

LIFE AND WORK OF EMMANUEL UNITED CHURCH

At St. Aidan's and Rideau Park

JUNE 2011



Telephone: 613 733 0437

Fax: 613 733 0125

Website: www.emmanuelunited.ca

**Sunday Worship at 11:15 AM until June 12
At Rideau Park United Church
Sunday Worship at 10:00 am beginning June 12
Jointly with Rideau Park**

For information on any of our church activities, please call
613-733-0437 or email office@emmanuelunited.ca or go to our website at
www.emmanuelunited.ca

July/August Issue Submission Deadline:
Monday, June 20, 2011

WELCOME TO EMMANUEL UNITED CHURCH

Where the church is the body of Christ with each member having unique gifts to share and a ministry to offer. We invite you to come and visit, to worship, to join in our fellowship, to participate in our many activities, and to enrich your faith.

Please note that during our church revitalization our offices are located at St. Aidan's Anglican Church at 934 Hamlet Road. The entrance for Emmanuel United Church is the RED door; please ring the doorbell and someone will let you in.

**Church Office Hours: Monday to Friday, 9 am to 4 pm
(closed from noon to 1 pm for lunch hour)**

Pat: Monday & Tuesday
Louise: Wednesday to Friday
Peter: Monday to Thursday
Christine: Monday to Wednesday

Minister:

Peter Lougheed minister@emmanuelunited.ca

Lay Minister:

Christine Williams youth@emmanuelunited.ca

Office Administrators:

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Music Director:

Lee Langner music@emmanuelunited.ca

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CHILDREN'S MINISTRY

SUNDAY SCHOOL – **June 5** is the last day of the regular Sunday School year. **June 12** there will be no Sunday school. **June 19** we will begin a summer programme for children 10 years old and under.

THE JUNIOR CHOIR – Rehearsal on June 5 at 12:10 am, June 12 at 11:00 am, June 19 at 11:00 am. All Emmanuel children are welcome to attend! For more info email youth@emmanuelunited.ca

YOUTH MINISTRY



RENDEZ-VOUS 2011 - Aug. 11-14, 2011. Each congregation is asked to participate in Each One Send One - to send at least one youth from each congregation. It is a big, national gathering being hosted by the United Church of Canada. It's intended for youth, young adults and their leaders and promises to be an exciting time of worship, learning, growth and service.

Some of the speakers and leaders being lined up are AMAZING, and it looks like a really fabulous and unique opportunity to gather with young people on a big scale.

Start making plans and visit <http://www.united-church.ca/getinvolved/events/rendez-vous-2011> to learn more. Emmanuel hopes to send a group of youth and leaders – check out your calendars now!



THE CANOE ADVENTURE **July 11-13**

The Canoe Adventure! Youth in the grade 5-8 Emmanuel Sunday School are invited to paddle, swim, sing, and have a crazy wonderful time at the annual canoe camp!

Head to the beauty of the Gatineau Hills under the capable leadership of Emmanuel leaders and have an amazing adventure in the great outdoors!

Registration forms are on the Emmanuel web page or available from Christine.



WHAT ARE YOU DOING THIS SUMMER?



Forms are available for all children age 4 -12! We will host just one week of Camp Awesome this summer from July 4-8, 2011. Camp will be held at St. Aidan's Anglican church on Hamlet Road.

Applications for the Emmanuel Junior Leader in training program for youth entering grade 7 and 8 are also available.

We will need adult support! If you are interested please speak with Christine Williams or email youth@emmanuelunited.ca.

CHRISTIAN DEVELOPMENT COMMITTEE

Travel with us on the pilgrimage to Zambia!



June 2 - 3 – depart Ottawa for Zambia via Amsterdam

June 4 – orientation with United Church Partner People’s Action Forum

People's Action Forum (PAF) is an indigenous non-profit, non governmental organization; it is an open denominational, non-discriminatory society with a current membership of over 2,000 people, most of whom are from the rural communities where PAF carries out its activities.

Working with whole communities, especially women and children, PAF's approach is to help local groups realize that their development cannot be some abstract body's responsibility, but their own.

June 5 – worship with United Church of Zambia congregations.

June 6 and 7 – travel to Mazabouka and Neganega to visit with community schools and explore building a school in memory of Iain Beaudoin.

June 8 – visit with Rev. Samson and Mrs. Kapongo.

June 9 – 12 – visit Chipembi, a United Church of Zambia Mission Station.

We will visit the clinic, Agricultural school, Residential school and worship with the congregation.

June 13- 15- tourist travel on our own.

June 16-17 – travel to Canada.

We will be hosted by United Church of Canada partners and guided by Omega Bula, Executive Minister of the “People in Partnership Unit” of the United Church of Canada. There is much to learn! Every few days we will try to be in touch with you, depending on internet availability, so watch for updates on the Emmanuel website.

Please pray with us as we travel.

Jeannie and Iain Page, Peter Lougheed, Lynn Gullins, Christine and Norman Williams and Keith Jeacle.

We are pilgrims on a journey, fellow travellers on the road, we are here to help each other walk the mile and bear the load..

QUILTING - The group works at St. Aidan’s on Tuesdays from 10:30am to 3:30pm. You don’t need to come for the whole time – just drop in as suits your schedule. For further information contact Joan Foster-Jones.

CAMP BITOBI WEEKEND 2011

A camp weekend will be held at Camp Bitobi from 7pm Friday June 24 to 4pm Sunday June 26. Camp Bitobi is located on 200 acres of beautiful wilderness near Gracefield, Que, about 1 3/4 hours north of Ottawa. The facilities include rustic log cabins, a large main dining hall and a gorgeous lake with a private beach and pedal boats. You must bring your own bedding, but all meals (except Friday night) are provided. Everyone will be asked to take a turn to help prepare meals and do dishes.



The cost for the weekend is \$60 for a single person or \$150 for a family.

Alternatively, you can come just for the day on Saturday for \$15 for a single person or \$40 for a family.

We hope that you will join us for a fun weekend of swimming, loafing, laughing, campfire, games, worship and more!

Forms are available on the website or from Christine.

For more information, contact Val Lines.

FALL FUN FAIR

Mark your calendars for **Saturday September 10**, the date of Emmanuel's first Fall Fun Fair.

We will get together in the parking lot and celebrate the start of a new year in our revitalized home with a party and fun fair. All members of the Emmanuel family are invited to come and enjoy a BBQ and corn boil along with music, games, clowns, balloons, a bake sale, tours of the new building and lots of other fun events. We will also welcome the neighbours and the local Elmvale community to join in the celebration.

Make sure to keep this date open and plan to come out to volunteer and enjoy the party. More information will be circulated as plans are firmed up.

We are looking for volunteers to donate the following in September:

- Fresh produce from your home gardens: tomatoes, lettuce, onions, cucumbers
- contributions to the bake sale

- carnival games and decorations

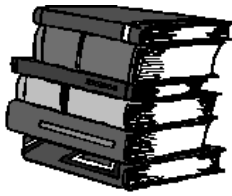
- costumes, including clown costumes

- We will also be looking for musical talent-drummers, guitarists, singers, bag pipers, dancers

To volunteer to help and contribute, please contact Phyllis MacRae or Janet Mark Wallace, or leave a note with the church office.

Stay tuned for more information.

Phyllis MacRae



THE EMMANUEL BOOK CLUB – below is the list of books and meeting dates. They will be available at the June 28th potluck.

Sept. 12	<i>Cutting for Stone, by Abraham Verghese</i>
Oct. 17 3 rd Monday	<i>Room, by Emma Donoghue</i>
Nov. 14	<i>The Postmistress, by Sarah Blake</i>
Jan. 9	<i>The Best Laid Plans, by Terry Fallis</i>
Feb. 13	<i>Galore, by Michael Crummey</i>
Mar. 19 3 rd Monday	<i>Secret Daughter, Shilpi Somaya Gowda</i>
Apr. 16 3 rd Monday	<i>Sanctuary Line, by Jane Urquhart</i>
May 14	<i>The Forgotten Garden, by Kate Morton</i>

CHURCH ACTIVITIES & GROUPS

MEN’S CLUB BREAKFAST – Saturday, June 11, 8:15 am at Perkins Restaurant, corner of St. Laurent and Coventry. All men are welcome. Breakfast meetings will continue through the summer on July 9 and August 13.

TELEOS - potluck and planning meeting Wednesday, June 1st from 6 to 9 pm. It will be hosted by Marg Armstrong, 1523 Chomley Cresc., please RSVP.

FRIENDLY BRIDGE CLUB - Emmanuel’s Friendly Bridge Club has finished for the summer. Join us again in September.

CHRISTIAN MEDITATION MONDAY NIGHT MEDITATION GROUP

continues at St. Aidan’s at 7:30pm. Please use the door to the left of the main door off the parking lot and come down stairs to the choir room. Everyone is welcome. For further information contact Ron Dicks.

COMMUNICATIONS COMMITTEE

EMAILS REQUIRED - During the renovations, the church office will keep everyone informed as to what is happening and when activities are taking place. Email is the quickest method to inform everyone. Please send an email to support@emmanuelunited.ca if you have not yet verified your details on the master list. Include your name, address, phone and email. Those without emails will be contacted directly by Keeping in Touch.

SERMONS - are available on the Emmanuel United church website, navigate to "**Life & Work**", and there under "**Sermons**", you will find sermons going back several years in print, and also the latest ones in MP3 format. Not only can you read the sermon, you can listen to it on your computer or iPod.

ATTENTION GROUPS, ACTIVITIES and COMMITTEES, PLEASE submit items of interest for the congregation to the Chair of the Communications Committee at assistant.webmaster@emmanuelunited.ca for posting on the Emmanuel website. This not only provides information for the congregation, but it also keeps the website from becoming stale. I am adept at posting content but not so good at mind reading what your group is up to.

**WANTED !
PHOTOGRAPHS OF A GRAPHIC NATURE !!!!**

The Emmanuel United Church website has just undergone a major rebuild, something that seems to happen every couple of years. The latest incarnation is much more visually based, and as a result, WE NEED YOUR PICTURES.

The website is made livelier by the addition of photos showing activities that take place both at Emmanuel, and in the community. Family Camp, Camp Awesome, Weddings, Baptisms, Coffee and Conversation, anything at all that will spruce up the site.

And, yes, we will either make them small enough so that people cannot be recognized, or we will contact you for permission to post them.

Please submit photos or on a CD or USB
memory stick that Russ will return. To those who have sent photos, thank you.

BULLETIN/NEWSLETTER PRIVACY ISSUES: The Bulletin and the Newsletters are BOTH posted on the Website. Prior to their being uploaded, ALL information of a personal nature, such as telephone numbers, email addresses, names associated with photographs, etc., is removed. Should you have ANY concern with what is on the Website, PLEASE contact assistant.webmaster@emmanuelunited.ca

SPECIAL NEEDS: If you have trouble reading the small print in the order of service, large print versions are available. Also, for those whose hearing is not quite what it used to be, hearing assist devices are available at Rideau Park for your use.

CHURCH SIGN: Even though we are currently “living” at St. Aidan’s and Rideau Park, our many church activities continue. Therefore the sign outside Emmanuel continues to display activities happening within the Emmanuel family. I need to know of events that should be advertised WELL in advance of the event. Please pass your request through both staff and Chair of Worship as they have priority.

LIVE WEBCASTS: Don’t forget, if you can’t make a Sunday Service, the services are being broadcast on the Internet in real time courtesy of Rideau Park. Go to “**Worship**” in the left hand column and navigate to “**Live Service Webcast**”. If you listen in, please let me know what you think of this offering, by sending an email to assistant.webmaster@emmanuelunited.ca

WEBSITE: The new Emmanuel United Church website is up and running. Hopefully you will find that things are easier to find. Please bear with us as we fine tune things. There will be a full article in the next Newsletter detailing the changes that have been made.

COUNCIL AND EXECUTIVE OF COUNCIL

Council met on May 16th. All the committees are very busy.

- We are still trying to recruit a parish nurse.
- Executive of Council Meeting will meet on Monday, June 20 at 7:15 pm at St. Aidan's
- We hope to see lots of Emmanuel folk at the Camp Bitobi weekend, June 24th to 26th.
- We will be worshipping with the Rideau Park congregation for the summer.
- The Revitalization Project is still within the budget set by the congregation in April.
- There are exciting plans afoot for welcome back events on the weekend of September 10th and 11th.
- Some committees began to share their vision for the coming year; a year of prayer, pilgrimage and testimony. We will be discussing the visioning process more with the congregation in the fall.
- Have a safe, happy, healthy summer, and we will look forward to being home at Emmanuel in September.

HEALTH COMMITTEE

June is wrap-up month for Take Time to be Wholely programs, the Monday group finishes June 13 and the Friday group stops June 17. On the bright side both groups start again September 12 and 16. It is expected that all you exercise persons will keep fit over the summer weeding, plucking dandelions, cutting grass and walking, cycling and chasing grandchildren (yours or someone else's). Keep fit and have a great summer. Our thanks to all the volunteers and especially Olga, Nellie and Kris and Kathy, who work hard to keep you fit.

June brings us into the travel season and the chance of coming in contact with the dreaded BEDBUG. Bedbugs are making a comeback. People now travel more than ever before, and bedbugs are hitching rides on clothing, luggage, pets and people. They can now be found everywhere from homeless shelters to five-star hotels to single family dwellings to public transportation. They are easily moved from room to room on infested objects. Anyone can get an infestation of bedbugs and this does not mean a lack of cleanliness. Adult bedbugs are about the same size and shape as an apple seed. They have an oval, broad, flat body and a short, broad head. Bedbugs cannot easily climb metal or polished surfaces and cannot fly or jump. Unfed adults are around 6 to 10 mm long, brown and wingless. After feeding, they swell slightly in size and darken to a blood-red colour. The nymphs are shaped like the adults, but are yellow-white in colour.

Bedbugs are small, wingless insects that feed on the blood of people and animals while they sleep (people and animals). Bedbug eggs are white, about one millimetre long, and are almost impossible to see on most surfaces. The female bedbug lays at least 200 eggs in her lifetime, at a rate of about two to four per day. The eggs have a sticky coating and are laid in cracks and crevices, behind woodwork and other hidden locations. They usually hatch in 6-17 days.

Bedbugs come out at night to feed, attracted by the carbon dioxide we exhale. They will feed on both people and pets. Bedbug bites may not be noticed right away because bedbugs typically feed at night when people are asleep.

Bedbugs prefer locations where they can hide easily and feed regularly, like sleeping areas. Their flattened bodies allow bedbugs to hide in extremely small locations: under wallpaper, behind picture frames, in electrical outlets, inside box springs, in mattress pads and in night tables.

Bedbugs can live from several weeks to up to a year and a half without feeding. Older bedbugs can go even longer without feeding. Adults usually live for around 10 months, but can live for a year or more in a home where the environment is good for reproduction (with temperatures ranging between 21°C and 28°C).

A bedbug bite can take as long as 14 days to appear, depending on the person. While bites can happen anywhere on the skin, they are often found on the face, neck, arms, legs and chest. Some people do not react at all to the bites, while others may have small skin reactions. In rare cases, some people may have severe allergic reactions. To avoid infection, try not to scratch the bites and keep the bite sites clean. Using antiseptic creams or lotions, as well as antihistamines, may help. Talk to your health care provider for advice.

Health Canada has a very helpful and informative series of articles about bedbugs on their website <http://hc-sc.gc.ca/cps-spc/pest/part/protect-proteger/bedbugs-punaises-lit/what-quoi-eng.php> . You can get directly to it by going to Emmanuel's website/Faith and Education/Health and Well Being and clicking on the link.

KEEPING IN TOUCH

As we eagerly await our return to Emmanuel, it will be an important time to keep in touch with each other and to share information as it becomes available. We are hoping that our revitalized building will be completed part way through the summer and exciting Welcome Back Events are being planned. We will inform you of dates and hope to see everyone back at Emmanuel!

- For now, we do know that Summer Worship will continue at Rideau Park until our building is ready and that the combined service will change to a 10:00 A.M. time, beginning on June 12th.
- Summer is often a time when people in the community like to visit churches. Some are church shopping. If anyone in our congregation recognizes a "stranger" worshipping with us this summer, we hope that you will welcome them and offer to take them to the coffee hour. Our visitors will feel that we have a genuine interest in them - and will likely return!
- One welcoming way that people have kept in touch this year is by hosting meetings in their homes. This has been a wonderful way to network and get to know other people in a warm and welcoming setting.
- Enjoy the warm and peaceful days of summer and may the warmth continue as we move back to Emmanuel.
- Please contact Joyce White if you have any ideas or concerns for the Keeping in Touch Committee.



MISSION AND
SERVICE FUND

MINUTE FOR MISSION

We Are There: Before, During, and After

A first-time visitor to Haiti is struck by the barren hillsides that surround Port-au-Prince. Is it an illusion? Surely, there must be lush vegetation here. In fact, less than 1 percent of Haiti is forested, resulting in erosion, drought, and lack of viable soil.

The United Church of Canada works with the Karl Lévêque Cultural Institute to support peasant farmers in Haiti. Much of the area the institute supports was untouched by the January 2010 earthquake, but the needs of these rural people are significant.

There are few health clinics or schools, and the challenge of growing crops on dry, barren hillsides is surpassed only by the difficulty of getting produce to market and negotiating fair prices.

Partners like the Karl Lévêque Cultural Institute know that locally developed programs to provide education, health care, and employment offer hope for tomorrow. Your support through the Mission and Service Fund allows the United Church to be present in these programs.

Our partnership with the Karl Lévêque Cultural Institute is so valued by the people of Haiti that the institute sent the United Church a 20-page PowerPoint birthday card for our 85th anniversary! The card thanked us for our sense of true partnership, and for living a prophetic vision in support of the people of Haiti.

Your generous support, through Emmanuel's General Fund, provides \$52,000 to the Mission and Service Fund.

PASTORAL CARE

The work of the Pastoral Care Team at Emmanuel continues as it always has. Despite our shifting locations, the same people are offering the same support and care to the congregation.

Please let us know if there are any concerns that we may not be aware of. If you know someone who is ill or in need of a visit/support please call the church office.



TUESDAY AFTERNOON COFFEE AND CONVERSATION (the Starbucks at the Train Yards (on Industrial).

In an effort to be more flexible in how we offer pastoral care during our transition period, Peter is available for coffee and conversation on Tuesday afternoons from 2-3 pm at Starbucks at the **Train Yards (instead of the Elmvale location)**. Getting downstairs at St. Aidan's is not easy for everyone and maybe meeting outside the church walls is a good thing. Feel free to drop by. Peter will be available May 31, June 21 and 28.

OTTAWA PRESBYTERY EVENTS

Tuesday, May 31, 7:00 p.m. at First United Church: Evening with Father Rex Reyes, General Secretary for the National Council of Churches for the Philippines: Father Rex Reyes has for many years been a strong voice for social justice in the Philippines, a voice couched in a deep faith and courageous engagement with all sectors of society. As an Igorot Anglican priest born in the Sagada Mountain Province, he is the first indigenous person to become General Secretary of the NCCP. His voice is particularly ardent on human rights violations and judicial killings. More details about his visit to Ottawa and this event will be forthcoming.

June 6: UCW Fellowship Day at Southminster United Church.

June 7 – 9: Madawaska Institute: Bruce Epperly - Where Spirit and Life Meet: Cost: \$250, members \$200. To register: george@hermanson.ca 613-432-8852. Visit: www.georgehermanson.com

Friday, June 10, 2011 from 10 a.m. to 1 p.m.: One Thing Necessary: Contemplative Spirituality in an Active Ministry - a morning retreat for clergy at Saint Paul University Amphitheatre, 223 Main Street, Ottawa. Cost: \$20 includes light lunch; payable at the door. Registration: Charlotte Guptacgupta@rogers.com or 613-841-2894 by May 31. Sponsored by the Ottawa Christian Meditation Community and the Saint Paul University Anglican Studies Program.

June 26 – 29: Ministry Voices: Tending to the Holy - Saskatoon Saskatchewan: 2011 Guest Leadership: Dr. Bruce Epperly & Dr. Kate Epperly. Visit www.ministryvoices.org

July 23 & 24th: 70 Summer Event - Touch the Earth Lightly at Knox-St. Paul's United, Cornwall. Visit www.montrealandottawaconference.ca for details

July 29th - August 1st - Stewardship Event - Five Oaks www.forsuchanevent.ca
If anyone is interested in being part of a Learning Circle, please contact Eileen Lavigne.

Chaplains required for Rideau Hill Camp: Pastoral charges are invited to provide Chaplaincy Leadership as a team.
Visit www.rideauhillcamp.com for details.

REVITALIZATION OF THE CHRISTIAN EDUCATION BUILDING **WHAT'S HAPPENING FOR FUNDRAISING ACTIVITIES?**

As we look forward to the end of the construction phase of the revitalization project, our thoughts turn to putting the new facilities to good use once we return in the Fall and to getting started on paying off the principal and interest on the funds we have borrowed.

Our portfolio of borrowed funds is made up of three items. We have arranged two mortgages – one with a principal of \$500,000 with monthly payments of \$5,200 over ten years starting on July 1, and another mortgage of \$200,000 with payments every six months over five years, starting with a \$19,500 payment in December 2011. We also have \$611,000 in Revitalization Bonds, which provide bondholders with an interest payment in December of each year.

Here is an update on the fundraising plan for obtaining the funds we need to cover the payments over the long term.

Pledges and Donations - These commitments are the main source of funds to support payments to 2014. We have pledged an average of \$ 109,000 per year for the four years 2011 through 2014. And, several people are making regular donations in addition to their pledges which is greatly appreciated.

In the first four months of 2011, we have received \$ 45,639 in pledges and in donations. It is essential that we fulfill our pledges in order to support the interest and principal payments.

Bequests – We greatly appreciate the generous bequests to date which have been allocated to support the project. These bequests have provided the cornerstone of the funding plan which enabled us to initiate the project.

Fundraising Activities – Our 2011 events have been both profitable and fun, with an estimated \$1,600 raised so far:

Hockey Night in Kanata	April 19	Hosted by Peter Lougheed
Sunday Soup Lunch	May 1	Travellers To Zambia
Spring Hosta Sale	May	Ann Frederking
Quilting to Build	Ongoing	The Emmanuel Quilters
Annual Golf Tourney and Dinner	August 29	Carol Lynch, Ian Cooper
<i>Who Shot Sweet Sue's Spouse – the Conclusion</i>	October 14	Lee and the Senior Choir
Riverview Park Dinner	October	Carol Campbell.

Keep an eye out for the details on these activities as the plans firm up and as new events are announced. And be ready to join in.

Simplify Your Celebrations – Consider making a contribution to the Revitalization Project in lieu of gifts or dinners out. These contributions to the end of April add up to an impressive \$1,065. Check out the back page of the packet for further information and guidance on how to contribute.

Any Handymen Out There? - We have received a request from a member of the congregation for a handyman to do a few odd jobs around the house – installing brackets on a brick fireplace, hanging drapes, and some household interior painting. If you have the skills and tools to help out, an amount equivalent to the handyman's fee will be donated to the Revitalization Fund. Please call Graham Campbell if you are interested in pitching in.

Looking ahead, we are always looking for new fundraising activities, particularly for the first half of 2012. If you have an idea to share, please mention it to one of the members of the Fundraising Committee.

Many thanks for everyone's contributions to the Revitalization of the Christian Education Building.

Revitalization Fundraising Committee: Ellen Brohman, Graham Campbell, Nadina Escamilla-Lopez, Harold Hedley, Richard Johnston, Shirley Monsebraaten, Pierre Peron, Lynn Solvason

On May 17th six invited guests took part in a **dinner at our home to raise money for the revitalization fund**. They had been invited well before that date and supplied with a menu in case there were any allergy problems. The donations were given to the church and were labeled for the renovation fund so that we had nothing to do with collecting money.

Guests arrived at 6 PM and left several hours later after sharing in dinner and conversation and I feel that everyone enjoyed their evening as well as helping to raise money for the renovation fund. This was so successful that I will have several more of these dinners and hope others may be encouraged to do the same.

– *Lee Langner*

QUILT TO BUILD

The Emmanuel quilting group is seeking commissions for handmade quilts in order to support the Revitalization Fund. Each piece will be handcrafted to suit your needs and wishes. The cost will depend on the size and the complexity of the finished quilt but here is a rough idea of what to expect – Queen-sized bed \$750, Double-sized bed \$600, Single-sized bed \$400, Lap quilt \$200, Baby quilt or banner \$100. Once a design has been agreed upon, you will pay for the fabric required. This amount will usually be about a third of the total cost but will vary if we have something suitable in our “stash” or if you already possess some or all of the fabric. The remaining two thirds, which represents the value of our time and skill for piecing the top and for hand-quilting and binding, will be contributed to the Revitalization Fund. For further information contact Joan Foster-Jone.

SOCIAL ACTION COMMITTEE

Monday August 15th Emmanuel's Going Weeding

On Monday August 15th, from 10 AM to 1 PM, Emmanuel is signed up to help weed the Food Bank vegetable plot at Roots and Shoots Farm in Manotick. This garden is a project of Community Harvest Ontario, which was started in 2010 by the Ontario Association of Food Banks. The task of CHO is to engage the province's farms, volunteers and food banks in innovative projects to work towards a hunger-free Ontario.

Emmanuelites of all ages and gardening skills are encouraged to come out and help on August 15th! Those who cannot garden are encouraged to come as drivers, sandwich-makers, child-minders and cheerleaders. Roots and Shoots is located at the corner of Mitch Owen's Drive and Manotick Station Road, about a half hour's drive from Emmanuel. Sign-up sheets for carpooling and lunch-making will go up at church in late July. For more information, contact Janet Mark Wallace or read last year's CHO carrot blog, complete with pictures, at <http://communityharvestontario.blogspot.com>

Try the 100-metre diet

Learn about edible and medicinal plants that grow in the heart of our neighbourhood, in the Kilborn Allotment Gardens. Sunday, June 19th, from 9:30-12:30, Transition Ottawa will host a 3-hour tour and workshop on wild plants and their ancient uses.

The tour costs \$15, and enrolment is limited to 20 people. For more details or to register, contact the facilitator Amber Westfall at wildfoodinthecity@gmail.com

