



## FOR THE WEEK OF SEPTEMBER 17 - SEPTEMBER 24, 2023

We have a **\*NEW\* Fall Calendar!** Click [HERE](#) to get an easy glimpse of the weekly activities as well as upcoming events for September and October.

Please note that the celebration of life for Roy Baker will be taking place at Arlington Woods Free Methodist Church on Wednesday, September 20th at 11:00 a.m. with a lunch following the service in the Evergreen Hall.

The family of Annette Walker would like to express their gratitude for the beautiful flowers for the funeral of her mother, Violet Walker, and the prayers and support of the Arlington Woods Church family. Annette is especially grateful for the kind words from many members of the congregation to Mom when she used to attend church despite her limited speech and the treats from the White Pine Cafe that she used to enjoy.

**Friends For Dinner** Friends For Dinner is back for Thanksgiving! Your kindness and hospitality will help international students find a home away from home. Click [HERE](#) for more info and to sign up.

If you haven't liked us on [Facebook](#) and [Instagram](#) be sure to do so! We have a lot going on in our church family and we're continually updating these pages with info and images about our church family.

We invite you to join us in-person on Sunday mornings. We also stream our services on our [Youtube channel](#).

Contact the Church Office at [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca) if you would like to receive our **Weekly Email Blast** to stay informed on the life of our church.

To **donate** to Arlington Woods Church, go to <https://arlingtonwoods.ca/donate.php>.

Are you new? by filling out our **online welcome card** we are able to connect you to our church community! <https://arlingtonwoods.ca/welcome.php>.

Watch **Kidzone weekly videos** at <https://arlingtonwoods.ca/kids.php>. These include worship, drama and animation for kids of all ages.

**Small groups** are an important part of our church community life. Click [HERE](#) to find a list of our current small groups.

**PRECEPT BIBLE STUDIES (weekly, in person, Room K)**. Yolande Parsons is leading this small group at 7:00 p.m. on Wednesdays and will be studying the topic of Prayer **beginning on Wednesday, September 13th, 2023**. All are welcome. If you are interested in joining in the upcoming Study on Prayer, with a key resource being *Kay Arthur's "Lord Teach Me How to Pray"* book, please contact Yolande at [awcprecept@gmail.com](mailto:awcprecept@gmail.com) by Friday, September 8th, 2023 so that we can have sufficient copies of the book.

## FRIDAY

**6:30-9:00 p.m. Friday, September 15 - CATALYST YOUTH** (grades 6 to 12) restarts **TONIGHT** in the Creekside Room. We're launching a new series "School Supplies", where we'll be talking about important things to carry with

you as you begin a new school year. Email [ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca) to sign up for Catalyst emails. Visit [www.arlingtonwoods.ca/youth](http://www.arlingtonwoods.ca/youth) for details.

## SATURDAY

**8:00 a.m. - 12:00 Noon - 5-YEAR TORNADO ANNIVERSARY** Join us at the White Pine Café on Saturday, September 16th from 8:00a.m. - 12:00 noon for **FREE** coffee, tea and baked goods as we honour when our community came together and supported one another 5 years ago. There will also be some kid-friendly activities in the foyer and Evergreen Hall between 9:00 a.m. and noon.

**11:00 a.m. - 3:00 p.m. - Trend Arlington Community Association (TACA) Community Day** - TACA's annual Community Day is back again this September 16 from 11 am to 3 pm! There will be live music, food trucks and lots of fun for the whole family! Visit <https://www.trendarlington.ca/> for all the details.

## THIS SUNDAY

### For Sunday, September 17, 2023:

**9:00-9:30 a.m. - WHITE PINE CAFÉ OPEN:** Our Café is open before and after services. For details visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**9:30-9:50 a.m. - PRE-SERVICE PRAYER IN PERSON & ON ZOOM:** All are welcome every Sunday morning for pre-service prayer in Prayer Room or by zoom link through email.

**10:00 a.m. - ARLINGTON WOODS CHURCH SERVICE - IN PERSON & ON ZOOM:**

**JUST BE: BElong To Christ** This Sunday Pastor Mike continues in our new series, Just Be! As Christians we "Belong to Christ" and are called to serve or help one another. There is excitement when we come together for

a common good to fulfill the mission God has for us. Pastor Mike will challenge us from Philippians 2:1-4.

The Nursery will be staffed when the kids go down to KIDZONE.

To connect to our livestream service, [click here](#).

[Click here](#) to check out our FAQ on in-person services.

KIDZONE JK-6 kids program on Sunday mornings. [Click](#) for more information.

Follow the Sunday Message with YouVersion [Click to view the notes for this Sunday!](#)

If you missed the message from last Sunday, [view the service here](#)

## MONDAY

**9:00-11:30 a.m. - WHITE PINE CAFÉ:** The café will be open Mondays at 9 a.m., serving fair trade, organic Equator coffee and teas as well as homemade baking! Invite a friend or relax alone. Visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**9:00-11:00 a.m. - PARENTS OF PRESCHOOLERS (POP)** restarts TODAY Monday, Sept. 18 from 9:00 a.m. to 11:00 a.m. We invite you to attend POP with your preschoolers and help our church connect with our community. Visit [www.arlingtonwoods.ca/pop](http://www.arlingtonwoods.ca/pop) for details and to register for the new school year.

**7:00-8:00 p.m. - VIRTUAL PRAYER MEETING ON ZOOM**, special focus on Canada and our leaders. Check your weekly church emails for the ZOOM link.

## TUESDAY

**7:00-8:00 p.m. - VIRTUAL PRAYER MEETING ON ZOOM**, special focus on Church and Community needs. Check your weekly church emails for the ZOOM link.

## WEDNESDAY

**7:00-8:30 p.m. - PRECEPT BIBLE STUDIES (weekly, in person, Room K).** Tonight, September 13, is the Fall kickoff for this small group! Yolande Parsons will be leading this small group and we will be studying the topic of Prayer through *Kay Arthur's "Lord Teach Me How to Pray"* book. All are welcome!

## THURSDAY

**9:00-11:30 a.m. - WHITE PINE CAFÉ OPEN:** Our Café will be open Thursdays at 9:00 a.m., serving fair trade, organic Equator coffee and teas as well as homemade baking! Invite a friend or relax alone. Visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**7:00-8:00 p.m. - VIRTUAL PRAYER MEETING ON ZOOM**, special focus on Pastors and church leaders, Check your weekly church emails for the ZOOM link.

## FRIDAY

**6:30-9:00 p.m. Friday, September 22 - CATALYST YOUTH** (grades 6 to 12) is meeting in the Creekside Room. Drop in between 6:30-7:00 p.m. to hang out and play on some of our games tables or challenge a friend to a board game. CATALYST then runs from 7:00-9:00 p.m. featuring fun games, worship music, a Bible-based talk, and a chance to connect in groups. Email [ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca) for more information.

## SATURDAY

**8:00 a.m.- Men's Ministry Golf Tournament** This year marks the 21st annual men's ministry golf tournament! Everyone is invited to join us on September 23rd at the Greensmere Golf & Country Club. Shotgun Starts at 8:00 a.m. and the cost will be \$85 per person. Sign up by September 15th. [Click HERE](#) for all the details.

## NEXT SUNDAY

### For Sunday, September 24, 2023:

**9:00-9:30 a.m. - WHITE PINE CAFÉ OPEN:** Our Café will be open before and after the service. For details visit <https://arlingtonwoods.ca/cafe>. Interested in volunteering at or baking for our café? Email [cafe@arlingtonwoods.ca](mailto:cafe@arlingtonwoods.ca).

**9:30-9:50 a.m. - PRE-SERVICE PRAYER IN PERSON & ON ZOOM:** All are welcome every Sunday morning for pre-service prayer! Check your weekly church emails for the ZOOM link or join us in person in the Prayer Room.

**10:00 a.m. - ARLINGTON WOODS CHURCH SERVICE - IN-PERSON & ONLINE:** Join us at 10:00 am for our Sunday service!

On Sunday, September 24th, we'll have a special guest speaker: Don Miller. Don was born in a little out of the way place in the middle of Zululand, in Southern Africa. A year later his parents moved to Swaziland where they lived for 12 years. After a brief stay in South Africa, the family immigrated to Canada and settled in Sarnia, Ontario. After attending school in Chicago and Toronto, Don ended up settling in Ottawa. Don moved to Ottawa to be a part of Arlington Woods Free Methodist Church. He served as the Youth Pastor, Assistant/Associate Pastor and Senior Pastor. In 2006 Don worked for YOUCAN, as Director of Development. YOUCAN is a by-youth, for-youth organization that does conflict resolution training. Then, in the spring of 2007, he joined the Canadian Bible Society as their Eastern Ontario Director and later the Director of Canadian Ministry. Don joined the World Relief Canada (Now Tearfund Canada) team in the fall of 2016 as the Director of Church Engagement. Don's passion is to help pastors, churches and leaders partner with God to build transforming relationships with people and communities living in poverty around the world. Most recently Don was in Ethiopia and Kenya where he experienced first-hand the impact of the work of Tearfund Canada. He heard many stories of lives dramatically transformed as people engaged with the local church. Both of these countries have areas in extreme drought and people are living under difficult conditions. He is a graduate of the Arrow Leadership Program. His interests include travel, reading, camping, basketball and war history.

The nursery will be staffed when the kids go down to KIDZONE and the teens (grades 7+) go to **Deeper Roots** in the Creekside Room.

**Fall Hikes** Join us for some casual hiking at the Bruce Pit after the service on Sunday September 24th around 11:50AM. If you're planning on coming on the hike be sure to check in with Heather Brown prior to the service so that we know you're attending. Click [HERE](#) for all of the details.

## COMING EVENTS

**1. An Invitation From the FMCIC National Prayer Team** The FMCIC senses the Lord is stirring up a spirit of prayer in us and we do not want to neglect this gift. So, you are invited to join us for 12-noon to 12:30 pm, Eastern Time, 6-days-a-week (Monday to Saturday), prayer meetings, until the end of September. These prayer meetings are open to anyone who would like to join in prayer for the FMCIC and Canada.

Join Zoom Meeting: <https://us02web.zoom.us/j/83398497735>  
Meeting ID: 833 9849 7735  
Passcode: 271664

**2. Catalyst Youth (grades 6 to 12)** (grades 6 to 12) restarts on Friday, Sept. 15. Email [ben@arlingtonwoods.ca](mailto:ben@arlingtonwoods.ca) to sign up for Catalyst emails or if you would like to donate some snacks. Visit [www.arlingtonwoods.ca/youth](http://www.arlingtonwoods.ca/youth) for details.

**3. 5-Year Tornado Anniversary** Join us at the White Pine Café on Saturday, September 16th from 8:00a.m. - 12:00 noon for **FREE** coffee, tea and baked goods as we honour when our community came together and supported one another 5 years ago.

**4. Ministry Fair** Join us after the service on Sunday, September 17th in the Evergreen Hall. We're inviting programs and ministries within the church, as well as local and global ministries that we support to join us and share information on what they do and how you can help them out. We hope to see you there!

**5. Parents of Preschoolers (POP)** restarts on Monday, Sept. 18 from 9:00 a.m. to 11:00 a.m. We invite you to attend POP with your preschoolers and help our church connect with our community. Visit [www.arlingtonwoods.ca/pop](http://www.arlingtonwoods.ca/pop) for details and to register for the new school year.

**6. Pastoral Care course** The Pastoral Care course is being offered again from September 18-November 27. If interested pickup a pamphlet from the welcome desk or talk to/ e-mail Pastor Lynda [lynda@arlingtonwoods.ca](mailto:lynda@arlingtonwoods.ca).

**7. Men's Ministry Golf Tournament** This year marks the 21st annual men's ministry golf tournament! Everyone is invited to join us on September 23rd at the Greensmere Golf & Country Club. Shotgun Starts at 8:00 a.m. and the cost will be \$85 per person. Sign up by September 15th. [Click HERE](#) for all the details.

**8. Deeper Roots for Teens (grade 7+)** This monthly Sunday small group for teens restarts Sunday, September 24. For details, email [christinev@arlingtonwoods.ca](mailto:christinev@arlingtonwoods.ca).

**9. Fall Hikes** Join us for some casual hiking at the Bruce Pit after the service on Sunday September 24th and October 15th around 11:50AM. If you're planning on coming on the hike be sure to check in with Heather Brown prior to the service so that we know you're attending. Click [HERE](#) for all of the details.

**10. Morning Prayer Meeting** Join us at 9:00 a.m. on Saturday, October 14th for a morning prayer meeting, a muffin and coffee/tea. We'll be praying for our church, the upcoming debt retirement campaign and our community. RSVP to [emily@arlingtonwoods.ca](mailto:emily@arlingtonwoods.ca) by October 9. Click [HERE](#) for more information and upcoming campaign events.

**11. Christmas Production 2023** We would love to prepare a Christmas production this year. However, we need to know how many children and/or youth would be interested. Our rehearsals would be during Kidzone on Sunday mornings in November and December and as the time gets closer immediately after service in the sanctuary for about an hour. We cannot plan anything unless we know there is interest. Visit the welcome desk or check the weekly e-mail to sign up.

**12. Staffed Nursery** The nursery will be staffed every week going forward unless we have a special Family Service. For more details visit [www.arlingtonwoods.ca/kids](http://www.arlingtonwoods.ca/kids).



## CHURCH NEWS & INFORMATION

**1. AWC Men's Ministry** - If you would like to be added to the Men's Ministry email list, please email [mensministry@arlingtonwoods.ca](mailto:mensministry@arlingtonwoods.ca).

**2. Small Groups** are an important part of our church community life. Click [HERE](#) to find a list of our current small groups.

**PRECEPT BIBLE STUDIES (weekly, in person, Room K).** Yolande Parsons is leading this small group at 7:00 p.m. on Wednesdays and will be studying the topic of Prayer **beginning on Wednesday, September 13th, 2023**. All are welcome. If you are interested in joining in the upcoming Study on Prayer, with a key resource being *Kay Arthur's "Lord Teach Me How to Pray"* book, please contact Yolande at [awcprecept@gmail.com](mailto:awcprecept@gmail.com) by Friday, September 8th, 2023 so that we can have sufficient copies of the book.

**3. Widows Support Group** The Widows Support Group provides a place to meet others who have lost their spouse and others who understand your loss, provides support to others who are feeling isolated and alone, and provides an opportunity to meet new friends. For more information, contact Jean Gordon by [email](#) or by phone (819-360-3398). The meetings take place on the last Tuesday each month.

**4. Membership** If you are interested in becoming a member at Arlington Woods Church, please email Pastor Mike at [mike@arlingtonwoods.ca](mailto:mike@arlingtonwoods.ca)

**5. Tithes and Offerings** Visit the church website <https://arlingtonwoods.ca/donate> for Online, Credit Card or Pre-Authorized Auto Debit options **or** visit the Welcome Centre in person for a Pre-Authorized Auto Debit brochure and form. Thank you for your continued financial support. If you have any questions, please contact the Head Teller at [giving@arlingtonwoods.ca](mailto:giving@arlingtonwoods.ca).

**6. Hymnals** Feel free to take home a hymnal or two from the Welcome Desk.

**7. Daily Bread Devotional Guides** Copies of the Daily Bread devotional guides for September-October-November are available at the Welcome Desk.

If you can't be at church in person but would like a copy of Daily Bread, please email [info@arlingtonwoods.ca](mailto:info@arlingtonwoods.ca) with your mailing address.

## COMMUNITY NEWS & EVENTS

**1. Trend Arlington Community Association (TACA) Community Day** - TACA's annual Community Day is back again this September 16! There will be live music, food trucks and lots of fun for the whole family! Click [HERE](#) for all the details.

**2. Corn-ucopia of Fun!** - You're invited to a Corn Boil community appreciation event hosted by MPP Nepean Lisa MacLeod at the picturesque Madahoki Farms (4420 W Hunt Club Rd) Saturday, September 16 2:00 - 4:00 p.m. There will be a corn boil, Indigenous Bannock Bison Burgers, Slushies, Petting Zoo and entertainment - all in appreciation of our Nepean Community!

**3. Wesley Acres Fall Fest** - Wesley Acres is hosting a women's retreat on Saturday, September 23 from 8:30-4:30. Throughout the day Jan Macphail will be speaking on Captivating Faith. To register, call 613-393-3159. Tickets are \$50.

**4. Friends For Dinner** - Friends For Dinner is back for Thanksgiving! Your kindness and hospitality will help international students find a home away from home. Click [HERE](#) for more info and to sign up.

**5. The Lion The Witch And The Wardrobe** - 9th Hour Theatre Company will be presenting The Lion The Witch and The Wardrobe this year! December 14-17 at The Shenkman Arts Centre and December 19-23 at The Meridian Theatres at Centrepointe. For ticket sales & more details: <https://buff.ly/3qWkhxa>

**6. Respond Ottawa** - Many local agencies (foodbanks, community houses, inner-city missions) are running low on essential items and the number of requests has grown significantly. Click [HERE](#) for a list of food banks in the Ottawa area to contact.

**7. FAMSAC Donations** - Please bring your food bank donations to the FAMSAC bin in our church lobby. Regular donations are vital to their sustainability.

**Most needed items:** Peanut Butter, juice boxes, fruit cups, granola bars, canned fruit, pasta sauce, cereal, small plastic containers (that cherry tomatoes, blueberries, strawberries and raspberries might come in approximately 1 pint. Please wash the containers before dropping off) and bags of rice. Please drop the baskets off at Arlington Woods Church and place them in the FAMSAC donation bin in the cloak room. You can also drop donations off to the FAMSAC storefront, 3865 Old Richmond Road, Bells Corners.