



# MERIVALE-FALLOWFIELD NEWSLETTER

Advent 2005



## MESSAGE FROM THE OFFICIAL BOARD

I'm sure that everyone knows that Rev. Carnahan is making a very strong recovery from his surgery. He is ready to return to work mid November on a half time basis until the end of November. As the Christmas season gets into full swing, so will Reverend Carnahan.

In Rev. Carnahan's absence, we have been very fortunate in having both Rev. Hewlett and Rev. Stanley Ralph to turn to for leadership. Please join me in thanking them on behalf of both Congregations.

As our 50th anniversary as a joint pastoral charge comes to

an end, I want to thank all the organizers of the wonderful events we have enjoyed over the past year. Without these volunteers, these fun outings would not have occurred. Thanks.

As our 50th anniversary ends though, it would be nice to see a continued effort to keep our congregations active together in the years to come.

Thank you to all who come out and attend our Official Board quarterly meetings. We are having our next meeting on

November 16th at Merivale at 7:30.

*Murray Airth*



Rev. Stanley Ralph on Thanksgiving Sunday.

## LETTER FROM REVSTU

Dear Editors (Jean & Gary):

I would like to convey my thanks for again allowing me to take Worship Services at the Merivale/Fallowfield Pastoral Charge.

You allow me to be myself, to share my faith, and to enter those who are sick and shut-in.

As you all know, I am getting to be an old man, and might not have that many years to go, but whenever you need me,

ask and I will continue to produce sermons with a Bible in one hand and a newspaper in the other.

Thanks for your support and compliments.

*Stewart A. Hewlett*



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## CHRISTMAS HYMN SING



Since we began our year of 50th anniversary celebrations by observing and enjoying Christmas lights, it is fitting that we end by enjoying and singing Christmas music. As our spring hymn sing was so popular, it was suggested to try another one, and what better than a true carol-sing!

It is difficult to sing all the old favourites during the Sunday services, so come out on Sunday, December 11th, 2005 at 7 p.m. at Fallowfield. We'll raise the rafters with joyful caroling!!!

*Barbara Fraser*

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## ANNUAL COOKIE EXCHANGE AND WORSHIP SERVICE

What started out as a ladies' recipe exchange, has developed into a much deeper and profound evening of music, worship, prayer and reflection. We will begin our evening by exchanging cookies and other favourite Christmas baking. If you wish to exchange two dozen treats, bring two dozen treats, wrapped in ½ or one dozen packages. If you prefer three

dozen, bring three dozen, etc. I'm sure you get the idea.

Following this enjoyable exchange, we will enter the church sanctuary, where we can reflect by candlelight, and "calm our souls", even if only for a short time. Readings, poetry, prayer and song will complete our quiet service. Hopefully, you will leave with a true Christmas feeling,

Join us at Fallowfield on November 29th, at 7 p.m. All are welcome, men or women, from both congregations

*Barbara Fraser*



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## MERIVALE MAINTENANCE COMMITTEE

The maintenance crew has been up to their normal duties with paint touch ups etc. An extra chore this year was the



installation of carbon monoxide and smoke detectors on both levels of the

church and the CE Hall.. Anyone wish to act as a fire monitor?

*Jim Whittaker*

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## COFFEE TIME AT FALLOWFIELD

After the first service at the beginning of each month, we all retire to our back hall. Fresh coffee for 60 and finger foods are available.

We chat about our wonderful church and the inspiring sermons of our minister.

In September, Eva and Cheryl looked after the food. October's coffee time was held after the turkey dinner so we all had left-over pie!

This month, Robbie, Linda and Jamie supplied the tasty morsels.

If you would like to help with December's potluck and the Christmas gathering, you are welcomed to volunteer. As well, we are looking for people for next year, so please give Janet Fraser a call at 831-3330.



## THE FALLOWFIELD TURKEY DINNER

Once again Fallowfield's Annual Turkey Dinner, held October 1, was a big success. Ticket sales were down slightly this year, as Munster held their dinner on the same night. We served 423 dinners. However, hard work and thrifty spending netted a profit



of almost \$4000. The leftover food was gratefully accepted by Centre 507.

There is so much to do - organizing, phoning, selling and buying tickets, cooking turkeys, preparing food, serving, not to mention washing enough dishes for an

army! We cannot personally thank everyone who was involved in this event. However, the selfless giving of people such as yourselves, during that very hectic weekend, helps to keep the church financially strong and vibrant. Know that your work is so very much appreciated.

*The Fallowfield Social Committee*

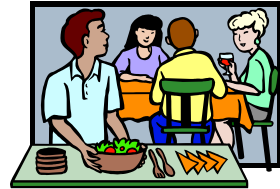
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## MERIVALE SOCIAL COMMITTEE

We had another good day at the Quilt Show. We served around 120 people. My sincere thanks to Natalie and Sarah for their help serving.

Without all my helpers we couldn't do it. Thanks to all. Our next event is the Christmas potluck on Dec. 11.

*Sandy Whittaker*



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## MERIVALE FELLOWSHIP GROUP

The Fellowship Group resumed activities for the season on September 28.

Treasurer Inger Nielsen reports that the Group has contributed \$2000 toward the new door for the Christian Education Building. Members are looking forward to a

presbyterial meeting November 25 at Barrhaven United Church. If you would like to attend, please contact Isobel Strath.

The Group held a highly successful bake and handicraft sale in conjunction with the quilt show.

The annual Fellowship Christmas potluck is planned for November 30.

On December 07, we will be packing Christmas baskets for friends who are unable to join us for the season's activities.

*Lila Hird*



*Orchids to Barbara Bell who, for the past three years, has served very effectively as Fallowfield's coordinator/editor of this Newsletter.*

*A very warm welcome to Gary MacDonell, who takes over the helm with this issue.*

## FALLOWFIELD SUNDAY SCHOOL

After a wonderful, warm summer the Fallowfield Sunday School has resumed and we welcome back our students and teachers and invite those children who are new to the church and those children not currently attending Sunday school to join our classes - it is never too late to sign up! We run two sets of classes each week, one for children four to nine and another class for children nine and up. We are always looking for volunteers, so if you are interested in

teaching or helping out in the Sunday school please call me at 823-6814. We are also looking for old magazines for collages so if you have any that you would like to dispose of we will gladly take them off your hands.

With the holiday season fast approaching we are preparing for our White Gift Sunday and our Christmas Pageant, which will be held on December 4, 2005. It is a wonderful service, the children put on a terrific show

and it is followed by a potluck luncheon - we hope to see you all there. In light of the holiday season, there will be no Sunday school classes Sunday December 25 and Sunday January 1. Sunday school will resume in the New Year on Sunday January 8, 2006. On behalf of the Sunday school we would like to wish you and your families a happy, healthy and safe holiday!

*Erica Armstrong  
Superintendent and Secretary*



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## MERIVALE SUNDAY SCHOOL & NURSERY

This fall we have had the pleasure of welcoming baby *Benjamin Kelly* (Ben) and his parents Lauren Northcott and Peter Kelly to the church. Ben is 4 months and a real joy.

We would like to also welcome *Logan Scott* (age 4, Junior Kindergarten) and his parents Lauren Nearing and Jason Scott. We have enjoyed having Logan participate in the Sunday School. Congratulations to Lauren and Jason on having baby *Lochlan* who was born on Oct 7!

Our two regulars in the Nursery, Ainslee O'Connor and Maxwell Shewan, are

now very comfortable with each other and quite interested in Ben. Ainslee and Max are growing and it is wonderful to see their progress each week. A special thanks to Joanne Frolek and Claire Davis for helping out on Thanksgiving weekend at the last minute.

New to the church and Sunday School are *David McCreath* (Grade 4) and his mother Delia; we would like to extend to them both a warm greeting.

*Gavin Hector*, grandson of Sandy and Jim Whittaker has also started coming to Sunday School this fall and

we are pleased to have Gavin with us.

Sarah Shewan, Erica Anderson and Brooke Ruskin have been continuing with the Programme "Through the Bible in a Year" while at the same time interjecting some of the Old Testament Bible Stories and relevant stories such as for Remembrance Day. The Sunday School remains very flexible and we are welcome all ages; to some extent we are working as a "one room schoolhouse". There is the recognition that it is often difficult to accommodate family schedules and we are trying

to make it as easy as possible for the children.

Natalie and Rachael Anderson have been helping out in the Nursery and Bev Ruskin has helped with the teaching. We miss seeing Brett Ruskin (who completed the confirmation class last year). Brett teaches swimming at the Sportsplex

on Sunday mornings to young children and we are sure that he is doing a wonderful job – lucky kids.

To all of the newcomers this fall, we are very pleased to have you. Please feel free to make any comments or suggestions to better the programme.

*Arlene Anderson*



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## REFLECTIONS

God said "let there be light" and there was light"  
Jesus said "suffer little children to come unto me"

Rev. Carnahan pleaded with the congregation "We need new members"  
Increasing numbers of the congregation and new families have responded with their little miracles.  
Their little voices are a welcome addition to our Sunday services.

May God bless them and protect them for they are the future of our Church.

*Jim Whittaker*

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## THE CURLING EVENT



On November 5, a gathering of about 25 stalwarts from the two churches assembled at the Richmond Curling Club for an afternoon of exercise, fellowship, and light refreshment.

Barbara Fraser gave the youngsters a bit of instruction so that they, too, could enjoy the sport.

The outing appears to have been a big success.







Don Robertson, assisted by Ryan and Matthew Hemsley, opens the show. Don was introduced by Gayle Ashby.

### MERIVALE QUILT SHOW

Merivale United Church is now famous for its quilt show. The display evokes awe for the talent of women who can take little pieces of material and create works of art, full of warmth and colour, with no two exactly alike.

Our 2005 biennial Quilt Show was once again a great success. The theme was *The Year of the Veteran*, and featured the War Bride Quilt made by Barb Vant'Slot. We were thrilled that Barb's mother, Mrs. Morin, and her friend, Mrs. Stewart, war brides themselves, were able to be with us to share their memories.

In keeping with the theme, Don Robertson, a veteran and a member of our congregation, officially opened the show and bazaar. He was flanked by two air cadets, Ryan and Matthew Hemsley, grandsons of Bob and Shirley Donegani, great grandsons of Bob and Alice Bell. Rev. Stewart Hewlett offered a prayer, and Joan

Peterkin accompanied the singing of *O Canada*. With the help of Carol Ann Meehan and CTV, we were able to attract a number of people, who saw a news bite of our colourful church on the 6 pm news.

In the sanctuary, there were over 100 quilts, some valued at \$1200, some more than 100 years old. That their owners allowed us to show them, truly amazes us. The display was augmented by five wedding dresses worn during the war years by family members of our congregation. We are grateful to everyone who allowed us to share their treasures in order to create such a kaleidoscope of colour.

Many people beyond our group of quilters helped us over the three days, setting up the show and taking it down again; husbands who scaled ladders were very much appreciated. With their help, in two years, perhaps, we'll find the energy to do it all again!

A few quilts were sold, but a Barbie Doll single size is still available. We have a few others ready to quilt, and a new outreach project to begin. We plan to make lap quilts, using a variety of textured fabrics with tactile additions, for the use and comfort of Alzheimer patients. The challenge is to line both sides of the tunnel with them as they are completed, then pass them on to the coordinator, Sharon Monkhouse, who visited our group and inspired us with her enthusiasm. Anyone interested in becoming involved can join us on a Wednesday morning, or speak to Gayle, Sandra, Alice or Shirley, who are collecting 8-inch squares of fabric with interesting textures—corduroy, fun fur, satin, velvet, brocade, flannelette, net, denim, etc.

We continue to welcome visitors and quilters to Wednesday mornings full of activity, fellowship and fun.  
*Sandra Marshall, Gayle Ashby*

## THE MERIVALE/FALLOWFIELD 50<sup>TH</sup> ANNIVERSARY



How often do you see two churches marking their golden anniversary?

On September 4, Merivale and United Church celebrated 50 years together as a joint pastoral charge. Both churches have an individual history going back into the 1800's and both had worked with several previous partners when they joined forces in 1955.

Certainly there have been differences but, for the most part, the two congregations work well together and enjoy each other's company.

The celebration took place on a hillside outside the Mowat Barn, roughly half way between the two churches. It was a beautiful day, clear and bright. The event began with an exuberant open-air hymn-sing, lead by the Fallowfield choir.

The worship service was conducted by Rev. Martin Carnahan. Rev. Dale Burkart, now of Westway United Church in Etobicoke, was the special speaker. Dale was minister of the Merivale/ Fallowfield charge during his final years at Queen's University. He had a thought-

provoking message about the place of contemporary styles of music in the church.

The worship service was followed by hot dogs and hamburgers barbecued by the Fallowfield men, with salads and desserts brought by Merivale.

We had invited as many friends and former members as we could find, and there were many joyful reunions in the course of the morning.

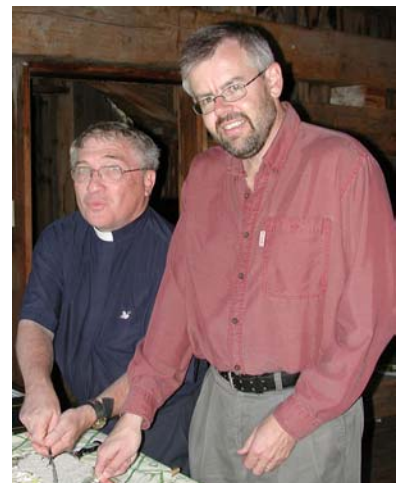
*Jean Stalker*



Former Reeve Aubrey Moodie chatting with Myrtle Lytle.



Host Bob Mowat with Emeritus Minister Rev. Stewart Hewlett.



Rev. Martin Carnahan and Rev. Dale Burkart cutting the cake.

## CORNEA TRANSPLANT

Helen Wilson has a new cornea. The cornea is the clear, dome-shaped surface covering the front part of the eye. The main function of the cornea is to help focus light on the retina and to protect the iris and lens.

To have good, sharp vision, all of the structures of the eye must be in good working order. When the cornea becomes hazy or damaged by injury or disease, light no longer passes through it. The operation involves removing the damaged part of the cornea and replacing it with a clear cornea from a donor. Unlike some tissues and organs, the cornea doesn't necessarily have to be matched by age, sex, or tissue type, although in certain eye conditions a matched blood type is best.

About 8% of all blindness is related to the cornea, and cornea transplants are a cure with a success rate of over 90%.

The organs are flushed with a special preservation solution, packed in sterile containers and packed with ice to keep the temperature at 4 degrees centigrade. Different organs/tissues have different preservation times: kidney, 72 hours; liver, 10-12 hours; heart, 4-5 hours; pancreas, 6-8 hours; lung, 5 hours; heart/lung, 4 hours; corneas, 72 hours; skin and bone,

several years. Internal organs such as heart, liver, lungs, and kidneys must be removed as soon as possible after the pronouncement of brain death. Eyes, bone, and skin are recovered after the heart has stopped beating-- usually within 12 to 24 hours, and these tissues do not require a ventilator.

After the cornea was harvested in Toronto, it was sent to Ottawa on a bus! Helen had the round piece of her cornea removed and replaced by the clear donor cornea. The new cornea is sewn in place. She will be using eye drops and ointments to help the cornea heal. It is usually possible to return to work after a week or two. In about a month, it's possible to resume most of one's pre-surgery routines. Because the cornea heals slowly, full improvement in vision may take a year or more.

In Ontario last year, over 1200 individuals had their sight restored by corneal transplants made possible by eye donations. There is at present a critical shortage - 59 surgeries have had to be cancelled due to lack of available tissue. Helen would like to remind you to sign your donor card and talk to your relatives about donation.

Only the cornea (clear, front part of the eye) is used for

corneal transplants. The sclera (white part) can sometimes be used for sight-saving surgery. The rest of the eye can be used for research to aid in future treatment of eye disease. If you donate you will still be able to have an open-casket funeral. No one will know there has been an eye donation. Very rarely, there may be a bit of swelling, but otherwise there should be no visible signs following donation.

Individuals with cancer can still donate their eyes, except for those with cancers such as leukemia, lymphoma or cancers / tumours of the eye itself. Even totally blind people can donate their eyes because there is no relationship between poor eyesight and eye donorship

A letter of appreciation is sent to the family. The actual identities of the donor and recipients are kept confidential under present laws. However, recipients and donor families can communicate with each other anonymously through the Eye Bank.

I would like to thank the web site of the Eye Bank of Canada for the preceding information. You can get more details by calling them in Toronto at 416-978-7355.

*Gary MacDonell*





### DID YOU KNOW?

On October 9, **Rev. Stewart Hewlett** was the special speaker at the 25<sup>th</sup> anniversary celebration of Riverbend United Church in Edmonton, a church he helped to build early in his ministry.

The sturdy young evergreen which has appeared in front of the entrance to Merivale United Church is in memory of **Lorna Cummings**.

Choir Director **Barbara White** has returned from a tour of Israel.

**Chuck and Betty Ross** have recently enjoyed a holiday in Rome.

**Dan and Jennifer Beckett** have left for a delayed honeymoon in Cuba.

**Garnett and Minerva Foster** are now living at the following address:

Stonehaven Manor  
70 Stonehaven Drive  
Kanata ON K2M 3B4  
Their telephone number is 886-4071

**Jim Marshall** is undergoing delicate neurosurgery in Toronto. Reports are that he is doing well and will be back at home on Wednesday or Thursday.

**David Bell** is home from the University of Ottawa's Heart Institute at the Civic Campus of the Ottawa General Hospital. According to his doctors, he is recuperating on schedule.

**Helen Wilson** has had a cornea transplant. Read more about it on page 8 of this newsletter.

**Celebrations:** You can become part of the team that acknowledges the special anniversaries in our church. Along with Ruth in the church office, the team tries to send a card to anyone in the congregation who is celebrating a special wedding anniversary or birthday. Call Helen Wilson at 838-5521 to learn how you can help. As well, CTV Ottawa, Max Keeping's show at 6 p.m., will mention those who are 90 years and older, as well as those couples who have been married for 50 years or more. They deserve a medal, but they will have to do with J.J. Clarke reading their name on the television. Call during normal working hours and speak to Claude at 224-1313.

**Nepean Heartland Trefoil Guild** - The Nepean Heartland Division is looking to create a Trefoil Guild in the Nepean area. Trefoil Guild is an adult-only group within Girl Guides of Canada for women over the age of 30. The Trefoil Guild provides an opportunity for fellowship, learning and fun. Please call Marilyn Fischer at 613-825-5879 or Jane Burgess 613-825-0847 for more information.

**Linda Asselin and Dave Lyon** have been raising funds for the CGIT (Canadian Girls in Training) through the sale of honey and related products. .This is a campaign that takes place every year in October. Linda is on the national executive of the CGIT.

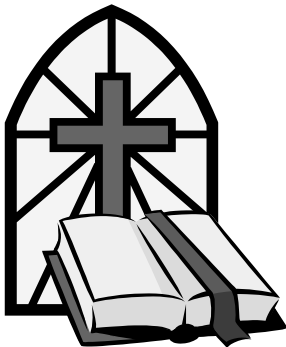
The Crerar family has been a partner with the Ottawa CGIT Committee in this undertaking for over 30 years.



### CONGRATULATIONS

**Scott/Nearing:** Congratulations to Jason Scott, Lauren Nearing and to big brother Logan Scott on the arrival October 7 of Lochlan Scott.

### SYMPATHY



Sympathy is extended to Claire Davis and family on the loss on August 29, 2005 of **Lorne James Davis**.

Through many telephone conversations, I came to know Lorne Davis as a caring family man, a sports enthusiast, and a George

Jones fan. He was a Nepean fireman before his retirement.

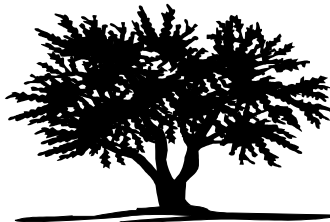
Lorne was born and raised in Quyon, "up the Quebec side". A few years ago, Lorne, Claire, and Erma Roach took Tom and me on a tour of the area. We saw where they had been raised, where they had gone to school, the dance hall where they had met and the church in where they had been married, the Bristol mines, and Tim Horton's camp. We enjoyed a picnic lunch at Norway Bay beach, walked the boardwalk, and ended the day in Quyon with

a charity golf tournament and dinner.

Lorne was heartbroken when he lost his son Danny. He and Claire accepted the responsibility for getting Danny's family back on their feet.

When Lorne entered hospital on August 4, he told Claire that he would be home on Tuesday. He fought a brave fight, and went home to the Lord on August 29. He is buried in the lovely cemetery in Norway Bay.

*Gayle Ashby*





**CALENDAR OF EVENTS**  
**Merivale/Fallowfield Pastoral Charge**

Sunday Nov 20	Advent Newsletter Rev. Martin Carnahan is back in the pulpit.
Wednesday Nov 23	Meeting of the Merivale Fellowship Group is rescheduled to November 30.
Friday Nov 25	There will be a UCW Presbyterial meeting at Barrhaven United Church. Please contact Isobel Strath if you would like to go.
Sunday Nov 27	First Sunday of Advent. Coffee after the service (M)
Tuesday Nov 29	Worship service and cookie exchange, 7:00 pm at Fallowfield (F,M)
Wednesday Nov 30	The Merivale Fellowship Group will be holding a Christmas potluck. (M)
Sunday Dec 04	Second Sunday of Advent. White Gift Sunday (F,M) Fallowfield Christmas potluck (F)
Wednesday Dec 07	Packing Christmas baskets for those who can't join us for the events of the season. 9:30 am (M)
Sunday Dec 11	Third Sunday of Advent Merivale Christmas Potluck.(M) Christmas carols at Fallowfield, 7:00 pm
Sunday Dec 18	Fourth Sunday of Advent Holy Communion at both churches
Saturday Dec 24	Christmas Eve. Merivale service at 6:00 pm; Fallowfield service at 8:00 pm.
Sunday Dec 25	Christmas Sunday

	<b>Merivale-Fallowfield Newsletter</b>		
	Issued quarterly by the Merivale-Fallowfield Pastoral Charge of the United Church of Canada		
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