



MERIVALE/FALLOWFIELD NEWSLETTER



Fall 2009

Words from the Minister

Dear Friends in Christ,

This past summer was a very fulsome one for me in many ways. By far the most outstanding event was the flooding of my home in Kanata. I am very grateful and would like to thank everyone for the kind messages of love and support that I received. Mostly I am grateful for the many prayers offered on my behalf.

I am also very thankful that I was able to take some time off during the clean up, which was done during my holidays, to visit the sand banks in Prince Edward County and also family in Ormstown. It was a time that was filled with lots of fun and relaxation. I was also privileged to visit two churches in the Ottawa area and join in their Sunday worship. It is always a treat when a minister gets to listen to sermons and I enjoyed both services.

Through the summer I spent much time reading and reflecting so that I might come to the fall season refreshed and ready to undertake the many joys of ministry that lay ahead. I am looking forward to sharing in all the events that are happening this fall. I believe that God has blessed us with many gifted people and I am very much looking forward to serving with you. As we all know the church is only as good as the people who commit themselves and their gifts to its stated purposes. So I would like to ask you to inform yourselves about the opportunities to serve with the various committees and to pray and reflect on how God may be calling you to offer your time, intellect, faith, ideas, energy and expertise in service to our ministry with God, in the congregation and to the community and beyond.

This fall may we all be committed to building our pastoral charge in such a way that it is a true reflection of our faith in Jesus Christ and may we always be committed to living the gospel of service, hospitality and justice!

May God continue to bless our pastoral charge with abundant love and the will to reach out to others.

Blessings and grace,

Sandra

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Fallowfield United Church

Annual Fall Turkey Supper

Saturday, October 3, 2009

Continuous Serving 4:30 - 7:30 pm

Entertainment provided upstairs

Full course turkey dinner with all the trimmings.

Reserve your tickets now.

For more information please contact

613-838-2520

\$ 15.00 Adults

\$ 6.00 Children 6-12 yr

Children under 6 years are free

Takeout available

(Please reserve your ticket)

We Can Help

The Merivale/Fallowfield Pastoral Charge believes that every person deserves to eat proper nutritious meals and to receive community support and that, at present; too many people go without the basic necessities of life. That is why we are strongly committed to community outreach. Two of our favourite outreach programs among many are:

Centre 507 is an adult drop-in centre that is open to all who seek a safe, friendly and supportive environment. It has been in operation since 1983 and is located at 507 Bank St. Centre 507 participants are community members who may face a combination of

economic or social disadvantage. Homelessness, unstable housing, addictions, health concerns, poverty, unemployment and isolation are just a few of the challenges that affect their participants. In order to combat these problems the centre offers many services. It also relies on the generosity of others. Our churches have been collecting men's clothing, canned food and men's toiletries.

Our second major outreach centre is **The Well**. The Well is a drop-in day program for women and women with children. It is a spiritual and justice-based gathering place that provides a safe, supportive, inclusive environment where women come together to empower

each other while nourishing the whole person. The Well provides support and tools to help women overcome whatever barriers may be hampering them. In order to do this, it also depends on the generosity of others. Our churches have been donating women's and children's clothing, household items, toys, and personal care products.

Please look through your food cupboards and clothes closets and consider giving to those in need. All contributions are welcome.

Many thanks for all your wonderful contributions



Happy Anniversary to Us



On September 13, the two congregations came together to celebrate our 54th anniversary as a joint pastoral charge.

The day was bright and cool, with fleecy clouds floating overhead, perfect weather for an outdoor service.

The congregations settled down on assorted portable chairs, towels and blankets on the lawn behind the CE Building.

Rev. Sandra Yule led the congregations in worship and Rev. Stewart Hewlett gave an inspiring message under the title "Nevertheless". In spite of life's tribulations, nevertheless life is good and God is good.

The choir sang three anthems:

- Brighten the Corner Where You Are
- Leaning on the Everlasting Arms
- Standing in the Need of Prayer / Thank you

Chuck Ross gathered the children for an object lesson in which all contributed to the construction of an arch, and learned that each one of them was essential.

After worship, the congregations repaired to the newly rejuvenated CE Building for a potluck luncheon.

By a fortunate coincidence, it was also Rev. Hewlett's birthday, and we marked the occasion with a song and a cake. It was a very happy day.

Fallowfield Sunday—Welcome Back



Welcome back! Last June, the Sunday School held it's annual Yard Sale and Bake Table. It was again a success, thanks in no small part to all the volunteers and buyers! The final numbers were just slightly over \$1500. At the end of June, the Sunday School hosted a family picnic in the yard at Fallowfield and we were lucky to have pony rides and a bouncy castle to help us enjoy the close of another fun year! Thanks to Kent and Robyn Fraser for providing the pony and to Robbie Sprague for coming up with the idea to rent the bouncy castle!

After a relaxing summer, it's time to get back into the swing of things! Our weekly Sunday School class resumes this September. Kent Fraser and Jen Keech return as teachers and are happy to see many familiar faces. We are hoping to see some new ones this year, too. Children aged three to 12 are always welcome to come and listen to our weekly Bible lessons and take part in our crafts and games. In addition to regular lessons, this fall the Sunday School is hoping to contribute to some upcoming services – this includes singing on Thanksgiving and giving out poppies and presenting a wreath at the Remembrance Day service.

This year, we plan to become involved in the *Samaritan's Purse* Christmas Child Shoebox initiative. Drop off week for the shoeboxes is November 16th to the 21st, so we will begin taking donations in early October to make sure we have plenty of time. Details of this charitable cause will be posted on the bulletin board at Fallowfield and are also available at www.samaritanspurse.ca.

Merivale Sunday School



Sunday School has resumed for the year at Merivale and we're happy to see the students return with such enthusiasm. As the upper portion of the class are now regularly attending kindergarten the Sunday School will be purchasing a felt program of Bible stories to add to our current children's Bible study program. Each lesson will be self contained so that no one will miss out.

While the younger half of the class is still at the nursery phase, they seem very interested in keeping up with their older siblings. We expect the little ones will also enjoy hearing the Bible stories and the new felt story-board (along with some good juice and cookies of course).

Welcome back for the Fall everyone!

Natalie Anderson

Be the Best of Whatever You Are

If you can't be a pine on the top of the hill
Be a scrub in the valley--but be
The best little scrub on the side of the hill;
Be a bush if you can't be a tree.

If you can't be a bush be a bit of the grass
And some highway happier make.
If you can't be a muskie, then just be a bass,
But the liveliest bass in the lake.

We can't all be captains, we've got to be crew,
There's something for all of us here.
There's big work to do and there's lesser work, too,
And the thing we must do is the near

If you can't be a highway, then just be a trail.
If you can't be the sun, be a star.
It isn't by size that you win or you fail.
Be the best of whatever you are.

Douglas Maloch

Read by Chuck Ross at the anniversary service.

The Choir

The joint Fallowfield/Merivale Choir had a very busy winter/spring season. Since Katelynn was away pursuing her studies, Barb agreed to take over all duties of the regular Sunday services as well as choir practices and anthems. As a result, we were able to prepare much more special music than usual, and we presented many anthems during that time. Also, the Men's Choir presented their annual service on Mother's Day.

We were all very happy to have our year-end get-together, and then we disbanded for the summer. We certainly enjoyed the time off!!

Many of us helped out during services over the summer, but we didn't begin our weekly practices until the last week of August. We were able to prepare three new pieces of music for the outdoor service. We will continue to work on Thanksgiving, Remembrance Day, and Christmas music throughout the fall. We practice on Thursday evenings at Fallowfield, and would welcome anyone with a love for music to join us.

We would like to thank Don Fraser for installing the fan in the choir loft at Fallowfield – we all appreciate it very much!

We are also thankful that Joan Peterkin is always "willing and able" to assist any time we need a 'supply' musician. Thanks, Joan!

A big 'Thank You' to Barb White for all the extra work (and probably aggravation!!). We can be quite a difficult bunch to work with!

And 'Welcome Home', Katelynn. Glad you had such a good semester, and also glad that you are back with us again!

Barb Fraser

Note from Katelynn

I had an amazing time studying abroad for a semester at the University of Reading in England. During my stay there, I had the opportunity to meet a bunch of international and local students and really experience English culture and academic life. I also got to do traveling all over the UK, as well as Europe. Out of the 13 countries I visited, some of the highlights included the Scottish Highlands, the Norwegian fjords, backpacking through Eastern Europe, and a beach vacation in Spain and Portugal. I visited many beautiful churches and heard some inspiring organ music, and am excited to be back playing at Fallowfield and Merivale!"

Katelynn Boerner



Corn-on-the-Cob



On August 12, the congregations gathered in the Merivale Park for a feast of fresh corn-on-the-cob plus hot dogs. The fare included all the usual trimmings, and scrumptious desserts. The children romped happily around the premises while the adults chatted

This has been an annual event for the past nine years, initiated in 2001 by the Ashby's. and anticipated throughout the growing season.

Several attendees pronounced 2009 the best year ever.



In The Garden

The blazing reds, oranges, and yellows in the triangular garden at Merivale go by the name of *Celosia plumosa* 'Fresh Look'. They are interspersed with a few blue and white volunteers from seeds dropped by other annuals over the past two years, and even a few pink petunias, yellow nasturtiums and gold chrysanthemums.!

This summer, four little Amur maples went into the park behind the CE Building. This "parkland" is very difficult to plant as the "soil" is largely asphalt. It apparently dates from the days when our "park" was a driving range. Thanks to Tom Ashby's ingenuity, we managed to excavate places for the little trees. We fondly hope that they will prosper and blend with their surroundings into an attractive vista. Amur maples are noted for their lovely pink samaras (keys) and their blazing fall colour. Several trees of this species are already at home in the area; a good sign that the newcomers will prosper.

'Be kinder than necessary , for everyone you meet is fighting some kind of battle.'

We Saw the Light !

The fluorescent lights in the church basement and the CE Hall have recently been upgraded from T12 to T5 technology. The environmental benefits of T5 technology are:

- optimal lighting quality with hydro energy savings up to 60%;
- the T5 Ecotube is rated for 15,000 hours of life, which helps reduce maintenance costs as lamps need replacing less frequently. As a consequence, less material goes to landfill;
- T5 lamps use 40% less glass and have 80% less mercury content than current fluorescent lamps;
- less metal is used in the manufacture of the lamps and less paper is used for packaging.

Reset Electronics, who supplied and installed the T5 lamps, have noted a new program is now available which will supply and fit the new T5 technology free of charge to non-profit organizations such as our church. There are conditions, including a requirement to disseminate the advantage of adopting new "green technology"

The next Council meeting will discuss disposal of the replaced T12 4' 34/40 watt fluorescent bulbs, including donation to the Habitat for Humanity Restore or other not-for profit organization or to congregational members. Any bulbs not so disposed of may go out as household waste..

Jim Whittaker

Quilt Show Coming October 17, 2009



The Merivale Quilters are making a special souvenir hanging in celebration of the anniversary. Blocks represent the special interests of individual members.

Since our last newsletter report, preparations for the show have gone ahead under the guidance of Annette, Shirley, and Marcelle.

We hope to have at least 150 quilts to show, and a few to sell. (A just-completed cross-stitch double/queen bed quilt will be available for purchase.) Once again, the quilts will be displayed in the Sanctuary, admission \$ 5. We expect to have many which have not been shown in past years, as well as some of the old favourites loaned to us by our own Church families.

A tearoom and bake table will be available in the Hall.

Jean Stalker is beginning to compile a photo record of all the quilts that we show, so let us know soon whether you have one to be included.

Our group met every Wednesday throughout the summer, sometimes gathered around only one quilt. No matter the numbers, our bonds of friendship are strong. Wednesday mornings are a special time of fellowship, enjoyed by quilters, gardeners, staff and visitors, especially for the coffee break!

Sandra Marshall

Merivale Fellowship Group

After a summer that wasn't, we are having a beautiful fall. Our first meeting will be on the 23rd at 11:00 o'clock. At this time, we will plan for our bake table at the quilt show on October 17. Squares, cookies, pies – all your favourites – will be very welcome. We have also been asked to supply sandwiches for the lunch tables.

Will we send money to The Mission to provide food for hungry people?

We usually help with the Christmas baskets for shut-ins. We have received letters of thanks from them every year.

We look forward to our potluck lunch, which will be on November 25 this year. Good food, singing, and games. This is open to anyone who wants to bring something for the pot.

You are very welcome to join us on the fourth Wednesday of every month, except October 28.



Isobel Strath.

Congratulations

To Tom and Gayle Ashby, grandparents of Tyler Beckett, born June 21, 2009 to Dan and Jennifer Beckett.

To Tom and Gayle Ashby, great grandparents of Thomas Jacob (TJ) Ashby, born August 14, 2009 to Thomas and Marianne Ashby.

Sympathy



We want to express our deepest sympathy with:

Joy Logan and the Logan family on the loss of **George A. Logan**, who passed away in mid-July at the age of 87. George served his country in World War II, and was a long-term member of Merivale United Church.

Sandra Marshall and the Marshall family on the loss of Sandra's mother Genevieve Parton. Genevieve died July 13 in Victoria, B.C. She would have turned 101 on Aug 23. Genevieve always visited the Merivale Quilters when she was in Ottawa, and followed their activities with interest.

The work will wait while you show the child the rainbow, but the rainbow won't wait while you do the work.

Patricia Clafford, quoted in the Newsletter for June, 1993

Whatever Happened to ...

Whatever happened to our last group of young people after confirmation class? Here's where they are now:

Brett Ruskin has his own apartment this year as he works hard to complete his fourth year in the Carleton University Journalism program. This summer he placed third for his age bracket in a Half-Ironman Triathlon and is working towards a full Ironman next year.

Natalie Anderson is in her third year at Carleton University, working towards a BA with a major in Art History and a minor in History. She is doing an internship with Library and Archives Canada as part of her course load this fall, and hopes to continue working with the Sunday School.

Rachael Anderson is back at Mount Allison University in New Brunswick for her second year, working on her Commerce major and Music minor. Over this and last year she has been involved in a number of concerts, ranging from classical to opera to rock, and has participated in a number of events with the United Church in Sackville.

Did You Know?

The **kale plants** in front of the Merivale CE Building are just beginning to show their fall colours. These plants were started from seed by Chuck Ross, and have met with many admiring comments, even in their summer plumage. They have the distinction of being the very last of the garden plants to give in to the frosts of winter.

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Mike and Sandy on the move. Mike and Sandy Jean Louis have rented their home and plan to live in their RV for an extended vacation in Texas, with visits to some of the other southern states.

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John and Judy Lancaster and **John and Barbara Fraser** celebrated their 35th wedding anniversaries and the 60th birthdays of John Lancaster and John Fraser with a cruise to Greece and Italy.

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Ashley Good is studying at Kemptville Agricultural College.

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Bob Meisner has stepped down from his position as Chairperson of the Merivale Council. **Arlene Anderson** is the new Chair.

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Our thoughts are with Helen Wilson, who is at home recovering from surgery on both feet.

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Merivale-Fallowfield Newsletter

Issued at irregular intervals by the Merivale-Fallowfield Pastoral Charge of the United Church of Canada

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Calendar of Events

October—December 2009

Date	Activity
Friday, October 02	Turkey Supper Prep. (peeling potatoes, carrots etc.) Everyone welcome. 6:30 pm.
Saturday, October 03	Fallowfield Turkey Supper, 4:30 – 7:30 pm.
Sunday, October 04	World Wide Communion (FM). Pie Sunday at Fallowfield (F).
Sunday, October 11	Thanksgiving Sunday. Choir will be singing at both churches.
Saturday, October 17	Quilt Show and Bake Sale at Merivale. Also tea room with sandwiches & squares. 10:00 am—4:00 pm.
Sunday, October 18	
Sunday, October 25	Coffee after the worship service at Merivale (M).
Sunday, November 01	Coffee after the worship service at Fallowfield (F).
Saturday, November 07	Bean Supper at Merivale.
Sunday, November 08	Remembrance Sunday. Choir will be singing at both churches.
Sunday, November 15	.
Sunday, November 22	
Tuesday, November 24	Fallowfield candlelight service and cookie exchange. All welcome.
Sunday, November 29	First Sunday of Advent; Coffee after the worship service at Merivale (M).
Sunday, December 06	Second Sunday of Advent; White Gift Sunday; Christmas Potluck (F)
Sunday, December 13	Third Sunday of Advent.
Sunday, December 20	Fourth Sunday of Advent. Holy communion at both churches.(FM)
Thursday, December 24	Christmas Eve Worship services at both churches, 6:00 pm at Merivale, 8:00 pm at Fallowfield
Sunday, December 27	Coffee after the worship service at Merivale (M).