

March 4, 2022

Dear Friends,

Worshipping Together: The Next Phase

Ontario has announced a relaxation of some of the rules regarding COVID, especially in relation to public gatherings. After consulting with the Local Board of Administration, the Pastors Council, and Staff, we have new guidance on how we as a church community will move forward. Note that you will no longer need to fill out the Building Entrance Screening form, but you are still asked to [register for services](#). [Read the update here](#).

The Staff Team, Jesse, Nate, Abe and Beth, would appreciate your prayers as they navigate these changes and make this transition into greater freedoms safe and secure for everyone involved.

Sunday Worship Gatherings at 9 and 11 a.m.

This Sunday begins our new teaching series called Upper Room Conversations. We will journey with Jesus by focusing on his teaching and interactions in the final hours leading up to his crucifixion. Pastor Jesse is speaking on *The Way of Self-Giving Love*.

11 AM Service Link: [Join the livestream service here](#).

When you click on the link above, this will launch the SWC Livestream homepage.

From there you may need to click the "Videos" tab to access this Sunday's Livestream.

Here are the songs with lyrics linked:

[House of the Lord](#)

[Battle Belongs](#)

[Who You Say I Am](#)

[Here's My Heart](#)

[Graves Into Gardens](#)

For this week's scripture readings and other announcements, go to [Sunday's bulletin](#).

[Click here](#) to send your prayer requests to the prayer team.

Love & Appreciation Party for Pastor Kerry

Our *In-Person Love & Appreciation Party* for Kerry is this Sunday. Come to the church basement any time between 1 and 3 PM. There will be note cards available in the foyer and at the party on Sunday for those who'd like to leave Kerry a personal message.

Although capacity limits have been lifted, please be mindful of others who may still wish to maintain physical distancing. There will be plenty of room to spread out with cake and juice while waiting a turn to visit with Kerry.

Emotion Coaching Workshop

This three-hour online workshop will provide parents, grandparents, caregivers, and educators with essential skills to help foster emotional growth and resiliency in children. Our own Heather Barrett has helped bring this event to the Old Ottawa South community through Hopewell School, but it is open to all. It will be held Wednesday, Mar. 9 at 6 PM. [Click here](#) for more info or to register.

Hope for Ukraine

Dr. Steve Elliott, National Superintendent of the Wesleyan Church of Canada, writes, “With Ukraine under full attack right now, over half a million refugees have fled the country to friendly surrounding borders. Women and children, infants in arms, and the elderly are making long and arduous treks to safety with what little they could carry with them. The Wesleyan Church of Canada is honoured to partner with World Hope International (Canada) as our official relief and development arm for our denomination.”

World Hope is working with partners on the ground in Moldova to welcome and care for all those fleeing the country. Should you wish to respond with a financial gift, Sunnyside’s Missions and Outreach Team endorses World Hope's efforts to help bring hope and help to those impacted. For more info and to donate, [click here](#).

The Season of Lent

It’s been said that “the journey is the destination” and that is certainly the case as we journey through [Lent](#). Our new teaching series will help guide us on the way. In addition, you may want to use this [daily devotional](#) which includes reflections and prayers. (If you would prefer a hardcopy, [contact the office](#).)

At the Ash Wednesday service, Pastor Kerry reminded us that Jesus, our Lenten focus, is “the epitome of self-giving Love. We take forty days to contemplate him and his journey to the cross, starting now. Consider his lonely sacrificial commitment on our behalf to shoulder our death so that we could live. Journey with him. Don’t journey with him as though you are on par with him as a mini-saviour. He is the Saviour. You are the recipient of his mercy. You are the one with streaks of sin running through your own heart. You are the one from whom Christ died, while you were yet a sinner. Journey with, behind, and beside your Saviour and Friend. You may be – this Lenten season - a grateful recipient of his mercy.

“How will that play out in your life? How might you ditch your false righteousness, your fake good guy image, and get walking in the way of the cross the season. [Matthew 6:1-6](#) gives us three things to do as ones who are grateful recipients of mercy, enemies declared friends.

“First, we give. Second, we pray. Third, we fast. These are not activities to make bad guys good. These are activities that flow from the life of one who knows God’s perfect mercy and lives from it.”

As we journey with Jesus, may we be grateful recipients of that mercy.

Blessings,
Beth Fleming (for the whole team)