

PARKWOOD PULSE

PARKWOOD PRESBYTERIAN CHURCH MONTHLY NEWSLETTER

Stay tuned to your Parkwood Pulse and email newsletters for updates on in-person events.

Your Parkwood Pulse is online with digital editions. Submissions can be sent in to parkwoodpulse@yahoo.ca

"But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."

- Matthew 6:33-34

Join us for worship on Sundays at 10:00AM, or, if not able to come in person, join us online!

FEBRUARY 2026

Living in the present in the light of the future

We live in a time and a climate of much uncertainty. On many levels, every day, we face unknowns. What will the groceries cost today? tomorrow? next week? Can I find a job today? Will I have one tomorrow? Will I get accepted for school? Will I pass the exam? Can I stay in the country? Will I need medical care? Will I have to move? All these, and more, are questions on the personal level which can be unsettling.

In the wider landscape of life, there are even bigger questions. What more changes will artificial intelligence bring? What will a changing climate cause: drought or flood, or fire or ice? Can I travel safely — and if so, where? Will there be peace? What about war affecting family and friends, and countries all over the world? What freedom do we have, and what may we lose? So many questions ...

In His Sermon on the Mount, Jesus gave the first disciples the key to living in uncertain days and circumstances.

Jesus said, “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life? ... But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own. (Matthew 6:25-27; 33-34, NIV)

In the congregation I served in New Brunswick, there was a hymn that was a favourite for many people, because it brought assurance. It was written by Ira F. Stanphill, and entitled, “I know Who holds tomorrow”. It has a healthy perspective on life, and holds great wisdom for us as we live among the uncertainties and challenges we face:

I don't know about tomorrow,
I just live from day to day.
I don't borrow from its sunshine,
For its skies may turn to grey.
I don't worry o'er the future,
For I know what Jesus said,
And today I'll walk beside Him,
For He knows what is ahead.

Refrain:
Many things about
tomorrow,
I don't seem to understand;
But I know who holds
tomorrow,
And I know who holds my
hand.

I don't know about tomorrow,
It may bring me poverty;
But the One who feeds the sparrow,
Is the One who stands by me.
And the path that be my portion,
May be through the flame or flood,
But His presence goes before me,
And I'm covered with His blood.

Let us rest and walk in confidence in the presence and care of Jesus Christ, Who is Lord of the present and the future, in both life and death, and in time and eternity.

May you know that He holds you,

Your pastor, confident in the present, because Jesus in Whom I trust, holds the future!

James T. Hurd

Men's Breakfast

Thirteen men gathered on Saturday, January 10th for breakfast in the Fellowship Hall at the church. We enjoyed coffee, muffins/cupcakes, and sharing more about how God has worked in our lives. It was decided to hold the event monthly on the first Saturday of the month. The speaker on February 7th will be Rev. Firas (Fred) Chamas, new minister of Knox Church, Manotick. Huge thanks to Jim MacDonald for providing the eats and his talented & enthusiastic baker son Peter!



- submitted by Gord Walford

Benevolent Fund - Thank You!

This note is to thank the congregation for their gracious contributions to the Benevolent Fund during 2025. As a result, beginning in January 2026, the Fund has attained its highest starting amount (about \$5500) in the past five years. That is largely sufficient to help cover the needs for 2026. While I do not want to dissuade anyone from continuing to contribute to the Benevolent Fund as the Lord leads them, I recommend that you consider donating instead to the operating budget through your regular envelope givings. Parkwood already has a significant deficit in this area going into 2026 and it would be wonderful if your donations to the operating budget could greatly reduce or eliminate the deficit by the end of 2026.

Again, a heartfelt thank you for all your support in 2025. The gift cards (food vouchers) and white gifts (at Christmas) helped and will continue to help many people within and outside our congregation throughout 2026.

- submitted by John Huber,
Benevolent Fund Coordinator



Lent Evening Services

Evening services during Lent are planned for the five Sundays in March, beginning March 1st at 7:00PM. The theme this year is “Spiritual gifts: mine, yours, and ours”, and is intended to be an extension of our focus for preaching from January through Easter.

The plan for the Lent evening services is to focus on Romans 12:6-8, and specifically:

Sunday, March 1st - 7:00PM How to prophesy



Sunday, March 8th - 7:00PM How to serve

Sunday, March 15th - 7:00PM How to teach

Sunday, March 22nd - 7:00PM How to encourage



Sunday, March 29th - 7:00PM How to give

Thursday, April 2nd - 7:30PM How to lead (Maundy Thursday)

Friday, April 3rd - 11:00AM How to show mercy (Good Friday)

From the Editor: **March Pulse**

The next edition of the Parkwood Pulse will be for the month of March. Send in your submissions by Sunday, February 22nd to

parkwoodpulse@yahoo.ca



Expanded Recycling Items

As of January 2026, a company called Circular Materials has taken over the collection and treatment of recyclable materials in Ontario. There are now some changes to the recycling programme: some additions have been made to the already extensive list of items that can be recycled. In all cases, containers and packaging should be empty and at least rinsed out before being put in the blue bin. Some items must have lids or caps on; others are to have lids or caps off. Please refer to the website for more detailed instructions: <https://www.circularmaterials.ca/resident-communities/ottawa/>

The following items have been added to the list of things that can be put in the **blue bin**.

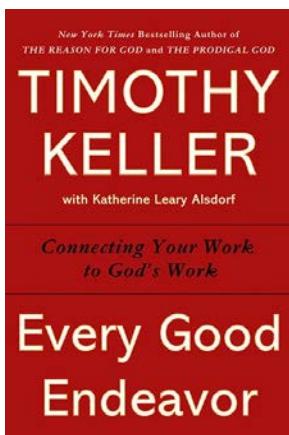
- Foam packaging, foam cups, foam plates, and foam meat trays (film wrap and absorbent pads removed and put in garbage) can now be recycled.
- Bags used for dry cleaning, bread bags, overwrap on packages of paper towel, toilet paper, beverage containers, etc. Coffee bags or deli pouches, chip bags, bubble wrap, snack wrappers, cereal liner bags, and plastic gift bags can all be recycled.
- Toothpaste tubes, hand cream tubes, and deodorant sticks can be recycled.
- Small plastic containers and plastic plant pots can be recycled.
- Aerosol containers (if non-toxic) can be recycled. Please refer to the website for exceptions.

Boxes put into the **black bin** are to be flattened.

Recycling is especially important given that Parkwood Church is charged \$4.40 for each bag of solid waste above the three-bag limit. Recycling responsibly is an important component of our Christian stewardship.

- submitted by Alta MacFie,
Facility Management Team

Young Adults Pancake Lunch - February 22nd



The young adults will have a pancake lunch and a first discussion on the theme of "Work", based on Tim Keller's book, Every Good Endeavor, on Sunday, February 22nd at 12:30PM.

We had a meeting last Sunday, with ten young adults, and are intending to meet once a month on the last Sunday of the month.



- submitted by Pastor James

Buy Nothing Project - Volunteers Needed

Buy Nothing Project is part of Facebook - www.buynothingproject.org.



It is a platform for the giving items no longer needed or wanted, as well as making requests for needed items. Items can be small (leftover potatoes from a large purchase) or big (dining room furniture). The website states "Buy Less. Share More". It is sponsored financially by a charity, Angels for Angels.

We would like establish a ***buynothingparkwoodchurch*** group and are looking for a few people to be administrators of the group. This would involve taking the online Buy Nothing Academy, a seven-part course on how to set up the group. Once the ***buynothingparkwoodchurch*** group is established, administrators from Parkwood would monitor the group.

Anyone willing and interested in helping to set up a ***buynothingparkwoodchurch*** group, please contact Marcia Harten by email to: marcia.harten@gmail.com.

- submitted by Marcia Harten

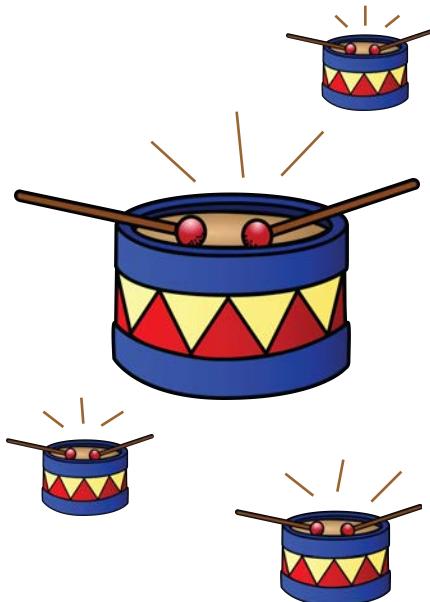
Summary of Session Meeting - December 12th, 2025

- We praise God for Abraham Ren, Golda Akat, Eric Fredeen, Sentia Ndip Asek, and Boniface Odah for publicly affirming their faith this month. They have joined Parkwood as full members.
- Session commends the ongoing work of volunteer Sunday school teachers in nurturing the minds of our youth every Sunday during worship, so they continue to grow in the light of the Gospel.
- Christmas dinner took place on December 13th, 2025 as planned, bringing together over 80 people including 15 youth for an evening on fellowship and worship. Our sincere gratitude to the organizers, the Fellowship team, and to the volunteer cooks and ushers.
- We are delighted to hear that the Pause Table at Algonquin College on December 9th was a great success. The outreach also brought back news of the many good things the campus ministry at Algonquin is doing under the leadership of Yuriy Derkach. Thanks to John & Martha Fair for leading the charge.
- Eighty-seven people attended the Lord's Supper on December 7th, 2025. The last Lunch and Learn this year took place on December 8th - the theme was *Christmas memories*.

- submitted by Paul Mkandawire,
Clerk of Session

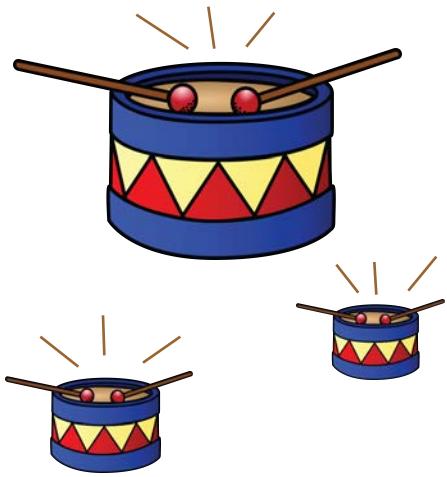


Poem: In praise of God



In praise of God

Bang the drum loudly
and shout praises to God.
Let the whole world know
of God's great love for us and
His Son, Jesus Christ.
Bang the drum loudly
for He is our King
and our Saviour.
Rejoice in His blessing.
Bang the drum loudly
and let the whole world know.



- William Hannah
2025

Good News



Both the primary and secondary loans can now be completely repaid. These loans were obtained to help finance the renovation and expansion of our current building.



Early in January, Parkwood received an anonymous gift-in-kind (sale of financial stocks) donation of \$26,437 directed to the Loan Repayment Fund. This donation together with the small reserve in the fund as of the end of 2025 means the two loans can be completely repaid. The outstanding principal for the two loans as of the end of 2025 was \$27,189.



Those members and adherents who have been donating to the repayment of the loans are encouraged to shift their donations to local purposes to help Parkwood meet its daily operating and program costs.



- submitted by Dennis Featherstone,
Finance Team



Annual Congregational Meeting

Annual Congregational Meeting 2026
Saturday, February 28th
7:00PM
with light refreshments at 6:30PM

In preparation for the meeting, the Annual Report will be available in print and online by Sunday, February 15th.

All members and adherents are encouraged to attend!



Mission Team Special Appeal

Hurricane Melissa, one of the strongest storms ever recorded in the Atlantic, has caused devastation across the Caribbean. Strong winds and heavy rain left houses destroyed, roads submerged and bridges collapsed. Dozens of people across Cuba, Haiti and Jamaica have lost their lives.

Damage assessments are taking place and ACT Alliance members in Cuba and Haiti are evaluating next steps. In the immediate term, access to food, shelter, water and hygiene supplies, and psychosocial support will be essential. Longer term recovery will have to include livelihoods support and reconstruction.

Presbyterian World Service and Development (PWS&D) is able to respond through our partners at ACT Alliance. Donations can be made through our offerings at Parkwood, designated for Mission Appeal #1, 2026 - Caribbean Hurricane Relief.



Details will be presented by the Mission Team on Sunday, February 1st, during the worship service.

Sunday Bible Study & Wednesday ESL Conversation

Sunday Bible Study

The Sunday Bible Study has resumed! We gather from 1:00PM - 2:00PM on Zoom on Sunday afternoons. Please consider joining us as we explore God's Word together. Our current study focuses on Jesus' teachings found in Matthew 5-7, the "Sermon on the Mount".

Please contact Dora Brown at debrwb@gmail.com for more information or to join the study.



ESL conversation

English as a Second Language (ESL) conversation group has started up weekly on Wednesday evenings at 7:00PM in the church library. This is a great opportunity to practice speaking English or starting to learn. Please contact the church office if you have any questions or wish to join the group.

December Pause Table

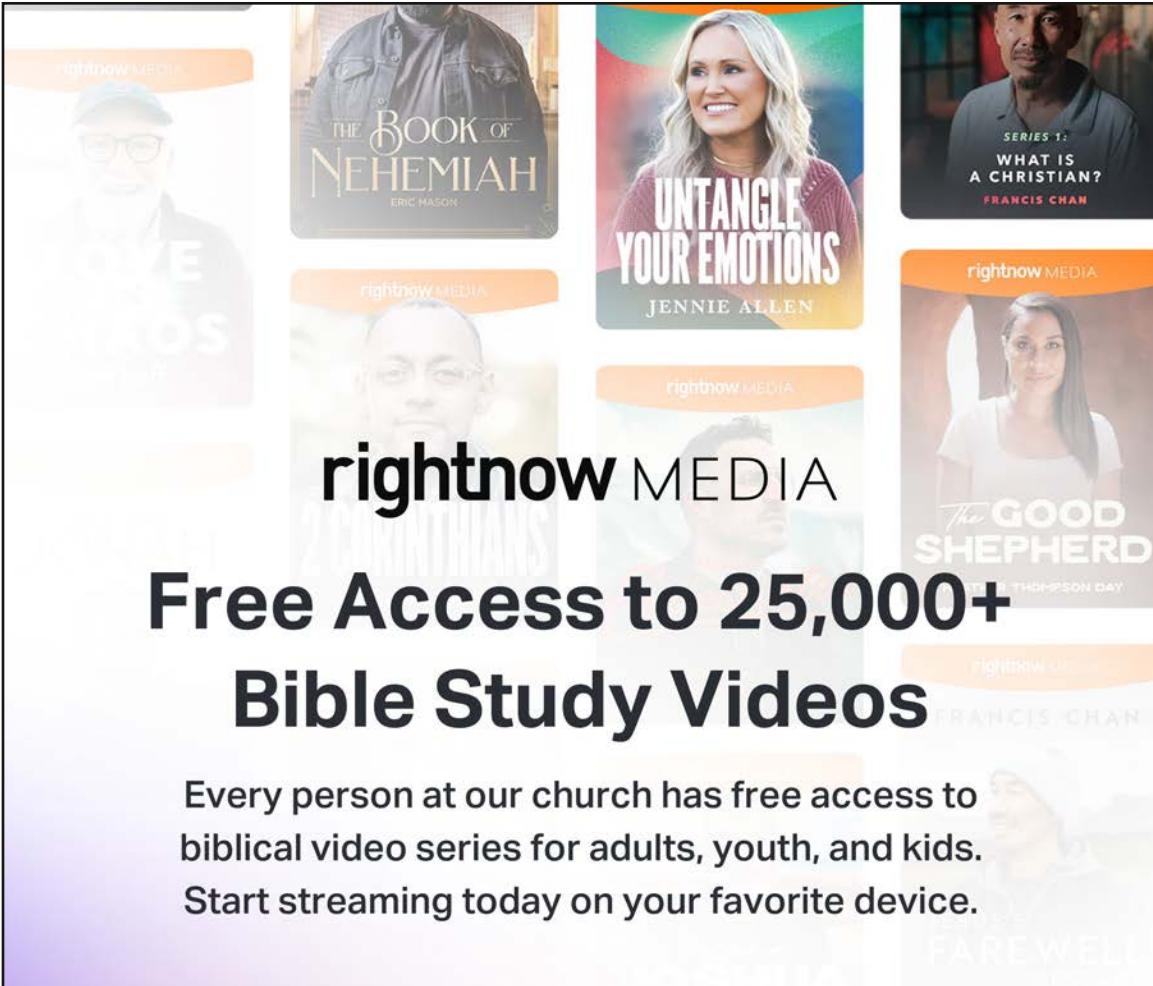
We had a great time at the Pause Table chatting with students and with the chaplain. Lots of Bibles were handed out – 30 I think. The chaplain says there is a real hunger amongst the students for spiritual engagement. There are Bible studies going on. The spirituality centre increased their space to accommodate their activities. At the moment, the Christian professors are free to express their faith to the students and students are responding.

- submitted by Alta MacFie



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Parkwood Church Activities February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00am Worship & Church School. 1:00pm Sunday Bible Study (Zoom)	2	3 1:00pm Pastoral Care Team (Zoom). 7:00pm Mission Team (Zoom)	4 7:00pm ESLConversation. 7:30pm Barrhaven Bible Study (Zoom)	5 7:30pm Music Rehearsal.	6	7 8:00am Men's Breakfast 11:00am Renewal Fellowship Prayer Meeting (Zoom).
8 10:00am Worship & Church School. 12:30pm Membership Class 1:00pm Sunday Bible Study (Zoom)	9	10	11 7:00pm ESLConversation.	12 7:30pm Music Rehearsal.	13 7:00pm Youth Group.	14
15 10:00am Worship & Church School 12:30pm Membership Class 1:00pm Sunday Bible Study (Zoom)	16 Family Day - Church office closed	17 March Calendar Deadline	18 7:00pm ESLConversation.	19 7:30pm Music Rehearsal.	20	21
22 March Pulse Deadline. 10:00am Worship & Church School. 12:30pm Young Adults Lunch & Discussion 1:00pm Sunday Bible Study (Zoom)	23 7:00pm Session.	24	25 7:00pm ESLConversation.	26 7:30pm Music Rehearsal.	27 7:00pm Youth Group.	28 7:00pm Parkwood Annual Meeting; Refreshments at 6:30 pm.