

Visit our Website

Rev. Caroline taking temporary break from e-mail

This is to let you know that Caroline will not be viewing and responding to e-mails for the remainder of the month of April. If you need to be in touch with Caroline, please contact her by telephone instead at 613-292-4801.

The reason for this is that Caroline's medical team has asked her to reduce her screen time, as part of her recovery from the concussion that she suffered a couple of months ago in a car accident. A recent review determined that she was spending an average of 6-12 hours per week viewing and responding to e-mails.

We continue to pray for Caroline's full recovery and she has our complete support as she makes the necessary adjustments to her workload.

Ron Hunt, Chair of Council

Luc Lamadeleine, Chair of Ministry & Personnel

Upcoming Worship

April 10 (Palm Sunday) In-person and [live-streamed](#).

April 17 (Easter Sunday) In-person and [live-streamed](#).



This Sunday, April 10th, the congregation will meet after service to discuss the draft *Community of Faith Profile*, which includes the OUC *Living Faith Story*. This document must be approved by the congregation before we can take further steps to initiate the search for a new minister.

The document was sent out electronically last week, and is available in print at the church. Please review the document and provide any comments prior to the congregational meeting.

Tomorrow

Friday April 8, starting at 7 am, the water service backflow valve is being installed. During this installation, the fire alarm system needs to be shut down. We should not have anyone in the Church for safety reasons. Therefore, the entire building will be shut down for the day. We hope that the work will be done by midday.

Walking Meditation returns! This time we will "Walk Through Our Grief"



Please let me know if you have any questions or require additional information.

Ron Hunt
Chair of Council

From **April 25th to June 6th**, on **Mondays at 11am**, Rev. Caroline will lead a walking meditation on the topic of grief. Together, group participants will walk through their grief over 6 sessions (we will skip Victoria Day), employing a new prayer practice or ritual each week. Caroline will bring poems and various prompts to set the tone for the walk, and then together we will let grief move through our bodies as we move through the neighbourhood. You might be bereaved and grieving the loss of a loved one from this realm, or you might be experiencing a loss of another kind (a job, a home, a friendship, etc...)
If you have any questions or wish to sign up, please contact Rev. Caroline at ouc.carolinepenhale@rogers.com.



Rev. Caroline is experiencing difficulties with her office phone. At present she cannot retrieve phone messages. If you need to contact her, please use her cell phone - 613-292-4801. Thank you!

OUC Fellowship hour returns after the 10th of April service!

Paul and I are pleased to bring back the Fellowship coffee/tea/snack time after the hour of worship.
We will offer this ministry with everybody's safety in mind.
The Hall will have 10 tables set-up with six chairs. All the tables will be disinfected before and after each fellowship service. Each table will have a coffee urn containing six cups of coffee. If you need more coffee, please ask if the supply permits it. We are planning on making 60 coffee cups initially. The tea service will be available as before, at the tea service table. The snacks will be pre-wrapped in individual baggies. Over the next few months, we will monitor what works and what doesn't and make any necessary changes.
Please consider baking treats for coffee time. You can drop them off any weekday morning at the Church and Kim will place it in the freezer for Sunday's service.

Look forward to seeing everyone once again!

France Lemay-Legault

613-298-1626 re.hunt@sympatico.ca

Stewardship Corner

Sharing God's goodness through our lives and resources

Acting Together for Ukraine

Spanning 127 countries, Action by Churches Together (ACT) Alliance is the world's largest network of Protestant and



Orthodox churches and agencies, including the United Church. Your generosity through Mission & Service has long supported ACT's humanitarian relief and advocacy efforts.

Right now, **your ongoing support** through Mission & Service as well as **special emergency gifts** are helping to provide Ukrainians with shelter, clean water, food, and medical attention.

Through the ACT Alliance, the United Church funds aid not only in the immediate emergency, but also in Ukraine's long-term recovery. And the donations go to work immediately, addressing the needs recognized by people right there on the ground. As of last Friday, United Church donors had donated \$361,337 to the Ukraine Appeal. Thank you for your support.

For more information on both Mission & Service and the Ukraine Appeal, contact Paul Sales at paul.sales93@gmail.com.

Supporting Refugees – What Can You Do?

Do you want to learn more about the work of **The Interchurch Refugee Group** and how you can get involved? Please email us at interchurchrefugeegroup@gmail.com. If you want to support humanitarian aid for **Ukrainians**, check out these resources: <https://eoorc.ca/resources/ukraine-conflict-how-can-we-help/>

Helping With Furniture is a great support to newcomers in Ottawa. They are always looking for people willing to help moving furniture, fixing bicycles & computers and much more: <https://www.hwfottawa.org/eng/volunteer>



EOORC Celebration of Ministry

Saturday April, 9, 2022, 2 pm.

The in-person service will be by invite only
BUT it will be live-streamed on YouTube.
Find out more [HERE](#).

Ukraine Conflict -- How Can We Help?

For a list of resources and events
happening throughout the EOORC, visit
[HERE](#).

Hints From HELP

Most of us have difficulty asking for help simply because we do not want to feel that we are being a bother. But it is important to know that it is not a sign of weakness to look for support. There are family, friends, neighbours, and agencies who would all gladly reach out to help, but sometimes they can be unaware that the support is required.

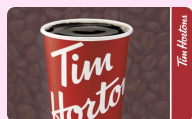


Where to turn for help:

Family, community and church are all central to ensuring the wellbeing of us all. OUC offers a variety of programs and services from which members may benefit, regardless of their religious affiliation. Other local organizations include: The Eastern Ottawa Resource Centre, Bereaved Families of Ottawa, Dying with Dignity, Bereavement Support and Education – Ottawa, Canadian Mental Health Association, Carefor Health and Community Services, the Compassionate Friends of Canada – Ottawa Valley, Counselling and Family Service Ottawa, Family Services Ottawa, and Ottawa Pastoral Counselling Centre.

Summary:

As the saying goes, "Ships don't sink because of the water around them. Ships sink because of the water that gets inside them." If you need support to keep from being weighed down, reach out and don't be afraid to ask.



Grocery gift cards

are available for all President's Choice stores, Metro/Food Basics, Farm

Boy and Tim Horton's. These cards are an excellent fundraiser for OUC. Email [Dianne Davis](#) to order yours today!

Helping Ukrainian families in Poland

Rev. Piotr Strzelecki of St Paul's United Church in Kindersley, Saskatchewan (who was ordained out of OUC) has established an informal partnership with the Polish Evangelical-Methodist Church in the city of Elk, in eastern Poland. Two colleagues of Piotr's, pastors in the Polish Evangelical-Methodist Church in Poland, along with their parishes, have so far taken in two Ukrainian refugee families. There is a mother with two children, and a mother with three children. All support to these families is happening on the grassroots level (no government help). What they need most is financial help with day-to-day basics like food, clothing, daycare etc. There is a jar for loose change/bills in the Narthex with pictures of both families and the two pastors. The pastors will provide us tangible information as to what \$100 covers (a month's fees for a child at daycare, a week of groceries, etc). It is like having a sponsored child, but through a small parish in Poland instead of a large-scale charity. This is a simple way for people to make a difference right now. Unfortunately, this is not considered to be a charity by CRA, so no tax-deductible receipts can be issued, I am coordinating with Piotr the fastest way to get the money directly into the hands of the two pastors. For more information, please contact Peter Holt at pjholt.71@gmail.com, or call me at 613 841-5143

Ways to Give

WE ARE GRATEFUL FOR ALL THOSE WHO SUPPORT OUR CONGREGATION WITH THEIR TIME AND WITH THEIR FINANCIAL DONATIONS

If you would like to contribute financially, you can do so:

- By cash or cheque to the main office
- By pre-authorized monthly donations (call office for information)
- Through your United Way contributions (simply choose OUC as the beneficiary)
- E-transfer to:

oucdonations@rogers.com

• Using a credit card Through Canada Helps: <https://www.canadahelps.org>

Community Corner

30th Annual Kanata United Church
Annual Book Fair - May 10 - 14

Be in Touch!

We would love for you to reach out to us....
we are here for you!

Website: <http://orleansunitedchurch.com>

Email: orleansunited@rogers.com

Phone: 613-837-4321

If you know someone who would like to
receive this newsletter, sign them up
through the main office (call or email)

Appointments only for Tuesday.

Tuesday - Friday 3 - 8 PM,

Saturday 9 AM - 4 PM

Gift cards are available. Proceeds go
toward KUC programming and local
community outreach.

See www.kuc.ca for more details!
