard	June 20, 2022
Marilyn Follett	July 31, 2022
Dianne Ferguson	August 3, 2022
Douglas Boyd	August 5, 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

**Euchre Anyone?**

The Euchre Club resumes its regular activities on Thursday, September 15 at 1pm in the Parlour. The cards are fun but the friendship and laughter are more important! All ages and stages welcome. Contact Rod Hagglund at [rhagglund@rogers.com](mailto:rhagglund@rogers.com) or 613-866-9791 for further information.

**Harmony Club**

Have you been wondering what is happening with Harmony Club? Well, we will be starting up again in the fall on Wednesday, September 28. You are invited to a coffee/tea social and music, 10:00-11:30am in the church parlour. There will even be home-baked goodies!

This event is open to everyone over the age of 60 and not limited to church members, so if you have family or friends that would enjoy the event, please bring them along. We look forward to seeing everyone and catching up on September 28.

**Youth Music Programs**

Youth choir/drumming will begin September 15 at 6pm. This activity is open to all students in grades 4+. We will be learning some fun choral pieces as well as West African drumming skills. Please contact [Iain Macpherson](mailto:Iain Macpherson) for more details or to register.

Grace Notes Bells start September 22 at 6:45pm and is an activity open to all students in grades 5+. The handbell group will prepare fun bell music to be eventually performed around Christmas and/or Easter. Please contact [Andrea Laliberté](mailto:Andrea Laliberté) to register or ask questions.

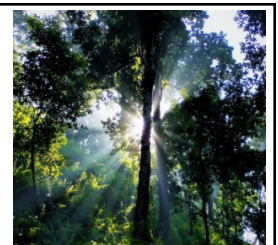
**HEFC Walk-a-Thon**

Step Up and Step Out to Stop Hunger! The Heron Emergency Food Centre is sponsoring a walk on Saturday, September 17 from 9am to 12pm to raise money to purchase food. For more info, see [Rideau Park's website](#).

**Forest Church**

Sunday, September 25 at 4pm

Come and join us as we take time for prayer with all God's creatures in Cunningham Forest. We meet in front of the church – dress for the weather!



### What's Going on at Rideau Park

**We are open!** Since the spring, our church has been open for in-person Sunday services. In step with Ottawa Public Health guidelines, we no longer require registration or masks to attend on Sunday. Groups of all kinds are meeting again during the week.

**Sunday School** is restarting for in-person classes, and childcare will be provided every Sunday morning, starting September 11. We are grateful to the teachers and childcare providers who make this possible. We are looking for more volunteers to help with teaching, even if it's as an occasional substitute. There are lots of curriculum options and we will offer support to our volunteers as needed. If you would like to know more or have a few Sundays to give, please get in touch with Steve: [sclifton@rideaupark.ca](mailto:sclifton@rideaupark.ca).



**Meditation Group Online:** Thursdays at 10am. For two years now, a group has gathered on Zoom to share 20 minutes of quiet, peace, and mindfulness. To join in the live group, please email Rev. Steve Clifton ([sclifton@rideaupark.ca](mailto:sclifton@rideaupark.ca)) to receive the Zoom invitation. For those who cannot attend online, meditation videos are posted on our website and [YouTube channel](#) for use at another time.

**Youth Confirmation:** A group of young people met online from October through May 2021 in preparation for confirmation. After many months of waiting, we are finally going to celebrate confirmation on Sunday, September 25. We look forward to that time of celebration.

The first few Sundays of the fall are eventful:

- ♦ September 11: Sunday School opens for the fall. Lunch provided after the service
- ♦ September 18: Our Affirming anniversary. Guest speaker Bailey Eastwood. Lunch provided after the service.
- ♦ September 25: Youth Confirmation and Communion
- ♦ October 2: Orange Shirt Sunday – Guest Speaker Kaitie Jourdeuil

### Healing Pathway

**What is it?** Healing Pathway is a United Church program that develops the skills and gifts of healing hands within the Christian tradition, and fosters development of healing ministries in congregations and other communities. It has been active in Canada for over 30 years.



**How does it work?** The Healing Pathway practitioner serves as a channel for God's grace and healing energy. Practitioners are not the source of the healing energy; they are merely the instrument. The aim is to restore balance and harmony within the energy system and thus enable the natural self-healing processes within us.

**How does it help?** A Healing Pathway session can:

- ♦ Facilitate healing after injury, surgery or an illness
- ♦ Provide relief from pain, including chronic pain
- ♦ Provide comfort and spiritual support in times of stress
- ♦ Promotes well-being on all levels: physical, emotional, mental and spiritual
- ♦ Help prepare for a surgery
- ♦ Speed recovery from cancer treatments

**Appointments:** In a typical session, two or more practitioners work with you in a private setting for anywhere from 15 to 45 minutes. The receiver can be sitting or lying down. The practitioners never work alone, unless a family member can be present during the session. There are no fees, and you do not have to be a member of the Rideau Park congregation to receive healing prayer. Anyone can make an appointment.

Rideau Park is currently offering appointments on Thursday afternoons between 12:30 and 2:30pm.

**Exceptions:** Healing Pathway does not replace traditional medicine and health care. Healing Pathway complements traditional medicine and health care by working at the energy level to expedite the healing process and the natural ability of the body to heal itself.

For information about Rideau Park's Healing Pathway Ministry, or to make an appointment to receive healing prayer, you can send an email to [healingpathway@rideaupark.ca](mailto:healingpathway@rideaupark.ca), or speak to Brian Neal or Sharon Sanderson.

### 2023 Stewardship Campaign

Cathy Hollands has graciously agreed to Chair our 2023 Stewardship Campaign. This year, we continue with the “Faithful, Hopeful, Loving” stewardship theme by uplifting the message of “Loving”. We are guided in scripture by ***They (we) are like trees planted by streams of water, which yield their (our) fruit in season*** (Psalm 1: 3a).

Life is seldom a straight line – time and events bring both blessings and challenges. Experiences, including education, graduation, marriage, moving to a new home, children, job and income changes, loss of loved ones, and life changes from aging and the pandemic, have patterned our lives.



This year’s stewardship theme challenges us to continue to see the numerous ways Rideau Park helps us through these life changes. Living in our community of faith and love, our life journeys are supported with Christian education, small group fellowship, spiritual growth and musical enrichment. Our senior years are sustained by our traditions of ever-present pastoral care. Participating in community together builds fellowship, and shares experiences and resources in our efforts to help our faith journey, our local community, and the world beyond.

Rideau Park United Church chose to establish itself in Alta Vista and the community of Ottawa South. Its roots are deep, and we, the members of the congregation, have chosen to participate and grow together in the life and work of Rideau Park.

Rideau Park is not separate from the world around us nor an escape from life. It is not just for ourselves. The well of hope and love at the heart of Rideau Park is a gift from God, which has been entrusted to us to benefit all.

We are called to care for this gift and share our hope and love beyond our own community. The congregation’s time, talents and financial support are crucial to maintain our presence and vitality as a centre of spirituality, community and service.

In addition to your time and talents, 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

September 18	Stewardship material pickup
September 19-20	Materials distributed by mail and email
Sunday, September 25	Campaign Chair speaks to the congregation
September 28 onward	Stewardship pledges returned
October 19	Follow-up for outstanding pledges

We are thankful for your past generosity and welcome your support and participation in this year’s campaign.



#### Next ChurchPost Submission

**Due: 12 Noon,** Saturday, November 12, 2022

**Pick-up:** Sunday, November 20, 2022

Submissions to *ChurchPost* can be emailed to:

[nmcpherson@rogers.com](mailto:nmcpherson@rogers.com)

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

#### Collection of Personal Care Items and School Supplies

The Social Action and Outreach Committee (SAOC) is collecting donations of personal care items on the last Monday of each month to be distributed in low income communities in Ottawa South. We gratefully receive donations of items including personal hygiene products, toilet paper, disposable diapers, feminine hygiene products, toothbrushes and toothpaste, etc.

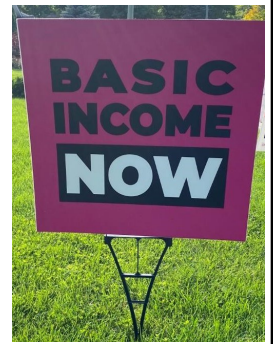
SAOC has expanded their collection of needed items to include school supplies as well as personal care items for their next collection on September 26 from 1-3pm.



### Basic Income Now

*By Lorraine Busby and Lynn Sherwood*

Anyone passing by Rideau Park Church this summer will have seen the **BASIC INCOME NOW** signs in front of the church. These signs have been posted by the Social Action and Outreach Committee to remind folks that the United Church of Canada has for many years endorsed the concept of a basic liveable income for all Canadians. Additionally, this past May, Rideau Park sponsored a webinar, hosted by Rev. Elizabeth Bryce, and organized by Basic Income Ottawa, to explore the need for a basic liveable income for Canadians.



What is **Basic Income** about? The ongoing effort to achieve a Guaranteed Livable Income for those in need is part of a Canada wide movement, supported by numerous groups at the national, provincial, and municipal levels. These groups are coordinating their efforts to create a groundswell of support to ensure that we all have enough money to meet basic requirements for food, housing, health care, and community transportation. Check out [Basic Income Canada](#), [Ontario Basic Income Network](#), and [Ottawa Basic Income Guarantee](#) for more information.

As individuals, we can also influence decision-makers to support this cause. We want to encourage you to consider these suggestions to support a basic liveable income for us all:

1. Donate the cost of a **Basic Income Now** sign (\$10) through the Social Action and Outreach Committee at Rideau Park. These signs can be displayed on church and private property to create awareness of our ongoing community support for everyone to have enough money to live on. During national, provincial, and municipal elections, these signs may also be loaned out to political candidates from any political party who declare themselves allies in establishing a guaranteed livable income. Contact [administrator@rideaupark.ca](mailto:administrator@rideaupark.ca) if you want to purchase a sign.
2. Check out the slate of candidates on your local election ballot and consider whether they are supporters of a guaranteed livable income/basic income. Across Canada, there are both candidates and elected government members from all major political parties who individually support the concept of a guaranteed basic income, especially when implemented without taxing the majority of Canadians. For the upcoming Ottawa municipal elections, see: [https://en.wikipedia.org/wiki/2022\\_Ottawa\\_municipal\\_election](https://en.wikipedia.org/wiki/2022_Ottawa_municipal_election)
3. Show your support for Bills C-223 and S-233, which recommend a national program with regional differences in the cost of living for Canadians over the age of 17 to realize a Guaranteed Livable Basic Income. You can do this by writing an email or using the [UBI Works'](#) online "Contact your MP" template. Please c.c. [takeaction@united-church.ca](mailto:takeaction@united-church.ca).
4. Request free 2"x2" square Basic Income Now stickers to place on the back of your cell phone or other visible locations to start discussions on the importance and value of this initiative. Have fun meeting new people who are curious to learn more about the benefits of ensuring people have enough money to live on. Contact [administrator@rideaupark.ca](mailto:administrator@rideaupark.ca) for a sticker.

#### Quilting

**T**hursdays, 9:30am to 12pm, ladies meet in the Parlour to enjoy fellowship and make beautiful quilts.

#### Knitting

**J**oin other knitters on Mondays, 12:30pm to 3:30pm in the Parlour. For information, contact Doreen Hamilton at [ucw@rideaupark.ca](mailto:ucw@rideaupark.ca).

#### Meditation Group Online

**T**he 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](#).



#### Welcoming Luncheons at Rideau Park on September 11 and September 18

**A**s we begin a new fall season, please join us for lunch, coffee, juice and conversation around 11am on Sunday, September 11 and/or September 18, after the worship service. If you're a long-time member who has been away, we want to welcome you back; if you are a newcomer to the neighbourhood, we look forward to meeting you. The luncheon is free of charge. There is lots of space to eat, meet, and greet, both inside the church and outdoors. Hope to see you there!

## UCW Update



**Merry Dairy ice cream fundraiser:** While the amount raised this year (\$374) was significantly lower than last year's effort, by about \$650, we were still able to send donations to three indigenous charities. The difference was probably due to the timing – with the sale running into mid July – and folks being away. Cheques were mailed to the United Church of Canada Healing Fund, the First Nations Child & Family Caring Society, and Tewegan Housing for Aboriginal Youth.

**Bazaar planning** for this fall is underway, so please see the info from Patricia Whitridge (below and on page 7) for details about donating, volunteering, and shopping. Co-convenors Patricia Whitridge and Nancy Begg-Durkee are organizing two events: the outdoor, in-person sale on Saturday, September 24, and the online food sale, first week of November. Something to look forward to!

Details of the UCW Candlelight Service will be shared in November's *ChurchPost* and the UCW Newsletter, as well as the monthly congregational email, closer to the date.

I hope everyone had a good summer, and feels replenished and enthusiastic as we enter autumn, the new school year, and the resumption of several of our church activities.

Nancy McPherson, UCW President

## UCW Bazaar News

**Date:** September 24, 2022. Outdoors, in person – 10:00am to 2:00pm

**Drop-off at the Church begins on Tuesday, September 20.** Contact the following individuals to make other drop-off arrangements, get answers to your questions or to volunteer. Space is limited; please be discerning when deciding what to donate.

**Convenors:** Patricia Whitridge [Whitridge.patricia@sympatico.ca](mailto:Whitridge.patricia@sympatico.ca) (613-822-4726) and Nancy Begg-Durkee [nandjdurkee@ncf.ca](mailto:nandjdurkee@ncf.ca) (613-614-2051) or [rpucbazaar@rideaupark.ca](mailto:rpucbazaar@rideaupark.ca) will reach both.

**BOOKS:** Bob Roden at 613-526-0531 or [bob1.rodan@yahoo.ca](mailto:bob1.rodan@yahoo.ca) Mysteries, fiction, and biographies. **Please, only softcover books that are in good condition, and no magazines.**

**BOUTIQUE:** Sue Davidson at [sueknits@lycos.com](mailto:sueknits@lycos.com) or 613-296-4708 (cell) or 613-737-1099 (home) may be contacted for all questions. **Nothing chipped, scratched or broken.** Fine china and crystal dinnerware (sets of 4 or more), serving dishes, china cups, silverware, silver plated or Stirling silver trays, fine china decorative pieces, knickknacks, collectible glassware and crystal. **In good condition only.** Brand-name purses, wallets, belts, gloves, and scarves; unopened soap sets, matching candles, sets of bed linens, fancy towel sets, kitchen and dining linens, and lace items, fabric, and unused toiletries. High-end costume or fashion jewellery, vintage jewellery, semi-precious stone earrings, necklaces, and bracelets. **No plastic or unmatched items.**

**Crafts:** Ruth Scobie at 613-738-9551 or [prscobie@rogers.com](mailto:prscobie@rogers.com) All kinds and varieties of crafts are welcomed. Let your imagination run wild.

**General Store:** John Durkee at [nandjdurkee@ncf.ca](mailto:nandjdurkee@ncf.ca) or 613-304-4739 (cell) or 613-521-2051 (home). Does your donation answer the question "Would you buy this item?" Items **MUST** be clean and in working order. **NO plumbing, lighting fixtures or luggage.**

**KIDS' KORNER:** Heather Ingrams at 613-733-8471. Kids' jewellery, board games, puzzles, small toys, and costumes.



*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)*



**RPUC OUTDOOR BAZAAR**  
 Saturday, September 24, 2022  
 10:00am to 2:00pm

**Drop-off Schedule for Outdoor Bazaar Donations**

For information by phone, please contact Patricia Whitridge 613-822-4726 or Nancy Begg-Durkee at 613-614-2051  
 or by email at [rpucbazaar@rideaupark.ca](mailto:rpucbazaar@rideaupark.ca)

Activity	Room	Tuesday, September 20 9am-5pm	Wednesday, September 21 1pm – 8pm	Thursday, September 22 1pm – 8pm	Friday, September 23 9am – 5pm	Contacts
<b><i>Boutique:</i></b> Jewellery, purses, scarves, glassware, crystal, dishes, etc. Good quality only.	Parlour  West Side	X	X	X	X	Sue Davidson  613-296-4708 (cell) 613-737-1099 (home)  <a href="mailto:sueknits@lycos.com">sueknits@lycos.com</a>
<b><i>Book Alley:</i></b> Mysteries, fiction, biographies  Soft cover in good condition.	Walkway	X	X	X	X	Robert Roden  613-526-0531  <a href="mailto:bob1.roden@yahoo.ca">bob1.roden@yahoo.ca</a>
<b><i>Crafts of all kinds:</i></b> Sewing, knitting, placemats, aprons, potholders, woodworking	Parlour  East Side	X	X	X	X	Ruth Scobie  613-738-9951  <a href="mailto:prscobie@rogers.com">prscobie@rogers.com</a>
<b><i>General Store:</i></b> Household goods clean and working. No plumbing, lighting fixtures, or luggage.	Bracken- ridge	X	X	X	X	John Durkee  613-304-4739 (cell)  <a href="mailto:nandjdurkee@ncf.ca">nandjdurkee@ncf.ca</a>
<b><i>Kids' Korner:</i></b> Kids' jewellery, games, small toys, puzzles	Library		X	X	X	Heather Ingrams  613-733-8471



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