

# Pulse of Parkwood

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

**T**he September and October Session meeting summaries can be found on pages 2, 3

**P**arkwood's new facilities were dedicated in October. See photos of this exciting and long-in-the-making event on page 10

**“Prepare the way for the Lord.”**

**- Isaiah 40:3**

**T**he Christmas potluck supper is in December! Get details on page 7 and don't forget to sign up in the Gathering Place!

**P**hotos are being taken for the congregational photo directory. If you haven't had yours yet, find out more on page 9

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**December 2016  
& January 2017**



## Christ Preparations



The season of Advent, traditionally, is a time of preparation.

Our modern celebration of Christmas doesn't just happen ... it takes preparation. Decorations have to be made (or purchased or found), and then hung. Letters or cards have to be written, and mailed or delivered. Christmas dinner doesn't fall from the sky: there is a turkey to be bought, (and maybe thawed), and stuffed, and cooked, and carved. There are potatoes to be peeled, vegetables to be cooked, gravy to be made. Pie or pudding takes time to bake. Preparation takes time, attention, and effort.

“Prepare the way for  
the Lord.”  
- Isaiah 40:3

The Hebrew word translated “prepare” is “paw-naw.” It comes from a root meaning “to turn.” The idea seems to be that one is called to turn toward, to give attention to, to focus upon.

It is appropriate that we turn our attention to the One Who is the reason for this season we call Christmas. What preparations are appropriate for us to make to celebrate the coming of Jesus into the world and His presence in our lives?

It is good to remember that before Jesus came into the world, God called for preparations. The prophet Isaiah called upon the people “to prepare the way for the Lord.” John the Baptist took up the challenge, and called for people to repent — to turn — to turn away from sin and self and toward God and His gracious offer of mercy. For each of us to welcome and to celebrate the presence of Jesus in our lives, preparations need to be made. We need to turn our attention from all the other things that compete for our time and attention, and focus afresh on Jesus, and all that He brings.

Sharing in the season of Advent invites us to enter into a time of intentional preparation. Just as we set aside time for Christmas decorating, Christmas shopping, Christmas card- and letter-writing, and Christmas baking and cooking, and give special attention to these things so that we will be ready to share and celebrate Christmas, let us take time to prepare for the way of the Lord in our lives.

We are to give Jesus room in our hearts, lives, and homes here and now. God chooses by His Spirit to dwell with us. His presence in each of us and among us all together is designed to bring us the fullness of life. The source of love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control is the Holy Spirit — the spirit of our Lord Jesus — and we are only opening ourselves and others to life full and abundant when we focus on all He is and all He has to give to us.

We are also to consider and prepare for Jesus' return. He has promised that as surely as He ascended to heaven, He will one day return and take us to be with Him. He intends to share life with others, now and in the future. We are invited — indeed commissioned — to help others to make those preparations necessary to welcome Him. Advent observance is all about making those preparations. As we prepare to celebrate Christmas this year, let us also turn and give our attention to helping others to join in preparing to receive and welcome Jesus.

Jesus came to prepare us to meet God. He has returned to the Father's right hand to prepare for our entrance into God's immediate presence. Let us devote ourselves to preparation — for Christmas, yes, but most of all, for Christ.

Preparing,  
Your pastor,  
James T. Hurd.



## Summary of Session Meeting—September 26, 2016

- α A copy of the summary of the Demographic Report will be circulated again in order to prepare elders for a 10 to 15 minute discussion at the October Session meeting on how the conclusions in the report might influence Parkwood's programs.
- α No specific person is being tasked with monitoring and acting to ensure the goals of kitchen maintenance are being met. Elders are asked to observe the status of the kitchen for its cleanliness and appearance so that a decision on further action might be taken.
- α Some publicity will be initiated to determine if there are expressions of interest by women to attend the National Women's Gathering in Toronto in April of 2017.
- α It was agreed to support Don MacMillan's request for a lay bursary from Presbytery to attend a conference on ministering to Muslims.
- α A recommendation for a policy on lighted candles was passed.
- α A recommendation to have a policy on the transport of refreshments throughout Parkwood facilities was not approved.
- α There was agreement to write a letter to the Associate Secretary of Canadian Ministries expressing three concerns arising from the Canada Youth Conference. The concerns, outlined in a note from the CE team, are: 1) the choice of secular songs in worship; 2) the allowance of underage smoking in a designated area; 3) the particular teaching of Human Sexuality in a workshop.
- α A report on Issues Arising from Summer Camps was received. It was agreed that the document should be used as one input into future planning for the camp in 2017. There was a broader discussion of the role of the camp including the number of Christian commitments made; developing suggestions for the required approach for supervisory positions at the camp; and Aihua's expectations from Parkwood. No date or membership for a planning group was discussed.
- α The dedication of the extended church building will be part of the worship service on October 30.

- submitted by Dennis Featherstone  
Clerk of Session

### Note from the Editor: February Pulse Deadline

The next edition of the Parkwood Pulse will be for the month of February.  
Deadline for **all submissions** is January 22nd.

**parkwoodpulse@yahoo.ca**

***The Pulse is always in colour online!***

## Summary of Session Meeting—October 24, 2016

- α The work on renovating the old bathrooms is scheduled to be completed in time for the October 30th dedication of the new facilities.
- α No expressions of interest in attending the National Women's Gathering have been received. Some financial assistance to attend is likely to be available.
- α A meeting will be organized with the various people and representatives of teams having an interest in the summer camp for 2017.
- α There was a twenty minute discussion of the demographic report. There will be further discussion at the November session meeting. The questions at that time will be what are one or two obvious or apparent needs among our neighbours and what are one or two initiatives we might undertake as a Christian community to minister to our neighbours.
- α A Youth Camp Leadership fund was established. Marcia Harten and Gord Walford agreed to be part of the group preparing the terms of reference, but membership in the group is not restricted to elders.
- α Logos has 21 registrants. On guest night, nine guests came and six of them indicated an interest in joining Logos.
- α On the construction project, six trees will be planted before the end of October. Most of the work in the Gathering Place and the Coat Room is expected to be finished by October 29. An estimate to install ductwork through to the Meeting Room to address the problem of excessive cold in that room has been received. A decision on proceeding with the ductwork will wait until the final accounting is completed for the project and/or the next annual meeting.
- α The December Session meeting will be on December 19th.
- α The annual meeting will be held on Saturday, February 25, 2017.
- α A Stewardship Team was established to assist in increasing "Planning Giving" awareness and understanding as well as to provide assistance with team program evaluation.
- α The tentative date for the Christmas Carolling at Chesterton Towers is December 7. There is a need for a lead musician and singers.
- α Members or adherents using the Horizon parking lot on Sunday morning should place some sort of Parkwood identification on the dashboard of their car.

- submitted by Dennis Featherstone,  
Clerk of Session



## CANHAVE Christmas Sale



If you would like to support CANHAVE by purchasing small Christmas gifts, there will be a sales table at the Christmas potluck dinner on Saturday, December 10th.

You may choose packages of African-themed cards (village scenes, birds, animals and others) -5 cards for \$5.00.

Also available will be a selection of one-of-a-kind international dolls (small, decorative) for \$6.00. Make some of your Christmas gifts help AIDS orphans in Uganda.

- submitted by Jan Sheridan

## White Gift Sunday

Many individuals and families struggle day-to-day to survive with few resources. White Gift Sunday is an opportunity for our Parkwood family to give anonymously to help others celebrate a joyous Christmas.

For the first two Sundays of December (Dec. 4 and Dec. 11), boxes will be placed at the back of the Sanctuary for your donations for The Ottawa Mission, Ottawa Innercity Ministries, and people in our congregation.

If you prefer, a gift of money can be placed in your offering envelope, marked "White Gift."

**The gifts will be dedicated on Sunday, December 11, 2016.**

Here are some gift suggestions...

The Ottawa Mission: gloves/mitts, hats, scarves, socks, underwear, shaving cream, toothbrushes/toothpaste, soap, deodorant, towels, washcloths, etc.

Ottawa Innercity Ministries: juice boxes, granola bars, toothbrushes/toothpaste, deodorant, razors, ground coffee, fleece blankets, men's winter boots(new or gently used), OC Transpo bus tickets, gift certificates(e.g. Tim Horton's or McDonald's), gloves/mitts, hats, scarves, socks, clothing, underwear, sanitary pads, sturdy dark-coloured backpacks, towels, washcloths, etc.

Individuals and families at Parkwood: Children's gifts are to be left unwrapped.

Non-perishable food for Christmas hampers, children's games, and toys are also needed.

If you have any questions, please call Kris Marion at 613-226-4066.



- submitted by Kris Marion

## Algonquin College Pause Table - December 14th



On Wednesday, December 14th, between 10:00am and 2:00pm, we again have the opportunity to gather at Algonquin College's Student Commons building. Students will visit the tables that have been set up and pick up a "reminder" (a muffin, cookie, fruit, coffee, juice, etc.) that will let them know that they are thought of during the stress-filled exam period. This event provides

a great opportunity for students to be shown that we care and are praying for them.

**Stress** is a defining characteristic in today's world, and at exam time it grows to epidemic proportions. Stress often produces a sense of anxiety, irritability, frustration, restlessness, and depression. It creates a feeling of hopelessness and disillusionment, which undermine a person's sense of purpose, direction, and meaning in life.

### *Why do exams cause so much stress to students?*



- *Well, exams judge us. Exams show what we have really been doing all semester. We may think we know stuff, but exams will reveal the truth.*
- *So do you see? That's where the stress comes from – you only have a few hours (the exam) to prove yourself; to show what you are made of.*

It's amazing to see a stressed student approach the Pause Table to say, "WOW! This is great. Glad to see someone cares for us by providing this stuff. Thanks."

Thanks be to Jesus that we can be involved in helping to share God's love.

All volunteers will be welcomed and if you can't be in attendance, perhaps you could contribute to the following needs:

- Muffins, cookies, or baked goods— home-baked or store-bought
- Fruit (mandarin oranges, apples, and bananas are popular)
- Juice—jugs or juice boxes
- Help with the shopping or delivering the supplies to Algonquin (vehicle required)

All food contributions can be left in the church kitchen in a bag or box marked "Pause Table."

**Students have been asking what ingredients are in the baked goods to avoid allergies, so please include a list of ingredients with your donated baked goods.**

*If you can volunteer in any way, please contact  
Linda Robinson at 819-205-4649.*

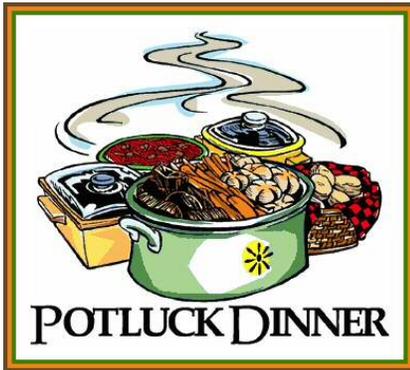
- submitted by Linda Robinson



Algonquin College Robert C.  
Gillett Student Commons

**ALGONQUIN  
COLLEGE**

## Fellowship Team—Upcoming Events!



The Congregational Christmas Pot Luck Supper  
will be held on Saturday, December 10th!



There is a sign-up sheet on the kiosk  
in the Gathering Place.

- submitted by the  
Fellowship Team

## Guidance from Parkwood Events on the New Facilities

Hi. I'm Brenda and I am the coordinator for Parkwood Events.

As Parkwood Events Coordinator, I collect, track and distribute dates and times for activities, meetings, events and maintenance at the church. This information goes into calendars, bulletins and other places that let people know what is happening at Parkwood. It includes details for the many people who share our building like the Sarang Church, Kumon, the Chinese Language School and AA.

All meetings and events are booked through **Parkwood Events** at [parkwoodevents@yahoo.ca](mailto:parkwoodevents@yahoo.ca). If you do not have email, please call Dalia in the church office and leave a message with her at 613-225-6648 x 114. I am at Parkwood every Tuesday, so if you need to see me in person, see me then.

If you think you might want to hold a meeting or event on a particular date, but you are not sure, check with Parkwood Events first to see what else might be planned that would conflict. Bear in mind that the Pulse calendar you may be looking at is probably not up to date and may not show the latest info – requests come in daily.

Things I need to know...

- 1) Name of group or event – be specific with the wording (e.g. Fellowship Team Meeting).
- 2) Day and date of event
- 3) One meeting or every month?
- 4) Start and finish times (The time that you want people to be there and when the meeting should be over).
- 5) Prep and clean up time needed (If you want to be in early to set up tables or coffee or cleanup after the event itself).
- 6) Contact person and details.
- 7) Is this a private or advertised meeting? Advertised meetings are added to the bulletin. Private meetings may be small working groups that need a space to complete some work. **Note:** Unless you request otherwise, all meetings and events will appear in the “This Week” section of the bulletin and the calendar in the Pulse and on the calendar on the church’s website.
- 8) What rooms do you need? (e.g. other events may be occurring at the same time and may have booked the Kitchen ... can two groups use the Kitchen at the same time?).

## Guidance from Parkwood Events on the New Facilities (cont'd)

**Note:** Private events may be accommodated after completion of an application process, providing liability insurance and paying rent based on the space required.

**Equipment:** Do you need a folding table, portable projector, laptop, telephone, flipchart, sound system, A/V operator, lectern?

All rooms must be booked, including the Kitchen and Volunteer Room. If you need to use the Volunteer computer or make a lot of photocopies, it is best to call and/or book if you are planning to be there for more than half an hour.

If you want an announcement in the bulletin, contact Dalia in the office [office@parkwoodchurch.ca](mailto:office@parkwoodchurch.ca) with the wording for your announcement, **once you have confirmed your space.**

If you no longer need the space, please remember to cancel.

### A note on doors, locks, the lift & the Kitchen

We have meetings and groups who use or rent part of the building for their activity. When that occurs, room doors and some stairwell doors may be locked. If you encounter a locked door such as the one at the top of the stairwell, please ensure that if you unlock it, that you lock it behind you. It may have been locked for an event that will occur that evening or the next day.

If you are the last group out on your level but there are people meeting on another level, please close all windows and lock the outside door behind you.

If you are having a meeting which requires the use of the lift, you must arrange for a trained lift attendant to run it.

If you need the powered door running for your meeting, you must make the same arrangements. The powered door needs to be turned off and locked before you leave.

If you serve refreshments, please do your dishes. Leave the kitchen in better condition than you found it.

- submitted by Brenda Creighton

## Christmas Events in the Community—Trinity Presbyterian

**“Christmas in the Stable”** presented by Trinity Presbyterian Church, will be held at Wesley Clover Parks (401 Corkstown Rd., Nepean) on **Sunday, December 11, 2016.**

This is an evening for the whole family to enjoy, and includes the singing of carols and the re-telling of the Christmas story. Admission: cash or donation for the Kanata Food Cupboard For more information, email [info.trinity.kanata@gmail.com](mailto:info.trinity.kanata@gmail.com) or call [613-836-1429](tel:613-836-1429).



## Parkwood Photo Directory

Parkwood's last Photo Directory was published in 2012. It's time for an update! This November and December, everyone in the congregation is invited to have their picture taken/updated for the Church Photo Directory. Kris Marion has offered to take pictures after the Sunday Worship Service between 11:30 AM to 12:30 PM from November 6, 2016 to December 25, 2016 except for November 13, 2016. Pictures will be taken in the Gathering Place outside the Sanctuary. Family groupings are encouraged. Please bring your simile and say cheese! Thank you.



- submitted by Don Pestaluky

## The Marriage Course



This first run of The Marriage Course concludes on Dec 4th. It has been our pleasure to facilitate these “date nights” for our participant couples, and we ask everyone to join us in celebrating and praying for all of the marriages in our church family.



Enjoy Date Nights with your spouse on Sunday evenings



Limited

THIS FALL!

Many couples were unable to attend due to frequent or extended absences over the 7 weeks this fall, so an invitation to attend a future session of The Marriage Course is open to all couples.



Let us know what dates are most flexible or preferable for you, if you or someone you know would like to take part—we would love to hold another session of the course at a future date.

- Michael and Carrie Morris, Christian Education Team

## Dedication of the New Facilities—Photo Gallery



On **Sunday October 30, 2016**, a ceremony of dedication of our new facility formed part of the morning worship service. The moderator of Presbytery of Ottawa, John Tyler took part.

Afterwards, all were invited downstairs for cake and conversation. During this part of the celebration, gifts were presented to Dennis Featherstone and Dan Moffet for their efforts "above and beyond the call of duty." Thanks, fellas!

**clockwise from upper left:** The cake, complete with an edible photo of the church with the farmhouse; Dan Moffet, Pastor James and Dennis Featherstone cutting the cake; the engraved jewellery box presented to Dennis; the engraved plaque presented to Dan

Find out more about the building project on our website: [parkwoodchurch.ca](http://parkwoodchurch.ca)!

- from the Parkwood website, posted by Gord Walford

## Barrhaven Bible Study

Come join us for our continuing study of the Book of Romans.

The book of Romans has been pivotal to understanding Christian life and doctrine. Martin Luther stated that "It can never be read or pondered too much, and the more it is dealt with the more precious it becomes, and the better it tastes." Romans 1:17 was also a key verse for the conversion of Martin Luther and the subsequent launch of the Protestant Reformation in 1517. In 2017, we celebrate the 500<sup>th</sup> anniversary of the Protestant Reformation.



The winter session of this **weekly study** begins on **Wednesday, January 11** 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, March 1**. Mark your calendars! For more information call 613-823-9970.

- submitted by John and Martha Fair



## THE HOLY CONCEPTION

Archelaus	Fulfilled	Judea	Star
Bethlehem	Gifts	King Herod	Three wise men
Dream	Gold	Lamentation	Virgin birth
Egypt	Holy Spirit	Mary	Weeping
Elizabeth	Israel	Nazarene	Worship
Father	Jerusalem	Nazareth	Young child
Fruit	Joseph	Pregnant	Zacharias

# Parkwood Church Activities December 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>4</b> Advent II 10:00am Worship & Communion 10:00am Church School 11:30am Church Photos 12:00pm Young Adults Fellowship 7:00pm Marriage Course Date Night	<b>5</b> 6:30pm ESL Conversation	<b>6</b> 1:00pm Pastoral Care Team 7:00pm Mission Team 7:30pm Finance & Maintenance Team	<b>7</b> 10:00am Koffee Klatch 7:00pm Chesterton Towers Christmas Caroling 7:30pm Barrhaven Bible Study	<b>8</b> 7:00pm Choir Practice	<b>9</b>	<b>10</b> 5:30pm Christmas Potluck Dinner
<b>11</b> Advent III 10:00am Worship & White Gift Dedication 10:00am Church School 11:30am Church Photos 12:00pm Young Adults Fellowship 3:00pm Bible Study	<b>12</b> 6:30pm ESL Conversation 7:30pm Policy & Planning Meeting	<b>13</b>	<b>14</b> Algonquin College Pause Break 10 am - 2 pm 10:00am Koffee Klatch 7:30pm Barrhaven Bible Study	<b>15</b> 7:00pm Choir Practice	<b>16</b>	<b>17</b>
<b>18</b> Advent IV 10:00am Church School 10:00am Worship 11:30am Church Photos 12:00pm Young Adults Fellowship	<b>19</b> 6:30pm ESL Conversation 7:30pm Session	<b>20</b> January Calendar Deadline at 9 am	<b>21</b>	<b>22</b> 7:00pm Choir Practice	<b>23</b>	<b>24</b> 7:00am Christmas Eve Service
<b>25</b> Christmas Day 11:00am Christmas Day Worship Service 12:00pm Church Photos	<b>26</b> Boxing Day - Church office closed	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>