

MOUNTAINSIDE UNITED CHURCH

October 2026 Newsletter

" I am so glad I live in a world where there are Octobers." L.M Montgomery

Calendar

Sunday Worship at 10:30am – Birks Heritage Chapel

October 4 - Worldwide Communion Sunday
Rev. Dr. Throop

October 11 - Thanksgiving Sunday
Led by Ester Nuguid, Outreach Chair

October 18 - World Food Sunday and Birthday Lunch
Led by Rev. Morgan Bell Director of United Church Studies at Montreal Diocesan College

October 25 - Stewardship Sunday
Led by Jill Harrison and Ramon Vicente (Finance)
Followed by a lunch retreat led by Rev. Dr. Throop.

September has come and gone so rapidly like a speeding cyclist touring the Island of Montreal.
We have experienced beautiful and warm weather extending summer with a lot of cooler nights that were deeply welcomed.

The highlight of the month was the joint worship service with the Kahnawake United Church for Truth and Reconciliation / Orange Shirt Day. I felt a very warm welcome amongst the members of the community of faith all clad in orange. The worship, testimonies and music were overwhelmingly enlightening. The fellowship during our shared meals were sincere and received with much gratitude. Praise be to God for the beautiful memories and sincere thanks to the leadership and planners of both Churches.

Join me in welcoming the month of October and the Autumn Season which is my favourite of all seasons. I enjoy strolling along the Lakeshore Blvd. in the crisp mornings and basking under the sun or gardening on warmer afternoons and clear blue skies and then rest comfortably during the cooler nights.
I feel deeply grateful for the bounties from local produce that offer great tastes and freshness.
It never ceases to amaze me the beauty and warmth the colours of Autumn brings, like the vivid oranges, golden yellows, flaming reds, rich burgundies and aubergines, and every shade of brown from caramel, cafe au lait, espresso to deep dark chocolate. Take the time to breathe and relax and enjoy the wonders of God's creation.

Respectfully submitted by Maria Santos Dizon, L&L Co-chair

Minister's Message

Dear Friends at Mountainside,
I have just returned from conducting my aunt's funeral in Ottawa and had a first, which is something given my years in ministry, a funeral by candlelight.
No, this was not a family request, we're odd collectively but not that odd, but rather due to a power outage that affected the whole west end of the city.
To paraphrase Forest Gump, ministry is like a box of chocolates…
In the service I mentioned that if my father (her brother) was still around the hydro might have been restored more expeditiously given that he was a high-ranking professional engineer with Ontario Hydro who was not shy in making his opinions known often with accompanying colourful language.
On second thought, perhaps it was best that he wasn't, though the power was finally restored just before the conclusion of the service.
Funeral services are a time of loss, memory, and sadness, but also a time to reconnect with a larger community with whom you have a common bond, so grief is also mixed with the joy of reconnecting and catching up.

Between the end of the reception and a scheduled late dinner with my aunt's family, I had a couple of hours to myself.
So rather than heading back downtown to change and back to the west end during rush hour, I decided to explore my old neighbourhood that I have not visited in quite a while.
Even after all these years I didn't need a GPS to know where I was going, I knew the way.
It is amazing that over the years the size of the streets and the houses on them have shrunk from when I was a child.
It is funny how time does that.
But it was good to explore the 'hood' and remember the antics and events of my youth.
I must admit that, in the words of Mike Myers as Linda Richman, I was becoming "verklempt."
I admit that I found the removal of the red maple tree from beside the driveway to be heartbreaking, after all I managed to scale its branches when I climbed atop the huge snowbanks during an Ottawa winter at the time.
Not only that they have made changes to the prairie-style bungalow without asking permission.

For me the message is that while it is nice to reflect upon our lives and our losses we cannot go back, the past is the past, and Jesus calls us to live in the sacred now.

Grieving and loss are part of our life and perhaps when we are a child we have a few years before we experience this, though with the mobility of families changing communities and the passing of family pets, many children encounter loss and grief earlier on, way before the death of a grandparent, or relative, or inner family member.

In life none of us are immune from the experience of loss and grief, and the working out of our feelings takes time and it is OK to take our time.

Yet to remain there perhaps is to miss the joys of connection and reconnection within that various communities to which we belong, including the community of Christ's disciples.

Amidst the tears we find the laughter when we share the stories of our own journeys and our antics, foibles, loves, and learnings along the way.

We find ourselves having a lot to be thankful for and to celebrate.

And for those of us who employ the name Christian, we have Jesus' personal assurance that with the life in Christ in all its facets we know the way we are going, that way that is certainly true, and life affirming and loving.

Therefore, we are not afraid.

In Christian love,

Rev. Doug

Message from the Chair of Session

Greetings to all brothers and sisters in Christ. October is here and this month reminds us of Thanksgiving. So, let me start by conveying my wishes to each and every one of you.

On this Thanksgiving, let us take a moment to count our numerous blessings. We are sincerely grateful for the life and creation, the beauty of the world, the smiles and laughter of our family and friends and the opportunity to live and thrive.

May the presence of your loving family and good friends nourish your soul this special holiday, as you give thanks for all that you are given, as well as all that you are able to give of your own.

This Thanksgiving, may you be able to look back with humility and gratitude at all you have done and learned. This reflection may give you strength to overcome obstacles in your path. Let us take time to consider the lessons we have learned throughout the year. Let us think of how we can spread happiness and look back on our favourite memories and all the wonderful people who have graced our lives.

On this special day of thanksgiving, let's make time to evaluate what we have and how live, as we work toward helping others. We hope you can gather together this year and celebrate Thanksgiving with your family and friends. We all have so much to be thankful for.

Remember that distance is just a test to see how far love can travel. While we might not be sharing a table, we are sharing memories, hope and gratitude keep us connected. The circumstances might have changed, but our gratitude remains undiminished.

Lastly, I sincerely extend my Thanksgiving wishes to your family and friends. May this holiday season be a time to bring you renewed health and happiness.

HAPPY THANKSGING.

God Bless,

Ethel Ann Flores, Chair of Session

Truth and Reconciliation…

Truth and Reconciliation: Orange Shirt Sunday

On September 27th the Congregations of Mountainside United Church and Kahnawake United Church joined together to remember and honour all the children of the residential schools, the survivors, and those who never came home.

We were hosted by Kahnawake in their beautiful historic church which holds special significance for their community. The service was jointly prepared and officiated by both churches, Rev Robert Patton and Rev Maureen Kabwe for Kahnawake and Rev Douglas Throop for Mountainside. And our wonderful choir under the direction of Alberto Santos provided the music.

The sanctuary was ablaze in orange shirts sported by all. The service included scripture and prayer in both English and Mohawk and a message by Rev Patton. Alma Ransom, a member of Kahnawake, gave a moving recollection of her experiences at the time of the collection of children destined for the residential schools. Our Mohawk bible was blessed by Rev Patton – a wonderful gift for us! Prayers were offered by each of the clergy and a petition prayer for the Indigenous communities of the Philippines offered by Ramon Vicente. And…. beautiful music from our MUC choristers.

After the service Mountainside was the host of a feast at Restaurant Two-O-Seven for both COFs. It was a time of fellowship and sharing. As it happened to coincide with our monthly Birthday Sunday, we sang Happy Birthday and we had CAKE!

All agreed the day was a great success and plans are already in motion for another event, maybe at Mountainside next time. Many thanks to all who worked tirelessly to make this happen. BRAVO!

Betsy Zukow









Sept 27, 2026

Orange Shirt Day
at
Kahnawake
United Church











