



Reach Out



Glen Cairn United Church Newsletter

Sunday Service 10:00 AM

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<http://gcuc.ca>

We are called by God to be a welcoming church where we respect differences and build Christian community, as we learn, grow, celebrate, and reach out in faith.

Minister's Message

Submitted by Brian Copeland

Every time it happens, it seems like a miracle to me: the coming of spring. Sitting in my office at church there are still mounds of snow covering the front lawn and banks of it across the street. We had our January thaw which we knew wouldn't last, but come March there will be something different in the air. The south winds will win their battle against the north. The sun's rays will shine long and bright and warm the earth like an incubator warming an infant child. And then one day, we will be heard saying to each other, 'I think spring has finally arrived.' And it will be a miracle.

Jesus performed miracles, changing water into wine, breaking a few loaves of bread into a banquet feast, and we wonder sometimes if this can really be, can miracles live in our rational mind. But then spring comes, and no matter how many years I have thrived in its return, it comes anew and together we rejoice. Jesus brought new life out of old, hope out of despair, and in the final count, life out of death. These are miracles of grace and of love.

For some, we need a miracle in our life. We need a change of situation, a change of location, a change of spirit, which will allow us to experience the fullness and joy of life again. I trust that God has planted such a seed within us all, and as this winter gives way to spring, as it has from the beginning of creation itself, you may rediscover that seed of spring in your souls and let God nurture it to life.

And for others, our ministry is to care for and nurture those seeds of hope. To let the miracles of life abound and rejoice in their arrival. I was reminded in the thaw that we had to dig a small path through the snow to the city drain. The engineer said that so long as you dig a small opening the water runoff will indeed find its way to the drain. Sometimes we just need that other person to come into our life and dig a small lead through the snow so that we can find our way home, so that we can find our way to new life.

Even as we linger in what the hymn writer called, 'the bleak mid-winter' may the seed of spring in your souls begin to find its growth, and bring each of you to the abundance of new life.

UCW

Just a short note to let you know what's happening in UCW the next couple of months.

We have chosen not to have our meeting in February since the next day, Tuesday, February 12; we will be at church hosting the Presbytery Meeting and Dinner. We are serving a delicious and healthy turkey and vegetable casserole and salad dinner.

In March we are going to entertain ourselves with a movie night. And in April we are having a special guest. David Sherwin is coming to speak to us about Faith and Arts Ottawa. He's been dreaming about coming back so I believe we'll open up the presentation to everyone.

If you would like to be part of UCW or have some program ideas, please contact Martha Townshend Colford.

Outreach Corner

Submitted by Shirley Bishop, Outreach Chairperson

On January 20th the Outreach Committee held the first ever GCUC VIM-Outreach Exhibition and what an event it was! VIM-Outreach Committee members and associates were on hand to share information about proposals for use of VIM funds in GCUC mission-related programs in our community. Four displays were set up, one for each of the candidate proposals. Many congregation members visited the booths while snacking on post-Service goodies and fully twenty-eight people took the time to write down their thoughts and suggestions on each program! The Committee was humbled and uplifted by the interest and enthusiasm shown by the congregation. It is truly inspiring to be part of this congregation of souls.

At the *Food for Thought* display, Bev Armbruster and Holly Egan had home-made hummus, fresh veggies and delicious smoothies on hand to demonstrate just how easy it can be to make (and eat) a healthy snack. Aimed initially at pre-teens, *Food for Thought* could expand to include younger children and older youth in a creative, caring and fun environment that would help to counteract what health professionals know to be the negative mental, physical and social effects of poor nutrition.

The *New Ventures* display, represented by Joy Craigie and Helen Mar, was chock full of information for the bereaved. An innovative, activity-based support program, it is aimed at helping people adjust and reconnect to life and community after the loss of their life-partner.

Joined by Susanne Jacobson from QuickStart, John Toft discussed the huge difference the *Next Steps* program could make in the lives of infants who have been pre-diagnosed on the autism spectrum. Called “potentially ground-breaking” by one congregational member, the *Next Steps* professionally run Drop-In Centre would give parents a safe place to practice vital behavioural techniques with their child and, at the same time, get support in a loving environment of encouragement and hope during a time of uncertainty, anxiety and adjustment.

With a Power Point presentation on *Oasis* programs running in the background, Emmett Will and Peter Bishop chatted with visitors about the kind of support this program could offer to the *families* of people with mental illness - the partners, parents and siblings who suffer in silence along with their loved one, but who have nowhere to turn for a break, an understanding word and an uplifting of spirit during a time of turmoil and unpredictability in their own lives.

By the time this article is published, Council, acting on the recommendation of the VIM-Outreach Committee, will have made the decision about the one program to go forward as the “VIM-Outreach Program for 2013”. Many people in the congregation have remarked to me and other members of the VIM-Outreach Committee on the difficulty of choosing only one from among these four exceptional programs. Indeed it will be difficult - even heart-rending. As always when called to set a course, we will trust in the Living Spirit of God moving among us to help us discern the way forward.





Ministry and Personnel Committee
Submitted by Anne McEwan, Chair

As the congregation begins the preparation for the AGM, I realize that the M & P expenses are often the largest portion of the annual budget. We are extremely fortunate that at Glen Cairn, we can say that these monies are more than well spent. Our “human resources” are energetic, skilled and dedicated to what they do. Along with our volunteers, they provide the public face to the values and the goals of Glen Cairn United Church. I am always in awe of their ability to go above and beyond in everything they do.

As of the writing of this article, we are still looking for someone to fill the position of Custodian of the church. This important position often works in the “background” to ensure that our most important physical asset is in top shape for the members as well as the numerous groups that rent space in our building. If you or anyone you know is interested in working in a dynamic organization for two hours per day, please contact Delma Murray or any member of the M & P committee.

This will be my last article as chair of this wonderful committee; effective after the AGM, Jim Power has agreed to assume the duties of this position and I know he will do an amazing job. To the present members of the committee; Delma Murray, Jim Power, Martha Townsend Colford, Heather MacDonald, Caitlin Johnson and Peter Bishop, I would just like to say THANK YOU all for your contributions to our committee and the life of the church.



Red & White Gift Sunday is February 10. During the service, the children will be collecting gifts for the Kanata Food Cupboard. Please remember to bring something for this service. Special offering envelopes will also be available for those who wish to make a cash or cheque donation. On the previous Sunday, the children will be passing out red & white tissue paper as a reminder.

Sunday School
Submitted by Barbara Reynolds

February 10th will be a busy time for the Sunday School. During the service in the sanctuary, the children will be collecting gifts for the Kanata Food Cupboard. Then, there will be a special games & activity day in two parts. During the regular class time there will be games and relay races followed by the usual snack time. During part two there will be special activities including decorating cookies. This will take place at the same time as the Annual General Meeting so that parents of young children will be able to attend the AGM.

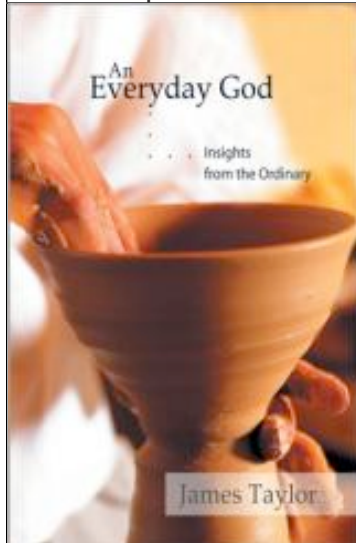
GCUC Youth January 2013
Submitted by Jason Winter

Over the last couple months, the youth group has been doing lots of fun activities. We spent an evening building lots of gingerbread houses, and everyone had a blast! We also spent a night playing lots of games and such. We’re also looking forward to all of our upcoming events, we’re looking to go skating on the canal, go bowling, go to laser quest again, and all sorts of other fun stuff! If you’re about 13 or over, keep your eye on the bulletin for upcoming events, as we look forward to the new year!

New in the Library

Submitted by Cathy Turner

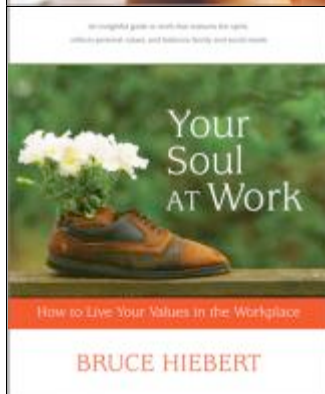
The following three books are new additions to our library. The descriptions have been taken from the publisher's web site. Enjoy!



An Everyday God

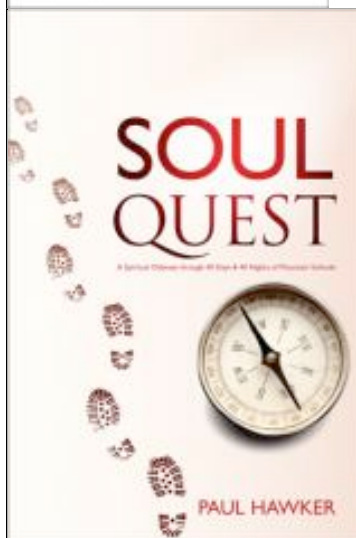
Taylor is a master at finding God in the stuff of ordinary life. He teaches the way Jesus taught -- by telling stories about everyday things: an old song remembered from years ago, an arthritic pet cat, a lost contact lens. Along the way, he opens our eyes, ears, minds, and hearts, to the discovery that God is not only present in religious ceremonies, but in everything we do, whether we're studying the universe or diapering a baby, taking out the garbage or playing touch football.

At any time, God may be telling us something new, or helping us to understand something old. The first book in Taylor's "Everyday" series, *An Everyday God* remains a rewarding guide to spiritual growth.



Your Soul at Work

This book, unlike so many other books on the subject, is not a management text. Instead, it is a highly readable exploration of the place of work within one's life. Here livelihood takes on its proper role - in relationship to personal values, family and friends, social responsibility, and self-care. Hiebert explores the realm of work even deeper, placing work within a comprehensive understanding of the world - and our place within it - that can be integrated into all religious and spiritual systems.



Soul Quest

Finding himself at midlife, feeling hollow and like a fraud, Paul Hawker embarks on a journey into the wilderness. In the tradition of the vision quest, like a hero in a mythic tale, he leaves his family and community to spend 40 days and 40 nights on a New Zealand mountaintop knowing full well the solitude, deprivation, and dangers he will face from exposure to the elements. But like many mystics and sages before him, he chooses a path of physical and spiritual testing as way to break through the veneer of his life.

Soul Quest: A Spiritual Odyssey through 40 Days and 40 Nights of Mountain Solitude is the ruthlessly honest account of Paul Hawker's attempt to open himself to the Source, to discern the voice of God in his life.

Solar power is coming to Glen Cairn United Church.

Submitted by John Toft

Earlier this year, a Solar Power Committee was appointed by the Church Council to investigate the feasibility of installing solar power panels on roofs at Glen Cairn United Church. The Committee members were John Toft, chair, Jim Power and Norm Desjardins. Together the Committee attended a Solar Power Fair at Ottawa's City Hall. Through this Fair, the Committee arranged for three Solar Power companies to come to the church to investigate the possibilities of installing solar power arrays there. Committee members, and some Council members, then met with company representatives.

Following these meetings, the Committee prepared a report to Council. The report included recommendations that a solar power array be purchased by the church and installed on the roof of the Church Hall that overlooks the driveway. The report also recommended that "Isolara Solar Power" be the company to provide the solar power panels and install them. Council accepted those recommendations.

Isolara will install 40 solar panels on the Church Hall roof along with all the necessary equipment. These panels are rated at a system capacity of 10 kW DC/ 8.6 kW AC, with an annual production of 12.3 MWh for an annual revenue from sales to Hydro Ottawa of \$6,775 (a conservative estimate).

The Church will have a guaranteed 20 year contract through the microFIT program to sell the power produced to Hydro Ottawa at a fixed rate of 54.9c per kW. At this rate, the capital cost of the installation will be recovered in just over six years. For the remaining 14 years the annual revenue stream will continue to come to the church. Overall this revenue stream will earn a total profit of over \$90,000 by the end of the 20 year period.

The Church has completed all the necessary paperwork for this project to go ahead in the near future. Council applied for a grant from the Federal government to cover 1/3rd of the capital cost of this installation. The decision of whether or not the Church will receive this grant is expected before Christmas. On receipt of this decision, the project will proceed.

GCUC Men's Group

Submitted by Emmett Will

The Men's Group will be getting together for our annual pool night on Saturday, February 9th, starting at 6:30 PM, at the Broken Cue on Hazeldean Road. You don't have to be an experienced "pool shark" to play - all are welcome. After playing for a couple of hours, we'll head out for some light refreshments at a location to be announced.

Our November indoor golf event was a great success! Twenty-four men got together to take on the challenge of playing the virtual representations of some of the world's great golf courses, with a special birthday cake for Rev. Brian afterwards. Everyone agreed that playing virtual golf is a lot tougher than the real thing, but it was an interesting experience, and it was just nice to swing a club once again after the courses in the area had closed for the season.

All men of the congregation, and their male friends, are welcome to join us. Please forward this to someone in your circle of friends who you think might be interested. Questions? Contact me.

Membership Committee

Submitted by Patricia Taylor, Committee Chair

Hello, what better way to start the new year than with a mandate? Many thanks to Monica Lim who prepared the following mandate for the Membership Committee.

MANDATE

The Membership Committee is mandated to welcome and support members of the congregation; to disseminate information; to facilitate communication between members of the congregation and the Council/Committees; and to foster a sense of belonging to Glen Cairn United Church.

SCOPE OF WORK

In collaboration with the Council and other Committees, the Membership Committee serves the congregation by:

- Assuming an active role in making everyone feel welcome, respected, and accepted.
- Helping members of the congregation gain a good understanding of church history, activities, programs, services, and involvement in the community through the following:
 - Operates an Information Table aimed at satisfying members' needs to access information pertinent to church activities. A wide range of tasks are performed at the Information Table, for example, distributing information sheets/pamphlets, assigning offering envelopes, and overseeing nametag ordering and distribution.
 - Relays messages or questions from members to appropriate sources in the congregation for responses and proper actions.
- Leading, planning and implementing special events, activities or projects such as directory publication, potlucks and breakfasts.

Are you interested in joining this active committee? If so, please let me know.

Monthly Outreach

Submitted by Cathy Turner

Red & White Gift Sunday: Red & White Gift Sunday is **February 10th**. This is an opportunity for us to support the Kanata Food Cupboard with donations of non-perishable food, monetary donations and gift cards.

Please wrap your food donations in the red and white tissue paper that will be provided by the Sunday School children and bring the donations to church on **Sunday Feb 10** where they will be collected by the children during the worship service.

Money, cheques or gift cards are to be put in an envelope (unwrapped) and clearly marked with **Kanata Food Cupboard**. These donations are to be placed on the collection plate during the regular offering collection.

If you want a tax receipt for your cash or cheque donation, your name and address must be printed clearly with the donation. Cheques are to be made out to **The Kanata Food Cupboard**.

Items in need are: granola bars, pudding/fruit/applesauce cups, juice boxes, cookies, jams, juice, flaked meats turkey and chicken, muffin and cake mixes, canned fruit, coffee, tea and hot chocolate, canned peas, canned salmon, stews and chunky soups, canned tomatoes and pea soup.

Pastoral Care Team

Submitted by Lynda Brooks and Joy Judd

The Team is happy to welcome Bob Hough as the new Pastoral Care Team Chair. Bob is replacing Lynda Brooks who has been serving as Chair for nine years. Thanks very much to Lynda for her many years of dedicated leadership of the Team. She will remain on the Team but is now able to focus more on our growing Healing Pathway ministry.

The team consists of a group of people who have taken a ten session course. Pastoral Care is a ministry of listening and team members adhere to a strict policy of confidentiality. We all have periods of time when we go through changes and loss. When this happens, we often look for someone who can connect with and understand what we are going through. The team is trained to walk with you through these difficult times.

You are welcome to contact any one of us if you would like a visit. Each month a contact for the Pastoral Care Team is listed in the worship bulletin.

There is no cost for this service.

The Pastoral Care team also provides Healing Services for the community. The Advent service of Hope and Light was well-attended and all seemed to benefit from this service of scripture, song and contemplation.

We will now be providing a short healing service on the fourth Sunday of each month at 11:30 a.m. after the worship service. You are welcome to come for any one of these services.

The team members are Brian Copeland, Bob Hough, Lynda Brooks, Joy Craigie, Joy Judd, Delma Murray, Shelley McLaughlin, Marilyn Richardson and Moe Wright.

Healing Pathway

The Healing Pathway is a ministry of energy balancing. The members of this team attend workshops in order to learn the techniques used in this ministry. These are used to help people connect with spirituality, relieve their pain, produce relaxation, help with back pain and many other ailments or conditions. The team offers treatments every Wednesday at 11:00 a.m., 12:30 p.m., 1:30 p.m. and 7 p.m. This service is free of charge. The team members also enjoy receiving treatments in practice sessions.

The team consists of Lynda Brooks, Joy Craigie, Doug Collins, Joy Judd, Nancy Kerr, Barbara Loynes and Traci Walters.

If you would like an appointment please call Nancy Kerr.

Property Management

Submitted by Moe Wright, Committee Chair

With the approach of winter, the indoor slush mats were tried again, briefly, this year. It was determined that even with age, they are still causing some severe allergic reactions. They have been removed and only the 'between doors' scrubber mats remain. Accordingly, we trust folks entering during slushy weather will attempt to stomp/sweep any slush from their boots and/or remove their boots in between the doors.

In early December, the new flooring was installed in the last classroom, and compliments have been received on its appearance. Many thanks go to the souls who gave so much time in making it happen, including Bob Blackmore, Kevin McComas, Robert Tate, Delma Murray, Faye Adams and Mike Egan. It is planned that in later January or early February, a bee can be held to install the baseboards and thresholds in all the classrooms, thereby completing a year long project.

As the year came to a close, the contract with the custodian also ended. Some applications have already been received for the custodian's position, and they are being reviewed by the staff M&P representative, Delma Murray. While we are without a custodian, all offers of casual help are most welcome. And we all truly appreciate the indescribably huge amount of added time both Delma and Faye continue to invest in the cleanliness of our church home – it is remarkable.

Current overdue tasks that are pending at this time include professional repairs on the central vacuum system (we thank Barbara and Greg Reynolds for making the professional contact for this adventure) and duct cleaning for the sanctuary and main hall furnace systems, which has not been previously done in the building's 26 years.

One outstanding property concern is the record amount of snow we've had this season. We pray the remainder of the season will not spill over the max limit on our snowplowing contract to the extent there will be incremental costs on a tight budget.

LUNCH 'N SUCH

WEDNESDAY, FEBRUARY 6TH,
NOON



**COME HELP CELEBRATE CHINESE NEW YEAR WITH OUR FRIENDS FROM
THE KANATA CHINESE SENIOR SUPPORT GROUP.**

**THEY WILL BE PREPARING AN AUTHENTIC CHINESE MEAL FOR US TO
ENJOY AND THEY WILL BE ENTERTAINING US FOLLOWING THE MEAL.**

COST: \$7

**PLEASE SIGN UP IN THE FOYER SO OUR FRIENDS WILL KNOW HOW MUCH
FOOD TO PREPARE.**

The Stewardship Connection

Our annual **Stewardship Campaign** will be held in February. We are looking to receive pledges for a budget of approximately \$250,000. As you can see, it is important to participate in the campaign so we can effectively manage the Church's budget each year. A huge thank you, to the new PAR participants and those that increased their PAR givings. This supports all of the exciting work that is being done with the youth and programs such as faith formation. Being able to continue such work is only possible with your ongoing continued financial support.



Join us in **April** for live entertainment by the [Scott Woods Band](#).

The **Spring Rummage Sale and BBQ** event is scheduled for **May 11**. This will include a Book Sale, Bake Sale, Silent Auction, Tea Room, BBQ, used toys and treasures, as well as entertainment. This event not only helps accomplish our objectives to raise funds for GCUC for programming such as music, youth, and Christian formation, but also doubles as an outreach to our local woman's shelter.



The Stewardship committee has been working on submissions for funding in support of the installation of air conditioning in the Church through the federal Enabling Accessibility Funding program. For further information regarding the **air conditioning** proposal, please speak to Moe Wright.

The **gift card fundraising program** is an excellent way to raise funds for the Church. Last year, we raised **\$3,900 - \$1,000 more than the year before!** This is an easy way to do fundraising for the Church. The gift cards provide a **3-5%** return on the value of the card to the Church. We have cards for your regular household needs as well such as **Superstore, Loblaws, Sobeys, Metro, Home Depot, Canadian Tire, Zellers, Home Hardware, Petro Canada, Esso, and Ultramar**. Cards for clothing such as **Roots and Mark's Work Wearhouse** return **6%**. We also have gift cards for **Chapters, Walmart, Moore's Men's Clothing**, and many more. Orders placed on Sunday are available the next Sunday. Please visit the fundraising table after the Service or speak to Sherry Sharpe about your order.

Each week, the ministry of Glen Cairn United touches hundreds of lives through worship, Bible Study, Sunday School, fellowship groups, Youth Group, pastoral care, counseling, outreach into the community, and in many other ways. Your continuing support is vitally important, and your pledge is a great help to us as we plan for the future in a faithful and responsible way. We are a welcoming and growing Church. Please review your givings commitment and give prayerful thought to making an additional investment in a strong and vibrant Church community. *An increase of 5-10% makes a significant difference.*

Consider giving through PAR. PAR helps support your Church Council significantly in its stewardship functions. If you are already a PAR supporter, please consider revisiting your PAR profile. **Pre-authorized remittance** is an easy way to contribute to the life and work of our church on a regular basis. You pay your mortgage, hydro, telephone, etc, by direct withdrawal from your bank account, and doesn't that beat writing all those cheques each month? You may do exactly the same with your givings. Simply fill out an application form (available at the newcomers' table and the pamphlet rack), attach a void cheque, submit it to the attendant or the Church office before the 10th of the month and you can be on PAR for that month. The withdrawal is made from your account on 15th of each month.

Submissions for the next newsletter are due March 20, 2013.