

# Reach Out

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

## **Worship Committee**

*Submitted by Diana Miller*

I'm writing this as I watch the first genuine snow of the season accumulate. Surely this is nature's way of letting us know that the Advent season will soon be upon us.

The fall has been busy with a membership transfer service on October 19<sup>th</sup> and our Remembrance Day service on November 9<sup>th</sup>.

Advent begins on November 30<sup>th</sup> and this is also the date of our evening Carol Service, "Home for Christmas" at 7:00 p.m. Please join us and try to come early as the sanctuary always fills up quickly. On December 1<sup>st</sup>, we welcome Brian back from his sabbatical and his first service on December 7<sup>th</sup> will be a musical one.

Christmas Eve will see three services:

- 6:00 p.m. – Family service with children in mind
- 8:00 p.m. – Service with lessons and carols
- 11:00 p.m. – Communion....a quiet and more contemplative service

The last service of the year will be on December 28<sup>th</sup> and our choir takes a break as well as the Sunday School until the January 11<sup>th</sup> service. On January 4<sup>th</sup>, there will be group activities for the children.

The Worship Committee wishes everyone peace and love during the Advent and Christmas season.

## **Membership Committee**

Submitted by Wanda McNea

Wanda McNea began to Chair the Membership Committee in the Fall. The committee would welcome one or two new members who would be slowly introduced to the tasks we carry out.

The Fall is our busiest month. The Membership Transfer breakfast on October 19<sup>th</sup> was attended by four new members who felt royally welcomed. New members feel honoured when a representative of Pastoral Care, Board Members and the Minister all drop in to say "Welcome".

On October 26th the congregation was generous (and well fed) at the Your Church Community Potluck. There were about 70 adults & several children in attendance.

Cathy Turner's promotion of name tag month resulted in 8 name tags being purchased. Of course these can be purchased at the information table at any time.

## **In the Library**

Submitted by Cathy Turner

Check out these books in our library. Please return promptly so others can enjoy during the Advent and Christmas season.

(Reviews taken from the internet)

### **Simplify and Celebrate: Embracing the Soul of Christmas**

(Found in the Spiritual Development section near the wall with the Ministers' pictures)

If you feel overburdened by the demands of this hectic season, stop vying for the best parking spot at the mall! Celebrate Christmas with your heart. Simplify and Celebrate is for all those people who know they want to simplify their Christmas celebration, but don't know where to begin. Simple ideas for creating meaningful family traditions with your kids, Advent rituals, prayers and reflections, and ideas for gift-giving that reflect your values and don't cost the earth. This year, plan and celebrate a Christmas that's full of the joy and peace of the season.

### **The Christmas Eve Storyteller**

(found in the Children's section near the wall with the Pastoral Care Notes)

"Twas a snowy night before Christmas" . . . and, grateful for a family's kindness, an intriguing visitor weaves a series of seven "yarns" which brings to light the many and varied themes of Christmas.

In a holiday season hungry for traditional and new Christmas stories, this elegantly illustrated book provides fresh insights into the ancient meaning of Christmas.

### **Wanting Devotionals or Graces for the festive season?**

Check out these books which can both be found in the devotional section which is near the wall with the Ministers' pictures.

- **Approaching Christmas: Meditations for Advent**
- **Graces: Prayers & poems for everyday meals and special occasions**

### **Remembrance Day display courtesy of Faye Adams**

Each Year Faye puts on a display for our Remembrance Day service. Members of the congregation are always interested in seeing the various uniforms and memorabilia displayed.



## ♪ Home for Christmas ♪

Mark your calendars for the official start to the Christmas season. The choirs of Glen Cairn United Church present "Home for Christmas," our annual concert of Christmas carols and seasonal music, on **Sunday, November 30<sup>th</sup> at 7:00 p.m.** – the first Sunday of Advent.

Come out and get into the spirit of Christmas before the hustle and bustle of the season takes over. We'll have something for everyone under the musical Christmas tree - from The First Noel to Christmas in Killarney, with A Doo-Wop Christmas thrown in for good measure. There will be duets, trios, and quartets, and who would want to miss those adorable Cherubs singing Two Front Teeth? You'll find all the fun and variety that a GCUC concert brings with, of course, the opportunity to join in singing old favourite carols.

No tickets are required! The proceeds of the concert traditionally go to our community outreach programs and this year's free-will offering will go towards our Ventures in Mission program, **The Oasis in Kanata**. This program is dedicated to providing information, education, and support to caregivers of persons with mental illness. For further information about your outreach program, please visit [www.TheOasisKanata.ca](http://www.TheOasisKanata.ca)

As always, there will be delectable desserts served after the hour-long concert. Everyone is welcome – bring your family and friends. For further information, please call the church office at 613-836-4756 or visit the church's website at [www.gcuc.ca](http://www.gcuc.ca).

## Sunday School and Youth

Submitted by Jason Winter

### Sunday School:

In Sunday School, we are all very excited as we approach the Season of Advent. Over the last several months, we've had a number of fun crafts and activities in the Sunday School: one day some of the children helped tidy up the church yard and helped in the garden, on the day of the potluck we placed some "hands of god" with words of kindness on them around the church, the youngest class has also taken to growing a plant, which they water every week, in addition to our regular songs, stories and activities. This month we are learning to sing parts of the song "Here I am to Worship". There is almost always at least one class every week doing some sort of craft, and these are sometimes displayed on our Sunday School boards in the hallway, so always feel free to look on our boards for new crafts done by the children! We are now looking forward to the season of Advent, and to our upcoming Christmas Pageant on December 14th during the service. We are however still looking for more Sunday School Teachers, and so if you have any interest in teaching, please feel free to ask; we'd love to have you!

### Youth Group:

Many of our older Youth have moved away to college or university this year, and we wish them all the best in their studies! Most recently, we had a pumpkin carving event, where we carved pumpkins, listened to some great music, and ate lots of Halloween candy. In the coming months we are looking forward to some more winter themed activities, such as skating on the canal. Keep your eyes on the announcement sheets for upcoming Youth events!



**CHRISTMAS DINNER**  
**Wednesday, December 17<sup>th</sup>**  
**Noon**

**Join us for a delightful turkey dinner with all the trimmings. Good food and good friends.**

**Cost: \$15:00**

**Tickets available in the main hall after church, from the church office**  
**Tickets must be purchased by Sunday, December 14<sup>th</sup>.**

**Following the dinner we will be entertained by The West Ottawa Ladies Chorus, under the direction of Robert Dueck, who will bring the Christmas season in with joy.**



## Pastoral Care Survey 2014 Summary



In June 2014, the GCUC Pastoral Care Team requested feedback from the congregation through a questionnaire. We thank you for your input and would like to provide a summary of the responses.

There were 33 respondents to the questionnaire. Average attendance in 2014 is approximately 130, so the response rate was about 25%. Rounding the percentages, 80% of the respondents were female and 20% male. 70% were in the 60+ age group and 30% were 40-59. 20% of the respondents lived on their own.

Three questionnaires were completed using SurveyMonkey, the others were done on paper.

### General Pastoral Care Support

94% of respondents were aware of the caring support the GCUC Pastoral Care Team offers.

64% (21) of respondents had experienced loss, surgery, sickness or other challenges in the past year. Of those who had experienced a challenge, 57% (12) requested Pastoral Care support. 100% of those who received support thought it was helpful.

Comments from those who did not seek support indicated that they managed it themselves, didn't need the support, or were supported by family and friends. Those that found the support helpful appreciated the comfort and compassion, and found team members well-trained and caring.



### Pastoral Care Monthly Services

97% of respondents were aware of the monthly healing services. Of those, 31% (10) had attended a service. Of those, 80% found it helpful.

Those that found the services helpful thought they were healing and peaceful.

### Healing Pathway Ministry

100% of the respondents were aware of the Healing Pathway Ministry. 42% (14) had experienced Healing Pathway. Of those, 93% found it helpful.

Those that experienced Healing Pathway and found it helpful thought it was relaxing and healing.

### Care Notes

82% of the respondents were aware of the Care Notes on the wall in the glass lounge overflow area. Of those, 48% (13) had used them. Of those, 85% said the Care Notes were helpful.

Those that found them helpful indicated they had good information with helpful tips and strategies.



The ladies of the UCW got together to make these cute little sock snowmen to sell at the Cookie Walk and Craft Sale on December 6<sup>th</sup>. Lots of laughs were had by all.

Pat Will was the instructor and photographer.

## Have you Started your Baking Yet?!

It is that time of year again for the most famous fund-raiser of our church. We are now very well known for the Annual Christmas Cookie Walk, Craft Fair, and Silent Auction being held this year on Saturday, December 6<sup>th</sup> from 9 am until noon. This year is our **23rd** so let's echo the last three years and make a special effort to make it a great function. From 2011 to 2013 for those who were lined up before 9 am we could stop the line entering the Main Hall and promise those people they could still purchase from a great selection of **Christmas** cookies. This is a congregational event so please be sure to spare some time soon to bake **Christmas** Cookies, decide what you can put in the Silent Auction and if you have some crafts you would like to donate everything is welcome. Please be generous with your time and donations. Are you wondering what you can give to the Silent Auction? (We are not looking for garage sale items, please save those for the spring.) Here is a time to purchase something with your HBC, Shopper's Drug Mart, or Canadian Tire points, or donate tickets to an event you will not be using, or donate new or gently used items that could be given as gifts, or you can donate your time or services to make a meal, shovel a driveway, put up Christmas lights, babysit so someone can do their shopping, or wherever your imagination will take you. We will be looking for people to help set up tables or hang garland on Friday, December 5<sup>th</sup> in the morning. Please volunteer and watch me smile. Cookies and other items may be dropped off at the church kitchen on Fri., December 5<sup>th</sup> in the morning or from 7-9 pm or on Sat., December 6<sup>th</sup> at 8 am.

We had a raucous and crazy time at our November meeting. (I actually wrote this sentence before our meeting and my premonitions were right.) We made snowmen to sell at our craft table. The rice was pretty contained, now you know the secret ingredient. It's good to be silly with friends.

Our December meeting will be on Monday, December 8<sup>th</sup> at 6:30 pm. We will be sharing in a potluck meal and making decisions on giving money to our own church, both the operating budget and capital needs and desires, and other charities.

On Wednesday, December 17<sup>th</sup> we will be providing a traditional Christmas dinner to the Lunch 'n Such group. Are you an adult from our church who is available at noon time to share a delicious meal and camaraderie? Then please purchase a \$15 (what a bargain!) ticket from Martha Townshend Colford, Pat Will, or the church office. There will be musical entertainment after the meal.

If you would like more information about UCW or would like to help out in any way, please contact Martha Townshend Colford. Our first meeting of the New Year will be on Monday, January 12<sup>th</sup> at 7:30 pm.



## **Ottawa Presbytery Welcomes Presbytery Secretary on a short-term contract**

When Presbytery Minister Lillian Roberts announced plans to relocate to the Manitou Conference, the Executive of the Ottawa Presbytery began their search for a Supply Presbytery Minister to replace Rev. Roberts. Due to the time requirements for the recruitment of the new Presbytery Minister, the Presbytery Executive made the decision to hire, on a part-time contract, a qualified and suitable individual who would take on the duties of the Presbytery Secretary in order to ensure that the day to day duties and requirements of the management of the Presbytery Office would continue without interruption. A committee consisting of Brian Cornelius, Paul Dillman, and Diane Filby interviewed qualified candidates.

The Executive of the Presbytery is pleased to announce the election of Mr. Bruce Peterkin as this short-term contract Presbytery Secretary effective November 1, 2014.

Mr. Peterkin has been a member of the Carsonby United Church for the past twenty years where he is a lay worship leader and involved on various church committees. He is also a member of the Carsonby United Church Choir. He comes to this interim role with over 27 years of experience in the provision and delivery of health care services throughout Canada, with particular emphasis on Aboriginal Health and health care services delivery in rural northern communities.

Mr. Peterkin has gained vast experience through working in a variety of health care settings as a Senior Executive. His professional background includes hospital administration, community health and social services, long-term care administration, mental health and addictions, health policy and community development. His experiences encompass many aspects of the principles and practices of management in complex health organizations and the utilization of multi-disciplinary approaches in facilitating healthy communities.

Mr. Peterkin retired in October 2013 and has decided to return to work by assisting the Presbytery as the Secretary. He has held several senior executive positions such as Assistant Deputy Minister of Operations in the Department of Health & Social Services for the Government of Nunavut, President and Chief Executive Officer of several rural hospitals in Ontario and Executive Director positions, Carlingview Manor for one of Ottawa's largest long-term care facilities (303 beds) and Executive Director of one of Ontario's largest Aboriginal Health Centres, located in Hamilton and Brantford Ontario which provided a wide range of primary health and social services to over 15,000 urban aboriginal people.

Mr. Peterkin's educational background includes a Bachelor of Arts Degree, a Masters of Adult Education, and a PhD in Health and Human Services, as well as executive development at the Banff School of Management and Harvard University. Since 1986, Mr. Peterkin has been an executive member of the *Canadian College of Health Leaders* and holds a long-term care Administrator's license for the Province of Ontario. He recently was honoured with a lifelong membership by the Canadian College of Health Leaders.

Mr. Peterkin brings to this interim position a solid understanding of administration, organizational operations, Board and committee capacity building and working with Boards, committees and volunteers.

## **The Healing Pathway**

Submitted by Lynda Brooks

The Healing Pathway Team consists of Barbara Loynes, Joy Craigie, Joy Judd, Nancy Kerr and Lynda Brooks. Barb, Lynda, Joy and Joy are very happy to be able to go to the Phase 4 workshop in Arnprior the end of November in order to further their skills. Nancy has been to courses this year also to further her skills. We give sessions every Monday at 11:00 am, 12:30 and 1:30. We are also available for sessions on Wednesday evenings at 7:00 and 8:00pm. We also see people in their homes or at the hospital when requested or offered and received.

**These sessions are free to all who ask.** We have several regulars. We have given about 180 sessions this past year. Those who have received have been from many faiths including Muslim, Hindu, Roman Catholic and Protestant. **We would love to share this wonderful free ministry with** more people from our congregation.

John 14:12-14 The one who believes in me will also do the works I do and, in fact, will do greater works than these, because I am going to the Father,

I will do whatever you ask in my name, so that the Father may be glorified in the Son.

If my name you ask me for anything, I will do it.

## **The Stewardship Connection**

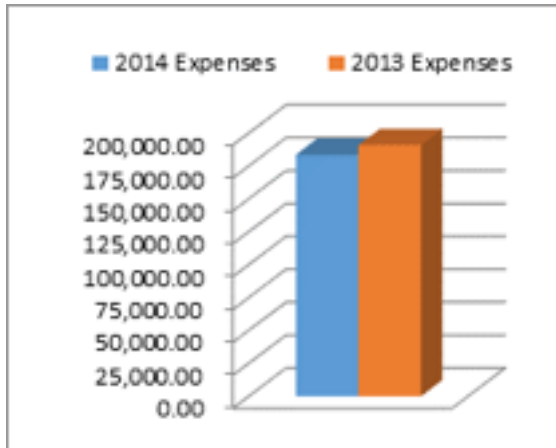
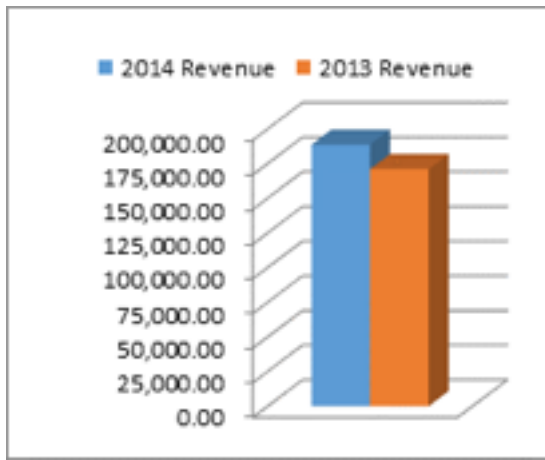
*By the Stewardship Committee*

Welcome to the Advent Season! As we know, Christmas is the gift-giving season and even though stores are well stocked, sometimes, it is difficult to find the right gift for every person on our lists. God had no such problems. He knew exactly what each person needed. God sent his son. This was the most incredible gift! How do we respond to the gift God has given us? We should be asking "What have I given to him?" As stewards, we each have something to give back to God. Let us keep this in mind as we prayerfully give in support of God's work.

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

**Minute for Stewardship** -Our current financial situation is Revenues: \$188,623 compared to \$171,026 for 2013 and Expenses: \$183,442 compared to \$190,930 for 2013.

We currently have a **Net Profit of \$5,182**. This, of course, is **very good news**, however, keep in mind that additional givings help **further our programs – such as Oasis, Pastoral Care, Music, or Faith Formation**.



**Do you know about our gift card fundraising program? We can help you with your Christmas shopping! This program can help both you and the Church. The gift card fundraising program raises approximately \$4,000 each year and this year, we are well on our way! To date, we have raised \$2,190.** This is an easy fundraising program. You simply purchase the gift cards and the Church gets a 3-8% return. We have a large selection of gift cards to choose from - for example, clothing such as **Roots, Moore's, Mark's Work Wearhouse,** and **La Senza** that give back **6%** or entertainment cards such as **Cineplex** which provide an **8%** return. We also have the following gift cards in inventory 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.** For special orders, such as cards for **Tanger Mall** like **Tommy Hilfiger, The Gap, and People's Jewellers,** just place the order on Sunday and they will be available the following 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, counselling, 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.

Our Fall Harvest Festival on October 18 was a huge success. We raised just over \$1,300 and had a lot of fun doing it! Thank you so much to all of you who worked tirelessly to make our Fall Harvest Festival a success. Here is what you did: donated stuff, baked, bought food for the bbq, sold tickets, served food, set up tables, organized donations, sold pumpkins, cleaned items, sold items, packed up the unsold items, made trips to Value Village, put the furniture back where it belonged, vacuumed, put out the garbage, cleaned the bbq, did the laundry, sang, put out signs, looked for volunteers, welcomed people, brought the float money, counted the proceeds, and chatted, laughed, ate together (there was some fun), and shopped. Our church is indebted to you!



**Come to the Ceilidh!** On **January 24, 2015**, we will celebrate **Robbie Burns Day** with our annual fun-filled ceilidh. Doors will open at 6:00 pm starting with a traditional Burns Supper prepared by our own UCW and followed by entertainment and dancing to the Alana Morris and Friends Fiddle Group. We thoroughly enjoyed these ceilidhs last year and this is an excellent fundraiser for the Church!

Instruction for Scottish Country Dancing will be led by the Scottish Country Dancing Society and friends! **Tickets will be \$35 for adults and \$12 for children under 12.** Please see Sherry for ticket sales. **Bring your friends and family – Come to the Ceilidh!**

As we move into this Advent Season, the Stewardship Committee wants to thank everyone for their past and continued support. Enjoy this season of joy, peace, hope, and love with friends and family. We are truly blessed!

**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.***

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## **Kanata Stittsville Refugee Sponsorship Group**

*Submitted by John Toft*

### **The Ride for Refuge**

Twenty people associated with Glen Cairn United's cycling group, The Wheels of Fortune, took place in The Ride for Refuge on Saturday, October 4<sup>th</sup>, in Ottawa. The GCUC team was one of 45 teams that took part in this fundraising event, and the 20 were part of the 250 riders who rode that day. Seventy-nine volunteers ensured the event went smoothly.

The GCUC riders were mostly people who participate in the regular Wednesday evening and Saturday morning rides of The Wheels of Fortune. These were supplemented by Stittsville United Church's Minister Grant Dillenbeck, and two riders from St. Thomas Anglican in Stittsville.



All 250 riders and volunteers met at 8 am that morning to register and learn about the three different routes available. One was a 10 km route, another was

25 km long, while the third was a 50 km route. The 20 Wheels and associates chose their routes and stances carefully. Some selected the 10 km, others chose the 25 km route, while the avid group took on the 50 Km route. At 9 am, all assembled at the mass start for each individual route.

The weather was mild but a little discomfoting with drizzle and light rain. Once the cyclists began pedaling, the mild discomfort gave way to happiness that their fund-raising efforts were now being put to the test. The hills were ahead, particularly the dreaded Huntmar Hill. However, even this did not task the avid cyclists who breezed past the recreational cyclists as they pushed their bikes up the steeper parts of the hill. And even this test was forgotten by those who demonstrated the push in push bikes as they free-wheeled down hills later in their routes.

The Wheels of Fortune cyclists were noted as the team which raised the highest total in its fund-raising effort. As of the day after the event, \$5,121 was raised for the Kanata Stittsville Refugee Sponsorship Group. The Ride for Refuge organization will take a portion of those funds to help pay for its organizational expenses, leaving the refugee sponsorship group with over \$3,500 to add to its revenues.

The Wheels of Fortune riders appreciate the support given its members from Glen Cairn United Church, the other churches in the Sponsorship Group, and their friends, relatives, and associates who donated money. One hundred and nineteen individuals and organizations donated to the team. Thank you all. Your support made our rides so much more enjoyable.



## **Monthly Outreach**

*Submitted by Cathy Turner and Holly Egan*

### **Christmas Outreach**

This year, GCUC will once again be supporting the Kanata Food Cupboard's Angel Tree program, which provides gifts for children of families in our area who are currently being helped by the Kanata Food Cupboard.

Angels will be identified as either a boy or a girl, along with their age. Gifts, including the Angel Tag, are to be provided unwrapped, but you may include a gift bag or other appropriate wrapping. This ensures that the Food Cupboard team can closely match each child's interests with the gifts available before final wrapping and distribution.

Also, we will be collecting Canadian Tire money which will be used by the Food Cupboard to purchase gift cards for families.

Please see Holly Egan or Cathy Turner to pick up your Angel Tag, drop off your gift, or donate some Canadian Tire money.

***All gifts and Canadian Tire money need to be in to either Holly or Cathy by Sunday December 7.***

## **Furniture for Refugees**

*Submitted by John Toft, GCUC representative on the Kanata Stittsville Refugee Sponsorship Group*

Recently, a member of the congregation contacted me asking if I could accept donated furniture items for refugees. I said I was willing to take such items. The congregation member was downsizing to move from a retirement home to a smaller apartment where more care would be provided. So I arranged to visit him to pick up the furniture.

The furniture was in good to excellent condition. It included a pedestal dining-room table and four chairs, an upholstered living room chair, two smaller tables and a mirror. With the help of a neighbour and my eldest son, I transported the furniture to Matthew House on Legget Drive. This charity accepts quality furnishing for refugees at its facility labelled The Ottawa Furniture Bank. The Website for Matthew House can be found at: [www.matthewhouseottawa.org/](http://www.matthewhouseottawa.org/). This particular furniture may not go to our church-supported refugees since these are still in refugee camps. The furniture will go, however, to others in need.

The Matthew House Website contains the following:

*Matthew House's Refugee Services provide shelter and community throughout the refugee claimant process.*

*Matthew House's Furniture Bank distributes quality used furniture and household goods to refugee claimants, those transitioning from institutions, halfway homes and shelters, and others in need to provide safe and comfortable homes.*

Matthew House accepted the donated items. This is not always the case for goods of lower quality. Our back-up plan, to take any unwanted items to the local Value Village, was not needed on this occasion.

Matthew House is the lead charity in the local Ride for Refuge. Participants in The Ride raised funds for Matthew House alongside riders associated with GCUC and other churches who collected donations for the Kanata Stittsville Refugee Sponsorship Group. It's a small world!

Any donations of furniture or household goods may be accepted by Matthew House by following the process I followed.

- Visit the Matthew House website.
- Contact Matthew House by phone (613-240-6680) or Email ([fbinfo@matthewhouseottawa.org](mailto:fbinfo@matthewhouseottawa.org)).
- Arrange to drop off the goods at a time convenient to you and the volunteers at Matthew House.
- Take the items to Matthew House and drop them off.
- Have as a back-up plan the possibility of taking less desirable items to the Value Village. The location of the nearest Value Village in Stittsville is convenient.

Contact me for help as needed.

## **Outreach Sunday Sermon for September 28, 2014**

Good morning. My name is Nancy Sprules and I am a backroom sort of person. Oh, and I am also the Chair of the Outreach Committee at Glen Cairn United Church. The most important piece of information in that introduction is that I am a backroom sort of person. The rest of it happened without me being in control of the moment. I think I best explain.

All my life I have loved the back row. Having a lifelong and continuing battle with shyness, I found the back row a quiet place where people seldom noticed me. I was, and am, comfortable there. All my life, I have been rooted out of my comfortable back seat and have found myself, as I do this morning, in the front row. I am not so comfortable here, but it seems that something is always occurring to shake me out of my place of comfort and challenge me to do more than I think I am capable!

Last year, the First Annual Outreach Sunday was held. The person in the pulpit that Sunday was the then-Chair of the Outreach Committee, Shirley Bishop. What, you may ask, am I doing standing in Shirley's place on our Second Annual Outreach Sunday Service? I think what happened is that Shirley started chatting with me one Sunday after service. Of course I got nervous – after all Shirley has that amazing voice in the choir, and she was Chair of Outreach and she directs The Oasis in Kanata and we had all heard her succinct and enthusiastic talks about Oasis, the GCUC Outreach program supporting those who are

caregivers to folks with mental illnesses from the lectern over there. I spent the whole time Shirley was chatting with me trying to figure out how she knew my name.

When I went home after church, I found I had told Shirley I would consider taking on the position of Outreach Chair. I truly don't know how that happened. But, here I am administering the Outreach Committee and watching Shirley and her awesome team of Emmett Will, Holly Egan, Cathy Turner, and Joanne Algie provide an amazing program for our community, and beyond, supporting caregivers of people living with mental illness who have had little to no support in the past.

The GCUC congregation voted to support this program through volunteering their time and talent and giving financially so we can have a trained and talented program manager and offer valuable and helpful programs with specialized speakers. I have sat in the back row of a couple of these presentations and they are fantastic! If you know of someone struggling to care for a loved one with a mental illness, bring them to the next information session – you won't regret it.

Being Chair of Outreach also means sitting on the GCUC Church Council. For those of you who might also love the back row, I'll just say that this is the group of front row sitters who run the church – they actually make decisions! We had a Council meeting in August and I found myself sitting beside David Rothwell, the Chair of Council. At the end of the meeting, he turned and asked me a question. My first thought, of course, was, "How does he know my name?" My second thought was, "He is asking me a question about the Refugee Sponsorship Program. Where is John Toft?!?" Well, John was in Europe on holiday, so I had to answer the question to the best of my ability which, as a back row person, simply meant I would wait for John to get home and let David know.

Our Refugee Sponsorship Group is very busy sponsoring a family from Afghanistan who are currently living in a refugee camp in Tajikistan. When I came to that word in answering David, my tongue added in at least three extra syllables and I knew right then that I should have stayed in the back row! But I carried on and let him know about our program and how the folks of Glen Cairn United have committed to raising \$1000 dollars every year for the sponsorship program and how we will be looking for their extra help this year as we raise \$38,000 along with our 6 co-sponsorship churches for the needs of this family. You will hear more about our family from Afghanistan when John takes over and talks about the Ride for Refuge in support of this project.

One of the difficulties in being shy is the telephone. I hate it and have embraced Email with all of my heart and soul. I can chat away on the keyboard by the hour! I love Emmett Will, our Outreach Committee Communications Coordinator who is responsible for all these wonderful slides and posters. He sends me words and pictures, graphs and ideas over the Email about all sorts of our programs. He is the brains behind our fantastic after-service information session in the hall, so I hope you will all go to see what is happening, talk with the Outreach volunteers, and perhaps find a place you might be comfortable volunteering your time, talent, or resources. I'll be at the Mission and Service booth and I have found lots of material you can look at and read and handle and move around. I don't have much to do as M&S Co-ordinator as the congregation is fantastic at raising over \$20,000 every year for the United Church's M&S fund. The award certificate is on the table. If you feel you have to ask a question, I'll do my best to keep my tongue under control.

Last spring, I attended the St. Patrick's Day Tea for seniors, one of several events tailored for seniors by our Seniors Outreach Committee. Bev Armbruster, who coordinates this program, saw me come in and suggested I pour tea. I found myself in charge of three different tea pots (regular, decaf, and green) and wondering how I got there! I actually thoroughly enjoyed myself and had a chance to chat with and meet some of our senior friends. I am planning to attend as many of these events during this church year as I can. Somehow these folks made me feel as comfortable and as welcome as my back row seat. Bev and I are gathering a few people together for a brainstorming session in October to find ways to better serve our senior community and to reach out to those beyond our own congregation. If you have any suggestions for serving this important group, please send them along – preferably by Email – well, or talking to Bev or me.

I love projects which involve anonymous giving. You know the kind of thing – PAR [Pre-Authorized Remittance], the Kanata Food Cupboard bin in the foyer, the Monthly Outreach Appeal box, writing a cheque for a charity. I think I learned this from 27 years in Girl Guides where we were encouraged to do a good turn every day and not tell anyone about it as it wasn't about getting praise but giving freely of yourself. For a shy person, this was brilliant! Our Monthly Appeal Program, ably run by Holly Egan and Cathy Turner, is one of those types of activities: one can sneak a bag of groceries, some jars of jam, a snowsuit, or a bag of school supplies into the Monthly Appeal Box in the foyer and no one will be the wiser – except, of course, the folks who are being helped by this great Outreach Program. Make sure to check

the bulletin every Sunday for what organization is being supported that particular month and you too can sneak in a donation or two.

There is a second box in the foyer and that is where you can also anonymously add to one of our Outreach Programs – The Kanata Food Cupboard. Glen Cairn United has been a part of this program for over 20 years. The volunteers who give their time and energy to make sure folks in our community don't go hungry have seen lots of changes. The program is part of the Greater Ottawa Food Cupboard program now and administrative changes have been made. But our own community is still being served by our own Kanata Food Cupboard and there is still a great need to help folks down on their luck and needing sustenance and a smile. Nancy Kerr who coordinates this program really needs some new volunteers, as well as the continuing support of the regulars, so check it out at the Food Cupboard table in the hall after service.

"It helps, now and then, to step back and take a long view," says Bishop Oscar Romero's wonderful poem. We all benefit from slowing down, thinking about where we are and where we want to be. I particularly have to think about why I keep getting pushed out of my comfortable back row and shoved into places I would rather pass by. Is this how God speaks to me? Is this how I find out that "stewardship is in thanks for God's gifts and grace in my life"? I think it is. I think being roused out of my back row seat is the way God reminds me that I have been blessed with so much that I have time to sit back and succumb to my shyness and lack of confidence, but that doing so is a waste of time.

There are many things in life which need my helping hand, my time, my talents, whatever they are, and my energy. I will probably never see the end results of my efforts, but seeing a responding smile from a client at the food cupboard, or holding the hand of someone who is exhausted by caring for a family member suffering from mental illness, or wrapping a gift at Christmas for a child who won't have one if I don't make the effort, or sending a cheque to a relief fund through M & S is a part of that end result. If I don't make the effort, if my lack of stewardship causes a child to die or a church to close or a refugee camp to grow, how can I truly call myself a member of this Christian Community?

I'm here, in front of you this morning, even though I would still prefer to be seated in the back row. I am asking you to take a few minutes to reflect on how you, in your life, are reaching out to others with your time, talents, energy, and resources, and how you are planting the seeds that will one day grow into the future we are promised through the love of our Lord, Jesus. Thanks be to God. Amen.

## **2014 Santa Claus Parade**

*Submitted by Emmett Will and Anne McEwen*

For the sixth consecutive year, we dispensed hot coffee, hot chocolate, hot apple cider, and homemade cookies to the crowds of people lining Abbeyhill Road while they waited for the Kanata Santa Claus Parade to pass by our church on its way to its Hazeldean Mall finish. Each year, we've asked members of our congregation to donate cookies and to help serve the folks who approach our tables. And each year, we are overwhelmed by the generosity of our congregational members. We've never run out of terrific treats and have always had lots of helpers to set up and take down our canopy, tables, and displays; prepare the food and drinks in the kitchen; and hand out the treats.

As well, volunteers gave out over 250 business cards with information about the annual Cookie Walk displayed on one side, and the date and descriptions of the Advent Concert and each of the Advent and Christmas Eve services shown on the other. It was actually difficult to give away all the cards we had prepared as many people said they were already familiar with the Cookie Walk . . . and were looking forward to taking part again this year.

The weather was perfect for a parade. Consequently, there were long line-ups for our cookies and hot drinks. One of our volunteers estimated we had served well over 500 parade watchers. Many people who approached our tables told us how much they appreciated our simple gesture and that they come back every year to sample our wares. In fact, for some it has become a family tradition!

When the parade had passed by, we discovered to our delight we had collected over \$350 in our free-will offering pots. This money will be used to help offset the costs associated with running our Ventures in Mission community outreach program, The Oasis in Kanata, for caregivers of those with mental illness.

Anne and Emmett wish to thank everyone who made the morning such a great success. Here are a few photos from the day, courtesy of Cathy Turner and John Toft.



