



Visit our Website

Office hours: Monday - Friday, 8:30 - 12:30

Volunteer Opportunity: Rental Coordinator

We are looking for a new volunteer who would be interested in taking on the role of Rental Coordinator. Unfortunately, Kimberly Corley has stepped down from that role.

The OUC Rental Coordinator is responsible for overseeing the use of church space for events such as concerts, weddings, funerals, meetings, community gatherings, fitness classes and other activities.

This volunteer role is part of the Property Committee's mandate.

To learn more, please contact [Heather Graham](#)

Good News!

The **Interchurch Refugee Group (IRG)** will be welcoming a new family of three this fall, the parents and their 12-year-old daughter. We are looking for household and furniture donations to prepare a home for the family. If you feel you have something the family could use, please contact us, Lynne and Rick, at rick.lynne@outlook.com.



OUC Christmas Market November 15th

If you are organized and like working with people, we need you to help with the bazaar

coordination. We need to hand off some tasks as we renew the team going forward. Consider taking some time this year to see what is involved by shadowing someone. No one task takes too much time and it is very rewarding to work with the amazing OUC family. Please contact Pat Young

(patriciafayeyoung@hotmail.com).

Bling – Have you dropped it off in the office?

Silent Auction – Have you volunteered to canvas?

Crafts – Join the group on Tuesday mornings.



— **Junior Choir** is back this fall! We will be rehearsing most Sundays



after worship. Our first practice will be Sept 21 in the Choir Room. Rehearsals will generally last 30-40 min. I'm hoping to have the Juniors sing in church three times

between now and Christmas. The age range is SK to Grade 6 (though please feel free to chat with me about kids who are interested but fall just outside that range). Please e-mail me at

cscottrichardson@rogers.com, or find me after church. Thanks! Scott

Items to Donate

A member of OUC has a couple of items to give away. If you could use either of the following, please contact the church Office:
Hospital bed - excellent condition
Wheelchair - older model, good condition

Men's Retreat

—Friday September 26 -
Sunday September 28
at Camp Merrywood.
Cost: \$140.

See Peter Holt or Mel Embury in the Hall after service to confirm your attendance. For more information, contact Peter at pjholt49@yahoo.ca. *The women were right - indoor toilets & real mattresses!*

OUC Little Library

Too many books piling up at your house? OUC's Little Library would be happy to share them with the wider community. Please drop them off at the church office.



Food Bank Sunday

This Sunday, September 7, is Food Bank Sunday. The bin will be in the Narthex, ready to accept your donations. Please remember we cannot accept fresh produce here at Orleans United. **See below for a chart of the most needed items.**



Empower caregivers to set boundaries, care for themselves, and navigate the health-care system.

Join us for this important presentation!
Free and Open for All!
No RSVP required

October 8, 2025 at 6:30 PM



1111 Orleans Boulevard

613-837-4321



Featuring OUC's own:

Glen Stoudt – A Spiritual Opening for Care for the Caregiver

Speakers

Heather McGrath – Establishing Boundaries

Andrea Fisher – Maneuvering the Health Care System

Suzanne Allen – Wellbeing for the Caregiver

The Community Paramedicine Team and the Orleans Resource Center to attend and have a table available with information.



REPAIR CAFE

The CGOWCA's Environment Committee is ...

LOOKING FOR VOLUNTEER FIXERS AND MENDERS!

DO YOU KNOW HOW TO REPAIR



BIKES
INSTRUMENTS
SMALL APPLIANCES
JEWELLERY
WOODEN OBJECTS
TOYS OR CLOTHING?



email us: environmentcommittee@cgow.ca

Being held at: Orleans United Church - 1111 Orleans Blvd. | Sept 27th 2 - 5pm

OUC Repair Café

On September 27th, the Convent Glen Orleans Wood Environment Committee will be hosting their second Repair Cafe from 2 to 5 pm. The Environment Committee is a sub-committee of the Convent Glen Orleans Wood Community Association. They are a small group of volunteers who have been undertaking a number of projects that are geared towards improving

MOST *Needed* HEALTHY SNACKS

Fruit Cups in Water or 100% Fruit Juice	Unsweetened apple/fruit sauce	Shelf Stable Milk	Whole Grain Cereal Boxes
Instant Oatmeal Minipacks	Dried Fruit	Tuna / Hummus / Chicken Snackpacks	Whole Grain Crackers and Granola Bars

the health, beauty and sustainability of our community. For example, they have been growing native plants and creating pollinator gardens, holding clean-up days and bird walks, and hosting information nights on topics such as energy efficiency and Monarch Butterflies. The committee has a special focus on reducing and reusing household waste and recently had a clothing swap at Terry Fox Elementary School.



—OUC Book Club

Please note the OUC Book Club's list of books for the year 2025-2026. The

Book Club meets on

the last Tuesday of the month, at 1:00 pm, in the OUC library. All are welcome to join us. For information about the Book Club, you may communicate with Marie Ruddick at mdruddick@gmail.com and/or Annemarie Humenuk at ahumenuk@magma.ca.

The Maid by Nita Prose, September 30

Here One Moment by Liane Moriarty, October 28

The Concubine's Children by Denise Chong, November 25

A Lineage of Grace by Francine Rivers, January 27, 2026

The Dutch House by Ann Patchett, February 24

From the Ashes by Jessie Thistle, March 24

Lullabies for Little Criminals by Kathy O'Neill, April 28

Revenge of the Tipping Point: Over Stories, Superspreaders and the Rise of Social Engineering by Malcolm Gladwell, May 26

Repair Cafes are free, community-led events where volunteer fixers and menders assist other members of the community with repairing household items such as small appliances, textiles, electronics, furniture, toys, etc. Repair Cafes are open to everyone and are a wonderful place to share skills and knowledge, keep broken items out of landfills and build community. There are thousands of these Repair Cafes all over the world. In addition to the repairs, visitors will be able to have complementary tea, coffee and snacks.

The committee is in need of repairers and menders for the Repair Cafe. They are hoping to find community members who are able to fix bikes, clothing and textiles, and small appliances or other household items. A bonus would be someone who can fix computers, instruments, wooden objects, toys or jewellery. This year, they are also interested in including a knife sharpener.

If you are interested in volunteering as a repairer, please email to:

CGOWCARepairCafe@gmail.com



IT'S PICKLING SEASON! If you are making jams, jellies or preserves this summer, please consider setting aside a few extra jars for OUC's Christmas Bazaar. These items always sell out fast! And if you can't make jam yourself...



MASON JARS (250ml size) are needed to make jam over the next few months for the Christmas Bazaar. If you have any jars to donate, please leave them in the office.

Save the date for a Vintage Stock Production of:



A special thank you to all who helped out with Summer Sunday school this year! We are grateful for everyone who provided a caring and fun environment for

our children - especially those who stepped outside of their comfort zone and volunteered for the FIRST TIME! And special shout out to Zomo and Behi Odiana who were our rocks this summer, always willing to step in and lend a hand!!



It's that time!!!

Sunday School plans for the fall are well underway



September 14 will be our first day of Sunday School and Blessing of the Backpacks (get your backpacks, purses, lunch kits, laptop bags, briefcases, suitcases etc. ready!!)



If you are interested in finding out about TEAM teaching, leading a class approximately 1-2 times per month, now is the time to let Rev. Molly know. We have fabulous curriculum, the best children and youth anywhere, and amazing partners!!

We will have FOUR classes this fall: JK/SK, Grade 1-2, Grade 3-4, Grade 5+

We also plan to have monthly youth events for Grade 6+ and some Family events as well. More information and dates to come....its going to be a great year!!

ADOPT A GARDEN

BED! OUC has very extensive garden beds which can use your helping hand. If you can take on looking after one of them for the season, please contact Shirley Holt at 613-841-5143 or

shirleyholt@outlook.com.



MURDER AT THE MARINA

📅 October 26th

🕒 3:00 PM

📍 Orleans United Church

Tickets: \$20

Available at the door

or oucdonations@rogers.com

(Please specify the money is for Murder Mystery tickets)



Step into 1924 and help solve the mystery at The Cumberland Marina!

All proceeds go to Orleans United Church

Come for the mystery. Stay for the cause.

Tickets on sale now in the hall after service, in the church office during regular office hours. (cash, debit, credit or e-transfer)

Fund raising? Fun raising?

We're always looking for new ideas! Please

share yours for fun(d)raising at OUC, with Joe Tomlinson at 613-720-2058.

HELP (Healthy End of Life Project) update

OUC was one of 4 research sites for Carleton University's HELP project. As part of the project, OUC developed and hosted a grief walk. The effects of this have rippled out and folks from Christ United church in Chesterville will be meeting with some of us who attended the walk to discuss how they might host one at their church.

HELP also hosted several advanced care planning workshops given by Compassionate Ottawa. The Riverside Hospital Academic Family Practice Unit has sent a letter to all their patients over age 65, urging them to attend one of the workshops.

OUC is a happening place!!

Heather McGrath (HELP OUC Site facilitator)

Care for the Caregiver

ArborCare Community Grief Support Program

Featuring Dr. Bill Webster's "When Life Changes"™

Presented by The Council on Aging of Ottawa. Friday September 12, 1 - 2:30 pm Room 235 - 815 St. Laurent Boulevard For more information, see poster in the Hall.



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



Voices of the Bereaved

Death causes grief but grief never dies. Doesn't seem fair.

Wheelchair available

The church has a wheelchair



Register Now for Ottawa Pastoral Care Fall 2025 Training

Registration is open for Ottawa Pastoral Care's Fall 2025 programs. Spaces are limited, so early registration is encouraged.

- **Basic Training Course** – Offered in-person (Monday afternoons) or online via Zoom (Monday evenings), September 15 to November 24, 2025 (excluding Thanksgiving Monday). **Early bird registration available until September 5.** [Course brochure](#)
- **Advanced Program** – Four Tuesday evenings in October at St. Paul's Presbyterian Church, 971 Woodroffe Avenue. [Program brochure](#)
- **Continuing Education Event** – Tuesday, November 4, 7–9pm via Zoom: *What's This Thing Called "Trauma Informed" Pastoral Care* led by Rev. Canon Hilary Murray and Dr. Mary Anne Robblee. [Event brochure](#)

For more information and other programs, visit ottawapastoralcare.com.

Keep your 2025 grocery budget on track by using **GROCERY GIFT CARDS**



Grocery gift cards are available in the hall after services and in the office during the week. Any questions regarding this long standing fundraiser (that costs you nothing extra) can be sent to:
dianne.davis@bell.net.

Farm Boy \$100 Cards - The gift card table now has \$100 Farm Boy cards. And by the way, we earn an extra \$1 per card for every used Farm Boy card that you return to us. So for every \$100 you spend at Farm Boy, OUC earns \$7. See us after church at the gift card table.

Ways to Give

available for use of anyone who might find it helpful on a Sunday morning. Please let us know if you would like to make use of it and we will have it ready and waiting for you!



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)

THE FINANCIAL DONATIONS OF YOU, THE MEMBERS OF THE CONGREGATION, ARE THE PRIMARY SOURCE OF REVENUE FOR OUC. WE ARE GRATEFUL FOR ALL THOSE WHO SUPPORT OUR CONGREGATION WITH THEIR TIME AND WITH THEIR FINANCIAL DONATIONS. PLEASE GIVE AS YOU ARE ABLE.

You can contribute financially 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 (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>
- Using either a debit or credit card through the Plently App: <https://uc-orleans.plently.com/>



Prayer Circle:

OUC has rebirthed our 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 with the prayer team confidentially, unless you request that your name be used. You are invited to send your prayer request directly to

ouc.prayersforall@rogers.com, an email monitored by only one pastoral care team member. For more information, please contact the office.

Community Corner

Wellness retreat at CGIT Camp Kalalla

Choose one of three opportunities for self-care!

Saturday Sept 6 ... **Full Day retreat** (10 am -4 pm) Facilitated reflective activities, including an hour-long Gong/Sound Bath

Sunday Sept 7 ... **Sound Bath Plus** (10 am

-12:30 pm **OR 2** - 4:30 pm) An hour-long Sound Bath plus some time to yourself on the site.

All profits to support Camp Kalalla's work for youth leadership development. For more info, or to register, visit <http://kalalla.com/retreat-day-camp-kalalla/>

This Week at OUC

Friday September 5:

- Orleans Noon - Chapel, Noon - 1 pm
- Canadian Blood Services clinic - Hall/Kitchen/Lounge, 8:30 - 4:30
- CST planning meeting - Sanctuary, 1 - 2:30 pm

Saturday September 6:

- Seventh-day Adventists Service - Sanctuary/Choir Room/Room 12, 8:30 am - 2 pm
- Sew & Sews - Hall/Kitchen, 9:30 am - 3:30 pm

Sunday September 7:

- Worship Service - in person and live-streamed, 10 am
- Scouts Advancement Ceremony - Hall, 1 - 3 pm (in case of rain)

Monday September 8:

- Bytown Beat Riser Inspection - Hall, 4:30 - 5:30 pm
- Scouting - Hall/Chapel/Choir Room/ Library, 6:15 - 9:15 pm
- Bytown Beat - Sanctuary, 7 pm
- TOPS - Lounge/Nursery, 6 - 8 pm

Tuesday September 9:

- Craft Group - Library, 9 am - noon
- TOPS - Lounge/Nursery, 6 - 8 pm
- Scouting - Hall/Choir Room/Library, 6 - 9 pm
- CA East Solutions - Choir Room, 6:30 - 8:30 pm
- Coro Vivo - Sanctuary, 7 - 10 pm

Wednesday September 10:

- Breakfast @ Gabe's - Gabriel's Restaurant, St. Joseph Blvd., 7:30 am
- A'Chord - Chapel, 9:30 - 11:30
- Christian Women's Group - Hall/Kitchen, 9 - 11:30 am
- PleinChant - Choir Room, 6:30 - 9:30
- CST Meeting - Sanctuary, 7 pm
- Repair Café meeting - Hall, 7 - 8:30 pm
- Property Meeting - Library, 7 - 8:30 pm
- Joyful Yarn - Lounge, 7 - 9 pm
- Seventh-day Adventists - Chapel, 7 - 9 pm

Thursday September 11:

- TOPS - Library/Nursery, 8:30 am
- Vintage Stock Theatre - Hall, 6 - 9 pm
- Senior Choir - Sanctuary/Choir Room, 7:30 - 9:30 pm
- Al-Anon - Chapel/Nursery, 7:30 - 8:30 pm

Orleans United Church | 1111 Orleans Blvd. | Orleans, ON K1C 7C8 CA

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