

# Reach Out

Sunday Service 10:00 AM 140 Abbeyhill Drive, Kanata, Ontario, Canada, K2L 1H5 May 2014  
E-mail: [office@gcuc.ca](mailto:office@gcuc.ca) Telephone: 613-836-4756 Fax: 613-836-4759 <http://gcuc.ncf.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*

Summer holds a special appeal for me this year, because come August 18 I will begin both my holiday time and my three month sabbatical at the Queen's School of Religion. According to the gospel writer Mark even Jesus needed time away by himself to pray. One morning Jesus got up early, while it was still dark, and left his home and went off to a solitary place, where he prayed. (Mark 1:35)

My sabbatical time at Queen's which will last until the end of November comes after an incredible five years here at Glen Cairn United. Five years which I have simply loved and rejoice in God's leading to become a part of the vibrant ministry of the whole people of God in this wondrous place. And in the United Church, once a minister has served a congregation for five years, he or she is eligible to take a sabbatical time away from daily routine and pray.

A very generous donor has committed funds to bring four clergy to Queen's every year for their sabbatical time, and in turn I am asked to take two courses and attend chapel services and participate in the life of the school while I am present. At the moment I have registered to take a Church History course and am waiting to find out about one other in the area of theology. I plan to spend four days a week in Kingston, at a Bed and Breakfast home near the university campus, and Sandra and I have a number of weekend outings lined up which should keep us busy until the snow flies in November.

I also hope to try out different United Churches and their Sunday morning worship services to see if we can borrow some good ideas. Freedom from the daily routine and evening meetings will see me return to Glen Cairn full of new energy and enthusiasm. Which is what I trust Jesus found when he went to that solitary place to pray. Sabbatical is not only a time to stimulate the mind, it is a time to dig deeper in the connection with Jesus through prayer, reflection and scripture. As the hymn we sang recently well notes, 'she comes sailing on the wind, her wings flashing in the sun, on a journey just begun, she flies on.' Sabbatical is a pause and a new beginning; a time of refreshment and renewal, and a time to begin new ways of seeing and new ways of doing. So indeed we fly on.

Brian

## **Membership Committee**

*Submitted by Patricia Taylor*

Greetings! I hope your summer is going well. In this issue I will address the vacant positions which are available on the Membership Committee. Please consider volunteering.

Continuing activities of each member of the Membership Committee include attending the Information Table on a rotating basis which works out to about every four to six Sundays. We also organize two potlucks per year and two transfer breakfasts as required. Visitors are sent a greeting card if they provide sufficient address information when they sign the Guest Book. These are our main on-going responsibilities.

Currently we have five members: Name Tag Coordinator, Potluck Co-ordinator, Card Co-ordinator, Ad Hoc Studies Co-ordinator and Chair. Optimally, we need three new members: Secretary, a regular member and a Chair.

I did not intend to continue as Chair effective the Annual General Meeting last February but I have been unable to find a replacement. The position requires an organized individual with a commitment to our congregation. I will stay on as Past Chair until you are comfortable (probably two months, more or less as is felt necessary). If you are willing, September would be a good time to start as little happens over the summer. You will also attend Council meetings, approximately ten times per annum. At Council you are a part of the on-going operations, future planning and management concerns at GCUC while representing our committee and providing your input to Council decisions.

The Membership Committee also needs a secretary. As secretary, you will be responsible for taking and distributing minutes.

Finally, we need one additional regular member. All members assist at potlucks and breakfasts in addition to attending the Information Table.

We meet the third Thursday for approximately one hour about ten times per annum. There are no scheduled meetings in December or in July and a meeting in August may be held depending on our commitments in September.

If you are interested in joining the Membership Committee, please contact me directly or speak to Wanda McNea, Cathy Turner, Bill Fuller or Monica Lim.

## **Bible Study**

*Submitted by Sandra Copeland*

Both the Wednesday evening and Thursday morning bible study groups are over for the summer as of the end of May. Every blessing as we renew our spirits over the summer.

Summer is such a good time to catch up on reading all the good books on our lists. If anyone encounters some great faith ideas in their reading, keep track of the book title, and perhaps we can share a study session on it in the fall.

## Property Management

*Submitted by Moe Wright, Committee Chair*

While the first quarter of 2014 was generally quiet, the snow, sleet and rain required more than normal attention, with extra ploughing and sanding being required. One weekend of combined rain and thaw added a challenge to the ice build-up over the parking lot sewer, requiring a call to our snow management contractor to open the drain grate and let the ocean disappear. It was also noticed that during colder spells the window frame seals behind the choir chancel were less than friendly, so that problem will be getting attention over the summer.

A recent effort deserving credit was the super job Faye & Delma did, with help from a younger generation, washing all the tables and chairs in the main hall - those ladies just never stop!

Thanks to the initiatives of Emmett Will, Jim Power and Scott Auchinleck, we now have our new Defibrillator installed.

Again, thanks to John Toft, the monitoring of our solar panel system is keeping the revenue coming, as made visible with periodic postings on the foyer bulletin board.

Efforts are now underway to research costs to replace the carpet in the entrance areas, foyer and hallways, with an aim to get active during summer time - this project may well be suited to congregational volunteers, so please keep your ears open for an invitation to help.

Our spring outdoor clean-up will be taking place after the deadline for this newsletter, so results of that adventure will be revealed in the next newsletter.

Some months ago Glen Cairn United Church's Emmett Will urged church council to install a defibrillator. Council agreed that both the congregation and multitude of folks who regularly use the church property for various community organization meetings, concerts, recitals and activities such as Judo, Cubs, Table Tennis, music lessons, dancing, etc., deserve the comfort of knowing there is an easily accessible defibrillator available.

Jim Power and Scott Auchinleck set out to arrange the purchase of a defibrillator and provision of training. About twenty-five souls from the congregation and representatives from property renter organizations participated in a full afternoon of first aid, CPR and defibrillator device training. Moe Wright then installed the defibrillator cabinet in a central location along with signage throughout the church.



## **Healing Pathway**

*Submitted by Lynda Brooks*

Last night at the end of the wonderful show I got talking to some people. One person confirmed what I suspected; they wondered what use the Healing Pathway is when Lynda has so many health problems.

Today during Rev. Don Boyd's sermon the answer or at least how to answer that question came to me. Do we give up when prayer doesn't work the way we want it to work? Does prayer work? Don talked about being raised from the dead equaling the newness of life and despair becoming hope. Then in the prayer group the verse where two or more gather I am there.

The Pathway is always done in pairs as Jesus asked us to do God's work in pairs and only take our hands. We are following Jesus instructions. The Pathway is like praying while allowing God's energy to flow through you while you step aside and allow God to do the work. It is such a privilege to be allowed to share God's grace with another.

The Pathway may not be healing my physical body the way you or I would like it to. This may not be in God's plan for me. As one friend said to me, "You have always learned from those things that have happened to you and you would not be able to relate to and help others the way you do if you have not experienced as many things as you have experienced.

I have surprised the doctors at how quickly I have been able to leave the hospital and I have not had to take narcotics for pain. I have wondered if we can heal after surgery why can we not heal ourselves and not need surgery. The healing I have had cannot be seen, as it is mental, emotional and spiritual healing. Internally I used to worry and sometimes feel very sorry for myself. I had a very stressful and abusive childhood. Life as with most people has been full of ups and downs. Although God has always been in my life, I always questioned why me. I would feel an internal turmoil.

Since the Pathway has become part of who I am, this inner turmoil has become a place of inner peace and connectedness to God. I am certain that God is in me and with me at all times. I need not be concerned. It is impossible to put into words the gift that the Pathway has given to me and to many others. It is something that can only be experienced. I thank God for the day Dorothy talked to me in our church library and asked me if I would bring The Pathway to Glen Cairn United. Little did I know that it would actually be a God given gift to me.

I hope this answers the question, "Why is Lynda not healed?" If you ask me I am. Wouldn't you like this kind of healing?

## **THANKS**

Thank you to the many people in the congregation who sent e-mails or cards of condolence after the death of my father in April. It is wonderful to be surrounded by such a caring community.

Sandra Copeland

## Good morning

My name is Patricia Taylor.

One Sunday morning I was reading the bulletin insert, reading about Healing Pathways. The announcement stated: "If you have chronic pain, emotional stress, illness of any sort: if you are trying to cope with life transitions or deepen your spiritual connection, you may benefit from a Healing Pathway session." I thought - all of these apply to me so I will book a session and see what happens.

Knowing most of the Healing Pathway attendants, I felt comfortable but curious and hopeful that I would indeed find some relief. Was I in for a surprise! The room itself is fairly small. A candle burns and soft music plays, often the Gregorian chant which I enjoy. The session begins with a prayer for healing. Then the Healing Pathway begins. As I lie on the table or perhaps a bed is a better description, I relax. I feel the spirit of God in the room. I feel healing taking place within my body. At the same time, my mind is thinking, "God heal me physically, emotionally and mentally. Let all the bad things leave my body and mind." And I picture a flow from my feet to my head and out..... Sometimes I fall asleep. In no time, the session ends. I feel so good. It is hard to explain. It is as if I have spent an hour with the spirit of God.

## United Church Women

*Submitted by Martha Townshend Colford*

UCW has been very busy with events at our church. Many of our members organized and worked at the Rummage Sale, catered a Networking Event, and will host Lunch 'n Such in June.

We are celebrating our endeavours on Monday, June 9 Cabotto's. If you would like to attend you must tell Martha by June 4

At our last meeting we hosted a presentation on estate planning. If you missed this but would like to have a brochure please ask Martha. This program was very timely because in the last few months there have been several deaths amongst our friends and families, in particular, fathers. We sincerely offer our condolences to all those who are mourning and feeling the loss of a dear loved one.



## **Sunday School and Youth**

*Submitted by Jason Winter*

Both Sunday School and the Youth group have been very active during 2014.

In Sunday School, we continue to have our circle times first, where we are still singing a new song every month, and have lots of fun! We have altered the class ages, so that we now have a 3-5 class, a 6-11 class and the seekers class. This was done based on relative ages of the children in Sunday School. Next Season we will likely resume our previous class ages. Our class time is composed often of a story time/lesson, followed by an activity of some kind, and usually a craft.

I would like to thank all of our Sunday School Teachers for their hard work, as well as Barbara Reynolds for all of her efforts in having our Sunday School run smoothly. Congratulations to all of our students for completing another year of Sunday School, we look forward to seeing you this summer after our last class June 8th, and back in September when regular classes will resume!

We have been busy with the Youth group as well! In March, we completed our largest event of the year, our 30 Hour Famine, where we raised \$520 for world vision. For 30 Hours we did not eat anything, to raise awareness for world hunger. It was challenging at times, but a lot fun, and we kept busy playing games, and watching movies etc. We have also done other events such as movie nights, laser quest, bowling etc. We're looking forward to one or two other events this year, and then to continuing our activities in the fall. I wish everyone a fantastic summer, and good luck with your exams!

# Lunch 'n Such

**Wednesday, June 4**

Join us for the last gathering of the season.

Cost: \$5

A sign-up sheet is posted in the foyer.

**Everyone is Welcome**

## **The Stewardship Connection**

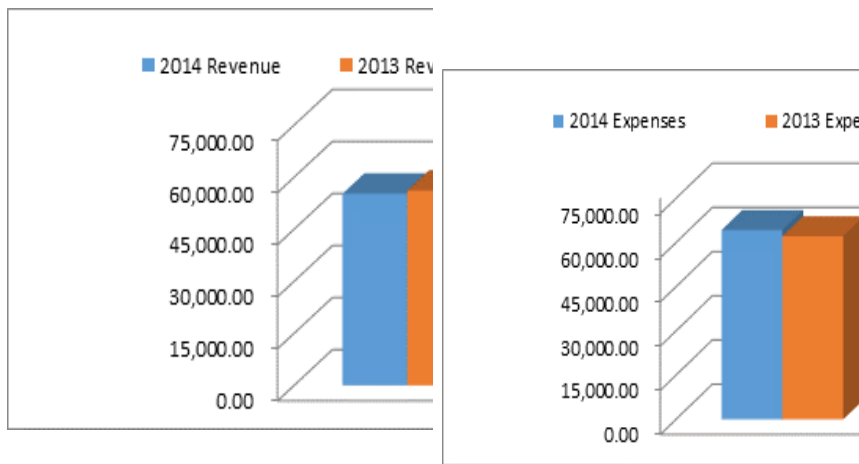
*By the Stewardship Committee*

As we move from a beautiful Spring into Summer, we need to stop and count our blessings. We have so much to be thankful for – a beautiful and free country, family, friends, strong faith, generous people, and the list goes on. We are truly blessed!

The Stewardship Committee would like to thank all the volunteers, participants, donors, supporters, and many talented people in our congregation and community who make this Church as strong and amazing as it is! We are truly blessed!

**What is Stewardship and why is it important to me?** We have been investigating these questions over the past year and have had many excellent speakers who have spoken both eloquently and passionately to the subject. Every third Sunday, we have invited someone to speak about why Glen Cairn United Church is important to them and why and how they wish to support their church. If you're interested in sharing your thoughts, please contact Sherry Sharpe for further details.

**Minute for Stewardship** - Our current financial situation is Revenues: \$55,273 compared to \$56,176 for 2013 and Expenses: \$64,269 compared to \$62,147 for 2013. We currently have a Net Loss of \$8,995.



Did you know that just a 3% increase in your givings would mean we are no longer in a "loss" position? That is, if you were to give \$10 a week that would mean an additional 30 cents per week increase. If you are giving \$250 per month, that would mean only \$7.50 per month more to meet the needs of the Church. Please consider this as part of your stewardship in Glen Cairn United Church.

The **Stewardship and Membership Committees** have collaborated to put together an updated **Time and Talent Survey**. This initiative was launched this February. In 2009, the Glen Cairn United Church Stewardship Committee surveyed the congregation. The objective of the survey was to learn more about the talent and abilities of the congregation at the time. The **Who Am I Survey**, coupled with the **Gift and Abilities** survey gave Church Council and our Minister a tremendous amount of knowledge and insight about our congregation. While it was clear we were a diverse group, we also had a vast amount of common gifts, abilities and characteristics that bond us and our mission to be a welcoming church where we respect differences and build Christian community as we learn, grow, celebrate and reach out in faith. Last year, Council thought it would be worthwhile to refresh the information. Council felt it was important to understand the various priorities of the congregation, what skills and talents people have that they would like to share, who might have some time available and who would be willing to help out. The 2009 survey results gave us a good baseline to determine the changes in demographics as well as interests. This is an excellent way to get to know the people in our congregation and what amazing talent we have amongst us!

### 2009 Survey Overview

Who am I? I am a married female adult aged 56 and I am a member of Glen Cairn United Church and have been attending GCUC for over 20 years. My male friends at church are 57 years old and also members. Approximately 50% of the congregation is over 50 years of age. I am retired, or thinking of retirement and my family income is \$79,225. My family lives in Glen Cairn and we usually drive to church, although sometimes we do walk. I chose GCUC because of its close proximity to my home. I also like our minister and the friendliness of the congregation. The Sunday worship experience is very important to me and I really enjoy the sermon and its message. My family volunteers with the church and in the community 1 to 2 hours a week. We are generous, giving over \$1,700 per year to the church and other charities. Who am I? I am the average weekly worshiper at Glen Cairn United Church (GCUC).

In November 2009, Stewardship Connections conducted the Who Am I survey. The survey was intended to garner information about the people who attend GCUC. A total of 91 surveys were collected. Of the 91 surveys it revealed a total of 214 people attending Glen Cairn United Church, 51% of which had been attending over 10 years. Here are a few more interesting trends.



We are an aging congregation, while having a substantial younger group. Over 50% of the congregation is over 50 years of age – approximately 35% are over 60. Coincidentally, 50% of the respondents indicated they were retired. Twenty-five percent are children and young adults up to 19 years of age. Another 25% are adults 20 – 49 years of age. The average age of males, including children and adults, is 46 and the average age of females is 45. Rev Brian Copeland commented, “to have an average age under 50 in the United Church of Canada is amazing! I suspect that there are only 20 congregations in the whole country who could say that! But equally, I was surprised by how many retirees we have while at the same time being such a young congregation.”

### **2014 Survey Overview**

Who am I five years later? I am still a married female adult, but a bit older at 59 years old and have been an attending member of Glen Cairn United Church for over 20 years. My male friends at church are a little older, too, at 60 years and also members. I am retired and my family income is \$85,465. My family lives in Glen Cairn and we usually drive to church, although sometimes we walk. I chose GCUC because of its close proximity to my home. Although, 34% of us chose GCUC because we were new in town or church shopping. I like our minister and the friendliness of the congregation. The Sunday worship experience is very important to me and I really enjoy the sermon and its message. The music and Church community are very important to my experience, as well. My family volunteers with the church and in the community from 5 to 7 hours a week. We are generous, giving over \$3,000 per year to the church and other charities.

We had 53 respondents to the survey. We are an aging congregation. Over 67% of the congregation is over 50 years of age – approximately 48% are over 60. Coincidentally, 51% of the respondents indicated they were retired. Twenty-one percent are adults 20 – 49 years of age. Eighty-eight percent are married or living common law. Forty-four have attended GCUC for more than 20 years. Eighty-four percent of respondents are members.

Ninety percent feel that the minister is important followed by the Sermon, the music, and the Church community. Fifty-seven percent of people have visited the information table and have found people helpful and informative. Eighty-eight percent receive the newsletter and find it helpful, like the information and articles. Some would like it published more frequently. Eighty-six have visited the website and are quite happy with it though there are a number of helpful suggestions to improve it. Fifty-eight percent have visited our Facebook page and like the weekly updates from Brian as well as the events. There were lots of good comments on what we do well and what could be improved. All suggestions for improvement were shared with the various committees or responsible individuals.

Of the priorities we asked about, the following are key:

- 1) Outreach
- 2) Children and youth
- 3) Membership
- 4) Christian education
- 5) Other including music and drama

A number of respondents indicated that all priorities were important and it would be difficult to rank them.

**Thank you to everyone who took the time to complete the survey. The information is invaluable to Council in planning for the future of our congregation!**

**Are you familiar with our gift card fundraising program?** We have a large selection of gift cards to choose from. For example, we have cards for clothing such as **Roots, Moore’s, Mark’s Work Wearhouse,** and **La Senza** that give back **6%** or entertainment cards such as **Cineplex** which provides an **8%** return. You can easily help support the Church by purchasing these gift cards. We also have gift cards for your regular household needs such as **Superstore, Loblaws, Farm Boy, Sobeys, Metro, Home Depot, Canadian Tire, Lee Valley, Home Hardware,**

**Petro Canada, Esso, and Ultramar** which provide the Church with a 3-5% return. Last year, we raised **\$3,700. To date, we have raised \$1,464.** For cards we don't readily have in stock, orders placed on Sunday are available the next Sunday. Please visit the **fundraising table in the Main Hall** 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.

When deciding your allocation to Local, Mission and Service, or Capital, please consider **givings to Local Operations**. Local operations are essential to the ongoing sustainability of the Church and less restrictive than the Capital or In Trust funds.



On **April 12**, we were well entertained by toe-tapping, down east music of the [Scott Woods Band](#) as they paid tribute to Don Messer's Jubilee. Scott and the band played to a sold out crowd and we raised **\$2,500** towards the operations of the Church. **A huge thanks to Hal Adams for organizing this event!**

The annual **Spring Rummage Sale** on May 10 was another huge success and we raised **over \$3,000** for Church operations and donated quality items to Chrysalis House. A huge thank you to all of you who donated new and used items, books, and baking. We had so many volunteers who gave of their time Thursday, Friday, and Saturday so that everything ran smoothly. Thanks to all of you from pre-teens to 70's, long-time members to brand new people, male and female. We are blessed to have so many people who work tirelessly for our church. A few of the notable thank you's go to Faye and Hal Adams and grandchildren and friends: Makannah, Morgan, Merissa, Hayley, and Reagan, Delma Murray and Jake, Barbara and Greg Reynolds, Heather MacDonald, Anne McEwen, Cathy Turner, Susan, Maya, and Hazel Lucas, Brian Copeland, Janet Smith, Dianne Astles, Cheryl Moss, Linda Short, Nancy Sprules, Nancy Boyd, Pauline Baker, Shirley and Moe Wright, Patricia Taylor, Bev Armbruster, Hazel Pompey, Janet Kerr, Peter Bishop, Dave Short, Anne and John Toft, Geoff and Eleanor Ford, Brad and Dianne Hall, Dona and Peter Jeffs, Cate Smith, Keith and Sean Allingham, Mike Egan, Dave Leclair, Gloria and Bob Blackmore, Kevin McComas, Shirley Bishop, Lenora and Elaine Sandness, Wayne and Vida Johnston, Robert Tate, Scott Auchinleck, Pat Will, Martha Townshend Colford, Sherry Sharpe, and other donors, helpers, and shoppers!

Stay tuned for our Fall Harvest Festival on October 18 where we will celebrate the bounty of summer, fine music, and entertainment.



As we move into summer, the Stewardship Committee wants to thank everyone for their past and continued support. Enjoy your summer with friends and family relaxing and reflecting on how truly blessed we are.

Safe travels!

**Christians are called to participate in God's mission - the mission reflected in Jesus' life and ministry. We do that as stewards in every decision about how we (as individuals and in faith communities) use all that God gives us - time, abilities, material resources, relationships - in a lifestyle of discipleship. – *United Church of Canada – Stewardship***

***Through stewardship, we offer back to God a portion of the Time, Talent, and Treasure that God has given to us.***

**Children of Africa Campaign**

*Submitted by John Toft*

The latest shipping container for the children of Togo is now on its way there. Abdou Amidou will arrive in Togo in July to oversee the distribution of the many items therein. The small business related articles (sewing machines and carpentry tools) will make a difference in the lives of so many there. I plan on making a video for Abdou to load onto his laptop and take with him to show the people there. The video will contain pictures of the church, footage of part of a service at the church, and words of appreciation for Abdou's work.

## **Outreach Committee**

*Submitted by Nancy J. Sprules, Chairperson*

In my sphere of living, my friends and family are all wealthy beyond imagination! We have all the food we want, warm clothing for winter and cool for summer – why we even have special clothes for those “shoulder seasons” of spring and fall. We have comfortable houses equipped with heat and often, cool air conditioning, refrigerators and freezers for the food we need and the food we have stored for the future, comfortable beds with lots of linen, bathrooms with colour-coordinated towels and shower curtains, and a separate room for entertainment and relaxation. Our basements and garages overflow with things we no longer use or have saved, just in case. In others words, we have all we need and much more besides. So what does this have to do with outreach?

As a young girl, I belonged to Girl Guides of Canada, a Christian-based girls’ organization which was dedicated to teaching young women independence, life skills, environmental awareness, and self-confidence. I was a dedicated member, taking everything in like a sponge and working my way through the various levels of leadership and skills training until I was, at the end, a Gold Cord Guide, the highest level one could attain. It was one of the proudest moments of my life, the day that cord was presented to me. The interesting thing, however, is what remained with me from all those years of work and dedication to achieving the ultimate goal. The most important thing that Guiding left with me was “Do a good turn to someone every day and don’t tell anyone what you have done.” The doing without immediate recognition was what intrigued me – and still does! So what does this have to do with outreach?

Here I am today with so much which is mine and a small goal to reach out to someone every day to make a tiny difference in their lives. A smile to brighten a day, a hand to carry a heavy bag to a car or a home, an offer of a ride to a destination, some baking for a grieving family, a card or an e-mail to someone in trouble. This is outreach. This is giving from the heart for no other reason than to help out in some small way and never asking for or expecting a reward.

In our United Church today, things are changing. Glen Cairn United is one of the lucky ones: a growing, healthy, enthusiastic congregation determined to live our collective lives as Jesus taught us, to share what we have with others, to reach out to those who are hurting or in trouble, to offer what we have for the goodness of all.

Someone asked the other day “How long do you see ***The Oasis in Kanata*** [our Outreach program helping caregivers of persons suffering from mental illness] being a viable program? The answer: as long as there is a need and we can support the program. How long will our ***Seniors Outreach*** last? With an aging population and surveys telling us that the strongest emotion that most seniors feel is loneliness, I hope our seniors will be welcomed to our church for many, many years. My hope is to see that program grow and become more rather than less!

Our ***Refugee Sponsorship*** efforts make a difference in the lives of those who manage to escape the poverty and horrors of refugee camps around the world, but we help just one family every two or three years and there are millions who are reaching out to communities like ours for a chance to live and thrive. The ***Kanata Food Bank*** team help to feed those down on their luck in our own Kanata community. Our ***Monthly Outreach*** program helps people in our community with some of the living essentials we all take for granted. Each Sunday, we learn how the ***Mission and Service Fund*** is helping people here in Canada and abroad.

Outreach at Glen Cairn United is vibrant and healthy and our programs have been well received in our community. However, we must no longer be content to go to church on Sundays and feel our Christian life is fulfilled! We only need to read a few articles in the [United Church Observer](#) to see what other congregations are doing and accomplishing in their role as th

## **Senior Outreach**

*Submitted by Bev Armbruster*

At our event in mid-April, we created beautiful floral arrangements, inspired by Sue McMullin's gardening expertise and guidance. The photo below illustrates what an enjoyable morning we had together and the cheerful outcome of our labours.

During our most recent Senior Outreach event, Joan and Kevin McComas presented an amazing "Photographic Journey of Brazil and the Amazon." We started our guided tour in Rio de Janeiro at the colourful and animated Carnival and then journeyed along the coast of Brazil, traveling thousands of kilometers to the mouth of the Amazon.

Stay tuned for dates and times of events that are being planned for the fall, including a soup lunch in November.

## **What's Happening at *Oasis***

*Submitted by Shirley Bishop*

Just a little over a year has passed since we decided to invest our Ventures in Mission funds in an outreach program . . . *and what a year it has been!* Thanks to the work of our Program Manager, Carol McMurdo-Paton, our volunteers, and the financial support of the congregation, ***The Oasis in Kanata*** has gone from mere idea to established program in the community. Caregivers of people with mental illness have come to look on Glen Cairn United Church as a haven where they can find information and support.

Some markers of success. Up to fifty people have attended each of the six information sessions held in the Sanctuary, and a large crowd is expected on May 27 when Dr. Gretchen Conrad comes to speak on *Self-harm, Suicide and Emergency Planning*. The monthly support group provides a safe, confidential setting for up to ten people at a time. February's four-week *Strengthening Families Together* workshop was filled to capacity. Feedback from participants and professionals alike attests to the value of this program, its importance to the community, and the difference that GCUC is making in the day-to-day lives of people. This is truly a testament to our faith that as a community of God we can and do make a difference every day.

Change is a constant in life and so it is with ***The Oasis in Kanata***. Carol has decided to "re-retire" in June. Now that the program is firmly established, Carol would like to take it a little easier in her own life and so will hand the reins over to a new Program Manager. Carol's passion for issues of mental health brought her out of retirement last year to help get the program up and running. She tells us that when she saw the job description, she said, "I want to be part of that." And what a big part she has been! Her experience, commitment, and energy for the program have resulted in a program that is strong, relevant, and respected in Kanata and beyond.

Carol is leaving us with a program on a solid footing to go forward. Plans for the fall information sessions are well advanced; the support group will continue through the summer, facilitated by our trained volunteers; and the Steering Committee is already at work to find a replacement for Carol. (see [www.TheOasisKanata.ca](http://www.TheOasisKanata.ca) for details)

We thank Carol for all her hard work and wish her all the best in her "re-retirement." On Sunday, June 8, the congregation will have a chance to thank Carol personally when we honour her tremendous contribution to our program.

## **Monthly Outreach**

*Submitted by Cathy Turner and Holly Egan*

Thanks to your generosity, we delivered 64 kg of peanut butter and 31 litres of jam to the very grateful folks at Centre 507. This will help provide snacks to the individuals seeking support at the Centre. Thank you!

### ***Upcoming . . . Summer Outreach: Kanata Food Cupboard School Supplies***

The school year is coming to a close, but the Kanata Food Cupboard is thinking ahead to next fall. Purchasing school supplies can put additional financial stress on families. The Kanata Food Cupboard provides school supplies to families in need in our community. Items needed include paper, pens, markers, crayons, math sets, backpacks, glue sticks, scissors, pencil crayons, and erasers. A complete list will be posted on the bulletin board. So save those unused school supplies from this year, or purchase some extra supplies to help those in need. We will be collecting items in the Outreach Bin over the summer.

*If interested in assisting with any of our Outreach programs, please speak with . . .*



**Nancy Sprules**, Outreach Chairperson



**Beverley Armbruster**, Senior Outreach



**Shirley Bishop**, *The Oasis in Kanata*



**Holly Egan and Cathy Turner**, Monthly Outreach



**Nancy Kerr**, Kanata Food Cupboard



**John Toft**, Kanata Stittsville Refugee Sponsorship Committee

*for more information, or contact the church office to get in touch with any of the  
above.*