

# First Glance

February 5<sup>th</sup>, 2017

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## Dinner to Celebrate With Syrian Refugees February 11<sup>th</sup>, 2017

Join us in a celebratory Syrian dinner on February 11<sup>th</sup>, 2017, at **5:30 p.m.** in the Labyrinth Room. We're delighted to mark the anniversary of Ebrahim and Amina's first year in Canada, and we are thrilled to have welcomed in December and January, members of Amina's family - twenty in total! Many will be present at this Dinner.

Tickets for the dinner are \$30 each for adults, \$10 for children 6-12, and free for 5 & under (we are supporting the efforts of a Syrian Refugee Cooperative called Yasmin).

Today is the last day for ticket sales, so purchase or reserve a ticket today from Mary Donaghy in the Labyrinth room from Mary Donaghy .

## Living in Right Relations Circle invites you to view the film "We Can't Make the Same Mistake Twice" Wednesday, February 8<sup>th</sup>, 7:00 pm in the Sanctuary

Join us for a special screening of the NFB's newly released film by Alanis Obomsawin 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.

Including the many appeals, the legal process spanned nine long years before finally ending in victory for the plaintiffs in 2016. ***We Can't Make the Same Mistake Twice*** gives a voice to those involved in this legal battle, notably Cindy Blackstock, Executive Director of the FNCFCSC, who endured government spying and retaliation as a result of her central role in the trial. Abenaki filmmaker Alanis Obomsawin guides us through the intricacies of the legal system while never losing sight of the real issues at stake: the welfare of children and the survival of Indigenous cultures.

For more updates from the Living in Right Relations Circle, please read the back page.

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# NEWS FROM FIRST UNITED

## Upcoming Sundays At First United Learning from the "Sermon on the Mount"

- February 12<sup>th</sup> The Depth Wisdom of "consider the birds of the air"  
February 19<sup>th</sup> The Depth Wisdom of "the mote in another's eye"  
February 26<sup>th</sup> The Depth Wisdom of "the narrow gate"

## Embodied Heart JourneyDance workshop at First United. Saturday, February 11<sup>th</sup>

JourneyDance Global Event - Embodied Heart on Saturday February 11<sup>th</sup> a special class from 3 pm to 5 pm led by Kathleen Howell, free will donation. Contact [drkhowell@hotmail.com](mailto:drkhowell@hotmail.com) and see flyers for more details.

Regular JourneyDance classes on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month (Feb 17<sup>th</sup>, March 3<sup>rd</sup>, March 17<sup>th</sup>, April 7<sup>th</sup> and April 21<sup>st</sup>) ***Hard Times Require Furious Dancing***

## **Men's Retreat** **Galilee House, Arnprior**

**Friday to Sunday, February 24<sup>th</sup> to Sunday February 26<sup>th</sup>**

*Theme: Building Bridges to ourselves, to one another, to community and to God*

Join us as we take our cue from the term "retreat", meaning time for rest and time away for ourselves in a supportive setting, which we create together.

**Register:** Paul Durber at [pdurber@rogers.com](mailto:pdurber@rogers.com) or through the church office

**Cost:** \$185 Meals are provided during our stay.

**Schedule:** 7:00 p.m. on Friday (no dinner that evening) to 1:30 p.m. on Sunday (till after lunch).

## Into Our Collective Hearts.

*Where the Personal and Collective Meet*

Diana Clare Douglass facilitates a small group gathering on the third Tuesday of the month (February 21<sup>st</sup>, March 21<sup>st</sup>, April 18<sup>th</sup>) to explore challenges, concerns, fears, hopes, and dreams for the Earth, humanity, our country, our families, our Home.

For more information contact Diana at [dianaclairedouglas@bellnet.com](mailto:dianaclairedouglas@bellnet.com).

## Joint Choir Concert with First United and Trinity United Bob Chilcott's Little Jazz Mass and other pieces Saturday, March 4<sup>th</sup> at First United at 7:30 p.m.

Join us for an evening of music with some 40 to 50 singers, accompanied with piano, bass, drums. A 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, February 21<sup>st</sup> at Brian's house, 7 Edgar Street at 6:15.  
For more information, contact Amelia Buchanan at [abuch078@uottawa.ca](mailto:abuch078@uottawa.ca)

**Queer Group Potluck:** Tuesday, February 28<sup>th</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 Saturday, March 4<sup>th</sup> gathering at 4:45 pm to begin our potluck supper at 5:00 pm. Childcare is provided beginning at 5:20 pm leaving opportunity for parents to explore faith and life together.

**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:** We are studying "I am Woman" by Lee Maracle.  
For information, please contact Sue Taylor at [susanne\\_taylor@rogers.com](mailto:susanne_taylor@rogers.com).

**Living Into Right Relations Circle (LRRC):** 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 at [inspiritworks@sympatico.ca](mailto:inspiritworks@sympatico.ca) or 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.**

## Creating a new Circle of Connection and Conversation at First United Last Wednesday of the Month (February 22<sup>nd</sup>) from 6 pm to 7 pm

WE ARE BUILDING A MENTAL HEALTH POSITIVE (MH+) SPACE.  
CHECK YOUR STIGMA AT THE DOOR.

Look to your left, look to your right. Chances are one of the three of you will be diagnosed with mental illness in your lifetime. Chances are certain that all of you will struggle with your mental health at some point in your lifetime – during financial difficulties, at the death of a loved one, when a romantic relationship ends badly.

So why is it still so difficult to talk about?

In a MH+ space, we affirm that mental health and illness are *normal*, and we fight against pervasive stigma. We are peers who talk and listen and support one another.

For more information, contact Jessica Ward-King at [j.ward-king@hotmail.com](mailto:j.ward-king@hotmail.com)

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# SOCIAL JUSTICE

## **Updates from the Living Into Right Relations Circle** **Reading the Truth and Reconciliation Commission Report**

Dear Friends ....(62 of you at this point!)

Thank you for taking the TRC reading challenge. For some it may seem like a long time ago that you signed up. We'd love to hear how you are doing with your reading. Are you finished already? part-way through? barely begun? still thinking about starting?

So.....if you have not already done so you can get the summary of the report on line at the following address. <http://trcreadingchallenge.com/> Follow the link to Get the Report. all 388 pages...(But it is VERY readable, and even has pictures!)

You might also want to sign in with this national initiative to have your name put on the wall and to track your progress. (You don't have to do this if you do not wish to, but it helps spread the news and awareness.) I encourage you also to challenge friends and family and if they decide to take the pledge, we'd love to have their name and email so we can keep track of how many come to this reading through First United Church. . As well, we will be holding a discussion in the new year for those who have taken up the challenge.

How about taking a risk on getting on the FACE BOOK GROUP that Mike Beauchamp has set up help us to support one another and share encouragement, but also the questions arising for us

<https://www.facebook.com/groups/1357994157567672/>

I invite you to "Like" the page, even though there is not a lot on it yet. That way you get updates when people post. (just learned this astounding bit of technological wisdom last evening!

There will be a gathering after Easter to have conversation about our experience of reading the report. Probably about 2 weeks after Easter so there,....that gives you a deadline to aim for!!!!

It is a powerful document, with much to teach us, so I hope you will find it a powerful learning tool. It tells a story none of us were told or taught in our own education.

## **Trans-Script** **Sunday February 12, at Riverside United Church, 7:00 p.m.**

The Faith and Arts Ottawa theatre production about love and relationships in the context of the transgender experience will be presented at Riverside United Church, 3191 Riverside Drive, Ottawa. Free-will offering.

This play was presented on the opening night of the 2016 Affirm United Conference in July, and at Orleans, First and Rideau Park United Churches as well as Carleton University, Algonquin College and Sir Wilfrid Laurier High School in 2016. It will also be performed at the Ottawa-Carleton board-wide professional development day on February 24, 2017. For further information, email [tom.sherwood@carleton.ca](mailto:tom.sherwood@carleton.ca)

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