

# First Glance

January 8<sup>th</sup>, 2017

(613) 232-1016 [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)

## January 15<sup>th</sup> - PARTNERSHIP SUNDAY

We Celebrate Our Partnership with  
All Saints' Westboro with St. Matthias

### 10:30 a.m. - Joint Worship Service

This year the service will be a United Church liturgy, with John Wilker-Blakley offering the reflection and there is a choir with around fifty voices under the direction of Marg Stubington.

There will be special joint programming for children and youth.

### 11:45 a.m. - Potluck Partnership Luncheon

We gather in the Labyrinth Room/Steacy Hall and everyone is asked to bring a potluck luncheon dish.

If you are able to help in the kitchen, please let the office know.

## After Brexit/Before Trump: Living in an Age of Populism and Political Uncertainty Wednesday, January 11<sup>th</sup> at 6:00 p.m. with light supper provided

In the tradition of our Refl"action" Dinners, Jeffrey Smith, an international affairs academic and writer, will lead a discussion about the social and political consequences for Canadians and United Church people in the aftermath of epochal political events in the United Kingdom, United States and other places during the past year. We'll consider social trends and ask important questions: *How did a popular discontent with traditional government emerge in advanced democratic countries? Is Canada immune from the same developments? What can we do about climate change now that democratic leadership toward collective efforts is about to be relinquished by the USA? How will events unfold economically in the United States and so for Canada? How might Canadians work effectively in solidarity with those in America for social justice and right race relations? What is the arc of corporatism in our societies in this era of a new normal? How can the United Church find an effective, faithful place of action in response?*

## Beyond Polarization: is it possible? Saturday, January 14<sup>th</sup> 9:30-2:30 at First United

This *experiential* workshop, led by Diana Douglas, offers practical "tools" for living in these chaotic times by inviting us to move beyond fear, separation, and hatred, and into connection, creativity, and community. Diana writes: *Everyday consciousness in each of us is polarized — into good/bad, right/wrong, beneficial/unbeneficial. What keeps us attached to this polarized thinking is desire for and fear of either side of the polarity. By bringing these attractions/repulsions to consciousness and inviting the Holy to assist us in healing, it is possible to clear our personal and collective consciousness.*

Please see the flyers on the back table and register by January 12<sup>th</sup> with the church office and for more information about the content of the workshop, please contact Diana at 613-820-8850 or [dianaclairedouglas@bell.net](mailto:dianaclairedouglas@bell.net) [www.inspiritworks.com](http://www.inspiritworks.com)

[www.firstunitedchurchottawa.org](http://www.firstunitedchurchottawa.org)

**First United:** An Affirming Congregation

# NEWS FROM FIRST UNITED

**Women's Retreat at Galilee House:  
Connecting With the Sacred through Ritual and Play  
Friday to Sunday, January 20<sup>th</sup> to 22<sup>nd</sup>**

*The annual women's retreat is occurring and brochures and information on this event are available at the back of the church. Please set aside the dates for this in-depth time of community-building and spirit rejuvenation, and for more information contact Elspeth MacEwan, and Liz Tyrwhitt.*

**Men's Retreat at Galilee House  
Friday to Sunday, February 24<sup>th</sup> to 24<sup>th</sup>**

*The annual men's retreat is occurring and brochures and information on this event will be circulated shortly. Please set aside the dates and for more information contact Paul Durber.*

## UPCOMING EVENTS

**Saturday, Feb. 4<sup>th</sup> Talking with Kids about the Painful Truths of Canada's History with Indigenous Peoples**  
*Parents with Small Children and the Living into Right Relations Circle invite parents, grandparents and others to join Sylvia Smith, long-time teacher and founder of Project of Heart and honorary witness to the Truth and Reconciliation Commission, for an evening potluck and discussion.*

*We gather at 4:45 to begin a potluck supper at 5:00. The conversation begins at 5:30 and goes for an hour.*

**Wednesday, February 8<sup>th</sup> Living in Right Relations Circle invites you to view the film "We Can't Make the Same Mistake Twice"**

*Join us for a special screening of the NFB's newly released film by Alanis Obamsawin which is the long awaited documentary based on Cindy Blackstock's and the AFN's Human Rights challenge to the Canadian Government on discriminatory welfare access for children on Canadian Native Reserves. We gather at 7:00 p.m. in the chapel*

**Saturday, February 11<sup>th</sup> Join with the International JourneyDance Community in "dance"**  
*During the afternoon, there will be opportunity to join with "dancers" from around the world as we release sacred energy and healing through body movement. We gather at 2:00 p.m.*

**Saturday, February 11<sup>th</sup> Dinner hosted by Yasmin, a collective of Syrian Refugee Women**  
*Join us for an evening to enjoy Syrian cuisine as we gather for a social evening of conversation and learning. You may have a chance to use your Arabic. We gather at 6:30 p.m.*

**Saturday, March 4<sup>th</sup> Joint Choir Concert with First United and Trinity United of  
Bob Chilcott's Little Jazz Mass and other pieces**

*Join us for an evening of music with some 40 to 50 singers, accompanied with piano, bass, drums. We gather at 7:30 p.m. and free will offering will be gathered for the Haven project of the Multi-Faith Housing Initiative.*

# SMALL GROUP MINISTRY

## WEEKLY/MONTHLY SMALL GROUP GATHERINGS

**Young Adults Gathering:** Tuesday, January 17<sup>th</sup> in the kitchen at First United at 6:15.  
For more information, contact Amelia Buchanan at [abuch078@uottawa.ca](mailto:abuch078@uottawa.ca)

**Queer Group Potluck:** Tuesday, January 31<sup>st</sup> at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Brian or Chantel Nantel at [cnantel555@gmail.com](mailto:cnantel555@gmail.com)

**Parents with Small Children:** Our next gathering is slated for Saturday, February 4<sup>th</sup>. On February 4<sup>th</sup> we will be inviting an intergenerational gathering with a presentation by Sylvia Smith on **How Do I Talk with my kids about the Painful Truths of Canada's History?** (see p.2)

**Monday Christian Meditation: Every Monday** at 5:30 pm in the Chapel.  
For more information: Joyce Hardman [jhardman@rogers.com](mailto:jhardman@rogers.com) or Liz Tyrwhitt [liz.tyrwhitt@sympatico.ca](mailto:liz.tyrwhitt@sympatico.ca).

**TGIF:** Our TGIF group, which is primarily seniors but not exclusively, meets on **Fridays at 1:30** in Room 5/6. Newcomers are welcome! Call Betty at 613-722-9038 for more information.

**Tuesday Morning Book Study Group:** Starts again January 10<sup>th</sup> at 10:00 - noon in Room 5/6. We will study "I Am Woman" by Lee Maracle.

**Living Into Right Relations Circle (LRR):** First Wednesday of every month, in the Chapel at 7 p.m. For information on Book Club and Right Relations Circle, contact Diana Claire Douglas [inspiritworks@sympatico.ca](mailto:inspiritworks@sympatico.ca) and Sharon Moon [sharonmoon@gmail.com](mailto:sharonmoon@gmail.com).

**Healing Pathway:** Offer Yourself the Gift of Self-Care and Healing Hands. Tuesdays and occasional Sundays after church. All are welcome to receive. There is no cost. You can find out more in the pamphlets on the bulletin board and at the back of the church. Contact [healingpathway2010@gmail.com](mailto:healingpathway2010@gmail.com) to make an appointment.

### Interested in learning more about Healing Pathway? - flyers are available on the bulletin board

Healing Pathway is an integral part of our ministry at First. Each Tuesday we offer healing and wholeness through Healing Pathway techniques. We have 15 practitioners, for whom it is a spiritual practice, a form of prayer which integrates body, mind, and spirit. Pathway is a way for us to help ourselves, our families and friends as well as offering an opportunity to participate in a meaningful ministry if you so choose. Everyone is welcome, including skeptics. All you need is curiosity. Give it a try. You have nothing to lose!

**There are two new opportunities to learn this healing ministry:** January 20, 21 at Kitchissippi United, and March 31, April 1st and 2nd at Trinity United.

### THE WEEKLY LIVING INTO RIGHT RELATIONS BOOK STUDY STARTS A NEW YEAR!

Tuesdays, 10 a.m. in Room 5/6

To begin 2017 and Canada's 150<sup>th</sup> year of celebration we have chosen Lee Maracle's book "I Am Woman" and, for reflection, Richard Wagamese's book "Embers" to help us on our journey of reconciliation.

**I AM WOMAN** – Lee Maracle is a Canadian First Nation Coast Salish poet and author. She gives a Native perspective on Sociology and Feminism and represents her personal struggle with womanhood and culture, and traditional spiritual beliefs and political sovereignty.

**EMBERS: ONE OJIBWAY'S MEDITATIONS** – These are small meditations that arise from Richard Wagamese's early morning readings when "he is enveloped in Ojibway Ceremony, protocol and ritual, ringed by strong words on faith, love, resilience, mindfulness and calm."

**BOTH BOOKS ARE AVAILABLE:** through Octopus Books, 3 of each are on order, and from Chapters.  
For information: Sue Taylor -613-695-1146 or [susanne\\_taylor@rogers.com](mailto:susanne_taylor@rogers.com)

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# SOCIAL JUSTICE

## Living Into Right Relations Circle

Please stop by the table in the Labyrinth Room to browse/borrow books or to add your name to the 55 others who have taken up the Reading Challenge to read the TRC Report.

*Library and Archives Canada and the University of Ottawa  
invite you to a screening of the documentary*

## THE PASS SYSTEM

A panel discussion with director Alex Williams and other special guests will follow the screening.  
**Wednesday, January 11, 2017** at 6:30 p.m.

Auditorium, 395 Wellington Street, Ottawa Free public event

The Pass System illuminates Canada's hidden history of racial segregation. For over 60 years, the Canadian government often denied Indigenous Peoples the basic freedom to leave their reserves without a pass. Cree, Saulteaux, Dene, Ojibwe and Blackfoot Elders of the Prairies describe living under and resisting the system, and link their experiences to the present day.

Acclaimed Cree actor and activist **Tantoo Cardinal** narrates this investigative look into a little-known aspect of Canadian history. Directed and produced by Alex Williams. You may also visit the exhibition Icons of Knowledge in the lobby.

Registration: <http://www.bac-lac.gc.ca/>

**Sunday, January 22, 2017 4:00 pm**

**The Christian Council of the Capital Area invites you to...**

**Week of Prayer for Christian Unity**

**Theme: Reconciliation: The Love of Christ compels us**

**St. Peter's Lutheran Church, 400 Sparks Street**