



Visit our Website



Don't forget to set your clocks one hour ahead before you go to bed on Saturday - you don't want to be late for service!

### Save the Date: Camp Awesome returns!!

July 24 - 28, 2023,  
details to be announced  
soon - watch this space!



### OUC Kitchen Bee

Wednesday, 15 March,  
9 to 11 am. Bring your  
favorite cleaning products and  
tools. Many hands make for lighter work!



### Crafting Tuesdays

Are you a crafter, sewer,  
quilter, artist ... or would you  
like to be a part of a team  
doing these things? Join us at OUC every  
Tuesday between 9:00 am and noon for  
crafting and fellowship as we create  
artisanal products for the OUC 2023  
Christmas Market fundraiser. **Can't make  
it for 9:00? No problem - show up when  
you can.** Any questions? Email Ruth  
Oswald [rm.oswald@bell.net](mailto:rm.oswald@bell.net)



### Women's Retreat

Be our Guest! Be our Guest! and put  
our welcome to the test!  
**April 28 - 30, 2023**, Camp Merrywood,  
\$150 per person

Please call Sarah Kirton at 613-868-4633  
or email [cleo002@hotmail.com](mailto:cleo002@hotmail.com) for more  
information, or to obtain a registration form.  
Forms will also be available in the Narthex.  
Your forms, along with payment by cash,  
cheque or debit, can be dropped off in the  
Office box with a note. Payment can also  
be made by cash, cheque or debit after  
Sunday service, starting on February 12th.



### Phantom Crew

OUC's Music Director is  
creating and performing  
in a new show at the  
Gladstone Theatre this  
season. **Phantom Crew** runs from March 8  
to 18. Robin Guy and Scott Richardson  
share heart-stopping stories and haunting  
songs from the Maritimes... with a dram or  
two of silly mixed in with the spooky. The  
duo offers warm vocal harmonies while



We now set up 10 tables to make our OUC family members comfortable for their fellowship time.

That's just wonderful and please continue to join us and share your stories.

**Set-up:** George Teather

**Baked goods:** Rob Palo, George Teather, Emily del Castillo, Janet Quirt

**Clean-up:** Rob Palo, George Teather, Heather Young, Helen Guth, Emily del Castillo, Alison Sales

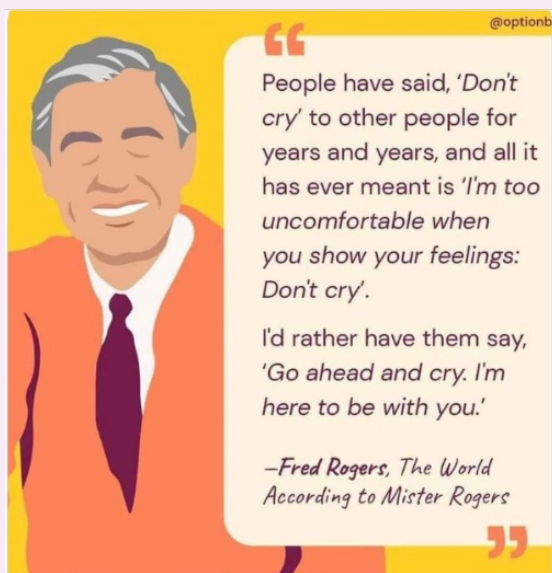


## Help Wanted

To repair a fairly new 100 cup coffee urn. We think it has faulty wiring that prevents the water from getting hot enough to percolate to the upper level where the coffee is. This coffee urn is only about 3 years old so we are hoping to find someone who can take it apart and fix the connection.

Please talk to France or Paul this Sunday if you are up to this challenge. We have nothing to lose. If it can't be fixed, we will have to buy a new coffee urn.

## Help Hints



**Join the ROH Royal Mental Hygiene Challenge**

accompanying themselves on a shifting array of instruments. Enjoy an intimate winter's evening of thrilling sounds and chilling tales with the Phantom Crew!

Tickets available at <https://www.thegladstone.ca/phantom-crew/>

## LADIES' NIGHT OUT

All ladies are invited to dinner on

Wednesday March

22nd, at 6:30 pm...

great food, lots of laughs. Wearing something green, optional. Please contact Joan to be included in reservation (613-327-2523 or [joanbrockelbank@gmail.com](mailto:joanbrockelbank@gmail.com))



Keep your 2023 grocery budget on track by using **GROCERY GIFT CARDS.**

## The Grocery Gift

**Card** table is open in the hall after service. Purchases of gift cards for Metro, Basics, Independent, No frills, Loblaws, Sobeys, Farm Boy, and Shoppers Drug Mart will be available by cash, cheque, e-transfer, or debit. Gift cards are also available for purchase in the church office during regular business hours. Any questions regarding this long standing fundraiser (that costs you nothing extra) can be sent to: [dianne.davis@bell.net](mailto:dianne.davis@bell.net).

## Boston Pizza is still giving

us a percentage back from our receipts. Please remember to print Orleans United Church on your receipt and put it in the box each time you eat there. Every dollar helps the work of the church.



## 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 in a number of ways, including:

- By cash or cheque on Sunday morning in the collection plate, or deposited in the church mailbox
- After church in the Hall with your debit card
- By pre-authorized monthly donations

All you have to do is sign up and then commit to spending 10 minutes every day throughout March to engage in one of our 16 simple, research-based activities to boost your mental health. These 10 minutes can be done all at once, or broken up into shorter intervals - it's up to you! As well, all participants have a chance to win some cool prizes every week

Mental hygiene refers to small, daily activities that support and maintain mental health - the same way that showering and brushing our teeth supports and maintains our physical and dental health.

Register: <https://mentalhygienechallenge.mystrikingly.com/english-registration-page>

View the video:

<https://youtu.be/E7L83AOFrf0https://youtu.be/E7L83AOFrf0>



Check out supports in the community:  
<https://www.communityhomesupport.ca>



### SETTING OUR SIGHTS WORKING GROUP

Help us shape a future worth getting excited about!

The Eastern Ontario Outaouais Regional Council is embarking upon a strategic planning process to embody the vision adopted by the General Council (Bold Discipleship, Deep Spirituality, Daring Justice).

The goal is to create a strategic operational plan by the end of 2023 that will set some clear goals and objectives for the Regional Council to live out this vision. We are seeking a team of eight people whose work is expected to be completed by the end of 2023.

The working group Setting Our Sights will be shepherding the process, do active listening, discern, draft, consult and refine the plan for adoption by the Regional Council.

If you are interested in joining this team, please signal your interest before March 5th, describing your passion and gifts for this role, through the Nominations Team. The Nominations Committee will be looking for a diversity of representation including

(call office for information)

- Through your United Way contributions
- (simply choose OUC as the beneficiary)
- E-transfer to:

[oucdonations@rogers.com](mailto:oucdonations@rogers.com)

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

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### 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](mailto: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)



### OUC has a Prayer Chain!

For many years now, OUC has offered a prayer ministry. You can request that the members of the prayer team pray for you, for your loved one, or for a particular local or global concern. All prayer requests are shared among the group confidentially. You are invited to send your prayer request directly to [ouc.prayersforall@rogers.com](mailto:ouc.prayersforall@rogers.com), an email monitored by only one CST member. For more information, please contact the office.

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## Community Corner

**South Gloucester United Church** is holding a Purdy's Easter Chocolates

fundraiser. From now until **March 15th**, you can order all your Easter chocolates online. Simply go to our fundraising website:

<https://fundraising.purdys.com/1535857-104689>, enter campaign number 62881, click "Join Campaign" and shop away! All orders will be delivered to OUC during the first week of April.

Thank you for your support.!



Grace Church will be hosting the

geographic, urban and rural, large and small ministry experience.  
For online fillable expression of interest form, please visit [HERE](#). For copy of expression of interest form to download, please visit [HERE](#)

Shabraqe Celtic concert on Friday March 31st at 7pm, with an optional dinner at 5:30 pm. For tickets or more information, check out [www.graceorleans.ca](http://www.graceorleans.ca) or contact [admin@graceorleans.ca](mailto:admin@graceorleans.ca).

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### This Week at OUC

**Friday March 10:** Orleans Noon - Choir Room, 11:30 - 1:30

- TOPS - Choir Room, 5 pm

**Saturday March 11:** Seventh-day Adventists - Sanctuary/Choir Room/Room 12, 9 - 1

- Sew & Sews - Hall, 9:30 - 3:30

**Sunday March 12:** Worship service, in person and live-streamed, 10 am

- OUC Choir - Sanctuary, noon - 2 pm
- Vintage Stock Theatre - Hall, 2 - 4 pm

**Monday March 13:** Scouts - Hall/Choir Room/Chapel

- TOPS - Nursery/Lounge, 6 pm
- Bytown Beat - Sanctuary, 7 pm

**Tuesday March 14:** Kim John Tai Chi - Chapel 10 - 11 am

- [Craft Group - Hall, 9 - noon \\*](#)
- Smart Aging Workshop - Hall, 1 - 3 pm
- Scouts - Hall/Library/Lounge, 6:30 - 8 pm
- Coro Vivo - Sanctuary, 7 pm

**Wednesday March 15:** Men's Breakfast - Gabriel's, St. Joseph Blvd, 7:30 am

- A'Chord - Chapel, 9:45 - 11:30 am
- [Kitchen Cleaning Bee - Kitchen, 9 - 11 am \\*](#)

**Thursday March 16:** TOPS - Kitchen/Nursery, 8:30 am

- Java Jive - Chapel, 10 am
- Vintage Stock Theatre - Hall, 6 - 9 pm
- S-Anon - Lounge, 7 pm
- Al-Anon - Chapel/Nursery, 7:30 pm

\* for more information, see announcement above

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Orleans United Church | 1111 Orleans Blvd., Orleans, K1C 7C8 Canada

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