

# Pulse of Parkwood

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**PULSE OF PARKWOOD IS THE MONTHLY NEWSLETTER OF PARKWOOD PRESBYTERIAN CHURCH**

**T**he weekly Barrhaven Bible Study starts up again this month. Find out what they'll be reading about and consider joining - details on page 3

**P**arkwood needs your prayerful consideration when reflecting on our budgetary needs—see page 2

**“It is God who arms me with strength and makes my way perfect.”**

**- 2 Samuel 22:33**

**G**racefield Retreat day is this month. Find your copy of the registration form in the Gathering Place or in a past edition of the Pulse newsletter.

**C**ANHAVE has an event coming up at the end of September. You can find contact and location information on page 3

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**September 2016**

### Summary of Session Meeting—June 27, 2016

- α It was agreed that cleaning of the building would take place on Monday evening and Saturday during the summer. The Outreach team should check daily the washrooms and the classrooms for cleanliness during the period of the summer camp. The kitchen should be checked on Fridays.
- α Michael and Carrie Morris are proceeding with reviewing the replacement equipment for the renovations of the two original washrooms. Roy Baillie has volunteered his repair shop to prepare and paint the metal walls.
- α Recommendations concerning “Locking and Unlocking the New Entrance Doors” were sustained unanimously. Policy & Planning will inform all Team Leaders of the guidelines for the main entrance and the handicapped entrance. There will be a meeting with Team Leaders in the fall to seek their input and to discuss how the guidelines are working. After the meeting, P&P may recommend adjustments to the guidelines for consideration by Session.
- α It was agreed to hire David Lee as an interim replacement for Michael Morris for the period from September 1 to June 30, 2017. The rate of remuneration will be \$1,000 per working month.
- α F&M is continuing to search for a replacement caretaker.
- α Seven youth plus two adults will be going to Canada Youth. Philip MacFie will be going to Romania as part of an international youth mission trip.
- α The Outreach team will have a table at Algonquin College during the upcoming orientation week.
- α On June 21 at Presbytery, the session records for Parkwood were examined and attested as having been neatly kept.

- submitted by **Dennis Featherstone,**  
Clerk of Session

### Facility Planning Team Update—August

Work is progressing slowly on the renovation of the new coat room. Chris (the site supervisor for Pri-Tec) is presently the only person assigned to the project and it is on a part-time basis most days. The electrical work in the coat room is in progress. The walls are being prepared for painting. Sheets of dry-wall will be put on the ceiling in the coat room for a better finish. During the week of August 29, the framing for the new windows and the installation of the windows is scheduled.

The main remaining items of work in the Gathering Place are to test to see if drywall on the side of the sanctuary can be removed to expose the brick, to test how to finish the ceiling, to install the ceiling lights (which are on site), and to replace the temporary carpet with the new carpet. After the framing for the new windows, some further outside work can be undertaken. A report on the financial status of the project as of the end of August will be prepared for circulation.

- submitted by **Dennis Featherstone**

### Parkwood Financial Situation

No accounting tables or long written descriptions. Simply put, we have a large deficit as of July 31 of this year. The deficit for Local Purposes for this year is sitting at \$20,315 compared with \$17,000 at the same time last year. There is a seasonal flow of givings, and last year we ended with a surplus. But collectively, we need to prayerfully consider what each of us can do to reduce the current deficit. Givings this year are down about one per cent from last year.

- submitted by **Dennis Featherstone**

## Barrhaven Bible Study—September to December 2016



Come join us for a new study of the Book of Romans. Throughout church history, the study of the book of Romans has been pivotal to understanding Christian life and doctrine. This weekly study begins on Wednesday, September 28 at 7:30 –9:00 p.m. at the home of John and Martha Fair at 99 Stoneway Drive (just off Woodroffe near Farm Boy) and continues until Wednesday, December 14. Mark your calendars! For more information call 613-823-9970.

- submitted by John and Martha Fair

## CANHAVE—Save the date: September 29, 2016

Dear Friends, Members, Donors, Supporters, all who believe in the CANHAVE mission: you are invited to come and learn more about what we have achieved together to help AIDS affected orphans in Uganda realize their potential, and a better future, through education and training.

Join us on Thursday, September 29th, 2016 for an exciting evening at the International Restaurant at Algonquin College to:

- \* Celebrate the 20-year plus association with our amazing partners in Uganda
- \* Meet the CANHAVE Board members, and other supporters
- \* Hear about the strategy going forward to improve the lives of these most vulnerable of children
- \* Celebrate their successes - the students with first class honours and the graduates of the Vocational School
- \* Acknowledge the ongoing collaboration with Algonquin College in meeting our goals, including their generous gift last year of almost \$8000 raised by students for our charity

WHEN: Thursday September 29, 2016

TIME: 6:00 p.m.

WHERE: International Restaurant Algonquin College (free parking available)

COST: \$60.00 per person and \$55.00 for seniors

Your invitation to R.S.V.P. will be delivered soon. In the meantime, please book this date on your calendar and invite your friends to join you.

- submitted by Jan Sheridan

## Some Thoughts From A 98-Year Old

During the past year, my life has changed in many ways – I faced the prospect of recovering from a broken back during a six-week hospital stay, and then moving to a retirement home from the apartment I had lived in for over forty years.

Senior citizens are asked to make fundamental life changes when they are least capable of adapting to those changes. However, I have tried to see the positive elements in all of the new situations I was placed in. Perhaps my story may shed some light for others approaching similar challenges in their lives.

After my pedestrian accident, some of the fractured bones in my back became unstable. It was necessary for me to rest immobile in the hospital bed for several weeks until the bones in my spine began to heal on their own. Being flat on my back was a big change in my lifestyle, as I had always enjoyed getting out most days for a walk.

Pastor James made a special effort to visit me on several occasions. Faith has a very valuable role to play in both physical recovery, and facing change in our lives. I also enjoyed my conversations with the steady stream of doctors, nurses, and support workers who would come to check on me each day.

As it was the month of December, I also received many Christmas cards and “get well” wishes from family members and friends at Parkwood, across Canada, and even in Connecticut in the USA. I have always enjoyed sending and receiving handwritten correspondence, so the cards were a special treat, as well as some long-distance phone calls.

By mid-January, it was time to think of moving out of the hospital to The Ravines – a retirement home located just 10 minutes from my old apartment. This was handy, as it meant several of my family members and friends could still visit. Even my great-niece Suzy, a student in Ottawa, stopped by to welcome me to The Ravines, as did Jean Sida who is also a resident.

I can tell you that I appreciate having three healthy meals prepared for me in the dining room each day, and companionship at the table. I also enjoy having friends stop by for a cup of tea (and a cookie, or a banana) in the tea room which is open 24/7. As someone explained, our room sizes are smaller than our former homes, but we also have access to much more ‘shared space’, and many group activities.

### Some Thoughts From A 98-Year Old (cont'd)

For example, I have begun to take up watercolour painting again, and enjoy walking along the back trail along the creek where there are many hardwood and coniferous trees, some milkweed plants, daisies, asters, and a multitude of bird calls and squirrels. I move with the assistance of a walker now, but that hasn't slowed me down too much.

While packing up things in my old apartment, we saved several boxes of old photographs and letters which I had collected over the years. I go through those for a nostalgic trip down memory lane. We also placed several paintings (which I had done years ago) up on the walls, as well as a photo of my mother and father when they were a young couple, the dear Pomeranian dog I had as a young girl on the farm in Alberta, and a photo of my parents and siblings when we were in our twenties. Some people can still pick me out!

Some time ago, we had also compiled a collection of my short stories, written over the course of eight decades, into a bound edition, and I sometimes enjoy reading back over those articles.

What does life have in store for us? None of us truly know. However, if the past eight months have taught me a lesson, it is that if we take a positive attitude to changes in our life (at any stage), some unexpected and happy surprises are sure to follow.

We should all try to stay active and involved in life -- there are still a lot of interesting things going on out there!



Sylvia Hepburn  
The Ravines Retirement  
Residence, August 2016

## And God said, "No"

I asked God to take away my pride,  
and God said, "No."  
He said it was not for him to take away  
but for me to give up.

I asked God to make my handicapped  
child whole,  
and God said, "No."  
He said the sprit is whole,  
the body only temporary.

I asked God to grant me patience,  
and God said, "No."  
He said patience is a by-product of  
tribulation –  
it isn't granted, it's earned.

I asked God to give me happiness,  
and God said, "No."  
He said He gives blessings –  
happiness is up to me.

I asked God to spare me pain,  
and God said, "No."

He said suffering draws you apart from  
worldly cares  
and brings you closer to me.

I asked God to make my spirit grow,  
and God said, "No."  
He said I must grow on my own,  
but He will prune me to make me fruitful.

I asked God if He loved me,  
and God said, "Yes."  
He gave me His only Son who died for me,  
and I will be in Heaven someday because I  
believe.

I asked God to help me love others  
as much as He loves me.  
And God said,  
"Ah finally, you have the idea!"

(Author unknown)

- submitted by **Dianne Nickerson**

## Fellowship Team—Corn Boil



Join us for the annual Corn Boil on Sunday,  
September 11th! After the worship service,  
we'll be serving up corn and refreshments in  
the Fellowship Hall—all are welcome!



## Finance and Maintenance—Kitchen Reminders

The Kitchen is a shared-use space. If you use it, clean up after yourself. This includes any dishes, cups or glasses you use. “Mom” isn’t going to do them and neither will the Caretaker.

### Dishwasher Updates

- α One tray at a time, please! Two trays of dirty dishes won’t be washed completely.
- α If you are washing plastic glasses, it is okay to put an empty flat tray on top to keep them from flipping over while they are washed. Add the soap to the tray with the glasses first.
- α Plastic water jugs can be washed upside down in an empty tray.
- α It isn’t necessary to dry dishes from the dishwasher with a dish towel.

The dishwasher instructions are posted on the bulletin board in the Kitchen and over the dishwasher. Please refresh your memory if you haven’t operated it in a while. If you need a copy for your reference, please contact the office. If you have never used the dishwasher or need a refresher, please let the office know and someone will get back to you.

**Kitchen counter coffee & tea bag bin** – Drain coffee grounds & tea bags in the sink and put them in the small beige container on the counter to help keep the green bin dryer.

**Kitchen green bin bags** – If you have to change the green bin bag, please put some newspaper pages in the bottom under the bag. It also helps if you add more newspaper inside the bin bag to help absorb liquids. There is a supply of newspapers under the small sink in the kitchen.

**What goes in the Green, Black & Blue bins?** There are lists from the City of Ottawa on the tack-board in the kitchen. Some lists are double-sided.

Note: - Paper plates go in the **green** bin.

- Paper coffee cups go in the **green** bin, but their plastic lids go in the **garbage**.
- Juice drink boxes go in the **blue** bin.
- Styrofoam cups and trays go in the **garbage**.

- submitted by Brenda Creighton

### Note from the Editor: October Pulse Deadline

The next edition of the Parkwood Pulse will be for the month of October. Deadline for **non-electronic** submissions is September 22nd. Electronic submissions will be accepted until September 26th **only to:**

**[parkwoodpulse@yahoo.ca](mailto:parkwoodpulse@yahoo.ca)**

*The Pulse is always in colour online!*

# Parkwood Church Activities September 2016 - revised Sept 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b> Gracefield Retreat Registration Deadline Labour Day Sunday 10:00am Summer Church School 10:00am Worship	<b>5</b> Labour Day - Church office closed	<b>6</b> 1:00pm Pastoral Care Team 7:00pm Mission Team 7:30pm Outreach Team Meeting 7:30pm Finance & Maintenance Team	<b>7</b>	<b>8</b> 7:00pm Choir Practice	<b>9</b>	<b>10</b> 12:00pm Young Adults Lunch & Fellowship
<b>11</b> 10:00am Church School 10:00am Worship 11:30am Corn Boil after Worship 7:30pm Bible Study	<b>12</b> 1:00pm Presbytery Pastoral Hospital Visitors Meeting 6:30pm ESL Conversation 7:30pm Parkwood Book Group	<b>13</b> 7:00pm CANHAVE Board Meeting 7:30pm Policy & Planning Meeting	<b>14</b> 10:00am Koffee Klatch	<b>15</b> 7:00pm Choir Practice	<b>16</b> 7:00pm Youth Activity Night	<b>17</b> Gracefield Retreat - 8 am to 8 pm 12:00pm Young Adults Lunch & Fellowship
<b>18</b> 10:00am Church School 10:00am Worship	<b>19</b> 6:30pm ESL Conversation 7:30pm Team Leaders Meeting	<b>20</b> October Calendar Deadline 9 am 5:00pm Presbytery at St. Andrew's Church, Stittsville	<b>21</b> 10:00am Koffee Klatch	<b>22</b> October Pulse Deadline 9 am 7:00pm Choir Practice	<b>23</b> 7:00pm Youth Activity Night	<b>24</b> 8:00am Men's Breakfast @ Local Heroes 12:00pm Young Adults Lunch & Fellowship
<b>25</b> 10:00am Worship & Mission Appeal 10:00am Church School 7:30pm Bible Study	<b>26</b> 6:30pm ESL Conversation 7:30pm Session	<b>27</b>	<b>28</b> 10:00am Koffee Klatch 5:00pm LOGOS 7:30pm Barrhaven Bible Study	<b>29</b> 6:00pm CANHAVE Dinner @ Algonquin College Restaurant 7:00pm Choir Practice	<b>30</b> 7:00pm Youth Activity Night	