

Reach Out

Sunday Service 10:00 AM 140 Abbeyhill Drive, Kanata, Ontario, Canada, K2L 1H5 March 2014
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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

'Hoping against hope...' Which is how St. Paul describes Abraham's belief that God would make of him descendants more numerous than the stars. And which captures the feeling a lot of us have this March, supposedly now spring, waiting for winter to end at last and the snow to disappear and hope against hope that spring flowers will rise above the earth and shower us with their beauty. Sometimes it's a stretch to believe, especially good news.

Bad news is another story. We can quickly catch on to thinking the worst; even believing the worst about someone else, about a situation in our life, or in our neighbourhood, or our world. Our brains seem to be hot wired to almost accept as fact the bad tales we hear. But to believe in good news that is a more difficult calling.

Abraham in some fashion had to suspend his rational belief, the obvious fact that he was much too old to have children, let alone be the progenitor of a nation of wee ones. Looking at the hard cold reality he might easily be led to believe the bad news that kids were out of the question in the retirement home. Kids were the hope of young people, young couples, not of two seniors well past their prime. But Abraham had this stubborn, insistent faith in God's grace and love, that the impossible could indeed become the possible, and so he had hope against even hope itself. He believed God's word that from an old guy would come a new nation.

I would like to invite you to take time in this season of Lent and of Easter, to look at those issues and those relationships in your life where you are being called to hope against hope. To believe in the possible despite what the facts may say. Resurrection is like that, Jesus died, and the simple fact the disciples believed was that if you die it is over. Except, in God's astonishing grace, there is hope against hope, and the one who died on Good Friday, becomes alive on Easter Sunday.

Hope against hope this spring my friends, and your world may indeed be changed!

Services of Loss, Grief and Healing

These services are held the last Sunday of every month. Although the groups are small, the services seem to be appreciated. All are welcome.

The Healing Pathway sessions occur every Wednesday from 11:00 -12:00, 12:30-2:30 and from 7:00-9:00pm. The team consists of Lynda Brooks, Joy Craigie, Joy Judd, Nancy Kerr and Barbara Loynes. This is an energy ministry where all sessions are free. Each session last approximately 40 minutes. Client's state they feel closer to God, more relaxed, centered, often going into a meditative state producing less pain and simply feeling better. All sessions are confidential.

The Pathway is also an unofficial outreach program. Clients have come from many different churches, and religions, which have included Moslems, Hindus, Protestants and Catholics.

Library News

Submitted by Cathy Turner

What's new in the Library?

Here are two new editions to our library. The commentaries have been taken from the Amazon.com website.

Sabbath as Resistance: Saying No to the Culture of Now

This book can be found in the Social and Ethical Issues section of our library, which is on the shelves close to the choir room door in the lounge, although some books may also be found on the overflow shelf on top of the lower cabinet. Books in this section are identified by a silver star on their cover.

Discussions about the Sabbath often center around moralistic laws and arguments over whether a person should be able to play cards or purchase liquor on Sundays. In this volume, popular author Walter Brueggemann writes that the Sabbath is not simply about keeping rules but rather about becoming a whole person and restoring a whole society. Importantly, Brueggemann speaks to a 24/7 society of consumption, a society in which we live to achieve, accomplish, perform, and possess. We want more, own more, use more, eat more, and drink more. Keeping the Sabbath allows us to break this restless cycle and focus on what is truly important: God, other people, all life. Brueggemann offers a transformative vision of the wholeness God intends, giving world-weary Christians a glimpse of a more fulfilling and simpler life through Sabbath observance.

A Church with the Soul of a Nation; Making and Remaking the United Church of Canada

This book can be found in the Church History and Biography section of our library, which is on the shelves close to the choir room door in the lounge although some books may also be found on the overflow shelf on top of the lower cabinet. Books in this section are identified by a green star on their cover and on the shelf. "As Canadian as the maple leaf" is how one observer summed up the United Church of Canada after its founding in 1925. But was this Canadian-made church flawed in its design, as critics have charged? *A Church with the Soul of a Nation* explores this question by weaving together the history of the United Church with a provocative analysis of religion and cultural change. The story begins in the aftermath of Confederation, when the prospects of building a Christian nation persuaded a group of Congregationalist, Methodist, and Presbyterian leaders to set aside denominational differences and focus instead on shared beliefs.

Membership Committee

Submitted by Patricia Taylor

Happy Spring! It should be here shortly. In the meantime, let's just pretend winter is over and we will soon see flowers, grass and leaves. That should put a smile on all our faces. Last year in the spring issue of Reachout I wrote: "Each person who attends any event at GCUC brings his or her own special touch: a smile, a laugh, a story to share, a song to sing, etc. You, the people in the pews, are who make GCUC special. If we show the joy on our faces everyone will see it and we will be a welcoming church to all who come."

Have you noticed that the congregation is indeed smiling and laughing quite frequently. Brian's anecdotes and jokes open our Sunday morning services. Those darling children (and some adults) at the front of the sanctuary on Sunday mornings are just a treasure to behold and to hear. I have noticed many people laughing in the Hall after church. We are a joyous church!

The Olympic Potluck in January was filled with cheerful voices. The atmosphere seemed exuberant. Was it the pending Olympics or the variety of "olympic" dishes from around the world? Wanda McNea, Potluck Coordinator, what will you challenge us with at the next potluck?

Do drop by the Information Table as you enter or leave the sanctuary to ask a question or to say 'hello'. A member of our committee is always available to assist you. Keep smiling!

Happy Easter! Blessings,

Patricia Taylor
Chair, Membership Committee

United Church Women

Submitted by Martha Townshend Colford

The next meeting for UCW is on Monday, April 14th and we will be welcoming Brenda Carr to speak about her trip to Israel. There are so many events that are happening in that part of the world that affects people of many faiths. It will give us an insight to how we can not only be tolerant but also treat people with kindness and decency no matter what their background is.

Watch for announcements in the bulletin about the next Lunch 'n Such in April and also for the Spring Rummage Sale on May 10th. Keep in mind that we need many volunteers for that event to run smoothly.

Ministry and Personnel

Submitted by Jim Power

At the Annual Congregational meeting, it was announced that Brian would be taking a sabbatical beginning in September and some of you may be wondering "what is this sabbatical all about".

The United Church of Canada has a Sabbatical Policy for Ministry Personnel in Pastoral Relations that came into effect in January of 2006. The policy is directed at ministry personnel that have served a pastoral charge for a minimum number of years and the policy is based on the principle that ministry personnel would benefit from a period of time, at least three consecutive months, intentionally set aside as an occasion for reflection, recreation, and revitalization, unencumbered by their usual and customary responsibilities.

The policy includes obligations of the Pastoral Charge and the Ministry Personnel including timelines on notifications and approvals which virtually guarantee sabbaticals are not taken on a whim.

Brian approached the Ministry and Personnel Committee in May 2012 to discuss long range planning and his interest in applying to the Flora Baker Clergy Sabbatical Fellowship Program at Queen's University for a sabbatical in September 2014. With the approval of the Church Council, Brian submitted an application and was accepted into the program for September 2014. The program requires Brian to take two courses at Queen's School of Religion and participation in the life of the School of Religion in the form of attendance at chapel and informal discussions with students is encouraged.

Brian is set and will be doing some "going back to school shopping" in August but what does this mean for Glen Cairn United Church from September to December.

The Policy highlights that the congregation may benefit from the sabbatical with an increase in the level of lay leadership. This option was considered to address pulpit coverage during the sabbatical but the opportunity to provide a student with some practical experience seemed like an exciting and affordable option for the congregation.

In the next newsletter, we will meet Catherine Oxenford-Grant.

Worship Committee

Submitted by Diana Miller

Ah, spring....where are you? It would seem that only God knows. However, the days are lengthening and that is promising.

Since Christmas, the worship schedule has been busy. Jamie Scott led our Restorative Justice service on February 2. This was followed by our Red & White Gift Sunday on February 9. We thank all of you for your generosity as we took in many bags of donations. Our Ash Wednesday service was in the evening on March 5 and Kanata United Church was invited. March 9 saw the beginning of our Reel Time series with a sermon based on the movie Argo. This series continues with the sermon on March 23 about the new movie Mr. Peabody and Sherman. Then, Gravity will be shown on April 4, followed by a discussion at the service on April 6.

Looking forward to the Easter season, we have Palm Sunday on April 13 and then the following services:

- April 17 – Maundy Thursday – A joint service held here with Kanata United invited. It will be an integrated supper service (soup and service combined) commencing at 6:30.
- April 18 – Good Friday – 10:00 a.m. service at Kanata United Church.
- April 20 – Easter Sunday – This will be our own service at 10:00 a.m. with communion.

February brought some changes in our committee membership. After several years of service, including serving as our chair, Kevin McComas has stepped down. So too, has Eleanor Ford. Thanks to both of you for your generous gifts of your time and talents. We look forward to joining you in worship this spring.

Cecilia Chorus In Song

Submitted by Eleanor Ford

The ladies of the Cecilia Chorus have been working diligently each Wednesday morning to prepare music for worship and singouts at local retirement residences. The group numbers fourteen, including Janet Kerr, Bev Armbruster and Eleanor Ford who form the leadership team. Our newest member is Kathy Panagapko who joined us in the fall and has fast become a special friend to everyone.

Our repertoire is varied, including Dark Brown is the River, a beautiful setting of the Robert Louis Stevenson poem, oldies such as The Alphabet Song and Let There be Peace on Earth, as well as traditional spirituals and modern day compositions.

Our spring agenda includes singing for the Kanata Seniors' worship services when Brian leads their worship, offering anthems to our own Glen Cairn Sunday services, and presenting a half hour program of song at the Symphony Senior Living and Chartwell Seniors Residence in May. We are also looking forward to singing in the spring Choir Show, April 5, when we will do our version of Lollipop as it might have been heard on the fifties jukeboxes.

Outreach Committee Chairperson's Message

Hello! I would like to introduce myself as the new Chair of Outreach for Glen Cairn United Church. First, thank you to Shirley Bishop for the wonderful work and leadership she has given to the Committee over the past three years. I can only hope to follow in her footsteps and keep this well-run and happy group working smoothly.

I am a life-long member of the United Church of Canada having attended and been married at Rideau Park United and then attending various United Churches throughout Canada as I accompanied my military husband, Wayne Hodgson, through his various postings. I am a life-long volunteer having spent 20 years as an adult member of Girl Guides of Canada, volunteering in the schools, which my children attended, at Red Cross Blood Clinics, as a Sunday school teacher, with UCW, with the Canadian Ski Patrol and with Quilt Guilds. I am now more a "back room" volunteer preferring support roles and organizational duties to front row activities.

I was a Librarian at the Research Library of the National Gallery of Canada for 14 years and before that held positions at Calgary Public Library, Rideau Regional Centre Library (Smiths Falls), RCMP Public Complaints Commission Library, and the Status of Women Library. Both Wayne and I are now retired. We raised two children, Laura and Kyle, who now live in Calgary and Saskatoon with our three grandchildren! We have found a happy home at Glen Cairn United and I am pleased to be the Secretary of the UCW and now a part of Outreach.

As the new Chair of Outreach, I have taken over a smooth-running and effective organization. The six Committees that make up this portfolio (VIM OASIS, Mission and Service, Refugee Sponsorship, Kanata Food Cupboard, Monthly Outreach Appeal, and Senior Outreach) provide programs that reach out to our community far and near.

Some of the programs, like VIM OASIS, Refugee Sponsorship, Senior Outreach, Monthly Outreach Appeal, and the Kanata Food Cupboard are highly visible and work within our near community of Kanata and environs. We are reminded of these good works through announcements in the Church Bulletin, speakers during our Worship Services, our drop-in boxes in the foyer, and many highly visible activities.

Mission and Service stands alone as a program reaching around the world and we hear weekly, through our Minute for Mission, anecdotes of wonderful work being accomplished in Canada and the world. The congregation at Glen Cairn United Church has committed to supporting three of the Outreach programs through their annual givings and fund raising efforts – VIM OASIS, Refugee Sponsorship, and Mission and Service.

I thank those who regularly remember this commitment and urge everyone to continue to support these wonderful projects. Outreach is a terrific program in which to be involved and if you would like to make a difference in our community and our world, please think about offering your talents to our VIM OASIS Steering Committee or one of the other committees as we work to reach out to those around us.

I look forward to chatting with you at our Outreach activities!

Nancy J. Sprules
Chair of Outreach

What is the Monthly Outreach Program?

Submitted by Holly Egan and Cathy Turner

The Monthly Outreach program collects tangible items to support the work of organizations in our local community and around the world. Thanks to your caring and generosity, we have made a difference in our community and beyond. By donating items specifically needed by various organizations, we experience a closer connection to the lives of those in need.

In the coming months Glen Cairn United will continue to reach out through our Monthly Outreach Program. We will be used by God in our communities so that His love and hope will be experienced in the lives of others.

If you have an idea for a monthly outreach initiative, please speak with Holly Egan or Cathy Turner.

Thank You to GCUC Christmas Angels!

Thanks to your generosity, our GCUC Christmas Outreach delivered over 80 gifts, lots of gift wrap & bags, and \$17.25 in Canadian Tire money to the Kanata Food Cupboard! This year 390 families in Kanata received Christmas hampers and gifts through the Food Cupboard special holiday programs. Over 750 adults and seniors, and over 750 children and teens, received this extra Christmas joy. Thank you for helping to put a smile on a child's (and parent's) face this Christmas!

January Outreach: Shepherds of Good Hope, Hope Living Kanata

Thank you for your generous donations for the Shepherds of Good Hope - Hope Living Kanata facility. We delivered socks, underwear, PJs, and toiletries to a very appreciative group.

The Hope Living Residence on Castlefrank is part of the Shepherds of Good Hope Supportive Living program, which offers experience in communal and autonomous living. There are 35 rental units for men and women diagnosed with a serious mental illness which may or may not be co-occurring with other challenges. Staff is available 24/7 to support tenants based on their individual needs, with the emphasis being on recovery and promotion of independence. There are also 62 rental units for older adults 65 years plus.

Thank You – Red & White Sunday

Submitted by Nancy Kerr

Thank you from the Kanata Food Cupboard for your generosity on Red & White Sunday. We delivered two trunk-loads of items and many cash donations.

March - April Outreach: Jam and Peanut Butter for Centre 507

Located in downtown Ottawa, Centre 507 is an adult drop-in centre that receives funding from the United Church of Canada. Six afternoons and three evenings per week, the Centre welcomes individuals who may be disadvantaged economically or socially. Homelessness, unstable housing, mental illness, addictions, poverty, unemployment, or loneliness are examples of issues faced by participants.

Centre 507 helps participants address their challenges in many ways, such as counselling, advocacy and referrals, crisis intervention, life management skills programs, clothes and toiletries, hot food, and snacks and coffee.

On their wish list is jam and peanut butter – a luxury that patrons love but the Centre cannot afford to buy. Please put your donations of jam and peanut butter in the blue Outreach Bin in the lobby (not the Food Cupboard bin).

Senior Outreach

Submitted by Bev Armbruster

The Senior Outreach Committee invites you to join us for April Flowers, a morning of therapeutic gardening with Sue McMullin, which will take place on Monday, April 14, at 10:00 AM. You will be creating a lovely potted arrangement just in time for Easter.

Enjoy a photographic journey to Brazil and the Amazon on Thursday, May 8, at 1:30 PM in the Sanctuary. Anyone is welcome.

There will be sign up sheets in the lobby for the various activities. If you have any questions, please contact Bev Armbruster or Faye Adams.

The Oasis in Kanata Continues!

Submitted by Shirley Bishop

December 2013 marked the successful completion of the first year's operation of GCUC's Ventures in Mission (VIM) Outreach program, ***The Oasis in Kanata***. With over \$18,000 in the VIM coffers, the program has a solid financial base to continue its work in 2014. In addition to running the monthly Caregiver Support Group, Program Manager Carol McMurdo-Paton and the Oasis Team have been hard at work on program events for 2014.

January started the New Year off with a very timely information session on caregiver finance and tax planning with investment advisors Tom Gougeon and Shelly Lairar, who are also caregivers themselves.

The Schizophrenia Society's four-week Strengthening Families Together course just wrapped up with Carol and Paul McGinnis co-facilitating each information-packed session. Capacity attendance at this first-time offering in Kanata attests to the need for such services in the community. The course touched on many mental health issues and, as one attendee said, "It was a great opportunity for caregivers to share their experiences and suggestions on how to handle certain situations. It helped to create a supportive group with common concerns and challenges."

Virginia Lafond will be here in the Sanctuary on March 24 at 7 pm to talk about an emotion felt, but not always acknowledged - grieving mental illness. Lafond, author of "*From Grief to Hope: A Guide for Patients and Their Caregivers*," focuses on rekindling hope for caregivers through the *positive* experience of grieving mental illness. Speaking from direct experience as a patient and as a professional Social Worker at The Royal Ottawa Hospital, Lafond believes caregivers can bring healing and wholeness to their loved ones and to their own lives. Copies of her book will be available for sale for \$25 at the session.

Don't forget to mark Tuesday, May 27, in your calendar. Dr. Gretchen Conrad, educator and clinical psychologist with the **On Track** program of the Ottawa Hospital, returns to speak about **self-harm, suicide, and emergency planning**.

Stay tuned for upcoming events in the next Newsletter. ***The Oasis in Kanata*** is making a difference in the lives of people in our community and you are part of that change.

For information about this and other program offerings, visit www.TheOasisKanata.ca, Email info@TheOasisKanata.ca, or call 613-435-1100 to leave a message for the Program Manager.

Kanata Stittsville Refugee Sponsorship Group

Submitted by John Toft

Citizen and Immigration Canada (CIC) has approved the Hakam family for immigration to Canada as refugees sponsored by the Kanata Stittsville Refugee Sponsorship Group (KSRSG). In April, members of the group met with Babak Hakeem to discuss his request that KSRSG apply to CIC as potential sponsors of his sister's family. The Sponsorship Group agreed to that request and set the application process in motion. That application has now been approved. Babak's sister, Shaneka Hakam, her husband, and their four children are refugees from Afghanistan. They fled Afghanistan after receiving threats from armed thugs and now live in a refugee camp in Tajikistan.

While approval has been given for the family to move to Canada, the process could still take another eighteen months before the family actually arrives in Canada and Ottawa. In the meantime, the seven member churches of KSRSG (Glen Cairn United, Stittsville United, Kanata United, St. Thomas Anglican, St. John Anglican, St. Paul Anglican, and St. Andrew's Presbyterian Church of Stittsville) will meet regularly and formalize the agreement with Babak Hakeem concerning splitting the funds needed to support this family for their first year in Canada. That cost is estimated at around \$30,000. The member churches will be engaged in fund-raising activities in preparation for the arrival of this refugee family.

Children of Africa Campaign

Submitted by John Toft

GCUC members donated several sewing machines, a bunch of carpentry tools, bicycles and children's clothing in a very short time to this year's Children of Africa campaign and its proponent, Abdou Amidou. Thanks to a substantial financial donation from a couple in our congregation, substantially more was able to be added to this latest shipment to Togo. These materials will be leaving Ottawa and on the way to Togo on April 6th.

The adage "Give a person a fish and there is food for a day. Teach how to fish and there is food for life" gets new meaning as the tools and equipment give men and women in Togo the opportunity to develop micro-businesses to support themselves and their families.

The Stewardship Connection

By the Stewardship Committee

Lent is a perfect time to reflect on stewardship. As we examine our lives and try to find something special to do for God it is good to remember that whenever we give time, talent or treasure to God we are living as better stewards.

What is Stewardship and why is it important to me? We have been investigating these questions over the past year and have had 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: \$19,467 compared to \$17,981 for 2013 and Expenses: \$19,931 compared to \$20,830 for 2013. We currently have a **Net Loss of \$463**. 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 in 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 for a number of reasons. 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 will give 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! Preliminary results will be available this month. Stay tuned!!!

The **Stewardship Campaign** was launched on February 23. As you can imagine, 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. Your givings support 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 continued and generous financial support. **Please submit your pledge form today.** Results will be announced in April.

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 \$170**. 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.

Lunch 'n Such

Will meet on **Wednesday, April 2nd at noon**. We will enjoy a delicious lunch of homemade spaghetti with all the fixings. Total cost is \$7 (\$5 for lunch and \$2 towards the programme fund). Following lunch we will convene to a classroom to watch an enjoyable movie. Come join us and bring a friend. Please sign up on the sheet on the bulletin board in the foyer.

Jukebox Saturday Night April 5 at 7 pm!

Drop in to G.C.'s Diner on Saturday April 5 and shake off those winter blues! The choirs and Stained Glass Band will be rockin' in their annual variety show - **Jukebox Saturday Night**. Popular hosts Greg and Anne promise to keep those platters spinning with songs from the fifties and sixties, including Elvis' Blue Suede Shoes, Rock Around the Clock, and Big Yellow Taxi made famous by Joni Mitchell. You can almost smell the burgers and fries.

No tickets are required and the show is free, but we will ask for a free-will donation to support **The Oasis in Kanata**, our Ventures in Mission outreach program for caregivers of those with mental illness.

Don't miss **Jukebox Saturday Night** on Saturday, April 5, at 7 pm. Refreshments will be served afterwards. For further information, call the church office at 613-836-4756.

Last year's show played to a capacity crowd so . . . be there or be square!