

*“Living faithfully in the Spirit of Christ to make a loving difference in the world.”*

### Paul's Ponderings

The countdown to my sabbatical/vacation time is now down to single digits. On day 2 of this time away we are driving down to Nova Scotia for a couple of weeks. I imagine it will be a time when I will sleep a lot as I let go and find a time and way of Sabbath. I have been asked "What are you doing on your sabbatical" and my first goal is to focus less on "do" than to "be". I have some questions about exploring a few ideas for the next few years of ministry, I have some books I want to read and other books will find me. While the first NS trip will be for a couple of weeks, we will go back for most of the summer and hope that I will know rest and renewal in some important and Holy places for me.

We have been through a lot over the past couple of years and I hope that each of us has some time over the next few months to process all that has happened (and hasn't happened) as we find some rest and renewal. Blessings.

**Chancel Renovation Update:** The work on the front platform of the church continues and the hardwood is now being laid. The ramp is built. All the wiring for the audio-visual system is done and we are awaiting the last couple of pieces of the system. It is hoped that all of this will be completed by mid-June. Thank you to Richard Williams for being the Project Manager for this work.

**AMNESTY**  
INTERNATIONAL



**UKRAINE:** AI continues to speak out against the Russian aggression in Ukraine. An

Amnesty International delegation, led by the organization's Secretary General, has been in Ukraine interviewing witnesses, survivors and families of victims, and meeting with senior Ukrainian officials, documenting both unlawful attacks and willful killings of civilians, There is an on-line petition that people can sign at [www.amnesty.ca](http://www.amnesty.ca). It is addressed to General Sergey Kuzhugetov Shoigu, Minister of Defense and calls on Russia to end the aggression.

**BELARUS:** Marfa Rabkova, a human rights worker in Belarus, coordinates the Volunteer Service of the Human Rights Centre "Viasna". She was arrested on September 17, 2020 during a widespread and brutal crackdown by the authorities. She played a key role in observing mass protests around the disputed August 2020 elections, documenting human rights violations against peaceful protesters, including torture and ill-treatment. She faces 20 years in prison for her work as a human rights defender. The action is again an on-line petition to the Prosecutor General Andrei Shved calling for the immediate and unconditional release of Marfa Rabkova.

**ETHIOPIA:** In an on-line petition, we have been asked to call on the Prime Minister to stop the arbitrary detention of journalists and human rights defenders working on the conflict in northern Ethiopia, and to release all those detained solely on political or ethnic grounds. The concern is ethnic cleansing in the Western Tigray Zone since November 2020. Authorities have severely restricted access and independent scrutiny of the region, keeping these abuses - which amount to crimes against humanity and war crimes - largely hidden. Independent human rights organizations and journalists face harassment and reprisals for reporting on the conflict. Journalists are among those subjected to arbitrary detention.

**CANADA:** AI is becoming active in the area of climate change. Across Canada, many communities are dealing with the heartbreaking impacts of fires, floods, and extreme weather. In British Columbia, over 600 people died during the province's 2021 heat dome, many of them vulnerable seniors and people with disabilities. Individuals and communities also face immense financial losses and uncertainties once the emergency ends and rebuilding their lives begins. Communities are asking how they can build back differently to protect themselves from future climate disasters. A conference was held on SUNDAY, May 15 with three important voices from British Columbia who are helping their communities confront climate chaos.



As noted above, Paul will begin his well deserved Sabbatical on May 25, 2022. He delayed his Sabbatical by one year because of the Pandemic. We were blessed to have him during the Pandemic because he was able to lead us into worship and church activities in many creative ways. Such as extending his one month foray into the world of Zoom to become an ongoing weekly presence of worship at Riverside on YouTube, leading to our weekly online Riverside worship, and thus bringing wonderful new members to RUC. The shift to one church proprietorship of our building took much clerical energy, as did fulfilling our goal of becoming an Affirming Church three years ago. Since that time, he has been actively working to ensure the future of the now established Anglican-United Church Theological College in Montreal, and has worked with a Student Minister, Patricia Powers, to enrich our own worship and her provide mentorship for her. His ability to be here during the renovation of our Chancel has been invaluable to this project. Now, under Paul's leadership, we are broadening our partnership with the Steering Table in the community and with five other churches in the South part of Ottawa, in order to work together to provide worship and community opportunities to support us in fulfilling our goal of making a loving difference in the world. We wish Paul the best on his Sabbatical and will look forward to his return on October 1, 2022. Karen Ogston

**Grocery Gift Cards** – Cards are available for Farm Boy, Produce Depot, Metro, President's Choice (Loblaws, Independent, etc.) and Shoppers Drug Mart. Payment is now available through e-transfer - [rucgrocery@gmail.com](mailto:rucgrocery@gmail.com) You can keep on giving the multinational stores 100% of your money that you are going to spend anyway or, you can divert 5 %, to the church, by buying prepaid grocery cards. We buy grocery cards in bulk,.. at a discount. The cards you buy from us (i.e. \$100.) have the full face value buying power, in the stores. Last quarter we made \$811.18, in profit for the church.

**Fall Celebrations:** Planning is beginning for special celebrations in October:

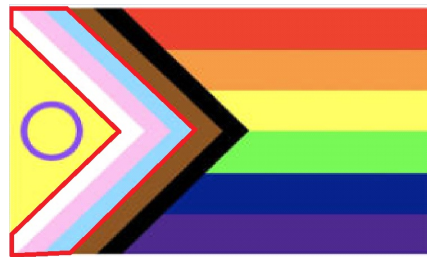
- 1) A Celebration of 51 years of Riverside Churches of Ottawa (the partnership between the Anglican Church of the Resurrection and Riverside United Church). Tentative date is the evening of Sunday, October 16<sup>th</sup>.
- 2) 60<sup>th</sup> Anniversary of Riverside United Church - Tentative date is the morning service on Sunday, October 30<sup>th</sup>

And our 19<sup>th</sup> Annual Jamaica Night will be Sunday, October 23<sup>rd</sup>. It will be virtual presentation again this year and if the COVID comfort level permits, there may be a watch party with Jamaican food served.

### **The Progress Pride Flag**

The pride flag is a symbol of the LGBTQ+ community and its colours represent the different communities within it. Over the last few years, the Pride Flag has been updated and changed to better include and represent more communities. What do the colours in the flag mean?

### **Pink, Baby blue and White**



The trans pride flag originally flew in a pride parade in 2000 using the colours pink, baby blue and white. Pink and blue, represent traditional girl and boy genders and white represents people who are transitioning, intersex or identify of the gender binary.

- Transitioning - Adopting permanent outward or physical characteristics of the gender one identifies with.
- Intersex – Human bodies born with reproductive or sexual anatomy that doesn't identify as female or male.
- Gender binary – Fluid or flexibility of sexual identity or identifying with a gender different from biological sex.

The placement of the colours in an arrow shape conveys that progress still needed.

We'll take a look at other colours, their meaning and background in following newsletters.

## Greetings from Jessica Hetherington

Ministers call the church where they worshipped at the time that they heard their call to ministry, and were supported in the journey to ordination, their "home church." Riverside is my home church, where Mark and I have worshipped since Hugh was an infant (who is 11 now!), and where our children have been baptized. It is my home church, where I first heard the call to ministry, and where all of you supported me in my journey to ordination in 2018.

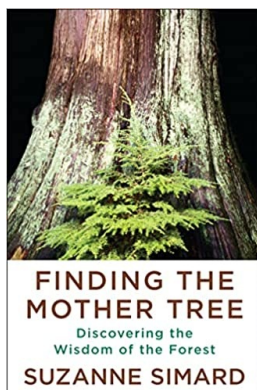
Never did I think, in all of those years, that I would have the chance to come back home and serve as your minister! It is such a thrill and honour for me to come back and be with you all for the summer months while Paul enjoys a well-earned sabbatical. The rest of my family is excited, too! The kids really haven't been back in church since COVID19 struck, so this will be their first real return (maybe they just miss church cookies?!). What a blessing.

I will be with you from June through September. I am available by phone (613-223-3094) and email ([reverendjessicah@gmail.com](mailto:reverendjessicah@gmail.com)), and will have regular office hours one morning a week. I am here for you; please let me know what fills your spirit, and if there is anything that you need from me. It will be so good to be back among my neighbours and friends again.

Yours in Christ, Jessica.

## Next Discussion Group Novel - Sun. Sept. 18th.

7:00p.m. **Finding the Mother Tree** by Suzanne Simard. Discovering the Wisdom of the Forest - From the world's leading forest ecologist who forever changed how people view trees and their connections to one another and to other living things in the forest—a moving, deeply personal journey of discovery.



Now that the world is returning to some semblance of normality, activities at HEFC are also beginning to change. Numbers of those attending are now edging up towards 2019 levels.

For the past couple of years 7 days worth of food has been provided, as opposed to the 3 days supply which was allowed previously. Donations directly to HEFC and also to the Ottawa Food Bank have decreased recently, so although there are still adequate resources, there is some concern about donor fatigue.

Everyone is being impacted by the rising cost of groceries, so when our clients shop for what they are able to buy for themselves, it is very real. This also has an effect on what our Buyer can purchase, therefore it is costing more to provide the essentials.

Thanks to our Financial Team grants from the city and other sources ensure we are maximizing each opportunity to obtain more funds.

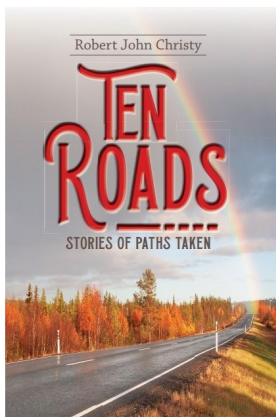
The yellow bin in the entry way of the church is available to drop off your donations of canned vegetables, canned soups, dry pasta etc and as always you may give a monetary donation either on-line at [hefc.ca](http://hefc.ca) and clicking the DONATE button, by cash or cheque using one of the envelopes provided, or mailing it directly.

Any questions – contact Mary Shaw (613) 744-4600 or [mbshaw@rogers.com](mailto:mbshaw@rogers.com) Your ongoing support is very much appreciated.

Thank You!

## Calendar of Events - May to July 2022

Date	Details: Time	Event
Sat May 21st	10:00 AM to Noon	Book Nook Sale
Sun, May 22nd	10:30am	In Person / Zoom Worship Gathering - Recognition of Graduates
Mon, May 23rd	Victoria Day Statutory Holiday	Office closed
Sun, May 29th	10:30am	In Person / Zoom Worship Gathering - Hymn Sing Service
Sun, Jun 05th	10:30am - Pride Sunday	In Person / Zoom Worship Gathering - Rev Jessica Hetherington leading
Sun, June 12th/ 19th	10:30am	In Person / Zoom Worship Gathering - Rev Jessica Hetherington leading
Sat, Jun 18th	10:00 AM to Noon	Book Nook Sale
Tue, June 21st	National Indigenous Day	
Sun, June 26th	10:30am	In Person / Zoom Worship Gathering - Rev Jessica Hetherington leading
Fri, Jul 01st	Canada Day	Office will be Closed Monday July 4th
Sun, Jul 03rd to 31st	10:30am	In Person / Zoom Worship Gathering - Rev Jessica Hetherington leading
Sun, Aug 07th to 28th	10:30am	In Person / Zoom Worship Gathering
Sun, Sep 04th	10:30am	In Person / Zoom Worship Gathering
Mon, Sep 05th	Labour Day Statutory Holiday	Office Closed
Sun, Sep 11th	10:30am	In Person / Zoom Worship Gathering
Sun, Sep 18th	10:30am	In Person / Zoom Worship Gathering
Sun, Sep 18th	7:00 pm - Discussion Group	Finding the Mother Tree by Suzanne Simard.



**Bob Christy** has published a book of stories, *Ten Roads: Stories of Paths Taken*. Available from Burnstown Publishing House. As one person who has read the book said, "*Where do you get these ideas and endings?*" You may have the same question. Curious? One story is "The Minutes of the Last Supper". Another is about the friendship of two businessmen - one Indigenous and the other not. Burnstown Publishing House may be contacted at 613-509-1090 or at [info@burnstownpublishing.com](mailto:info@burnstownpublishing.com)