

Easter 2016

THE  **ritannian**
BRITANNIA UNITED CHURCH

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Peter Bain, Editor

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Editorial

Growth

At the recommendation of a teacher friend, I started reading a self-help book called “Mindset - The New Psychology of Success” by Caroline Dweck. Dweck is a psychologist who studied why some people succeed despite impediments and others fail even when given a head start.

I think she oversimplifies the problem, but based on my observations I think she has a point. She says that people have either a fixed mindset or a growth mindset. Those with a fixed mindset believe that their abilities and talents are innate and immutable. Any setback is a sign of personal and irredeemable failure and success is proof of natural talent. People who struggle give up if they have a setback or make a mistake, and people with “natural talent” don’t put in the effort to improve and give up or shift blame if things don’t go their way.

Growth mindset people recognize that they are capable of improving and that a mistake or failure is an opportunity to learn. They take on challenges and make a conscious effort to improve. She gives examples from sports, business and academics of this attitude in action.

I was reminded of the latter when I was putting together the newsletter. Rev. Jim says “we’re all works in progress” and Sue Fowler Dacey says “if you can dream it, you can do it”. It’s nearly spring, so I wish you a great growing season.

Peter Bain

Minister's Letter

I was at a party today and overheard someone say that they don't celebrate Valentine's Day because it is just a commercial holiday.

I like Valentine's Day. Yes, it's commercial. Twenty-dollar roses are sold for sixty dollars on that one day, and approximately 150 million Valentine's Day cards are sold annually. It can also be quite a painful day for those who are single. And yet, I still think the day has some value; maybe because I've always been more than a bit of a romantic, but I think there is another reason as well.

When I was in high school I really struggled with history. It was one of my least-favourite classes. With few exceptions I found it boring - dreary even - and the subject seldom kept my attention for any length of time or inspired anything creative to flow from me. Ironically, as a minister leading worship for more than thirty years, I've discovered that I have a passion for uncovering the reason behind our celebrations; their history.

So when I overheard the statement made about Valentine's Day in passing today, my first thought was "Yes, but do you know what the holiday is really all about?" It's not about over-priced roses, candy or greeting cards, but it is about love, and marriage, and someone who made the ultimate sacrifice for the benefit of others.

St. Valentine was a real person. There are actually three saints named Valentine who were martyred by the Catholic Church, but the one who inspired the modern-day celebration served during the third century in Rome. Legend has it that Emperor Claudius II decided that single men made better soldiers than those with wives and families, so he outlawed marriage for young men. Valentine, realizing that the decree was unjust, defied Claudius and continued to perform marriages in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

That's the Valentine I celebrate, and while my actions may look similar to the secular version of the holiday, in my mind and heart, I still honour the man who gave his life so that people who love each other may live and love freely. And I always include some of the history in our Sunday worship, closest to the day.

As I thought about Valentine's Day and how this religious holy day has become more of a secular "holiday" I started to think about some of the other holy days in the church, and wondered if they too have just become more, secular observances.

I was reminded of one Good Friday service in 1989. I was serving a two-point pastoral charge with a combined Sunday attendance of about two hundred people. And yet we seldom had more than a handful of people attend worship on Good Friday, even though most people in Canada were given the statutory holiday. Our experience was not uncommon, with most Christians simply taking the day as a day off.

What struck a chord with me that particular Friday was something that happened about an hour after our service was over. I was on my way into Ottawa to do a hospital visit and as I passed by the Pinecrest Mall, I noticed a long line of people outside of Michaels. It would seem that while people did not take the time to attend a worship service on Good Friday

morning, they were more than happy to line up for a sale on “Easter decorations” at the local mall. And in the back of my mind I heard the voice of Jesus saying “Could you not watch with me for even one hour?” (Mark 14:37)

Easter Sunday is the most significant holy day in the Christian church, and yet, like Valentine’s Day it is in danger of becoming just another commercial holiday with the resurrected Christ getting lost in a mountain of candy eggs and chocolate bunnies.

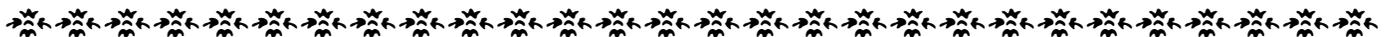
When I was a child, that’s what Easter was for me. It was a long weekend. It was eggs and bunnies and a big dinner on Sunday. What changed all of that for me was my return to church in my mid teens. As a member of the choir I was required to attend the Palm Sunday, Maundy Thursday, Good Friday and Easter Sunday services. We call it Holy Week. It was a big commitment and the mid-week services were heavy and emotional. I’ll be honest. Sometimes I just wanted to jump from the Palm Sunday parade to the Easter morning celebration, but gradually my eyes began to open to the meaning of the other two days. Yes, the Maundy Thursday and Good Friday scriptures are hard to hear. It’s hard to hear that the disciples disappointed Christ in the garden, and it’s heart wrenching to hear that they deserted him as he was tried and crucified. But this only made the depth of his sacrifice more profound, and oh what joy we felt on Easter morning!

Everything we do as a church is represented in that one week: Christ’s commission to love one another, his willingness to sacrifice his life for the rights and loves of others, the forgiveness and grace inherent in the story and the celebration of promises fulfilled. All of the law and all of the prophets and all of the teachings of Christ are fulfilled in that one week.

And so in Lent I pray that Easter will be rescued from the threat of obscurity that turns holy days into holidays. I pray that the message of God’s grace will inform our worship and our praise. And I pray that the season will be a blessing to a world that struggles to find love and peace in it’s midst. It all starts with our worship.

Come...watch with me an hour.

Rev. Jim



Respectful Communication Guidelines

- R = Take RESPONSIBILITY for what you say and feel without blaming others
- E = Use EMPATHETIC listening
- S = Be SENSITIVE to differences in communication styles
- P = PONDER what you hear and feel before you speak
- E = EXAMINE your own assumptions and perceptions
- C = Keep CONFIDENTIALITY
- T = TRUST ambiguity because we are not here to debate who is right or wrong

My Best Scout Memories 2015-16

This year, the Ottawa 96th Scout Troop has been busy having fun, improving our Scouting skills and making a positive impact on our community. I participated in activities such as fall camping, attending a Senator's Game, training for Klondike Day, playing games of laser tag and attending a ceremonious event to honour Canada's fallen heroes at the Westboro Cenotaph on Remembrance Day! I can't believe how quickly this year is passing by!

In November, the entire troop paid respects to those who fought for Canada's freedom by participating in the November 11th Remembrance day ceremony in Westboro. I presented one of the wreaths of poppies that the Scouts made and my brother Ryan recited "In Flander's Fields" which made it a very special experience for me.

Shortly after this event was the Sens Game. This was another great experience that I had with the Scout troop. The Sens worked so hard to battle against the New York Rangers, sadly to no avail as they lost 1-2. It was a very close game and I kept hoping that my favourite player, Erik Karlsson would score and pull the team ahead of New York, but sadly it never happened.

In January, the Scouts worked hard together to train for Klondike Day on March 13th. This is a day where different Scout troops compete to see who has the best survival skills. Some of the skills we've learned include how to tie knots and lashes, give first aid treatment, measure distance and estimation, identify trees and much more. During one of the training sessions, we built tripods, about 1.5 m tall, using the lashings that we learned about. At the end of the evening, each troop of 5 Scouts climbed on top of their tripod to ensure it was strong enough to support each patrol! All held and that's what I call well built structures!

In the end one of the main reasons that I joined scouts is because my Dad is one of the leaders and makes everything fun!

By Benjamin Sullivan – 96th Ottawa Troop

When You Black, You Black!

Written by a black gentleman in Texas

When I was born, I was BLACK
When I grew up, I was BLACK
When I went in the sun, I stayed BLACK
When I got cold, I was BLACK
When I was scared, I was BLACK
When I was sick, I was BLACK
And when I die, I'll still be BLACK

NOW, you 'white' folks

When you're born, you're PINK
When you grow up, you're WHITE
When you go in the sun, you get RED
When you're cold, you turn BLUE
When you're scared, you're YELLOW
When you get sick, you're GREEN
When you bruise, you turn PURPLE
And when you die, you look GREY

So why y'all be callin' us
COLOURED Folks!!!

Tamer's Poem

Tamer is the father of the Syrian refugee family sponsored by Woodroffe United Church. He expressed his thanks for the support of Canadians in the following poem.

Canada, you gave me my rights and freedoms, which I did not have in my own country, Syria, and if I write this poem with my blood and tears, it will not be enough to repay you. My love for Canada increases by the day.

Canada, I give you my heart and soul and everything I own, it is not enough to repay you for the good you did for my family. I will talk to everyone and everybody about how much I love you Canada, and I will swear to be sincere in loving Canada to the day I die and I will even carry this love with my soul to eternity.

I landed with a broken heart; worried and afraid. You restored my confidence in the human race. You restored my hope in a better future, and brighter tomorrow.

I found in the Canadians, the love and generosity which I did not even have in my country; you took me with open arms and hugged me as your own. I will never forget.

I love you Canadians. I love your morality and politeness. You lighten my heart and give me hope, as you did to many others before, and as you will in the future. I pray to God every time I kneel, to keep Canada strong and safe forever and ever.

I thank you all for the hope you gave to my family, and I promise to be a good Canadian. There are not enough words in the world to express my feeling and appreciation. I thank everyone in the congregation for everything. Thank you, thank you, thank you.

Yours truly forever,
Tamer, Rehab and Baraa

Christian Development

The next big event for the Sunday school will be our Spring Tea on April 17th organized by Our Sunday School team and volunteers. This will take place following the Sunday Service in the Small Chapel. Tickets cost \$6.00.

We are looking forward to the warm season of 2016 with our Sunday School Graduation Ceremony on June 12th followed by our traditional Church Picnic the same day at the Trolley Station in the park at Britannia Beach.

With the support of the church body and the families we are able to raise funds to put back to the Sunday school to assist in community activities with the growing numbers of attendees. Thanks for all the continuous support you all give to our young members

I am so very touched and grateful for all the coordinators and volunteers who have assisted and for all the energy they have put into making this committee a success in serving all our members of Britannia United Church inside and outside our walls. It is truly a gift to be able to be apart of your vision of what you give back to your Church family.

Mary Lou Farrell, Christian Development Chair

A Message from Deanna Giles, our Sunday School Coordinator:

To honour Emma Johnson's wonderful contributions to our Sunday School and for the positive impact she had on Britannia United Church, our Sunday School and Youth Group have worked together to try and come up with some way for our Church to keep the momentum going on the initiative taken by some of Emma's friends to sell hockey jerseys with "Emma's Entourage" logo. All funds collected would go into the Trust Fund for Joe.

A message from our Youth Coordinator:

Helen Hutcheson has stepped in to assist and shape the vision of our youth Group. We have had a small and very active youth group. To date they have provided great outreach to the community at large and are still striving to reach further. White Gifts were collected and given to a local organization that help women fleeing their unsafe homes in different countries to seek a new start here in Canada.

Theses are some highlights of the spring initiatives to wrap up this year's program.

1. **WE Goats** - As you will remember, the Youth served ice cream to the congregation for a free-will offering in Spring 2015. They raised \$556.42. The cheque for the WE goats has been received by Free the Children. The youth designated the donation to Rural China for the pillar Alternative Income and Livelihood.

2. **Random Acts of Kindness Cards** - As part of the Youth program, Megan and Greg, with the coordination of Jennifer, have produced little Random Acts of Kindness cards. (Random Acts of Kindness Day was on February 17.) They have written ideas on the backs of them that give the congregation ideas as to a random act of kindness that they could carry out (e.g. give someone a hug, buy someone a coffee, watch a sports game with someone, go stargazing at the park with a friend, etc.).

We would love to hear from you if you have any questions, concerns or would like more information. Deanna and the Sunday School Youth Contacts can be reached at:

sundayschool@magma.ca or Deanna's mobile number 613.883.0969

Take Time for Ten Things

1. Take time to work - it is the price of success.
2. Take time to think - it is the source or power.
3. Take time to play - it is the secret of youth.
4. Take time to read - it is the foundation of knowledge.
5. Take time to worship - it is the highway of reverence and washes the dust of earth from our eyes.
6. Take time to help and enjoy friends - it is the source of happiness.
7. Take time to love - it is the one sacrament of life.
8. Take time to dream - it hitches the soul to the stars.
9. Take time to laugh - it helps to carry life's loads.
10. Take time to plan - it is the secret of being able to have time to take time for the first nine things.

The Tablecloth

The brand new pastor and his wife, newly assigned to their first ministry, to reopen a church in suburban Brooklyn, arrived in early October excited about their opportunities. When they saw their church, it was very run down and needed much work. They set a goal to have everything done in time to have their first service on Christmas Eve.

They worked hard, repairing pews, plastering walls, painting, etc, and on December 18 were ahead of schedule and just about finished.

On December 19 a terrible tempest - a driving rainstorm hit the area and lasted for two days.

On the 21st, the pastor went over to the church. His heart sank when he saw that the roof had leaked, causing a large area of plaster about 20 feet by 8 feet to fall off the front wall of the sanctuary just behind the pulpit, beginning about head high.

The pastor cleaned up the mess on the floor, and not knowing what else to do but postpone the Christmas Eve service, headed home. On the way he noticed that a local business was having a flea market type sale for charity, so he stopped in. One of the items was a beautiful, handmade, ivory colored, crocheted tablecloth with exquisite work, fine colors and a Cross embroidered right in the center. It was just the right size to cover the hole in the front wall. He bought it and headed back to the church.

By this time it had started to snow. An older woman running from the opposite direction was trying to catch the bus. She missed it. The pastor invited her to wait in the warm church for the next bus 45 minutes later.

She sat in a pew and paid no attention to the pastor while he got a ladder, hangers, etc., to put up the tablecloth as a wall tapestry. The pastor could hardly believe how beautiful it looked and it covered up the entire problem area.

Then he noticed the woman walking down the center aisle. Her face was like a sheet. "Pastor," she asked, "where did you get that tablecloth?" The pastor explained. The woman asked him to check the lower right corner to see if the initials, EBG were crocheted into it there. They were. These were the initials of the woman, and she had made this tablecloth 35 years before, in Austria.

The woman could hardly believe it as the pastor told how he had just gotten "The Tablecloth". The woman explained that before the war she and her husband were well-to-do people in Austria.

When the Nazis came, she was forced to leave. Her husband was going to follow her the next week. He was captured, sent to prison, and never saw her husband or her home again.

The pastor wanted to give her the tablecloth; but she made the pastor keep it for the church. The pastor insisted on driving her home. That was the least he could do. She lived on the other side of Staten Island and was only in Brooklyn for the day for a housecleaning job.

What a wonderful service they had on Christmas Eve. The church was almost full. The music and the spirit were great. At the end of the service, the pastor and his wife greeted everyone at the door and many said that they would return.

One older man, whom the pastor recognized from the neighborhood continued to sit in one of the pews and stare, and the pastor wondered why he wasn't leaving.

The man asked him where he got the tablecloth on the front wall because it was identical to one that his wife had made years ago when they lived in Austria before the war and how could there be two tablecloths so much alike?

He told the pastor how the Nazis came, how he forced his wife to flee for her safety and he was supposed to follow her, but he was arrested and put in a prison. He never saw his wife or his home again all the 35 years between.

The pastor asked him if he would allow him to take him for a little ride. They drove to Staten Island and to the same house where the pastor had taken the woman three days earlier.

He helped the man climb the three flights of stairs to the woman's apartment, knocked on the door and he saw the greatest Christmas reunion he could ever imagine.

This is a true Story - submitted by Pastor Rob Reid who says God does work in mysterious ways. I asked the Lord to bless you as I prayed for you today, to guide you and protect you as you go along your way. His love is always with you. His promises are true, and when we give Him all our cares we know He will see us through.

So when the road you're traveling seems difficult at best, just remember I'm here praying and God will do the rest. Pass this on to those you want God to bless and remember to send it back to the one who asked God to bless you first.

Suzart

Suzart continues its proud partnership with Britannia as we use the church to rehearse many shows and in return we get much welcomed support from our church family. Our continued thanks for that.

Up next for us is Showtune Showdown - a fundraiser for a local choir, Tone Cluster, that sees three teams of musical theatre performers pitted against one another. It's a superb evening of entertainment as you can imagine with three different musical theatre companies showcasing some of their best. This year's show takes place on April 30 at DeLaSalle High School (501 Old St. Patrick Street). Tickets are \$25 and available from Elaine McCausland (elaine@suzart.ca or 613-791-9790). We're not allowed to announce the members of our team but suffice it to say you have likely seen all of them on the Suzart stage and one of them will be very familiar to you. :)

Our second mainstage show May 26 to 29 at Centrepointe's Studio Theatre is Hello, Dolly!, a timeless classic.

We look forward to returning to the church this summer and fall for our summer theatre offering, The Last Five Years, and our early September youth show, Alice In Wonderland Jr.

Sue Fowler Dacey
Artistic Director, Suzart Productions Inc.
"if you can dream it, you can do it"

Murder Mystery and Dinner Theatre

Come one, come all to our murder mystery and dinner theatre. This will be presented at Britannia United Church on Friday May 6 and Saturday May 7, 2016 at 6:00pm. It promises to be an exciting evening. Our play this year has been written by our own Todd Mitchell and is entitled “Nursery Crime”. It is based on some of your favourite nursery rhymes, complete with costumes. This years cast will be: Jim Baldwin, Debbie Roi, Dori Jensen, Scott Hughes, Elaine McCausland, Myles Frosst, Jennifer and Chuck Trewartha, Alex Pilkington, Robin Lachapelle Soucie, and Todd Mitchell.

The cost for this event will be \$30.00 per person which will, of course, include the play as well as dinner.

Our dinner will be prepared by Verne Bruce, and his wonderful kitchen staff. This year he will be preparing a choice of pork loin or chicken along with potatoes, vegetables, Caesar or garden salad, dinner rolls, juice and dessert. There is also a vegetarian choice (upon request).

So, invite you family and friends, and come on out and join us, enjoying a wonderful meal, as you attempt to figure out who “did it”.

Get your tickets early as this event usually sells out quickly. For tickets please call the church office (613-828-6018) or speak to Verne Bruce. Cheques can be made out to Britannia United Church.

Scouting Activities

I just thought I’d let you know more about what my scouts are planning. Our big plan is to attend the upcoming Canadian Jamboree. This past week we finally got the website link to see the pricing and further details on the camp itself! This just got real and we’re super excited!

The triennial camp will be held at Camp Nedooae in Middle Musquodobit, Nova Scotia from July 8-15, 2017. There will be thousands of scouts attending and is a “once in a scout career” type of camp. They will be providing land-based, water-based, STEM-based (science, technology, engineering and mathematics), and off-site programs that the scouts will get to pick and choose which parts they do. It will be interesting on the food side of the camp too, as they are providing a new way of feeding everyone. There will be a grocery store on site that we can purchase our food for the day, every day! Because of this style of food planning, the cost of the camp itself is less than we had originally planned! We’re all happy about that.

We will be planning some functions in the next year to do some fundraising towards this camp as the fee is \$1000/person attending. We’ll let you know about the events as we go. We thank you all for any help you can give!

As we learn more, I’ll keep you all updated. If you’d like more information, you can email me at the office.

Thanks again,

Scouter Candice “Blue” Armstrong – 96th Ottawa Troop

Easter Sunrise Surprise

He is not here; he has risen! Luke 24:6a (NIV)

The puzzle is based on Luke 24:1-12 (NIV).



Y L X Y P K W G P R X I F L W
D B A R H V N E S P I C E S K
P W V S L I P U E F Z S Z U T
A R W A N U S V T K Q A E F N
G D O R C K T Z O W T J O N A
Y R O L T Q O K M B O D Y L Z
G M O W L D N E B S S T B Q J
Y D B U G E E V N R T H K E Z
W L Z O N Q D U L T W H J M T
F O I Q W D J U F O E R X S C
R R M V R E M E M B E R R S I
J D I E I U D P R E C I E P K
G F E G N N N B D D F C G D O
O D D A H S G C Q A A I X I V
L A T F D T M P J F Y Z T F L

living	tomb	rolled	risen	dead
women	first	spices	away	bowed
faces	stone	entered	ground	remember
morning	week	body	fright	day

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Scouts

Philippians 3:17 - 4:1 NIV

Join together in following my example, brothers and sisters, and just as you have us as a model, keep your eyes on those who live as we do. For, as I have often told you before and now tell you again even with tears, many live as enemies of the cross of Christ. Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things. But our citizenship is in heaven. And we eagerly await a Saviour from there, the Lord Jesus Christ, who by the power that enables him to bring everything under his control, will transform our lowly bodies so that they will be like his glorious body.

Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, dear friends! This is the word of the lord! Thanks be to God.

This passage reads to me to be the basis of what Lord Baden Powell, the founder of scouting, asked of his early leaders and is still asked of leaders today! By behaving in the same manner as we would expect the youth to behave and taking our cues from the bible and the Scouting Law (which is based from the bible as well) we show the youth to be good, strong, helpful and reverent in all we do.

The scout Promise and law are:

On my honour I promise to do my best to do my duty, to God and the Queen to help other people at all times and to carry out the spirit of the scout law.

A scout is:

helpful and trustworthy,
kind and cheerful,
considerate and clean,
and wise in the use of all resources

By following the teachings of the bible, we are able to be the best people and lead as examples for the youth. The best part is seeing the youth grow into the people we strive for them to be.

Thank you
Candice Armstrong



Ten Commandments of Human Relations

1. Speak to people - there is nothing as nice as a cheerful word of greeting.
2. Smile at people - it takes 72 muscles to frown, only 14 to smile.
3. Call people - the sweetest music to anyone's ears is the sound of his own name.
4. Be friendly and helpful - if you would like to have friends, be a friend
5. Be cordial - speak and act as if everything you do is a genuine pleasure.
6. Be genuinely interested in people - you can like almost everybody if you try.
7. Be generous with praise - cautious with criticism.
8. Be considerate - with the feelings of others; there are usually three sides to every controversy; yours, the other person's and the real story.
9. Be alert to give service - what counts most in life is what you do for others.
10. Add to this - a good sense of humour, a big dose of patience and a dash of humility and you will be rewarded manyfold.

Food Pantry

Britannia Woods Community House Food Pantry thanks all who have contributed food, and cash, towards meeting local needs for food this winter. The sale of baked beans on Sunday 7 Feb. raised \$160 for the Britannia Woods Community House Food Pantry.

Sincere thanks go to Edith Kenney for preparing and selling two sorts of baked beans. Thank you for all who bought them and especially to those who contributed extra cash when buying.

Thank you for donations in the food pantry box. Your donations travel to the Britannia Wood Food Pantry in Edith Kenny's car on Mondays, are sorted by volunteers, and go straight to the shelves.

The Ottawa Food Bank Warehouse is east of St. Laurent Blvd. A truck makes deliveries to 6 other agencies on Monday mornings. Two similar trucks take deliveries - one to the east, and one to the south of Ottawa.

The Food Bank Statistics are impressive.

- The food bank feeds 50,000 people a month through 140 different agencies that provide food through a variety of programs.
- 37% of the people who use the Food Bank are children
- 45% are families with children, half of them with two parents.
- It is used by seniors living on limited fixed incomes.
- Monday to Friday, the Food Bank delivers 14 tons of food each day.
- Many food industry partners donate. As well as grocery stores, there are the Chicken and Egg Farmers of Canada, even hospital Food Services.
- Approximately 3000 volunteers do the equivalent work of 13 full-time employees.
- The Food Bank was started in 1984 and was not supposed to still be around.

In mornings a worker gets emails about available donations "come and get it or we will throw it out" - often items approaching their use by date. In the afternoons, Food Bank trucks pick up these donations. They also pick up basic items. Food donations arrive at one end of the warehouse building. They are moved to a sorting area staffed by about 8 volunteers each day. Donations are sorted into a series of labelled baskets. When a basket is full, it is sent to another team of volunteers packs the contents into boxes - ready to go to the shipping area.

At the end of the morning when deliveries have gone out, the shipping warehouse looks relatively empty. At the end of the afternoon, tomorrow's deliveries are sitting on pallets. They will have frozen and fresh food, meat, eggs, milk and produce added in the morning.

Each week Joan, at Britannia Woods, puts in a request, like a shopping list, for the next week. There is a limit to how much can be ordered by this medium-size Food Pantry. Each week,

Britannia Woods orders 45 dozen eggs, 3 crates of milk (36 litres: families with children under 16 get one litre of milk), and 10 flats of bread, which may fill a whole freezer.

The Food Bank has three categories:

- Category A foods are staples such as peanut butter, pasta, canned meat and fish, canned vegetables, cereal, macaroni and cheese. These items come in the weekly delivery. If the Food Bank does not have the items in stock, they are purchased.
- Category B items - baby requirements: the Food Bank is usually able to supply these requests.
- Category C items only come in the delivery if they have been donated to the Ottawa Food Bank. these items are: bread, canned fruit, coffee/tea, condiments, cookies, crackers, desserts, flour, fresh fruits, fresh vegetables, frozen miscellaneous, household, juice, potatoes, snacks, soft drinks, sugar, yogurt/dairy

The Food Pantry is open to serve people on Tuesday nights and Friday mornings. Clients can come once a month and obtain supplies for 3 days. The Food Pantry always runs out of things mid-week so it is very helpful to have extra funds that volunteers use to go shopping to replenish the shelves for clients who come on Friday. Before Friday, two volunteer shoppers buy what is needed to fill the gaps: that is what cash donations to the Food Pantry are used for. January's shopping included 90 loaves of bread, much canned food, flour, sugar, coffee, tea, oatmeal and rice. Please consider making a donation to the Food Pantry through your church envelope.

Thank you
Susan Aiken

From the Congregation and Staff at Britannia United Church and Mindware Academy, a huge **THANK-YOU** to Simon and Paramount Landscaping & Nursery for taking such amazing care of the parking lot and walkways this winter!

Music

It's been a long and chilly winter, but many of our choir members have braved the snow and ice weekly to make it to our choir practices on Thursday nights. A huge thanks to everyone who works so hard to bring music to the church on Sundays! We will start up our Come Sing Sundays again for the last Sunday of May and June. If you want to join us those days, show up for practice at 9:45am on Sunday. If you need a bit more time, contact me, and I can send you a rehearsal track via email to practice with!

Today, the sun is shining, and there are rumours of warm weather to come. That reminds me that soon it will be time to search for special music guests for the summer. If you have a special musical talent you would like to share during the summer months, contact me through the office, or after the service some week. All types of talents are welcome!

Musical blessings to you all!
Mary Lou Hulan

There are no new sins; the old ones just get more publicity.

EASTER COOKIES

To help children learn about Easter

To be made the evening before Easter. You need:

- 1cup whole pecans
- 1 tsp. vinegar
- 3 egg whites
- pinch salt
- 1cup sugar
- zipper baggie
- wooden spoon
- tape
- Bible

Holy Week services

Maundy Thursday at 7pm

Good Friday at 10:15am

SonRise Service at 8:30am

Easter Sunday at 10:15am

1. Preheat oven to 300 degrees (this is important--don't wait until you're half done with the recipe!)
2. Place pecans in zipper baggie and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, He was beaten by the Roman soldiers. Read John 19:1-3.
3. Let each child smell the vinegar. Put 1 tsp. vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross, He was given vinegar to drink. Read John 19:28-30.
4. Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11.
5. Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27.
6. So far, the ingredients are not very appetizing. Add 1cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalm 34:8 and John 3:16.
7. Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3.
8. Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60.
9. Put the cookie sheet in the oven, close the door and turn the oven OFF.
10. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66.
11. GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.
12. On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9

Recipe found at <http://www.christianstories.com>

Holy Week Services

Palm Sunday leads us into Holy Week with a parade, on Sunday, March 20th at 10:15. This is an intergenerational service and fun for all ages.

Maundy Thursday gets its name from Maundatum which means commandment. This quiet, meditative evening service is held on Thursday, March 24th at 7pm. This is when we recall the first communion service, the prayer in the

Garden and the betrayal of Jesus. Communion will be celebrated.

Good Friday is March 28th at 10:15. The story of the Crucifixion is told once again as we remember the sacrifice of Christ. Some believe the name comes from "God's Friday," much like "God be with you" evolved into "Goodbye."

Others believe the day is named for the good God did in the world on that day.

Easter Sunday begins with a "Sonrise" service at 8:15am followed by muffins and hot-cross buns. Then we will continue with our regular worship at 10:15 am. Both services tell the story of Easter Sunday, but they are different, so the

people who come to the early service usually stay for the second service as well. Or come and join us for whichever one fits into your day!

We look forward to seeing you for the Holy Week services, but for those who are travelling, we wish you a safe journey and a joyous Easter.

Welcome New Members!

If you are new to the church please fill in the questions below and deposit the slip with the office or in the mailbox on the office door or send an e-mail to the [church office](#). This will allow us to add you to our attending roll and for you to get the basic name tag.

Name (names of family members):

Address:

Phone:

Email:

Can we add you to our news emails?

Can we send the newsletter to you by email?

Angels In Our Midst

Since the beginning of this year, Britannia United has been helping to support a Syrian refugee family. Canadian Syrian Salem and his wife Mary, who have two infant children and live near the church, have sponsored 6 members of their family. Salem’s sister Rim, her husband Abboud and their sons Jack (7) and Christian (10) arrived in Canada on December 29 and Salem’s parents Nadia and Raymond (in their 70s) arrived on January 14.

Our sympathies to the family and many friends of Valcina Isaac who passed on Dec. 26, 2015

Neighbours, congregation members and their friends have come together to help them start their new lives in Canada, with donations of money (to the Syrian Family Fund), furniture, clothes and household items. As well, volunteers from our church community and our neighbourhood have given generously of their time, prayers and friendship to help the new immigrants. In particular, an ad hoc group of volunteers have helped the families shop for food, find medical, pharmaceutical and dental help and complete the myriad forms of paperwork involved in accessing provincial and federal services.

Currently, Nadia and Raymond have set up residence with Salem near our church. Rim, a former gynecologist, and her husband Abboud, a former mechanical engineer, and their two sons reside in the Plateau area of Gatineau.

Furniture has been found and moved. About \$5,000 has been raised through donations from church members, neighbours and friends, but more is required. Friends are still needed in Ottawa and Gatineau to assist with appointments, shopping and job searches, as well as to introduce them to their new surroundings.

We would like to thank all the angels in our midst and throughout our community for their generosity. In particular, we thank the folks at Woodroffe United Church who held a jazz concert featuring Brian Browne and Peter Woods, with guests - singer Jim Baldwin and guitarist Ivan Jovic, on February 28. The concert drew 140 attendees and, with our help, raised a large amount in support of the refugee families of both congregations.

Anyone wishing to donate to the church fund set aside for helping this family may make out a cheque payable to Britannia United Church, and mark in the memo portion “Syrian Family Fund”. The address of the church is 985 Pinecrest Road, Ottawa, ON, K2B 5M7.

For further information you can reach us by email BritUnitedref@gmail.com or phone at 613-726-1863.

Don Cullen and Marie-Therese O’Sullivan

Parents - The blue display in the lobby/narthex area has a poster and registration forms for different summer camps that are available for your children this summer.

Sermon

January 31, 2016

It is Love Then that You Should Strive For

Chapter 13 of first Corinthians is one of the most familiar passages of the Bible. In the past 30 years it has been chosen by nine out of every ten couples I have married. And so we have heard it at almost every wedding we have attended. It is known as the “love chapter” of the Bible, but to limit its meaning to romantic love, or even the ongoing love in a relationship between one couple, does it a disservice.

Paul was speaking to a community of believers and to the leaders of faith. He was teaching them how to live together and how to care for one another. In his words there are great lessons for us as individuals, and wonderful guidelines for personal relationships, but he was speaking first and foremost to the church, so let us hear what he has to say to us, as a church – seeking to follow in the way and the love of Christ.

First let me explain that there are four different words used in the Greek language for “love”. Eros refers to erotic love. Storge refers to family love; the kind of love between a parent and a child, or between family members in general. Philia speaks of brotherly affection and friendship, and then there is Agape.

Agape is a love that loves without changing. It is a self-giving love that gives without demanding or expecting repayment. It is love so great that it can be given to those who are considered to be unlovable. It is a love that loves even when rejected. It does not give in order to receive. It loves because it is love. It is often used to describe God’s love, because it is sacrificial in its giving, and it is the word that Paul uses here.

It is interesting that at the end of the chapter, Paul says that even though everything else may pass away, these things remain - faith, hope and love – and then he says “the greatest of these is love.”

It may seem strange that Paul puts love above faith, but when you read the beginning of chapter 13 that is explained – and that is why, when I read this at weddings, I prefer not to read the usual verses 4-8, but the chapter in its entirety. Verses 4-8 give us a list of what love is and is not. But the first part puts it in context.

I can say all the right things and do all the right things, but if I am not motivated by love they mean nothing. I can have all the things I want in life, but without love they are meaningless. And my actions can be great – but if they are not inspired by love, they are nothing.

We see it in the church all the time. These are the things that draw the most criticism from outside. There are great speakers who speak more to be seen and heard, than to spread the word of God. There are leaders who hold positions of great importance, because they are attracted to power, not inspired to do God’s will. And there are churches who are big and grand and from all appearances have achieved great success, while doing very little to reach out to God’s world. These are the issues Paul was addressing when he spoke to the new church in Corinth and when he defined love, so what then is love?

Love is patient.

The Greek language has several words for patience. Some signify patience with the circumstances around us, while the others refer to patience with people. It is the second kind of patience that Paul is speaking about here. The KJV of the Bible translates this word as “long-suffering”. Paul seems to be saying that love is long-suffering, it doesn’t lose its temper easily. A person who experiences agape love does not lose patience with people.

At first glance this may seem unrealistic, even impossible. People can be pretty frustrating. But the longer I am in ministry, the more I understand that everyone has issues. And when people act in a way that frustrates or annoys us, it usually comes from a place of hurt, or sorrow, or fear, or a feeling of emptiness.

Being loving does not mean that we must allow people to treat us badly, but it can help us to be patient, to take the time to get to know them, to understand why they behave in a certain way, and maybe even help them to move beyond their hurt.

Love is kind.

Kindness is a positive reaction of goodness towards another person. Once again, loving people does not mean giving them everything they want. Sometimes love says no. Sometimes love holds someone accountable. Sometimes love withholds what harms in order to give healing.

I know a man who is a very kind and loving father to two adult sons. Recently, the older son told him that the younger son feels like his father does not love him.

The truth, is that the younger son is an addict. Through the years the father has helped him get out of trouble with the police, even paid off a debt to drug dealers who were threatening to harm his son. He has given him money for rent, food and car repairs, only to learn that it was used to buy more drugs. Eventually through counseling at a drug addiction center, the father learned that he was only facilitating his son’s addiction. He had to learn to say no.

The son feels as though his father is with-holding his love, when in fact, his father’s love has only grown deeper.

Love is not jealous.

Jealousy implies that we are displeased with the success of others. We can be envious of what other people have, or we can feel envy if it seems like everything comes easily to someone we know, while we have to struggle through one disappointment after another. The best way to cure envy is to pray sincerely for their success. To pray for them demonstrates love. Jealousy and love cannot exist in the same heart, and when jealousy is gone, it is often replaced with peace of mind.

Love does not boast.

The root word for boast or brag in Greek is closest to our English word “wind-bag.” Love is not an egotistical blowhard. Love is not big-headed, but big-hearted. The more loving you become, the less boasting you have to do. Bragging generally demonstrates insecurity or spiritual immaturity. Paul states that bragging is the opposite of biblical love. A life modeled after Christ, leads to humility.

Love is not arrogant or proud.

The term used here for arrogant or proud can be understood as “grasping for power.” It is even more serious than bragging, which is only grasping for praise. Arrogant people push themselves into leadership, using others as stepping stone, and typically see themselves as exempt from the rules of conduct that govern normal, social interaction. Arrogance causes us to disrespect others. God calls us to serve them.

Love does not dishonor others or act unbecomingly. This word is often translated as “rude”. Some people seem to take delight in being blunt, justifying it as honesty. But love doesn’t always tell it like it is; it doesn’t verbalize all of its thoughts, particularly if those thoughts don’t build people up. Courtesy, tact and politeness are gracious things, and there is always a way to say something that honours the person we are speaking to, in a loving way.

Love is not self-seeking.

This one does not seem congruent to the society in which we live. We live in a society in which self-seeking is not only tolerated, it is even advocated. You can go into any bookstore and find titles that encourage us to get ahead by looking out for number one, intimidation or even something called creative aggression. But a self-absorbed person cannot act in love. And love cannot be compartmentalized. You cannot behave one way at work and another way at home, and expect to be seen as a person who is wholly loving. Love is not possessive, demanding, or dominating. Love does not talk too much, but knows when to listen. Love does not insist on its own way, but understands sacrifice and knows when to step aside and let others go first.

Love is not angry.

Love is not given to emotional outbursts. One version of the Bible translates this as “love is not touchy.”

I don’t believe that anger is a bad thing. Anger is an emotion like any other. Anger as a stage in grief helps us to feel strong and moves us forward. Righteous anger can motivate us to react to injustice. Even Jesus was angry when he walked into the temple and saw that the moneychangers were using God’s house to exploit faithful people.

But this is not the kind of anger Paul is talking about here. There are times when people annoy us, maybe they even try to provoke us to anger, but we do not have to respond in kind. There are also times when we are overworked or overtired, or sick, patience seems like a distant thing, and it is easy for us to react in anger. Love is not provoked. Love breathes deep and counts to ten. Love responds thoughtfully and respectfully. Love is not defined by anger.

Love does not keep a record of wrongs.

Paul actually uses the word for bookkeeping. Love does not keep a ledger of offenses. Love does not write down each injury in order to bring it up at a later date. Love forgives.

Love does not rejoice in evil or unrighteousness.

That’s one of the reasons it is difficult to watch the news. The majority of stories are about misfortunes and misdeeds. There is something in our human nature that is drawn to the darker side of life, natural disasters, and human tragedies and hardships. We complain that there aren’t enough stories that tell the good news, but the reality is that those stories don’t sell newspapers. Love is not like that.

We've heard what love is not. Now Paul tells us what love is.

Love rejoices with the truth.

Truth and love go together like a hand in a glove. Truth must make our love discriminating and love must make our truth compassionate. At times, truth can be hard to hear, but truth spoken in love can help us to grow, and the truth of God's word can show us the way.

Love bears all things.

The phrase "bears all things" comes from a Greek word meaning to cover something. It is related to the word for roof – a cover that offers protection from the elements. There are two relevant applications in Paul's letter about love.

First, love doesn't nitpick; it doesn't point out every flaw of the ones you love and second, it doesn't criticize in public. Love protects. It doesn't broadcast bad news, but goes the second mile to protect another person's reputation.

Love believes all things.

Love always gives the benefit of the doubt. Love always trusts. Love waits for evidence before passing judgment. It is the simple power of believing the best and not the worst of people. At times we may be disappointed, but isn't it better to have people live up to our expectations, rather than down to them? Jesus believed in people whom others had cast aside, and through his love they became an example of faith to others.

Love hopes all things.

This is simply a step beyond believing. Love has a positive, forward look. Paul is not advocating an unreasoning optimism, or the power of positive thinking. He is suggesting that love refuses to take failure as final, in oneself or others. Love never gives up on people. We have seen the miracles that God has done. Love trusts that the miracles will continue.

Love endures all things.

The word "endures" is a military term. It means to hold a position at all cost, whatever it takes. Love holds fast to the people it loves. It perseveres. It never gives up on anyone. Love won't stop loving, even in the face of rejection. Love takes action to shake up an intolerable situation. And love looks beyond the present to the hope of what God has planned for the future.

That's a lot to take in. Often when I speak to a couple who has chosen I Corinthians 13 as the reading for their wedding, I suggest that they print it out, put it up where they can see it, and refer to it often in their married life.

And I think the same is true for us as individuals and for our church. We would do well to read the chapter often, to meditate on its meaning and to pray for God to inspire us in the way of love. We won't get it right all the time, but it will keep us on the right path most of the time.

And if you find the thought of living up to the example set in verses 4-8 a little daunting, just read a little farther. The first verse of chapter 14 says "It is love then, that you should strive for."

We're all works in progress. We are works of God's love. So let God's love be our guide. Amen.