



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>Thanks!</i>	<i>Ushers:</i>	<i>Allan Johnston & Ralph Cameron</i>
<i>Greeters:</i>	<i>Thanks!</i>	<i>Counters:</i>	<i>Debbie & Robert Backstrom</i>
<i>Sound:</i>	<i>Brian Evans</i>	<i>Refreshments:</i>	<i>Jean Rutherford & Debbie McMillan</i>
<i>Sunday School:</i>	<i>Tammie Hill</i>	<i>Folders:</i>	<i>Erma Perry & Barb Webb</i>

And you! The congregation at BUC!

NOTE: Assisted Hearing Devices are available from the sound technician.

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 613-286-1880

BUC Pastoral Care Team: Melanie MacDonald

bucpastoral.chair@gmail.com or 613-692-4569

<u>Happening This Week</u>				<u>Coming Up in September</u>			
Sunday	16	10:00 a.m.	Worship Service	Sunday	23	10:00 a.m.	Worship Service
		11:00 a.m.	Jr. Choir Practice			11:00 a.m.	Jr. Choir Practice
Monday	17	9:30 a.m.	P.C. Meeting	Monday	24	9:30 a.m.	UCW Meeting
		1:30 p.m.	Prayer Circle			1:30 p.m.	Prayer Circle
Tuesday	18	9:30 a.m.	Book Club	Wednesday	26	7:30 p.m.	Meditation
		1:30 p.m.	Outreach Meeting	Thursday	27	6:00 p.m.	Healing Pathway
Wednesday	19	7:30 p.m.	Meditation			7:00 p.m.	Sr. Choir Practice
Thursday	20	6:00 p.m.	Healing Pathway				
		7:00 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.



*Bryan & Betty Giffin
Doug Collins
Joe Kuiper
Sue Maveety
Linda Mitchell & her mother
Betty Wrenshall in the passing of Allan Wrenshall*

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.



➤ **September 23rd/Creation Time 3**

Proverbs 31: 10-31; Psalm 1; Wisdom of Solomon 1: 16—2:1, 12-22 or Jeremiah 11: 18-20; Psalm 54; James 3: 13—4: 3, 7-8a; Mark 9: 30-37.

➤ **Stewardship Seconds:**

It is in giving that we receive. It is in forfeiting our lives for Jesus' sake that we are saved.

➤ **Why do we "Pass the Peace"?**

For starters, the act of "Passing the peace" goes all the back to Jesus and the first followers. "Peace be with you" is a greeting Jesus himself used with his disciples (Luke 24:36; John 20:19, 26). The apostle Paul opened each of his letters with the words "Grace and peace be with you" (Rom. 1:7; 1 Cor. 1:3; 2 Cor. 1:2). The ritual also embodies our identity as peacemakers (Matt. 5:9; 2 Cor. 5:20) and trains ours hearts, hands, and tongues in the ways of peace.

When practiced as part of the sacrament of Communion, we humbly approach our neighbor by leaving the comfort of our seat, turn to our neighbors, grasp their hands, and speak the words, "The peace of the Lord be with you" and receive the words in turn, "And also with you."

The gesture is simple, but the meaning is profound. When we extend our hand to another, we identify with Jesus, who extended his life to the point of death to make peace with humanity (Col. 1:20-21). In the midst of divisions we symbolize our unity through handshakes and hugs (Eph. 2:14-21). Likewise,

when we regularly pass the peace we practice God's call to make every effort to maintain the bond of peace (Eph. 4:3).

In addition, from a human and compassionate point of view, for some people, "passing the peace" will be the only kind, human physical contact they may have that week.

Why are we now "passing the peace" after we have received communion?

In that same spirit of breaking down barriers, and caring for our neighbour, we will be "passing of the peace" after we have received communion so that those who may be concerned about their health, or whom are caring for those who are immune comprised, will be able to participate without the concern of cross contaminating the bread that they will consume.

Remember that you may "pass the peace" with a handshake, but also a fist bump or an elbow bump especially if you are ill at the time.

It is our hope that this new location of the "passing of the peace" will contribute to the well-being of our whole congregation and wider community.

➤ **"All God's children got a place in the choir"**

The Junior Choir will meet every Sunday in the large classroom in the basement after church starting Sept 16 under the leadership of Mary Walker-Smith and Kirsten Baker. As well as preparing to perform in church, we also learn some fun songs and choruses. All children are welcome. For more information, contact Mary Walker-Smith at 613 823 8104 or nemabefi@sympatico.ca.



CARING AND FELLOWSHIP

➤ **A Warm Welcome at BUC's Prayer Circle – Starts Monday Sept 17th at 1330hs**

Do you carry others in your heart? Do you pray silently, out loud, or in the tub???? Do you want to learn more about praying? Have you ever thought of participating in a wider prayer circle?

Barrhaven United Church Prayer Circle meets informally for an hour in the BUC Sanctuary on Monday afternoons starting at 1:30 from September 17 to the middle of June (Note: There will be no prayer circle on statutory holidays).

Prayer Circle is a time of mutual support and prayers for what is held, spoken or unspoken, in our own hearts -- **YOU are welcome!** Whether your heart is heavy or light; whether you are comfortable with prayer or not; whether you hold your prayers to yourself or pray out loud. BUC's Prayer Circle is warm and inviting and can help kindle your connection with God's light and love whether you come regularly or drop in, as needed.

Give it a try...simply drop-by one week or make it a habit -- no prior experience is necessary and you might just find that Prayer Circle gives you the boost that you have been looking for...For more information, contact the office (613-825-1707) or Melanie Macdonald at bucpastoral.chair@gmail.com

➤ **Interested in Pastoral Visiting? The Fall Basic Pastoral Care Course Begins Sept 17th!**

The Ottawa Pastoral Care Training Program offers a highly recommended and engaging 10 week course (half days over the course of 10 weeks) that provides a practical pastoral foundation for your own personal growth or to be shared with others through pastoral visiting. This course is required to join BUC's Pastoral Care Team (Note: We would be just delighted to have additional and new PCT members!!).

Courses run Mondays, from Sept 17 to Nov 26, with a break for Thanksgiving, with afternoon or evening time slots available on any given day. Site: St Pauls Presbyterian church, 971 Woodroffe Ave. Cost is \$125, which is refunded by BUC, once certified, if you decide to join our Pastoral Care Team. Registration form and more info on website: www.ottawapastoralcare.com

➤ **'Sunwich Lunch'**

For many years we have enjoyed sandwiches and veggies and the like after service the last Sunday of the month. All are welcome. No need to bring a contribution of food. There is a sign up list on the information table for those who are able to make a food contribution....a loaf of sandwiches is always appreciated, already cut up and on a plate, ready to serve. Please bring to the kitchen for refrigeration, before the service. Come and enjoy fellowship, and light refreshments, Sept 30th and October 28th. A friendly welcome awaits you.

➤ **Healing Pathway**

Upcoming Healing Pathway dates are Thursday evenings from 6-9pm and Sunday after church by appointment 11:15am. This month's dates are: Sept 20 and Sept 27.

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** or cathymurphy67@gmail.com

➤ **Join the Sr. Choir**

The Senior Choir has had a well deserved summer vacation, but is starting up again and having their first rehearsal on Thursday Sept 6 at 7:00. If you can sing and can commit to Thursday night rehearsals and Sunday morning services you would be most welcome. Some choir experience or the ability to read music would be helpful. Contact Barb the Choir Director by calling the Church office, speak to Barb or any choir member after Church, or come to the first practice. Singing in a choir is good for you.



➤ **BUC Book Club**

The next meeting of the Book Club will on Tuesday, September 18th at 9:30am in the Music Room. We will be discussing the book "The Goldfinch" By Donna Tartt. All are welcome!

➤ **Missing, The Mr. Potato Head Twins**

Welcome back to Sunday School. Over the summer holiday the activity bags were well used at the Sunshine corner in the Sanctuary. Unfortunately some of our toys have gone missing. It appears the two Mr. Potato Head toys may have gone home with someone. If you find Mr. Potato Head or his twin hanging around at your home could you bring him back to the Sunshine corner so others can play with him. Thank you, from the Christian Education ministry.

➤ **Sunday School**

Please register your children for Sunday school. Superintendent Tammie Hill has the forms. The Theme for the Fall will be Creation. Adults interested in volunteering to help with teaching please speak to Tammie, Margie Ann MacDonald or Eileen Proulx. All materials and curriculum will be provided.

➤ **Have you ever wondered what it would be like to take a trip to Antarctica?**

On Friday September 28 at 7:00 pm, you can find out more. June and I took such a trip in November/December of last year and I have put together a one hour video presentation of the trip, supported with a great musical sound track. Come and see the amazing vistas of ocean ice, mountains and snow....and lets not forget the penguins....many, many penguins! Also, Bananas will make a cameo appearance.

A free will offering will support the Capital Fund. Mark the date in your diaries. For more information see Derek Uttley. Hope to see you all there.

➤ **Christian Meditation Beginning September 19th**

We live in a very busy world and it is sometimes difficult to slow down and 'breathe'. You are invited to join a group that focuses on mindfulness breathing techniques to centre and regain a sense of calm in our Christian context.

We meet Wednesday evenings at 7:30 – 8:30 pm in the Healing Pathways Room, at the bottom of the stairs in Barrhaven United Church. All are welcome to "Come and find the quiet centre in the busy lives we lead".

➤ **Fall Study Opportunity**

The study series this fall will closely follow the message in the sermons on Sunday Mornings. We will be using some resources from the Living the Questions material we have been following this past year but we will also include material from other contemporary biblical scholars such as Richard Rohr, Charlotte Caron, Diana Butler-Bass, Marcus Borg, Brian McLaren and more. We will look at the themes as they affect our beliefs and faith today in our changing and challenging world. We will meet Monday Evenings in the Music Room beginning at 7:00 pm



OUTREACH

➤ **Do you wonder about what our church is doing in the broader community?**

The Outreach Coordinating Team would love to have you join us at our meeting on Tuesday September 18 at 1:30 pm in the music room at the church. We will be talking about our fall initiatives and are always open to new ideas. So please pop in, or if you interested but not able to join us this time, please let Liz Nieman know at 613-825-8804.

➤ **Your input into fundraising for our Syrian family is requested**

Barrhaven United Church has agreed to sponsor the reunification of a Syrian Christian refugee family. In the spring, the congregation approved that we provide the required year of financial and moral support for this family. Their relatives, the Ghossen/Habib family living here, sponsored by Seaway Presbytery two years ago, will provide the housing. We will assist in funding food, clothing, additional utilities, and incidentals. We are sponsoring the husband's family, currently in Lebanon.

We have one fundraiser underway – Vessey's catalogue. Please take one from the Narthex table, and look at it for fall planting bulbs, seeds and amazing wrapping papers – and share it with your family and friends. Remember, 50% of your order value goes to BUC's Refugee Fund. Orders need to be received by the end of September so you can plant before the frost.

Also there is a survey asking for your input and support for various fundraising ideas. If you have not had a chance to give us your thoughts on your preferred ways of supporting this Outreach initiative, please take a copy from the communion table and leave your completed survey in the basket there. And if you want to make a contribution, you can use your envelopes – just mark the amount as "Refugee Fund".