



Barrhaven United Church

called to worship sent to serve

Welcome!

Participating in worship this morning ~

<i>Worship Leader:</i>	<i>Rev. Carla Van Delen</i>	<i>Organist:</i>	<i>Sara Surjadinata</i>
<i>Scripture Reader:</i>	<i>Elaine Silverthorn</i>	<i>Senior Choir Director:</i>	<i>Barb Ackison</i>
<i>Junior Choir:</i>	<i>Mary Walker-Smith</i>	<i>Senior Choir:</i>	<i>Thanks!</i>

<i>Welcome Desk:</i>	<i>David Hill</i>	<i>Ushers:</i>	<i>Heather Chang & Sandy Maveety</i>
<i>Greeters:</i>	<i>Thanks!</i>	<i>Counters:</i>	<i>Debbie and Robert Backstrom</i>
<i>Sound:</i>	<i>Peter Manson</i>	<i>Refreshments:</i>	<i>Sharon Mech & Pam Manson</i>
<i>Sunday School:</i>	<i>Tammie Hill</i>		

And you! The congregation at BUC!

Thank you to Erma Perry & Barb Webb 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

Happening This Week

Sunday	25	10:00 a.m.	Worship Service- Palm/Passion Sunday
		11:00 a.m.	Jr. Choir Practice
Monday	26	9:30 a.m.	UCW Meeting
		1:30 p.m.	Prayer Group
Wednesday	28	7:30 p.m.	Meditation
Thursday	29	7:30 p.m.	Sr. Choir Practice
Friday	30	10:00 a.m.	Good Friday Service
Saturday	31	7:00 p.m.	Games Night

Coming Up in April

Sunday	1	6:30 a.m.	Easter Sunrise Service
		10:00 a.m.	Easter Service
		11:00 a.m.	Jr. Choir Practice
Monday	2	1:30 a.m.	Prayer Group
Tuesday	3	7:00 p.m.	Facilities Meeting
Wednesday	4	12:00 p.m.	Victoria's Quilts
Thursday	5	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*



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.



➤ **April 1/Easter Lectionary:**

Acts 10: 34-43 or Isaiah 25: 6-9

Psalm 118: 1-2, 14-24; 1 Corinthians 15: 1-11 or Acts 10: 34-43

John 20: 1-18 or Mark 16: 1-8

➤ **Stewardship Seconds: March 25: Palm Sunday**

Stewardship is a spiritual practice. How do stewards of the gospel prepare the way for Jesus?



Palm Branch Cross-Making Workshop

There will be a Palm branch cross-making workshop on Tuesday, March 27th at 4-5 p.m. and 7-8 p.m. at BUC. Come prepared to learn and help prepare Palm Crosses for upcoming worship services this Holy Week-Easter season.

For more information contact Rev. Carla or office staff.

➤ **Upcoming Services**

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.

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.



CARING AND FELLOWSHIP

➤ **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.

➤ **“Reclaiming the World”**

...is the title of the seven-week study program beginning Wednesday **April 4th at 9:30 am in the Music Room at BUC.** We will be using the ‘Living The Questions’ video resources to discuss topics that include: *The Prophetic Jesus; Evil, Suffering and a God of Love; The Myth of Redemptive Violence and Practicing Resurrection.* **Everyone is Welcome.**

➤ **Meditation**

Come and find the quiet centre that leads us to a fuller relationship with God. Please join us for Christian Meditation each Wednesday evening at 7:30 pm in the Healing Pathways room at Barrhaven United Church. We explore various ways to pray through contemplative prayer, prayer of silence, *lectio divina*, guided imagery, music, labyrinth and more. **All are welcome.**

➤ **Kids say the darndest things! And they ask hard questions too!**

You are familiar with the African proverb, “It takes a village to raise a child.” Usually we associate this with child rearing however, adults are also an important part of the village. Children learn from

adults whether the adults are parents, grandparents, teachers, neighbours, voices on television, actions on video games...anytime children interact with adults they learn. How do you answer the hard questions they ask about God, faith, the Bible stories, violence, bullying, etc.?

On April 8th we will be offering an overview of the Sunday School curriculum from April until June. Together we will discuss how we communicate our faith, the United Church approach to life's big questions, theology, scripture and its interpretation and your questions. Please consider making a difference in the lives of our children by attending and participating.

A session will be offered April 8th in the sanctuary following the worship service from 11:30 – 1:00p.m. If you wish to bring a brown bag lunch, coffee and tea will be provided.

➤ **BUC Book Club**

The next meeting of the Book Club will on Tuesday, April 17th at 9:30am in the Music Room. We will be discussing the book “Do Not Say We Have Nothing” by Madeleine Thien. All are welcome!



OUTREACH

➤ **Easter BUC Outreach Offering**

The yellow “BUC Outreach” envelopes are for us to generously share our blessings in support of Barrhaven United’s local and international Outreach initiatives. This is separate from our support of the national church’s Mission and Service and is in addition to regular weekly offerings. The yellow envelopes are available to participants in our Easter, Thanksgiving and Christmas services.

Our Thanksgiving “BUC Outreach Offering” will support our local Outreach initiatives, with a focus on the Multifaith Housing Initiative (MHI). MHI built and manages the new affordable housing community in Barrhaven, The Haven (98 units); MHI also owns and manages over 40 other rental units in Ottawa and is in the initial stages of planning to build Veteran’s House at the former Rockcliffe Base.

If you plan to be away Easter Sunday, and wish to make a donation to this important work of our church, yellow envelopes marked “BUC Outreach Offering” are available in the pews today and for the next two Sundays, or you may use the yellow one marked “Easter Offering” in your box of weekly envelopes. If writing a cheque, please write it to Barrhaven United Church. Receipts will be issued for donations identified by name and address or envelope number. Thank you for your support!



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.