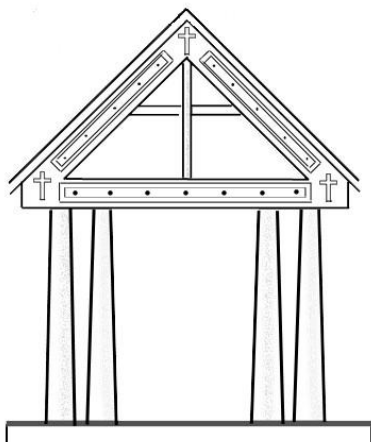


Nurturing Faith and Serving the World



Contents

From the Rector's Desk.....	1
From the Curate's Corner.....	2
Vestry Highlights.....	2
Ash Wednesday Activity Day.....	3
Water: A Global Challenge	4
Chapel Chat.....	4
Refuge NOW Update.....	5
Sing God's Praises.....	5
Coming Events	6
Holy Week Services at CCBC.....	6
From the Parish Registers.....	6

FROM THE RECTOR'S DESK



Several times a year we augment our Sunday morning church school program with gatherings called "Activity Days". For example, recently 25 children gathered in the church on Ash Wednesday, absented from their regular schools, for a day of faith formation, learning and fun. More often these days happen on a Saturday near an important moment in the church year such Palm Sunday or the first Sunday of Advent.

We gather again on March 27th for 'Palm Saturday'. Activities include prayer walks, crafts, drama, game-playing and, more often than not, special outreach projects for social service agencies in the community. The day is always fun, energetic and often loud. A number of years ago we developed a feature in our activity days called DEAP, short for "Drop Everything And Pray". During a period of DEAP the children, and any adults present, make their way to various stations where they pray-while-doing. Sometimes children choose to sit quietly in the chapel or library. Sometimes they do puzzles, make cards for seniors, construct biblical scenes with Lego, or work with beads. The predominant feature of DEAP is that everyone is silent. That's right – silent. Hard to imagine though true; from pre-schoolers to high school students, all are silent. In fact, we need to remind the adults not to talk! DEAP usually lasts about an hour and fifteen minutes. As we were beginning our recent Ash Wednesday program, Eleanor, who is six, asked if we were going to be silent later on. I said "would you like to?" She said "yes" and indeed we were. The silence of DEAP has become very much a part of the spirituality of the children of Christ Church Bells Corners.

Recently someone remarked that it was too bad that others in the parish are not able to experience DEAP. So, on March 27th during the Palm Saturday Activity Day, everyone is invited to come along and participate in DEAP with the children beginning around 3 pm. We will set up additional stations for adults, although everyone can participate in any station. Following DEAP, at 4:30, we will make palm crosses together under the leadership of our Altar Guild. If you would like to attend, arrive between 2:45 and 3 pm and remember please, no talking; we will be silent. It is a remarkable thing to be in our church building full of people though together prayerfully and silently being in God's presence. It is a good way to begin our journey through Holy Week.

Yours in Christ,

Peter John †





Vestry 2010 Highlights

- The budget outlined in the Vestry package was approved
- The budgeted included funding for a full-time curate effective March 1st 2010.
- Recommendations from the Mission and Outreach Evaluation Committee were approved, including participating in micro-missions.
- The Cornerstone Saturday Supper is such a micro mission and continues to be successful
- The recent loss of David Neave was acknowledged and felt by all. He was to be Rector's Warden for 2010-2011 – this position will be filled by Janet Martin.

Your Parish Council for 2010-2011

Rector	Peter John Hobbs
Assistant Curate	Laurette Glasgow
Rector's Warden	Janet Martin
People's Warden	Sharron Hamilton
Deputy Wardens (2)	Margaret Lemaire Ed Daley

Committee Chairs:

Church School Support	Donna Bright
Communications	Heather Howley
Facilities	Paul Séguin
Finance	Victor Wehrle
Mission & Outreach	Warden, TBD
Priorities & Planning	Corporation
Worship	Cathy Séguin
Youth	Peter John Hobbs

Synod Delegates (4)	Janet Martin Karen Harrison Margaret Lemaire Susan Whitton
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Members-at-Large (6)	David Alexander Erin Coffin Colin Franklin Mary Elderkin Jennifer Hubbard David Roscoe
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From the Curate's Corner



We all seem to lead busy lives. We try to fit it all in. There is never enough time. There is never a "good" time. It is never the "right" time. Families juggle various combinations of sport and music practices, school events, homework, and family leisure activities. Add to this working, keeping up in your field, hitting the gym, walking the dog, and preparing nutritious meals! The scheduling challenges alone are worthy of a well-trained logistics consultant!

Many are in the 'sandwich generation', caring for both children and ageing parents. Others are coping with variations on family configurations – the "yours, mine, and ours" phenomena of the 21st century. As for those in their 'golden years', make no mistake: we know you are busier than ever! Finding the right balance between work and home is a continuing challenge for so many.

Was it ever thus? Did previous generations have to cope with as many challenges, expectations, pressures and demands on their time? I suspect that they did. Technology, of course, has changed how we use our time. We no longer have to spend a whole day doing the laundry nor do we have to travel great distances to fetch a pail of water. So, how are we reinvesting our time?

One of CCBC's great gifts is its generous, giving heart. This generosity finds expression in living out our Christian commitment to love and to serve others in so many ways, including offering up that precious commodity of our lives...time. The number of hours volunteered during the year would fill the calendar several times over. But for many, time pressures and competing commitments make it difficult to contemplate offering more than an occasional few hours.

Last year, Vestry decided to set up a Mission and Outreach (M&O) Evaluation and to explore the germ of an idea for a more hands-on approach to M&O through 'micro-missions' or special projects that could be done in bite-sized pieces.

Since last November, CCBC has been exploring this idea through the Cornerstone Saturday Evening Meal project. Each week, a team of volunteers meet to plan, prepare, and deliver a warm and nutritious meal for the women of Cornerstone. Three months since Cornerstone burned down, this ministry is thriving. By offering just a few hours each week, different teams have made a great difference in the lives of some of the most fragile and marginalized women in our city. One volunteer echoed what Sue Garvey has told us repeatedly - the women at Cornerstone appreciate the quality of the meals we offer, seeing them as their Saturday feast, a feast that gives them a greater sense of being valued and loved. Now that is a Sabbath feast!

The beneficiaries have not been the women of Cornerstone alone. So many members of the various teams have told me how they too have experienced something special in *doing* something tangible for others. Church-talk would call this ministry development and faith deepening experiences. And so they are. So, why stop there? What other 'special projects' await our occasional few hours? Opportunities exist. Over the next few months, I will be working with others to discern how we might engage in ways to contribute through special projects. Whether in our own backyard or in a distant land, a few hours can make all the difference to others and to us. Stay tuned.

Laurette Glasgow

Ash Wednesday Activity Day

On Wednesday, February 17th we held our annual Ash Wednesday Activity Day for the children of our parish. Children from pre-school to high school were absented from school to attend a whole day program designed around the themes of water, Baptism and Eucharist.

On our prayer walk, we learned about the power of water and its importance in our lives. We learned that in the early church, Lent was a time of preparation for Baptism and your Communion. We re-lived the plight of the early Christians hiding in the catacombs of Rome and secretly receiving communion because we were passionate and committed to our faith.

Our outreach for the day focused on Centre 454, with the children sorting the donated items into winter care packages, and making soup, sandwiches and cookies to be delivered to them. We treated our neighbours, the West Ottawa Community Resource Centre, to a lunch of soup, sandwiches and apple crisp. We made and delivered cookies to the firefighters next door, we made pine-cone bird feeders to put out in our gully and we made home made dog biscuits for the Humane Society.

To reinforce our messages about water, the children were challenged to filter dirty water with home made water filters to see which method and materials worked the best.

We held a church wide scavenger hunt where multi-age teams were sent off searching, counting, locating or performing a task to see how well they knew their own church.

During DEAP (Drop Everything And Pray) time the whole church became silent for ONE hour. Children were free to move about and chose their favourite activity, from creating a LEGO Ash Wednesday display, working with beads, making a card to go out to our shut-ins or making Altar bread for our service that afternoon. We concluded our wonderful day with a family Ash Wednesday Service for all who attended.

Thank you to all the volunteers, group leaders and kitchen supervisors who helped make the day a great success.

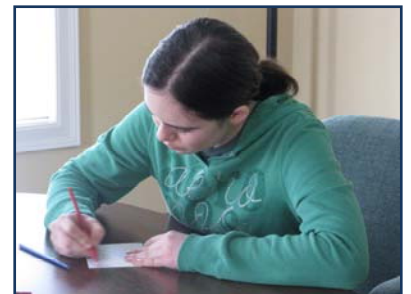
Susan Whitton and Donna Bright



Working with beads



Filtering water



Making cards



Reaching out to their community: Children and youth making sandwiches





Chapel Chat

Have you had the opportunity to participate in our Sunday forum, Chapel Chat? Each Sunday in Advent, we gathered at 9 a.m. in the Chapel for a half hour of reflection and discussion on the Hymns of Charles Wesley.

Throughout Lent, we are gathering at the same time and place to explore and discuss Bible stories related to our Lenten theme of Water. We started with The Waters of Creation and are moving on to The Waters of Destruction. This will be followed by The Legacy That We Leave – Muddy Waters? and The Woman at the Well. The Lenten series will finish with The Waters of Baptism. Come and experience the rich symbolism and the theological significance of water in both the Old and the New Testaments.

Laurette Glasgow

Water: A Global Challenge for the 21st Century



On February 19th, after a simple supper of excellent soups, Claude Laverdure gave an inspiring and informative talk. It was a wonderful beginning to the Water Symposium and kick-off for our Lenten Water Project. As a former senior diplomat and ambassador, he served in five out of the ten poorest countries in the world (and a few rich ones too). He also served as the Foreign Policy, G8 and Francophonie advisor to the Prime Minister.

In his retirement he is very involved with the *One Drop Foundation* whose aim is to provide access to water to everyone as a means to alleviating poverty. He spoke of his experiences doing development work in many countries. He emphasized that small, sustainable projects done well, and in partnership with the local people, can have huge and lasting effects on impoverished communities. He acknowledged the disappointments and difficulties intrinsic in working with political regimes that can change in a minute and are often corrupt. He stressed that this work is not about generosity from a very rich country with abundant water. Instead, it is about our obligation to ensure that all people have access to safe water, shelter, education and health care.

On the 20th of February, Leslie Moreland of *WaterCan* and Beth Lorimer of *RiverKeeper* talked about their work in Africa and in the Ottawa River watershed, respectively. It was interesting to compare the dire need for safe water in rural communities of Africa with the dangers caused by our communities upon the safety of the Ottawa River water supply. *WaterCan* works in partnership with local groups to ensure that projects meet community needs and are locally owned. For example, a water tank attached to a small rural school improves the lives of its students and teachers, and thus the community as a whole. *RiverKeeper* tries to limit development from impinging on wetlands and river banks so that native wildlife, plants and fish can thrive and water purity is maintained. Another concern is the need to improve infrastructure so that polluted run-off and sewage do not flow into the river. Both organizations emphasize education about water and sanitation.

All three speakers challenge us to be more aware of water, its use and abuse, and the dire need for clean water in so many parts of the world. The program included prayer and liturgy that emphasized our Christian responsibility to be stewards of God's creation. In response to these needs, CCBC has initiated a Lenten project to raise funds for a PWRDF water project in Tanzania, in partnership with CIDA and the Diocese of Masasi. Parishioners are invited to make a financial contribution: cheques should be made payable to Christ Church Bells Corners with 'WATER' clearly noted on the envelope. Cheques may be placed on the collection plate or mailed to the church. The water project concludes at the end of Lent on Holy Saturday, April 3rd.

Refuge NOW Update

Refuge NOW is an ecumenical group representing the churches of CCBC, Bells Corners United, St. Michael and All Angels, St Stephens and Knox United. Last February we were accepted by PWRDF as a sponsorship group in their 50th Anniversary project to sponsor 50 refugee families. In fact we were the second group to be chosen, and in early March 2009 we joyfully welcomed Ter Moo Sel, They Cel Lah Bay and their children Kamoy (4 years old) and Kler Nay (18 months) to Ottawa. The family were refugees from a camp on the Thai-Burma border. What a busy and exciting year it has been for them! While the parents attended their ESL classes, the children have been busy learning English in their childcare. In January they welcomed Jem Ci Ci – a beautiful baby girl – into their family.

Our sponsorship of this family is now coming to an end and while they will continue to face many challenges in their new life in Canada, Ter Moo and They Cel Lah are making great progress in their attempts to adjust to this new language and culture.

In January Refuge NOW was the recipient of the money raised at the annual Ecumenical Breakfast. This money, plus other donations will be used as 'seed money' as we plan and organize for another sponsorship in the future.

A big thank-you goes out to all who gave so generously and responded to the call for furniture, clothing, household items, time and financial aid – our job would be impossible without your help.

Dorothy Coverdale, Caroline Fitzpatrick and Lisa Bourdage

A Special Gift from Edith

In the days before Christmas Edith Wiggins passed away quietly and surrounded by friends. Edith became a member of CCBC in 2002 when she and her husband Roy attended one of our monthly services for seniors. Roy passed away in 2005 with Edith by his side and with the support of our pastoral care team. Early in the fall of 2009 Edith was informed and accepted the reality that she was entering palliative care. Within a few weeks a cheque for \$10,000 arrived at the parish office signed by Edith. Edith did not want to change her will so she decided that while she still could she would make a planned legacy gift to her parish church. With Edith's approval, her special gift was deposited into the Ministry Trust Fund and will support the outreach, pastoral and educational ministries of our parish church for many, many years to come. Edith's gift, in fact, enabled the Ministry Trust Fund to surpass the value of \$100,000 - meaning that, for the first time since its inception, income earned from the Fund will be used to support the costs of our ministry in 2010. For those who knew and loved Edith, this gift was no surprise. She was a generous soul who loved her Church and her Lord. As she abides in glory it is comforting to know that her gift will enable her commitment to ministry to continue. If you would like information about how to make a planned gift to CCBC, please contact the parish office.

Sing God's Praises!

During past Advent services, members of our congregation have joined the choir in singing selections from Handel's *Messiah*.

You are once again invited to join the choir to sing an anthem after the Easter season. The anthem is a work by Gustave Holst called *Eternal Father*. Although it is not as difficult as *Messiah* it is equally inspiring, so come along and join in sing God's praises.

For further information contact the Choir Director, Terry O'Connor at 613-828-5160. Details will follow.

Terry O'Connor





Holy Week Services at CCBC

Monday in Holy Week, March 29th
 Choral Evensong, 7 pm in the Chapel

Tuesday in Holy Week, March 30th
 Service of Scripture, Song & Silence
 in the Chapel

Wednesday in Holy Week, March 31st
 Church School Supper
 Instructed Eucharist
 5:30 pm in Foundation Hall

Maunder Thursday, April 1st
 Eucharist, 7 pm in Foundation Hall

Good Friday, April 2nd
 Children's Service,
 9:30 am in Foundation Hall

Meditations & Anthems
 1 pm in Foundation Hall

Easter Sunday, April 4th
 Easter Sunrise Service, 6 am
 (Begins outside and moves to Chapel)
 Festal Eucharist, 8 am in the Chapel
 Festal Eucharist, 10 am in Foundation
 Hall

**Coming
 Events**

- Chapel Chat with the Clergy
 Sundays during Lent at 9 am in the chapel
- Lectio Divina with the Rector
 Thursdays during Lent at 6:30 pm in the Lounge
- Cooking With Erin
 Friday March 5 at 5:30 – 7:30 pm
- Registration Deadline for Palm Saturday Children's Activity Day.
 Sunday, March 7
- St. Andrew's Group /A.C.W
 Wednesday March 17 at 1pm in Foundation Hall
- Men's 113th Cursillo Weekend
 Thursday, March 18 to Sunday, March 21
- Ottawa West End Community Chaplaincy Annual General Meeting
 Sunday March 21, 4 pm at St Stephen's (light supper to follow)
- Lenten Healing Service
 Monday March 22 at 7 pm in the Chapel (silent meditation begins at 6:30)
- Palm Saturday Children's Activity Day - Amazing gRace
 Saturday March 27, 12:30 to 4:30 pm
- Youth Gathering
 Sunday March 28 after the 10 am service
- Monthly Service for Seniors
 Wednesday March 31 at 2 pm
- Confirmation Class
 Saturday April 10th, 10 am to 2 pm with lunch. Parents to join at 1 pm
 Tuesday April 20th, 4:30 to 6:30 pm with snack. Parents are not required to attend.
- St. Andrew's Group /A.C.W
 Wednesday April 21st, 1 - 3 pm in Foundation Hall
- Youth Gathering
 Sunday April 25th, after the 10 am service
- Monthly Service for Seniors
 Wednesday April 28th at 2 pm
- Spring Gala Fundraiser
 Friday April 30th
- Garage Sale
 Saturday May 8th
- CCBC Spring Classic Golf Tournament
 Saturday May 29th

FROM THE PARISH REGISTERS

- Baptisms:**
Thomas Gray Howley, son of Heather and Leonard Howley
Bronwyn Victoria Dixon & Charlotte Thea Dixon, daughters of Thea Udd and Mark Dixon
- Funerals:**
Francis (Frank) George Flatters *John Montague McGuire*
Eleanor Margaret McKay *David John Neave*
Roberta Sadler *Gordon Bruce VanTol*
Edith Annie Wiggins