

Pulse of Parkwood

November 2012

PULSE OF PARKWOOD IS THE MONTHLY NEWSLETTER OF PARKWOOD PRESBYTERIAN CHURCH

Please e-mail all submissions to
office@parkwoodchurch.ca

DEADLINE FOR NEXT PULSE

Thursday, November 22 (December/January 2013 issue)

The Pulse is always in colour online!

Parkwood Presbyterian Church

10 Chesterton Drive

Ottawa, Ontario K2E 5S9

613-225-6648 | office@parkwoodchurch.ca

Website: parkwoodchurch.ca

A sun and shield

Psalm 84: 11 - "The Lord God is a sun and shield." (NIV)

On the morning after Hurricane Sandy lashed New York City, I awoke to drive from Ottawa to Smiths Falls to assist in conducting a funeral. I had expected, based on the dire predictions of the weather forecasters, to face dark skies, high winds, and heavy rain.

To my delightful surprise, as I left the city, the sun was poking through the clouds. As I rounded various curves in the road, I had to use the visor on the window as a shield against the glaring sun. By the time we arrived at the cemetery, the sun was shining in all its brilliance. My drive, both going and coming, turned out to be an inspiring and uplifting trip.



"I will face the spiritual challenges of life with hope and confidence if I know Jesus as the light of the world."

The psalmist in Psalm 84 also offers us an inspiring and uplifting meditation, which concludes by focusing on God as "a sun and shield". What does he mean?

In the Bible, the sun is often synonymous with "light". In the ancient world, the sun was the primary source of light. Before the very recent (in relative terms) production of electric light, the sun was the light. Without the sun, there was darkness. In the spiritual realm, God was — and is — the source of light. Psalm 119: 130 (KJV) says: "The entrance of thy words giveth light." Jesus said, "I am the light of the world." (John 8: 12, NIV) The psalmist in Psalm 84 is celebrating the presence of God as a beautiful place to live: "How lovely is your dwelling place, O Lord Almighty!" (Psalm 84: 1, NIV) Why is God's presence so lovely? In significant part, the answer is that God is light.

At the beginning of the book of Genesis, the first thing God is recorded to have said is, "Let there be light." (Genesis 1: 3, NIV) At the beginning of the prologue to John's gospel, we are told of Jesus, the Word, that "in him was life, and that life was the light of men". (John 1: 4, NIV) He came to shine into the darkness. Apart from Jesus, life is darkness.

Clearly, God is the light-source for spiritual life, as significant to sustaining our spiritual lives as the physical sun is to sustaining physical life.

Secondly, the notion of God as "shield" is also foundational to the psalmist's celebration and enjoyment of God's presence. A shield provides protection. By acknowledging one's need of a shield, one is admitting one's vulnerability. Soldiers in the ancient world carried shields, to deflect projectiles in battle, but dangers were — and are — to be found throughout life. The apostle Paul advises followers of Jesus to be dressed, spiritually, for the battles of life, and specifically calls upon believers to "take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one" (Ephesians 6: 16, NIV).

How we think of God influences how we walk with Him. Do we know God as "a sun and shield"? Is His light the light in which we walk? Are we conscious of His protection as our shield? I will face the day — even if it is cloudy — with confidence and hope, if I recall that the sun is shining, even when it is obscured by the clouds. I will face the spiritual challenges of life with hope and confidence if I know Jesus as the light of the world. If I possess a shield, fear of facing dangerous "slings and arrows" will be confronted, and I can go forward with courage. If by faith I know Jesus to be my shield, I will go forward with confidence.

Let us celebrate our God and Saviour as our "sun and shield", and join in praising God as we live out Psalm 84 in His presence.

Your pastor, thankful indeed amid the storms of life for God as both sun and shield,
James T. Hurd.



The PPC Noteboard

Teddies for Tragedies update... Many bags are waiting for teddy bears to fill them. The next delivery will be before Christmas so if you have partially-finished teddy bears, perhaps you can use November to complete them before the busy pre-Christmas season. Please leave these gifts for needy children in the narthex clearly marked "Jan". – *Jan Sheridan*



Save the date... Our Christmas Potluck Supper will be held on **Saturday, December 15, 2012**. Please mark the date on your calendar and see the sign-up sheet in the narthex. See you there! – *Fellowship Team*

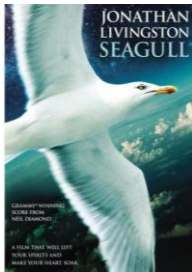


Lunch and Learn

The next Lunch and Learn will be held on **Monday, November 19, 2012** at Parkwood Church. Lunch at 12 noon will be followed by a speaker at 1 p.m.

This month's presentation will be by the **Heart and Stroke Foundation**. You will learn the warning signs of a heart attack, cardiac arrest and stroke, the risk factors for heart disease or stroke and what you can do now to lower your risk. There will be lots of pamphlets to take home for future reference.

Please sign up to help with lunch and to help set up or clean up. A sign-up sheet will be posted in the narthex.



Parkwood Book Group

The Parkwood Book Group meets on **Monday, November 12, 2012** at 7:30 p.m.

The book that we will be discussing has been changed to *Jonathan Livingston Seagull*, by Richard Bach. All welcome!

At our January meeting, we will be discussing *The Devil in Pew Number Seven*, by Rebecca Nichols.

LOGOS schedule

LOGOS is Parkwood's midweek biblically-based program for children in grades 1-8. We meet at the church on Wednesdays at 5 p.m. A meal is served; the children play games, do crafts and participate in an age-appropriate Bible Study. Each week has a different theme. Here are the themes for LOGOS until the Christmas break:

- November 7 – LOGOS remembers
- November 14 – Miners and minerals
- November 21 – Angry birds
- November 28 – Happy birthday, LOGOS
- December 5 – Christmas at LOGOS

For more information or to register your child, please talk to Holly MacDonald or contact the church office at 613-225-6648 / office@parkwoodchurch.ca



◀ Pastor James is multi-tasking

Serving up lasagna for the Young Adults' Lunch and Study...

Parkwood's Young Adults' Lunch and Study meets on the second Sunday of each month at 12 noon. We usually gather downstairs in the Meeting Room and share a hot meal together, followed by a discussion of topics relating to Christian faith and life. We're currently studying the book of Hebrews. Please join us!

Summary of September and October Session meetings

September Session meeting (September 24, 2012)

- The elders held a retreat at Knox Presbyterian Church in Manotick on Saturday, September 22. The focus was on visitation by elders.
- A letter was received from the Aihua Chinese Language School which ran a summer camp at Parkwood. The net proceeds of the camp were donated to Parkwood.
- A motion that Session approve an expenditure of up to \$20,000 from the Construction Fund to hire David Mailing, architect, and his recommended construction manager to undertake discussions with the city to determine the required external sitework, to collect and summarize our space needs and to prepare proposed schematics for Parkwood's consideration and decision of a building on the Mulvagh Wing footprint and possibly several feet towards the back of our property was sustained unanimously.
- The sale of the old sound board to St. Andrew's in Stittsville with the proceeds going to the Audio Visual Fund was approved.

Special Session Meeting (October 9, 2012)

- Session accepted unanimously the recommendation from the Christian Education Team that Michael Morris be hired for the position of Youth Ministry Facilitator. Session agreed that the contract between Parkwood and Michael should be drafted by the Christian Education Team and the Personnel Team and then signed by representatives from both those teams.

October Session meeting (October 22, 2012)

- A letter was received from the legal firm of Bulger, Young indicating that Parkwood will be receiving a portion of the estate of the late Muriel Lancaster.
- The Fellowship Team indicated there will be a Potluck Christmas Dinner on December 15.
- The Mission Team reported that givings for Presbyterians Sharing are well short of our target for the year.
- Parkwood will host an overnight Presbyterian Youth Meeting in the first or second weekend in February. Proper supervision will be ensured.
- The new architect met with the Facility Planning Team to review and discuss our space needs. The team expressed congregational needs which are consistent with our original functional requirements but are greater than were included in the building proposed by the first architect. During the meeting, the architect indicated that, based on his unofficial meeting with the city planner, a replacement building of 2,000 square feet or less would not trigger a need for changes to the external site.
- Each elder was provided with a listing of the revised elder districts.

Submitted by Dennis Featherstone, Clerk

Facility Planning Team report

In September, Session approved the expenditure of up to \$20,000 from the Construction Fund to hire architect David Mailing and his recommended construction manager to do a feasibility study of building on the Mulvagh footprint and to propose schematics based on our stated space needs.

On October 1, the Facility Planning Team (FPT) received from the architect a document, "Preliminary Research and Design Studies" in which he outlined his approach to the project. He asked for a retainer of \$3,000. The FPT agreed with his approach and approved the request for his retainer.

On October 10, the architect met with the FPT to review and discuss our space needs. We asked for consideration of replacing the existing stairway to the basement, a gathering space, two or three new classrooms and a library, a nursery and pre-school area and storage spaces.

These expressed needs are consistent with our original functional requirements but are greater than were included in the building proposed by the previous architect. The original functional requirements were used so that the new architect started from the same information as the previous architect.

During the meeting on October 10, the architect indicated he had met with a city planner to discuss the threshold size of a replacement building which would trigger the need to submit a new site plan for approval. The architect said that based on his unofficial meeting with the planner a replacement building of 2,000 square feet or less would not trigger a need for changes to the external site. It should be noted that any renovation to the existing building would not count towards the 2,000 square feet threshold.

On October 22, the architect sent the preliminary updated program and his "first shot" at the individual and total size requirements. At the time of this writing, the FPT has not had a chance to review the material. If the estimated size needs of our functional requirements exceed our available space and likely financial constraint, then some reductions of course would be required. Some schematic drawings will be produced in the next stage.

The team is impressed with the listening and observation powers of the architect. He is working quickly and is considering a wide range of factors affecting the proposed construction. It is planned to integrate various financial and size check points into the initial planning process. These check points will be designed to help avoid Parkwood becoming attached to an attractive schematic which is too expensive.

Submitted by Dennis Featherstone (October 22, 2012)

OTTAWA CIVIC PRAYER BREAKFAST
WHO IS MY NEIGHBOUR?
 PETIT DÉJEUNER-PRIÈRE MUNICIPALE D'OTTAWA
QUI EST MON VOISIN?



Thursday, November 8, 2012 • Hampton Inn, 100 Coventry Road, Ottawa

The Ottawa Civic Prayer Breakfast will be held on Thursday, November 8, 2012 from 7:15 to 9 a.m. at the Hampton Inn, 100 Coventry Rd., Ottawa. This is a great opportunity to come together as the Church to honour those who serve in our city.

This year's speaker will be Paul McKechnie, President of the Ottawa Mission Foundation, partner at McKechnie & Co. Chartered Accountants and an active volunteer in the Ottawa community. He and his family live in Ottawa and attend St. Paul's Presbyterian Church.

Tickets are \$30/each and tables of ten are available for \$250.
 Tickets can be ordered online at ottawacivicprayerbreakfast.com.

Upcoming Youth events

**OPEN
MIC
NIGHT**



Parkwood Youth Open Mic Night!

November 9, 2012 | 7 p.m.

Showcase your talent!

**Singing, Acting, Playing,
Humour, Drawing, Painting,
Whatever you do,
we wanna see it!**

Christmas Party with the Presbytery

Where: St. Andrew's, Ottawa

When: Dec. 2, 2012



Meet our new Youth Ministry Facilitator!



Hello Parkwood!

I wanted to take a bit of space here in the *Pulse* to introduce myself to you all!

I was born into a Christian home with two older sisters, and soon after my third sister was born. We grew up at Bethany Baptist church in Sault Ste. Marie, the church my grandfather helped to start.

I received the Lord at a young age while attending a week-long camping session at Galilean Bible camp. I became a member of Bethany and became very active with the youth group. I played guitar for worship teams and eventually led worship in the church. I began counseling and leading musical worship in the mid 90's, at Galilean and Dorion Bible camps in Northern Ontario.

These experiences led me to Heritage College in Cambridge, where I studied toward a Bachelor of Church Music. After my time at Heritage, I was involved in a number of different churches and different denominations, where I have had many opportunities to lead worship and work with youth.

Carrie and I have spent the last year reading a lot about Christian living and we have felt the call to do more! That call led us here to Parkwood.

We believe that Jesus Christ has truly called each one of His people to be active in their community through the work of His church. I would like to take this moment to challenge each of you to take a moment to consider what God has called you to do. Whether that call is to pray for this church, to vacuum the floors, cook some food, or to speak from the pulpit, each and every single thing we do; we can do for His glory.

Thank you in advance for your prayers as we continue to minister to the youth and young adults of Parkwood. Please feel free to e-mail me, call me, walk in during my office hours (Tuesdays from 5 - 7:30 p.m.) and talk with me about anything!

— Michael and Carrie Morris