

THE GUIDING LIGHT SEPTEMBER 2023

Celebrating God as We Serve Others

Celebrating 140 Years



ZION EVANGELICAL LUTHERAN CHURCH

The Monthly Newsletter of
Zion Evangelical Lutheran Church

454 Miller Street
Pembroke, ON
K8A5Z4

Phone: 613-732-8792

Fax: 613-732-1650

E-Mail: zionoffice@nrtco.net

Pastor Scott Schellenberger

Cell: 705-313-0333

E-Mail: sschellenberger@hotmail.com

Pastor Sue Nevile

Cell: 905-441-3283

E-Mail: suebird98@hotmail.com

**Office Hours: Monday, Wednesday, Thursday
9:00 am – 1:00 pm**

Sunday 10:00 am Worship & Sunday School

Sunday 10:00 am Living Stones Worship

Wednesday 10:30 am Mid-week Worship

All Sunday Morning Services are available on Cogeco TV on Sunday mornings as well as our YouTube Page and after the service on the Facebook page. YouTube (live streamed), Zion Lutheran Pembroke Facebook, Zion Lutheran Church Pembroke, Cogeco: Community Channel and broadcasts of previous week's service.

From Pastor Scott's Desk

Be still and know that I am God. Psalm 46:10

Peace and God's blessings to you all.

Another year of holidays has passed and it is back to the business of school life and activity at Zion. You will see in this September newsletter that there are many activities reconvening. It is wonderful!

I want to share with you some info about how I took time to be still this summer. Now that I am back to work I need to figure out how to maintain time to be still for my own self care.

What I am truly thankful for this summer is my time at the cottage. I was there for three weeks and enjoyed it very much. You see there is no Wi-Fi, cable, or LAN line. I did not open my laptop the entire time I was there. We do have a Beta VCR at the cottage and we watched *Bull Durham*. If it weren't for our cell phones, we would have been completely off-line. What was truly awesome was that just about no one got in touch with me. People respected my need for Sabbath rest and prayer. I slept when I wanted, worked when I wanted, read my book when I wanted.

From The Pastor's Desk (cont'd)

In my office there are three pieces of art: a canoe on a stony shore, a dock with two Adirondack chairs, and a scene of pine trees on the Canadian Shield. All are representative of how the cottage

on Stoney Lake appears. There are elements of all three scenes at the cottage. I love to have my morning coffee on the docks. I love canoeing. This year I tried to take Ripley out for a ride with little success. I admire the view of pines all around too.

A cottage would not be a cottage without having a little work to do. Whacking the weeds around the property, clearing the weeds in the water, blowing all the pine needles and leaves off the roof and cleaning the eaves trough were all things I did when I wanted. There was no rush to get everything done in a weekend. Again, these were times for reflection and were pleasant. Working outdoors is relaxing.

I have to say though dropping a fishing line in the water is the most relaxing of all activities at the cottage. I am a catch and release guy. This year I caught some crappies mainly but was surprised by a big bass and a medium size walleye. This year my biggest difficulty was not just the weeds but Ripley my puppy. She likes to "fish" (jump in after my line) after every cast especially if there is a round red bobber on the line.

The time has come. Back to work and back to business. I encourage you all like all to try and find time in your lives to take Sabbath rest, to unplug, and to be still to spend time with God.

Fall blessings to you all,

Pastor Scott

Congratulations to our new members – Are you interested in becoming one?

On Sunday September 24 we will be welcoming four new people to Zion. Welcome Justine Mutlow, Ryan Parcher, Brooke Doiron, and Brad Schauer. If you are interested in joining these people in becoming members on September 24 please speak with Pastor Scott.

Adult Spiritual Retreat Four Seasons Lodge at Camp Lutherlyn

Are you interested in participating in a weekend retreat at Camp Lutherlyn? The retreat would be on a topic that deals with our faith and how we live our faith in the world. The retreat will be led by Pastor Scott and Pastor Sue. There would be a cost involved. Please speak with Pastor Scott or Pastor Sue if you would be interested so a future date can be booked.

Four Seasons has around 9 bedrooms, some with double beds and others with more than one. It also has a large kitchen to prepare meals, showers, a living space with a wood stove and couches. We would also have access to the great beautiful outdoors at Camp Lutherlyn.

Did you know?

Pastor Scott not only spends time visiting people in their homes but also leads a worship service once a month at various Seniors Residences in Pembroke. Lillian Michel accompanies Pastor on most days to share her musical talents. The fall schedule is as follows: September 21st – Pinewood 10:30 am, October 5th – 11:00am Marianhill, November 7th – Miramichi Lodge 10:30am, December 5th – Heritage Manor 10:00 am. If you have family or neighbours in the homes please feel free to come and worship with them and Lillian and I.

FROM PASTOR SUE'S DESK

Hello everyone! We are back from vacation and I missed you all! I hope you've all had a great summer, enjoying the beauty of God's creation.

There's something about nature that makes us want to be out there walking, running, playing, hiking, biking, picnicking, camping, swimming, boating, sharing stories around a campfire, or simply sitting under a tree watching the leaves rustle in the wind. When you feel the warmth of the sun on your skin or the soft breeze blow through your hair it is certain that we have been gifted blessings from the Holy Spirit.

Maybe it's during those times that we can feel much closer to God, during those times when we put aside the cares of society and everyday life, allowing ourselves to be free to be like the children that Jesus wants us to be, when He said: "Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these"

This summer we were able to send 9 kids to camp who might not otherwise have had the chance to attend. Zion Lutheran church also had a confirmation program and several youth and Sunday school kids in attendance. We are fortunate to see and hear what this experience was like for campers at Camp Lutherlyn in the pictures and videos that were shared on Facebook and Instagram.

I am always thrilled and excited to see the enthusiasm and excitement that our children and youth showed in these pictures. Do you know a kid from our congregation that went to camp this summer? Ask them about it! What did they love? Who was their best bud? What cabin did they stay in? What will they remember most? Invite them to share their experiences with you.

Church camp creates lasting memories of friendships, camaraderie, caring and sharing, not to mention that, worshipping God can be fun, especially in the outdoors and around a campfire. Some of you folks probably have some memories of your time at a church camp way back in your youthful days.

It's been said, the youth are our future, and who can argue with that. But I want you to also view the youth and young people of our church as our PRESENT. They are active now and this is something that we should be excited about because we have the opportunity to help them shape that future. Our youth, although they may not want to admit it sometimes, depend on us, church family, parents, pastors, teachers and all leaders, for guidance, support and council, as they advance towards the future and their responsibilities as adults.

I hope you will agree with me that supporting church camp, specifically Camp Lutherlyn, gives us an awesome opportunity in preparing our youth for the future. Jesus said: "Let the children come to me..." We can consider this, supporting church camp, as one way of doing exactly what Jesus asked.

See you at church!

Pastor Sue

From Your Treasurer,

Zion's Income and Expenses as of Sept.4, 2023

The weekly amount of \$6,004.42 is needed to cover our budgeted costs. Of this weekly amount \$4,394.23 comes from PAR and regular offerings and \$1,236.54 comes from hall rent, general reserve, house rentals, solar panels and other revenue.

Offerings	128,879.00
Missions and Outreach	1,574.65
Other Donations	2,580.93
Solar Income	8,407.03
Other Earned Income	13,281.37
Fundraised for general use	0.00
Total Income to Sept.4	154,722.98
Benevolence Expense	9,000.00
Directed Gifts Expense	1,507.65
Committees Expense	1,912.99
Utilities Expense	18,593.22
Church Insurance	20,987.64
Property Maintenance	7,808.92
Other Operating Expense	30,423.19
Net Payroll	70,694.22
Benefits Expense	29,258.16
Expense Total to Sept.4	190,185.99
Net as of Sept.4, 2023	(-35,463.01)

To all that attend Zion,

AS YOUR TREASURER I WOULD ASK THAT YOU SUPPORT THE GENERAL FUND.

The regular offerings are down 4,000. Our expenses are up for Gas & Hydro 2,404, Insurance 1,365, Operating 5,024. With the hiring of Pastor Sue at 25% call our payroll and benefits only increased 7,204 as of now. Pastor Scott and Pastor Sue, working together greatly benefit Zion. Please support them in their ministry.

Have you ever considered remembering the church in your last will and testament? It really is a good idea. The church has always been there for us during all the stages of our life. We can be intentional to ensure it continues for our children and grand children. To pass the torch to the next generation, resources will be helpful to reach out to our community and beyond to continue proclaiming God's amazing love. Not to mention the tax benefits of your legacy are desirable. If you haven't already, talk it over and please, consider a gift.

If you cannot attend, we have set up e-transfer to the church's office e-mail zionoffice@nrtco.net for online donations. You can still mail your cheque or arrange to drop off at the office. Pre-Authorized Remittance (PAR) is another way to give weekly whether you're away or here. Contact the church office at 613-732-8792 for more information. Thank you for your prayers and continuing support. May God bless you and keep you safe,
Your treasurer, Gerry Vandersleen

Messy Church

Please join us as we welcome back all the families (and hopefully some new families) to the new school year. We will normally gather on the first Monday of the month but in September that is a holiday. We will gather on September 11th @ 530pm, beginning with an amazing meal, followed by games, activities and a short worship time. Everyone is welcome (you are encouraged to participate whether you have grandchildren or not. Bring a friend or invite someone new! Are you interested in volunteering with food preparation or activities? Talk to Pastor Sue or Pastor Scott.

Living Stones Worship

We are looking forward to our first worship after the summer break on September 17th at 10am. Would you like to help out? We are looking for help with reading, projection/video support, musicians, and skits. Do any of these opportunities speak to your heart? This is a great way to serve and help give back to the church community

Fall Photo Challenge

We are looking for pictures to use in worship and on our Facebook page that represent God's creation all around us. So as you are out and about in your daily comings and going take pictures of the beauty of God's creation all around us. This can be at work, at home, at the cottage, in the yard, on a walk, or in your garden. Please email your submissions to Pastor Sue at suebird98@hotmail.com



SOCKTOBER: **A Month Long Community Sock Drive** *(preparing for next month!)*



Even the smallest act of caring, like donating a pair of new socks, can help make a huge difference in the lives of our neighbors who are homeless or at risk.

The best way to feel a little more like yourself when you are homeless or at risk of homelessness is to put on a fresh pair of sock! Many people do not have the facilities of finances to do laundry on a regular basis and when you spend much of your day walking and rarely get a chance to take your shoes/boots off your socks can get rank pretty quickly. As a small comfort and a way to help keep feet clean a fresh pair of socks can make all the difference. Socks are the most under donated item in many communities. This is where WE come in!

Throughout the month of October you are invited to bring in donations of new or very gently used socks to be donated to those in need. As a way to bring awareness you are also invited to wear your most crazy and/or colourful socks to church on Sundays. Let's have some fun and serve our community at the same time.



PULSE MINISTRY

PULSE MINISTRY consists of three different programs. Every generation is invited to worship and to Messy Church, Youth Group, and worship. The worship Service is called “Living Stones”.

MESSY CHURCH

Messy Church is a program that runs the **first Monday of every month 5:30 pm – 7:30 pm**. Due to the Labour Day Holiday in September, Messy Church will be held on **Monday September 11th at 5:30pm**. It includes Food, Crafts, Games, Faith Talk, and Fun!



YOUTH GROUP

Youth Group happens on the **2nd and 4th Friday night of the month beginning at 6:30 pm**. This year we will be doing some off-site events. There may be costs for these events but normally there is no cost. All friends are welcome. Youth beginning at confirmation age and up are welcome. Our first session is **September 22 at 6:30pm**.



LIVING STONES WORSHIP SERVICE

The Living Stones Worship service is a service that is interactive and led by members of the congregation who play guitar and sing. It happens in the gym on the **3rd Sunday of the month at 10:00 am**. Invite a friend.

MID-WEEK WORSHIP SERVICES WITH HOLY COMMUNION

Midweek worship services are beginning again. Please join us on the **2nd and 4th Wednesdays in September at 10:30am** for services with Holy Communion. September Services will be on September 13th and September 27th.

CONFIRMATION CLASSES 2023-2024

Years One and Two of Confirmation will be run together this year. **An information meeting will be held after worship on September 17th . Classes begin October 4th at 6:15pm**. If you have a child that is interested in attending please contact the church at 613-732-8792 or email Pastor Scott at sschellenberger@hotmail.com.

SERVICE OF AFFIRMATION OF FAITH FOR CLASS OF 2023

Eight confirmands will affirm their faith on Reformation Sunday October 29th 2023. Time to be determined.

A SERVICE OF THE BLESSING OF THE ANIMALS

St. Francis of Assisi loved nature and animals. We honour his love of animals by having a service to bless our pets and animals. **The service this year is on October 1st at 3pm.** The service will be held in the gym.

MORNING SOCIAL

Join us on Wednesday, September 20 at 10:00am in the Parish Hall for our first fall Morning Social! Come on out for fun and fellowship. Pull up a chair, grab a coffee (or tea) and a snack, and enjoy the company! Bring a friend! See you September 20 at 10:00am!

Karen Gauthier and Jill Kellough
Social Ministry Committee



SENIORS EXERCISE CLASSES

Join us every Monday, Wednesday & Friday
1:00 pm in the Parish Hall. Be Sure to Bring a
Friend!



Let there be greening

ASSEMBLY 2023
CALGARY, ALBERTA

It was with great anticipation that I attended the first ever Special Convention of the Evangelical Lutheran Church in Canada held in Calgary, Alberta, June 28-July 2, 2023 at the University of Calgary! As this was my first ever National Church Convention, I did not know what to expect; I prayed for an open mind and open heart and headed to Calgary on June 28!

The theme of this year's Special Convention and Anglican Lutheran Assembly was *Let There be Greening*, which "emphasizes the importance of nurturing relationships, in particular the relationship between two churches; with other partners; with one another; and with the Earth, alongside our role and responsibility as churches in the areas of social justice and advocacy" (Assembly Worship Text and Music booklet, 2023).

Things got underway Wednesday evening after supper, with opening prayer, orientation, and report by our National Bishop Susan Johnson. Following opening remarks, we attended our first evening prayer with the Anglicans. What an uplifting experience to be in a hall with over 400 lay and rostered Anglican and Lutheran delegates praying, singing, and worshipping God. It was absolutely fabulous... praise be to God!

On Thursday morning before breakfast, I along with many other delegates attended a smudge ceremony on invitation by Richard Kotowich, Member of Our Savior's Lutheran, Regina and Rev. Ron Flamand, Interim Pastor at St. Matthew's, Thorsby. According to Richard, smudging is an important aspect of many Indigenous ceremonies and helps to cleanse ourselves and the sacred space around us. We prayed as we washed our face, hair and body with the smoke of the smudge bowl, which contained Sage and Sweet grass smoldering on charcoal. It was an honour to partake in this sacred ceremony.

Our convention days began early with morning Bible Study. Bible study lessons were taken from the books of Ezekial, Ephesians, and Luke; we were presented with questions relating to each of these Bible texts and how they related to the theme of *Let There be Greening*. Underscoring all three of these sessions was the theme of how we are all connected...to the Earth, to our non-human relations (animals, trees, rocks, God's creation), and to each other. We were encouraged by Rev. Dr. Kayko Driedge rHesslein to think about how we might heal the injured land, strengthen the weakened ecosystem and feed our non-human relations with justice, and by Anglican Archbishop Chris Harper to consider how justice and social issues have implications for all.

The ELCIC Special Convention had a different agenda than most years as elections and reporting were held last year during the on-line convention. After bible study, most morning, afternoon, and evening sessions included updates on reporting and recommendations on four task forces: ableism; carbon neutrality; homophobia, biphobia, and transphobia; and racism, white supremacy, and racial justice issues. Sessions included updates from the task forces on work done over the past year, question and answer sessions, table talks, and eventual debate and voting on the task forces reports. Task force representatives are leaders in their respective areas, and their passion and commitment were obvious. Many of these representatives, and

those who participated in the various task forces, also shared their lived experiences, which helped to deepen the understanding of the task force reports presented and of issues individuals have faced throughout their life course.

Joint sessions with the Anglicans included: morning prayers and Bible study; evening prayers; a state of the union address on the Full Communion partnership of the Anglican Church of Canada and the ELCIC; discussion on social and ecological justice and Indigenous/non-Indigenous reconciliation framework; discussion and voting on entering into Full Communion with the Moravian Church; and discussion and voting on the proposed joint statement on peace in Palestine and Israel.

Wrapping up the Special Convention and Joint Assembly was Sunday morning worship on July 2. Readings were taken from the books of Job and Revelation, and the Gospel was from the book of Mark. The sermon was presented by National Bishop Susan Johnson and many beautiful hymns were sung! What a wonderful, faith inspiring way to conclude the Special Convention!

Anyone looking for more specific information on specific task force reports, the joint website, <https://www.anglicanlutheran.ca>, has the complete list of reports, along with videos of each session of the ELCIC Special Convention and joint Anglican Lutheran Assembly sessions. Or speak with me directly and I can get you the information you need.

Respectfully submitted,

Karen Gauthier



A Welcomed Edition

I am so pleased that by the Grace of God we have included in our staff such a talented individual as Pastor Sue. Indeed as pleased as when Blair Sack was elected to our staff.

Pastor Sue brings with her the talents and tools necessary to achieve hers and the church's goals. For quite some time we have needed a dedicated individual whose efforts would increase the attendance at Zion of younger families and their children. After all they will become the future of Zion as our faithful members mature and age.

Such a Pastoral pair such as Pastor Scott and Sue in their prime are the ideal individuals working as a team in life and the workplace along with the members at Zion. Many of us will still be here I'm sure to see the positive results of theirs and others efforts. Fortunately because of the generous contributions of many we are in a financial situation to help support their programs.

God Bless their efforts as they strive to renew and regenerate the membership at our beloved Zion.

Yours in Christ.

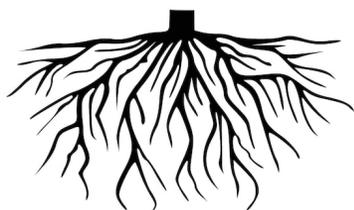
Wayne Kirk

Zion Lutheran Women

Please join us on

Wed. September 6, 2023

At 3:00 pm (new time)



“Exploring Roots & Wings”

Program with Pam and Ellen

Special Offering to Fellowship of the Least Coin

Pot Luck Supper to Follow!

Zion Lutheran Women

Faith & Life Programs 2023

- October 4:** CLWR – Faith - Sandra Graham
- November 1:** Wear a Poppy – Remembrance Day -Susan Dupuis
- December 6:** Food Bank – Crafts & Music (bring a favorite treat)



First Step OPTIONS pregnancy resource centre

AUGUST NEWSLETTER

FROM THE DESK OF THE EXECUTIVE DIRECTOR:



I have a special place that I love to spend time at in the summer that's on round lake. I especially enjoy being either in the water or on the water in our boat. My husband has a passion for fishing and me, well let's just say I am a fair-weather angler and

Usually end up just relaxing or reading a book. I can say we have had some adventures and comical moments out on the water including throwing our anchor overboard only to realize the rope was not tied to the boat. Bye-bye, anchor! Lol! It still makes me giggle when I picture my husband's face at that moment.



As I sit here visualizing that rope attached to the anchor, I think of the strength in that 3-strand cord and how together we are like it. Our FSO team could not do this hope-filled pregnancy care work without your prayers for us and the precious people we serve. The strands of our cord are - God, you & the FSO board, staff, and volunteers. God has the power; you release his power through prayer and the FSO teams are the vessels he works through. So, thank you to those that partner with us through prayer. We appreciate you so much! If you're interested in being a part of our email prayer chain to receive specific

requests, please contact me at donaleefirststepoptions@gmail.com I would be grateful to include you.

I may be dating myself here, but Steve Smith from the "Red Green Show" used to always say "Keep your stick on the ice." Well, I say "Make sure you're tied to the anchor" the anchor of course being our Lord and Saviour Jesus Christ.

THANK YOU!

We want to give a shout-out of thanks and recognition to Mulvihill Drug Mart. We are grateful and celebrate them as an important community partner as they supply all the pregnancy test kits we offer as a free service here at the Centre. Thank you Mulvihill for continuing to help us to provide support surrounding pregnancy and parenting-related circumstances.



THE CENTRE WILL BE CLOSED ON Labour Day Monday,
September 4th, 2023

SEPTEMBER EVENT:



3rd Annual Baby Bump Party – Throughout the month of September, you will have the opportunity to gift the Centre with items listed on the sheet (which will be posted in September’s newsletter) like a virtual baby shower. You can choose an item to purchase from the list and drop it off at First Step Options, or if you

can't get out to shop or don't like to order online, no problem! You can still simply choose an item(s) from the list and mail in a cheque or send an e-transfer with the amount and the choice of the item(s) you wish to donate to firststepoptions@gmail.com and we will purchase the item for you for our clients. Don't miss out on the amazing feeling of

knowing that you have supported and practically helped out families right here in our community. (Tax receipts will be given for cash donations of \$20.00 and more.)



CENTRE NEEDS:

- Pull-Ups—any size
- Diapers – sizes 3, 4, 5, 6
- Baby gates
- Highchair
- Double stroller



You can find us on Facebook at First Step Options Pregnancy Resource Centre and don't forget to like and share



BRIGHT COURSE:

Plan now moms! This September is a great time to start our on line program “Bright Course.” Anyone can sign up! You choose the lessons that meet your needs. Some categories for topics include Pregnancy and Birth, First Year, Toddlerhood, Parenting, Co-parenting, Life Skills, and much more. For every five lessons you complete, you earn a \$25.00 gift card to Walmart or Giant Tiger. Call or email today to get signed up. We would love to be a support to you.



WE LOVE TO SHARE ABOUT WHAT WE DO:

God loves and values BOTH the woman and the child - equally - and calls us to work for the dignity and welfare of both. This is the “why” behind our grace approach at the Centre. Are you interested in learning more about the

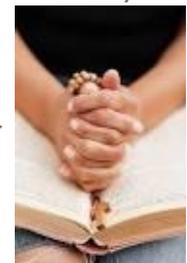


heart of what we do? We would love to come and share with your group, organization, or church community. Give us a call today to book a date and time.

STRATEGIC PLANNING DAY

Please pray for our Strategic Planning Day coming up on Saturday, September 30th, 2023. Pray for unity among our staff, board, and volunteers. Pray for God's timing as we

accommodate growth and discuss new ideas for future plans and goals. Pray also that we would be filled up and refreshed so we can continue to pour God's love into our clients.



Contact Us: 337 Murray Street Pembroke, Ontario K8A4P3 (613)-635-7440

fscentre@gmail.com

Hours: Mon-Wed 10 – 4 pm

www.firststepoptions.com

<https://www.facebook.com/FirstStepOptions>

Fundraiser runs from August 3 to December 31, 2023.



150 FUNDRAISER

150 People x \$150 in 150 Days

Please support the work at Camp Lutherlyn as these funds will help complete the Hoffman Beach project!

1. E-TRANSFER

from your bank to Lutherlyn.fin@gmail.com
Please specify 150x150in150.

2. CHEQUES

may be sent to the following address with a note saying it's a donation and please specify 150x150in150:
Camp Lutherlyn
Attn: Treasurer
Box 531, Pembroke, ON
K8A 6X7

3. DONATIONS

through your Evangelical Lutheran congregation.

4. CREDIT CARD OR PAYPAL

We are pleased to partner with Canada Helps, a registered charity that brings donors and charitable organizations together online; they support credit card or PayPal payments.



909 Zadow Rd, Golden Lake, ON K0J 1X0
Phone: (613) 625-2994 • www.lutherlyncamp.ca

Carefor



Greetings,

We want to invite you to be part of Carefor Health & Community Service's The Grand Parade campaign. The Grand Parade is a family-friendly fundraiser walk held on Saturday, September 16, 2023 that helps support local charities that provide essential care and service for aging Canadians. The Grand Parade is a moment to take to the streets across Canada to publicly honor aging friends and family while fundraising for charities that serve them faithfully.

Many seniors in the Ottawa Valley are struggling right now. Eighteen percent of them are considered low-income and require additional support. For over 100 years Carefor has been a key agency offering services to our community's seniors to help them age with choice and dignity. We believe everyone wants to age without worry, but for many of our seniors, this is a challenge. That's why we're marching.

Carefor is joining the Grand Parade to make sure seniors receive the support they deserve. Funds raised through the Grand Parade will go to offering services to Ottawa Valley seniors by ensuring the monthly rents at our retirement homes stay within reach of all seniors, to our transportation program to help seniors get to essential medical appointments, and to ensuring our meal delivery program keeps our seniors fed and healthy.

We're inviting you to march for Ottawa Valley seniors with us. We're looking for people like you to form a team and walk for seniors. The money your team raises means more seniors in the Ottawa Valley staying out of the hospital and long-term care, more seniors being able to age at home longer, and more seniors who no longer can age at home being able to afford a safe space to live in our two retirement homes, Carefor Civic Complex and Carefor Mackay Centre.

Show Ottawa Valley seniors that they're seen. Join us on September 16th.

Register a team online. Go to thegrandparade.org - <https://thegrandparade.org/location/pembroke> Select our city and community. You will find Carefor listed. Once registered, invite team members. You may even want to have multiple teams from your company or challenge your peers to do the same. Invite family and friends to donate to your walk, in support of our cause. There are all kinds of tools and resources to make it easy. Show up for the event where you will meet hundreds of community members and organizational leaders. It's that easy!

We want you to join us. When our community cares for everybody, we all thrive together. Your support and involvement in this campaign will make us more able to address the needs of vulnerable seniors in our community and to help make our community a better place.

Andrew Chenard
Fundraising and Communications Specialist
Carefor Health & Community Services
achenard@carefor.ca
613-735-9993

NOTES AND NEWS

Choir Practices

Choir practices for both the Men's and Mixed choirs will resume this week, on Wednesday, September 6th @ 7pm, and Thursday, September 7th @ 7pm, respectively. New singers are always welcome!

Exercise Class

Please join us on Monday September 4, Wednesday September 6, and Friday September 8 at 1:00 pm for our Senior Exercise classes. Bring a friend!

ZLW

Please join us on Wed. September 6, 2023, at 3:00 pm (new time) "Picnic At Pansy Park" For "Exploring Roots and Wings" program with Pam and Ellen. Special Offering to Fellowship of the Least Coin, Pot Luck Supper to Follow!

Messy Church

Due to the Labour Day Holiday on September 4th, our next Messy Church will be on Monday September 11th at 5:30 pm.

Social Ministry Meeting

The next Social Ministry Meeting is Wednesday September 13th at 2:00 pm.

Midweek Worship Service

Please join us on the 2nd and 4th Wednesdays at 10:30 am for services with Holy Communion. September Services will be September 13th and September 27th at 10:30 am.

The Living Stones

The next Living Stones Worship service is Sunday, September 17th at 10:00 am. Bring a friend.

Social Ministry Meeting

The next Social Ministry Meeting is Wednesday September 13th at 2:00 pm.

NOTES AND NEWS – CONT'D

Youth Group

Youth Group will be holding our first session on September 22 at 6:30 pm. This year we will be doing some off-site events. There may be costs for these events but normally there is no cost. All friends are welcome. Youth beginning at confirmation age and up are welcome.

Confirmation Classes 2023-2024

Years One and Two of Confirmation will be run together this year. An information meeting will be held after worship on September 17th. Classes begin October 4th at 6:15pm. If you have a child that is interested in attending please contact the church at 613-732-8792 or email Pastor Scott at sschellenberger@hotmail.com.

Morning Social

Join us on Wednesday, September 20 at 10:00am in the Parish Hall for our first fall Morning Social! Come on out for fun and fellowship. Pull up a chair, grab a coffee (or tea) and a snack, and enjoy the company! Bring a friend!

A Service Of The Blessing Of The Animals

St. Francis of Assisi loved nature and animals. We honour his love of animals by having a service to bless our pets and animals. The service this year is on October 1st at 3pm. The service will be held in the gym.

Worship & Music

There seems to be some confusion around what should be considered a Contemporary Service. After discussion during a Worship & Music meeting it was agreed that The Living Stones Service will remain the Contemporary Service. When contemporary music is led by The Living Stones band but the rest of the service is in the regular format it will be called a Blended Service. The Living Stones service will continue to be held in the parish hall on a monthly basis (summer excluded) while the Blended Service will be held in the sanctuary approximately every 6 weeks.

EVERYONE LOVES A PARADE!

On Saturday, September 16th, Carefor Health and Community Services will be hosting a fundraising walk called 'The Grand Parade'. Funds raised will go for services to Ottawa Valley seniors programs. Please consider donating to help celebrate seniors. Tax receipts will be issued for donations of \$20 or more. Information can be found online at thegrandparade.org. 'Team Zion' will be led by Captain Blaine. Please speak to Blaine for more information; he can be reached at 343-369-8700, or email pianobyblaine@gmail.com

SEPTEMBER VOLUNTEERS

Worship Assistants

Sept 3 - Susan Dupuis
Sept 10 - Susan Dupuis
Sept 17 - Michael Lange
Sept 24 - Ellen Vandersleen

Sexton

Sept 3 - Diane Hammel
Sept 10 - David Lehman
Sept 17 - Karen Gauthier
Sept 24 - Don Boldt

Counters

Sept 3 - Gayle & Larry Seegmiller
Sept 10 - Gayle & Larry Seegmiller
Sept 17 - Lisa Campitelli, Karen Gauthier,
David Lehman
Sept 24 - Lisa Campitelli, Karen Gauthier,
David Lehman

Ushers

Sept 3 - Amanda Campbell, Ryan Parcher
Sept 10 - Peter & Patti Wegner
Sept 17 - Doug & Pauline Malliff
Sept 24 - Kevin & Jean Rutz

Altar Care

Sept 3 - Cheryl Sack
Sept 10 - Jean Rutz
Sept 17 - Tanya Reid
Sept 24 - Diane Rull

Projector Operators

Sept 3 - Diane Hammel
Sept 10 - Rick Gerundin
Sept 17 - Zach Phannenhour
Sept 24 - Krista Grosskleg

Video Recorders

Sept 3 -
Sept 10 - Ellen Vandersleen
Sept 17 - Ty Phannenhour
Sept 24 - Korbin Smith

Sound Operators

Sept 3 - Noah Schmidt
Sept 10 - Gerry Vandersleen
Sept 17 - Todd Phannenhour
Sept 24 - Brian Smith

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 1 pm Senior Exercise Class	2
3 10 am Worship Service with Holy Communion	4 1 pm Senior Exercise Class	5 7 pm Narcotic Anonymous 7 pm Worship & Music	6 1 pm Senior Exercise Class 3 pm ZLW 7 pm Men's Choir	7 7 pm Healing Vets 7 pm Mixed Choir	8 1 pm Senior Exercise Class	9
10 10 am Worship Service with Holy Communion & Sunday School	11 1 pm Senior Exercise Class 5:30 Messy Church 10 am Pastoral Care	12 7 pm Narcotic Anonymous 7 pm Church Council	13 10:30 Midweek Communion Service 12:00 Staff Mtg. 1 pm Senior Exercise Class 7 pm Men's Choir 2 pm Social Ministry Mtg.	14 7 pm Healing Vets 7 pm Mixed Choir	15 1 pm Senior Exercise Class	16
17 10 am Living Stones Worship Service 11:20 am Confirmation Mtg.	18 1 pm Senior Exercise Class	19 7 pm Narcotic Anonymous 7 pm RCLC Mtg.	20 10 am Morning Social 1 pm Senior Exercise Class 7 pm Men's Choir 7 pm Scottish Dancers	21 10 am Worship at Pinewood 7 pm Healing Vets 7 pm Mixed Choir	22 1 pm Senior Exercise Class 6:30 pm Pulse Youth Group GUIDING LIGHT DEADLINE	23
24 10 am Worship Service with Holy Communion & Sunday School New Member Sunday	25 1 pm Senior Exercise Class	26 7 pm Narcotic Anonymous	27 10:30 Midweek Worship with Holy Communion 12:00 Staff Mtg. 1 pm Senior Exercise Class 7 pm Men's Choir 7 pm Scottish Dancers	28 7 pm Healing Vets 7 pm Mixed Choir	29 1 pm Senior Exercise Class	30
October 1 10 am Blessing of The Animals Service	October 2 1 pm Senior Exercise Class	October 3 9:30 Tai Chi 7 pm Narcotic Anonymous 6:30 Tai Chi	October 4 1 pm Senior Exercise Class 6:15 Confirmation Begins 7 pm Men's Choir 7 pm Scottish Dancers	October 5 9:30 Tai Chi 7 pm Healing Vets 7 pm Mixed Choir	October 6 1 pm Senior Exercise Class	October 7