

January 14, 2018

WEEKLY WORDS FROM THE MINISTER

The Rev. Rose Ann Vita

**BE STILL AND KNOW I AM GOD
BE STILL AND KNOW I AM
BE STILL AND KNOW
BE STILL
BE**

Well, I took the meditation that opens our Sunday worship to heart and decided to "BE" - - - to be in the Dominican Republic taking a watercolour course with one of my favourite teachers, Zan Barrage. Here is a video of Zan painting:

https://www.youtube.com/watch?v=n7XXD_5aTvQ&list=UUmNqvT-x8iQTakUBsmGC2JQ&index=21

I have never been to the Caribbean before and I have not taken a winter get away excursion before either. This is a real treat for me. I had signed up for this watercolour course last spring and had forgotten about it until I received the notice on what colours to bring for the trip.

Now it is here. I fly away on Sunday morning and I am trying to prepare my mind for doing nothing. This is another treat for me. I will just be in nature and with nothing to do except play with colours and relax. This all sounds so decadent and extravagant to me. But, as we are so often reminded, doing nothing is essential to our making space for our being open to the movement of the Holy Spirit and to the flow of creativity and new ideas.

Here is an excerpt from the book, *Walking in the World*, by Julia Cameron on how you can join me this week in doing nothing:

“This task asks that you do nothing---and that you thoroughly do it for fifteen minutes. Here is how to set your “do nothing” up. First of all, cue a piece of music that is both calming and expansive. Secondly, lie down. Stretch out on your back, fold your arms comfortably, and let your imagination speak to you. Close your eyes and follow your train of thought wherever it leads you---into your past, into your future, into some part of your present that you have not been able to, due to busyness, to fully inhabit. Listen to music and to your thoughts gently unspooling and repeat to yourself, ‘I am enough . . . I am enough I am enough’ Stop striving to be more and appreciate who you are.”
(Walking in the World, pp. 31-32.)

I pray that you may find time this week to just be and do nothing --- to be still and know that God is present and is just being with you.

Blessings, Rose Ann

THIS WEEK AT EMMANUEL

SUN JAN 14	11:00 am Worship God is Still Speaking Worship leader Harold Domingo 1:30 pm Holy Land trip meeting
TUES JAN 16	12:00 pm UCW unit 2
WED JAN 17	10:00 am Exercise group
THURS JAN 18	7:30 pm Senior Choir practice
SUN JAN 21	11:00 am Worship Worship leader Don Ford

LOOKING FORWARD

THIS WEEK WE ARE PRAYING FOR . . .

This week, let us hold in our prayers and good intentions those of our Emmanuel Circle whose last name begins with the letter **B** . . .

Dennis and Grace Baboolal and family

Helena Ball

Irene Balla

Blake Bambury

Joan Bell

Jim and Marg Benzie

Shelton, Vivienne , Malachi, and Morgan Blackman

Larry and Dorothy Bourdignon

Marg Bowen

Debbie and Rachel Bowerbank

Myrna Brookes

Ron and Jo-Anne Brown

Peggy and Wilson Brown

OOPS!

#1.

Last Sunday the picture of Anas and Nora and family was missing from the PowerPoint. (So were the pictures for the Children's Time.) This was my fault, I hit the *save* button on my email to Donna instead of the *send* button. Attached you'll find a picture of Anas and Nora and family.

#2.

Last week's Weekly Words did not contain the links to the blue underlined words. Somehow when the file was transferred from me to Donna, the links dropped out, so what I wrote might not have made sense. Sorry about that.

CONGREGATION LIFE ANNOUNCEMENTS

Congregation Contact list

If you would like to be added to the contact list which we implemented last year, please see Kathy during Sip and Talk Jan. 14, 21 and 28.

Emergency Contact list

The Emergency Contact list provides us with the information of who to contact if an accident should occur at church. This list is updated every year and kept at church. So stop by Kathy's table at Sip and talk Jan. 14, 21 and 28.

Annual Congregational Potluck Dinner & Games Night

Saturday, January 27th 5 p.m.

Come for an evening of food and fellowship. Please fill out a sheet to let us know you are coming and if you can help with set up or clean up.

Pancake Breakfast Fundraiser

Saturday, Feb. 10, 2018 - 8:30 - 11:00

We need lots of help to pull this off. We need people to sell tickets to their neighbours, friends and family. We will also need people to help on the breakfast day. Please see Diane or Kathy if you are willing to help.

Grocery cards: Thinking about buying gift cards for family or friends as gifts? Consider using your Loblaws gift card to purchase a selection from No Frill's, Fortino's or the Superstore. That LCBO, Keg, Pet Smart or Cinema card can help our fundraising efforts by 5%. Or if you are considering a donation to the food bank or another charity please consider a card for that too! I have cards every Sunday at sip 'n' talk. Thanks Vilia

Youth of Emmanuel

Attention youth 13 and up! Mark **January 13 at 12:30 pm** on your calendar. With the help of Diane Aikman and Don Ford, the youth are going to restore the **Youth**

Room with paint and a **Rainbow** It will become your special meeting room. The banner made for the Confirmation class of last April will be hung in the room. **Come and Bring Your Friends.** Wear clothing for painting and have **fun! fun! Fun!** Food will be provided. For more information contact Marjorie or Keith Knill. revmarj@rogers.com

Information for Holy Land Tour October 2-15

Brochures are available on the table across from the library or talk to Marjorie or Keith Knill 905-230-5560 or revmarj@rogers.com.

Our first meeting will be Sunday January 14 at 1:30pm.

The Board must vote on the last remit at the board meeting on Wednesday, January 24th.

The remit is about one Order of Ministry and proposes that all ministers have one designation.

There would no longer be Ordained and DLM. The information for this remit is on the table at the door.

Please contact me if you have any questions or concerns about this remit. Thank you Diane Aikman

Presbyterial meeting is January 24th at Emmanuel. All women are invited to attend the meeting. Coffee and refreshments at 9:30 with an interesting speaker and worship. A hot lunch is provided for \$8. The meeting will be complete after a social time at lunch. Please plan to attend. Vilia

The February general meeting of the UCW will be cancelled with only the executive meeting at Vilia's house. Time will be decided. Vilia Fera

This Sunday's Service

Theme: God is Still Speaking

Scripture: 1 Samuel 3:1-21

Greeters: Nancy Huntley, Helen Malcolm

Scripture: Carolyn Coggins
Call to Worship: Karen Carruthers
Music Ministry: EUC Choir, Colin Persad
PowerPoint: John Gignac
Sound: Dave Watters
Counters: Group 6
Ushers:
Sip'n'Talk: Nancy Huntley, Helen Malcolm

Children are part of our worship! Crafts, books and soft toys are provided for their enjoyment at the entrance to the sanctuary (narthex)! Tables are set up and rocking chairs are provided for parents!

We also provide

- A nursery space for parents to be with very young children
- Hearing devices and large print bulletins
- Hard copies of *Worship Services & Weekly Announcements*. Contact the office if you would like to receive electronic copies.
- Copies of **"Our Daily Bread"** (a daily devotional booklet); *Daily Bread* is also available online at www.odb.org.

We hold in prayers all who are a part of this community of faith and beyond our doors. A Prayer List is posted outside the office doors. If someone should be added (with their permission), please contact the church office!

We pray for: Matthew Demy – the grandson of Lynn & Ken Postill who is home from the hospital

From January 14 to 21 the Revs. Marjorie and Keith Knill are responding to your emergency pastoral care needs. In a pastoral emergency, please contact them at 905-230-5560 or revmarj@rogers.com.