



Barrhaven United Church

called to worship sent to serve

Welcome!

Participating in worship this morning ~

Worship Leader:	Rev. Carla Van Delen	Organist:	Sara Surjadinata
Scripture Reader:	Diane Filby	Senior Choir Director:	Barb Ackison
Junior Choir:	Mary Walker-Smith	Senior Choir:	Thanks!

Welcome Desk:	Trish Barlow	Ushers:	Lynn Simon & Sharon Switzer- McManus
Greeters:	Thanks!	Counters:	Doug & Ann MacGillivray
Sound:	Gord Crumpler	Refreshments:	Pat Lueck & Lynn Simon
Sunday School:	Tammie Hill		

And you! The congregation at BUC!

Thank you to Marilyn Fischer & Carolyn Legari for folding the bulletins!

How to Reach Us at BUC

Check the website www.barrhavenunited.org & follow the links.
Call the church at 613-825-1707

Office Administrator: Natalie Narezny
Office hours: Monday to Friday, 8:30am -12:30pm
bucadmin@gmail.com

Minister: Rev. Carla Van Delen
Available Mon. – Thurs, 10:00am – 1:00pm (office hours)
For Pastoral emergencies call: (613) 915-0081
bucminister@gmail.com

Christian Educational Congregational Minister: Margie Ann MacDonald
margie_ann_macDonald@hotmail.com or 613-440-1561

Chair of Council: Mary Byford
buccouncil.chair@gmail.com or 613-228-7002

BUC Pastoral Care Team: Melanie MacDonald
bucpastoral.chair@gmail.com or 613-692-4569

<u>Happening This Week</u>				<u>Coming Up in March</u>			
Sunday	18	10:00 a.m.	Worship Service- Lent 5	Sunday	25	10:00 a.m.	Worship Service- Palm/Passion Sunday
		11:00 a.m.	Jr. Choir Practice			11:00 a.m.	Jr. Choir Practice
Monday	19	1:30 p.m.	Prayer Group	Monday	26	9:30 a.m.	UCW Meeting
Tuesday	20	9:30 a.m.	Book Club			1:30 p.m.	Prayer Group
		1:15 p.m.	Outreach Meeting	Wednesday	28	7:30 p.m.	Meditation
		7:15 p.m.	Council Meeting	Thursday	29	7:30 p.m.	Sr. Choir Practice
Wednesday	21	9:30 a.m.	Bible Story	Friday	30	10:00 a.m.	Good Friday Service
		7:30 p.m.	Meditation	Saturday	31	7:00 p.m.	Games Night
Thursday	22	6:30 p.m.	Healing pathway				
		7:30 p.m.	Sr. Choir Practice				

Keep in your prayers.....

In addition to those you hold in your own heart, please keep in your prayers those from our congregation.



*Doug Collins
Sandra Fry & family
Linda Mitchell
Margery Munro
Eileen Proulx and family upon her husband Marc's surgery*

Please call the office, the minister or pastoral care team when family and friends need comfort and prayer. The care ministry wants to extend the congregation's support. Call the office to let us know of celebrations- births, adoptions, engagements, weddings and anniversaries.



➤ **March 25th Lectionary:**

Palms: Psalm 118: 1-2, 19-29; Mark 11: 1-11 or John 12: 12-16.

Passion: Isaiah 50:4-9a; Psalm 31: 9-16; Philippians 2:5-11; Mark 14: 1—15:47.

➤ **Stewardship Seconds: March 18: 5th Sunday in Lent**

Stewards pray for a new and right spirit within, and serve by following Jesus.

➤ **Upcoming Services**

Palm Sunday March 25th

-processional of palm branches and cedar boughs

(Cedar: to honor our local environment and the indigenous peoples of this area)

Good Friday March 30th at 10:00AM

-Service of the Shadows: The Tale of the 12 Cups

Easter Sunrise Service Sunday April 1st at 6:30AM

-Meet at Mowat Farm Park on Fable Street. We will meet at the top of the hill. We will return to BUC for coffee, tea and muffins after the service.

Easter Sunday Service April 1st at 10:00AM

- We will be celebrating the sacrament of Baptism while we renew our own Baptismal vows. Some very special “babies” will also be here.

Sunday April 8th at 10:00AM “Holy Humor Sunday”

- Does humor and faith go together? Come and find out, oh and bring your knock, knock, jokes.

➤ **Holy Week Retreat: A Time to Renew, Reflect and Rest:**

Enter Holy week with a sense of peace, renewal and reflection. Come to a one day Silent Retreat on Saturday, March 24th from 10 am until 3 pm at Manotick United Church (5567 Main Street, Manotick). Participate in a Lenten Labyrinth Walk, “Imagio Divinia”, Meditative Colouring and other spiritual practices, all in Silence. Please bring a Brown Bag Lunch. RSVP by Tuesday, March 20th either by email at: admin@manotickunitedchurch.com or by phone at 613-692-4576, ext 221. Require a Minimum of SIX Participants in order to proceed.



CARING AND FELLOWSHIP

➤ **Sunwich Lunch - on Palm Sunday, MARCH 25TH –**

The sign up sheet is on the table in the narthex, and it would be desirable to have ten persons sign up to bring sandwiches. Have you done it before?...if not, and you would like to contribute, please bring your sandwiches to the kitchen before the service, already cut up and plated. New participants are welcome.

➤ **Easter Sunday - April 1st –**

We will enjoy hot cross buns after service, gathering in the hall for fellowship. We are in need of donations ...please consider signing up to donate a package of hot cross buns, and BUTTER THEM before bringing them to church. Deliver to the kitchen please before the service. Thank you.

➤ **Join us on Facebook**

Please follow us on Facebook for up to date info on the BUC. Just search for Barrhaven United, then ask to join. It is as easy as that.

➤ **BUC Prayer Group to Meet on MONDAYS at 1330hs, starting on March 19, 2018**

Please note that the timing for Prayer Group is being changed to Mondays at 1330hs. This week PG will still be on Thurs March 15, but following that, it will be on Monday, March 19 at 1330hs and Mondays thereafter.

We'd love to have you join us for this centering, supportive time-- Please mark your calendars!!!

➤ **Games Night**

Mark your calendars for more game nights! Lemonade will be provided. Please bring snacks to share. All ages and games welcome!

Upcoming games nights have been booked for these Saturdays through till May from 7-10pm:

March 31, April 28, May 26

➤ **Healing Pathway**

Healing Pathway sessions for the month of March are Thursday 22nd from 6:30pm to 9:00pm.

Your Healing Pathway Practitioners are: Doug Collins, Linda Hearty, Melanie Macdonald and Cathy Murphy. To book a Healing Pathway session, please contact Cathy Murphy at **613-867-8267**.



LEARNING

➤ **Camp Awesome Registration is now open!**

Join us for stories, games, music, crafts and more!
Pick up registration forms in the foyer of BUC or e-mail
BUCbible.camp@gmail.com .



When and Where: July 30 to August 3, 10 am to 3 pm at Barrhaven United Church
Ages: 4 – 12 years
Cost : \$65 for the first child, \$60 for each additional sibling or cousin (includes 2 snacks)

Contact Cindy at **BUCbible.camp@gmail.com** with any questions.

Camp Awesome is a Ministry of Ottawa Presbytery of the United Church of Canada.

➤ **BUC Book Club**

The next meeting of the Book Club will on Tuesday, March 20th at 9:30am in the Music Room. We will be discussing the book “Arcanum by Ann Mann. All are welcome!



OUTREACH

- **Multifaith Housing Initiative's (MHI) Annual General Meeting, Sunday March 18, 2:30 pm**
You are invited to MHI's AGM on Sunday March 18 from 2:30 (registration) to 5:30 pm at St. Gabriel's Parish, 55 Appleford St., Gloucester. This is a great opportunity to learn a bit about this special organization and to hear keynote speaker Jody Mitic, author and City of Ottawa Councillor. Food donations are requested for the reception; please email office.admin@multifaithhousing.ca. Let Trish know if you would like to join the Outreach attendees – patriciaabarlow@rogers.com.



RESOURCE STEWARDSHIP

- **Boost Gray Matter, Reduce Grey Hair with Yoga**
Eryn Kirkwood

I had the great fortune to spend time with not one but two grandmothers. Now, these two remarkable ladies were as different as black and white, sugar and spice, in all things imaginable. One's junk drawer was meticulously organized, the other's a mad scramble of old elastics, thimbles, scrap paper, and half-eaten gum. One made baked goods that made your mouth water looking at them; the other's cooking aesthetic left something to be desired, but her crumbling apple pie made your eyes water in delight after one bite.

To this day, my 94-year-old grandmother is quick as a whip. I'm not exaggerating when I say that her memory is far better than mine (which reminds me: I'm due to give her a call!) She is my go-to source for family birthdays and events and won't let you forget for a moment if you owe her a visit. I used to think it was the vodka and OJs that kept her young, but since rounding the corner towards her mid-90s, grandma has laid off the screwdrivers, and she continues to shock us with her mental prowess.

One of the biggest differences between my grandmas was their approach to "remembering." If something "slipped the mind" of Grandma A, her response was, "It'll come back to me." Grandma K, on the other hand, refuses to let anything go. Like a fierce and determined sergeant, she orders an army of "brain cells" to the exclusive task of recalling the name, date, or detail she's forgotten—and doesn't give up until it's been tracked down. Little does grandma know, she's doing "abdominal crunches" for her brain! Just like any muscle in your body, you have to work your brain to keep it healthy and strong. Yoga is one way to do this.

Scientists have come a long way in understanding what works to improve brain function. And some of them say that yoga-with its unique combination of exercise, meditation, relaxation, and focus. Current research cites stress as a major contributor to memory loss and even Alzheimer's disease. Yoga is a natural anti-stress antidote. For information on yoga classes offered at Barrhaven United Church, go to ErynsYoga.com.

Eryn is a local author and yoga teacher specializing in classes for students aged 55 and older.