



**Our Mission:**

**“We welcome all, who with God’s help, work to build a better world.”**

**“WEEKLY UPDATE” – Friday, September 8, 2017**

**Minister:** Rev. Elaine Beattie at 613-692-4576, ext 222 or at @ 613-240-9388 (cell)  
[rev\\_elaine@manotickunitedchurch.com](mailto:rev_elaine@manotickunitedchurch.com)

**Music Ministry Leader:** We welcome **Deborah Protsack** as our new Music Ministry Leader

**Office Administrator:** Lisa Richards at 613-692-4576, Ext 221  
[admin@manotickunitedchurch.com](mailto:admin@manotickunitedchurch.com)



**ALLERGIES:** As a courtesy to others please avoid bringing peanut/nut products of any kind and wearing perfume or cologne in the church. If you have an allergy we should be aware of, please advise the Office.

We would like to take this opportunity to acknowledge and thank the following participants for their gifts to our upcoming SERVICES. The support through their time and talent is greatly appreciated as it enhances our worship experience.

- Greeters:** Dorothy Gifford and Leanne Seeto
- Scripture Readers:** Kurt Asmis
- Sound Booth:** Kurt Asmis
- Counters:** The Cleary Team (Hilda & Willis Cleary)
- Sunday School:** Sarah Strickey and Brenda Torrington-Smith
- Coffee:** Dorothy Lothrop and Mary Hamilton



**Readings ON Sunday:** Exodus 12:1-24; Romans 13:8-14; Matthew 18:15-20

Some of you may find this of interest – this link will take you to “Bible Gateway” it is an excellent website (you can also have the scriptures read to you) – check it out! <http://www.biblegateway.com> (Ctrl + Click to follow link)

**PASTORAL CARE & CELEBRATIONS:**

Please continue to pray for all those facing treatment, surgery, and those who are recovering from surgery and those grieving. If there are any concerns or celebrations that we may not be aware of also, please let us know, **OR** if you know someone in need of a visit/support, please ask them, or a family member, to contact the office at 613-692-4576.

**NEW NEWS:**

**Friendly Visitors:**

If there is anyone interested in becoming a "Friendly Visitor" to those of our congregation who can no longer make it to church OR if you know someone who like to have a Friendly Visitor, please contact Mary Marg at 613-692-0949.

**Apple Pies – 2 Items:**

- 1) It will soon be time to pick apples for our pies. This is a fun activity for a family or a couple of friends out at Mountain Orchards. If this is something you think you like to do, please contact Mary Marg at 613-692-0949.
- 2) Those who would like to help making pies could let me know if they will be available on a Tuesday or Thursday morning or afternoons

**CAR BOOT SALE – THIS SATURDAY** – 9 am to Noon ... SOMETHING FOR EVERYONE! This time, Hazel Miles has approximately 50 potted plants that she will be selling on behalf of the church. **PLEASE COME AND SHOP!**

## **UPDATE on the “Welcome Back Corn Roast/Turkey BBQ”**

We need to have 60 CONFIRMED ticket sales BY SEPTEMBER 17 in order for this event to take place. Tickets are available in the church office and will be available after Sunday Service this Sunday (Sept 10) and next. If we do not have enough participants by September 17<sup>th</sup>, those who have already bought tickets, their money will be refunded. This event will take place INSIDE the church, in the Lower Hall. Just as a reminder, tickets are \$15/adult and \$10/child (children 5 and under are free). Your ticket will include a wonderful meal, along with the LIVE MUSICAL ENTERTAINMENT! **DON'T WAIT ... GET YOUR TICKET TODAY!**

**Bible Study** begins on **Thursday, September 21 at 1:30 pm** in Rev. Elaine's Office. The study is "Living the Questions" and there is a small amount of reading before each session, during the sessions we watch videos and discuss our thoughts and opinions. If you have NOT already, please let Rev Elaine or Lisa know if you plan to attend. Here is a brief introduction: ***Living the Questions*** is a study for the countless people of faith who have suffered in silence as the voices of fear and certitude claim to profess the unchanging truth of Christianity. Its purpose is to provide a resource for the discussion of what is already believed and practiced by many faithful people still holding on within institutional religion, while harboring a conviction that what the church teaches isn't the whole story. It may even be helpful for those whom Jack Spong calls "believers in exile" – those who have left the church because of its refusal to take their questions or life's situation seriously. It is not intended to spell out new doctrine or create new dogma but to serve as a catalyst to perhaps crack open the door to the future. ***Rev. Elaine would be willing to hold a WEEK NIGHT session if she had 5 or more people – if this is of interest to you, please contact Rev. Elaine or Lisa ASAP.***

## **REMINDERS:**

### **Annual Rideauvale Cemetery Service IS THIS SUNDAY:**

This year's service is being held at **KARS United Church** on **Sunday, September 10<sup>th</sup> at 2 p.m.** with Rev. Carolyn Insley leading the service. There will be a freewill offering in support of cemetery maintenance and upkeep. Also, light refreshments will be served following the service, in the church lower hall. EVERYONE WELCOME!



### **Entertainment for the Corn Roast:**

We are so thrilled that Chad Wolfe and Mark Allen are looking after the musical entertainment for our Corn Roast – ***if you are interested in participating – please contact Chad at [chadwolfestudio@gmail.com](mailto:chadwolfestudio@gmail.com)***

### **Start the Conversation – A Woman's Heart Health Across Her Lifespan:**

Manotick United Church is very excited to be hosting this incredible talk about Women's Heart Health. The talk will share what everyone needs (including family members and health care providers) to know about women and heart disease. Men and women are very different when it comes to matters of the heart, and that's just as true for matters of heart health. While heart disease is on the decline among men, it is rising among women. It's the number one killer of women over 35 worldwide, accounting for more deaths every year than all cancers combined. Come out to better understand how to prevent women's heart disease and ways to develop a heart healthy lifestyle. Enjoy this opportunity to chat with experts on women's heart health and patients alike! Our guest speakers will be Nadine Elias, Prevention and Wellness Facilitator and Marion Martell, Women@Heart Ambassador – both from the Canadian Women's Heart Health Centre. This informative community "talk" is taking place on **Tuesday, October 3<sup>rd</sup> from 7 to 9 pm at Manotick United Church**. **PLEASE RSVP AT:** [admin@manotickunitedchurch.com](mailto:admin@manotickunitedchurch.com) or by calling 613-692-4576, ext 221. Light refreshments will be provided. ***This is a FREE event and all are welcome.***

**Book Club:** The next meeting will be **September 19<sup>th</sup> at 7 pm**, in Rev. Elaine's Office, and the book you have been invited to read is: "Option B: Facing Adversity, Building Resilience and Finding Joy" written by Sheryl Sandberg and Adam Grant. Hope to see you there!

### **TICKETS ARE GOING FAST!!! Christian Counselling Ottawa PRESENTS:**

Grammy nominated Triumphant Quartet on Friday September 22<sup>nd</sup>, 2017 - 6:30 pm (Doors open at 6 pm) Cedarview Alliance Church 2784 Cedarview Road Ottawa in support of Christian Counselling Ottawa. Tickets \$25 at [ccotriumphantquartet.eventbrite.ca](http://ccotriumphantquartet.eventbrite.ca)

## Fundraiser for CHEO's Medical Day Unit – Bless the Baby, Cherish the Child

The Medical Day Unit at the Children's Hospital of Eastern Ontario provides facilities for treatments related to oncology, dialysis, medical testing, and other daytime outpatient services. This unit and other clinics in the hospital provide excellent and compassionate care on an ongoing basis to children and their families within the region, including those in our church community.

The MDU at CHEO has been chosen as the recipient of our fundraising this year as there is a local family with two children who have adrenal insufficiency concerns related to a very rare endocrinology disease about which very little information and research is available. This genetic disorder can result in symptoms such as fatigue, vomiting, difficulty with feeding, dehydration, extremely low blood sugar, fainting, delayed or no onset of puberty, and shock. These complications are often life-threatening and may be fatal.

As this disorder is so rare, there remains no conclusive tests for diagnosis other than autopsy; nor is there genetic testing available for each variation of this disease other than the slightly more common X-chromosome-linked form. Families with a previously established history of this disease must remain vigilant and monitor for symptoms on an ongoing basis.

For the family in our community, this has meant that each nap that goes on a little longer than normal, each time the baby spits up, each time a feeding does not go perfectly – has resulted in uncertainty and worry sometimes leading to frantic calls with the doctor or even calling EMTs for an emergency room visit and immediate monitoring of symptoms. Medical testing at the MDU is an essential step in this family's health journey.

Although the care that this family receives is indeed excellent, there remains no established charity or organization dedicated to this extremely rare disorder. There is very little research and no specialized support for patients and their families. Family members must remain observant advocates, educating medical professionals and explaining the link between symptoms that are often dismissed as normal healthy behaviour, particularly for an infant.

Items such as toys, games, and books provide normalcy and distraction and are a key part of maintaining a child's spirits, but are often unable to be covered by hospital budgets that must focus on costs more directly attributable to treatment and service. In 2012, our church was able to donate funds resulting in the purchase of a digital camera and photo paper for the MDU so that children would have photos to take home; pictures documenting their treatment with their hospital friends, nurses, and doctors. The staff in the unit well knew that the children and their parents found these keepsake pictures a great help in maintaining and improving morale and this was the item they requested when we contacted them about making a direct donation. It is the intent of this year's fundraiser to speak with staff and, based on the needs they identify and the amount of money raised, to purchase items that will serve to help children maintain the joy of play and love of life, despite dealing with sobering medical issues.

***Every Sunday from now until the First Sunday of Advent, December 3<sup>rd</sup>, there will be a special tree set up at the back of the church hall, where you will have the opportunity to purchase "a heart" for \$5 that will be placed on the tree. The hearts ❤️ on the tree will be representative of the love and prayers of friends, neighbours, and our community. These prayers are not only for the local family identified, but for all those who have needed, currently need, or will one day need, care and service from CHEO's MDU.***



## CALENDAR & ACTIVITIES AT A GLANCE

### SUNDAYS

- ❖ Worship Service @ 10:00 am
- ❖ Communion – the next communion is Sunday, September 17<sup>th</sup>
- ❖ Baptism – none scheduled at this time

### MONDAYS

- ❖ Pilates – Anita Findlay 613-304-4736 – Upper Hall – 7:45 to 8:45 pm (Sept 11 to Dec 18)
- ❖ Long Island Group (AA) – Lower Hall – 8 to 10 pm – (all year)

### TUESDAYS

- ❖ Healing Pathway – Sessions are the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month at 1 pm & 2pm – **WILL RESUME SEPTEMBER 12** – Contact is Mary Marg at 613-692-0949

### WEDNESDAYS

- ❖ Monkey Rock – Upper Hall – 9:15 am to 12:15 pm (all year)
- ❖ Christian Meditation Group –Sanctuary – 4:30 to 5:15 pm (all year)
- ❖ Monthly Council Meeting – UPPER Hall – 7 pm – the next meeting will be **September 20<sup>th</sup>**
- ❖ YOGA – Leah Boken – Lower Hall – 7:30 to 8:30 (Sept 6 to Dec 20)

### THURSDAYS

- ❖ Music Ministry Practice – 7pm – Sanctuary
- ❖ YOGA – Leah Boken – Lower Hall – 7 to 8 pm (Sept 7 to Dec 21)

### FRIDAYS

- ❖ Quiltz for Kidz – Contact is Mary Marg – **WILL RESUME SEPTEMBER 22**
- ❖ YOMA (Youth of Manotick Association) 7 to 9:30 pm – Lower Hall – Contact is Leeanne Vander Burgt at [youth.of.manotick@gmail.com](mailto:youth.of.manotick@gmail.com) (September 2017 to March 2018)

### SATURDAYS

- ❖ YOGA – Leah Boken – Lower hall – 10:30 to 11:30 am (Sept 9 2017 to Dec 16)

"Your greatest test of character will be how you treat someone when they have rejected everything about you . . . love and respect others regardless of how they treat you."

"I am not a product of my circumstances. I am a product of my decisions."

STEPHEN COVEY



*Lisa*

Lisa J. Richards, Office Administrator,  
Manotick United Church  
5567 Manotick Main St., Box 459  
Manotick, ON, K4M 1A5  
613-692-4576, Ext. 221

Email: [admin@manotickunitedchurch.com](mailto:admin@manotickunitedchurch.com)

Website: [www.manotickunitedchurch.com](http://www.manotickunitedchurch.com)

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