

# First Glance

February 12<sup>th</sup>, 2017

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

## Thank You for all the Refugee Support

We want to offer our thanks to one another for all the donations to help welcome Syrian Refugees over the past few weeks. We are especially grateful to the coordinating team, who organized the donations, organized schooling, organized moving, and organized the celebratory Syrian Dinner last night. Last night's dinner was catered by Yasmin, a collective of Syrian Refugee women who are endeavouring to gain Canadian job experience, find strength in being in community with one another, and begin building their new lives in Canada. Thanks to all who attended.

## Letter of Thanks from Multi-Faith Housing Initiative

On the bulletin board downstairs is a letter of thanks for the \$6,279 given to *The Haven* project by the congregation of First United Church. The 98 unit project is nearing completion and many of the new residents will be families leaving temporary shelters for a new "home" where the values of inclusion, safety, affordability, and community are sustained.

## Annual Congregational Meeting Sunday, March 5<sup>th</sup> following Sunday Worship

Join us for our Annual Meeting where we will celebrate our congregational life as well as share our annual reports as we continue to live into our three commitments:

- i) Our commitment to spiritual nature in community
- ii) Our commitment to healing
- iii) Our commitment to social and ecological justice

At this meeting we will receive our financial report for 2016, adopt our budget for 2017, name some priorities for the upcoming year, and elect our Church Council. **Everyone is asked to bring a loaf of sandwiches**, and more details about our shared meal will be forthcoming.

## **Men's Retreat at 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 (after lunch).

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**First United:** An Affirming Congregation

# NEWS FROM FIRST UNITED

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

- February 19<sup>th</sup> The Depth Wisdom and Teaching within “splinter in another’s eye, log in my own”  
Choral Anthem: *Agnus Dei* – Antonio Lotti
- February 26<sup>th</sup> The Depth Wisdom and Teaching within “the narrow gate”  
Choral Anthem: *The Road Home* – Stephen Paulus

## Lent Good News: Stories Alive with Grace and Truth

This Lent we will be reflecting on stories told in the gospel of John. These narratives are multi-layered, a layering that helps us to connect with our deepest feelings. In reflecting on these stories we encounter moments of stark honesty and surprising humour, encounters which surface both tears and laughter.

- March 5<sup>th</sup> Water into Wine: The Wedding at Cana  
Choral Anthem: *I Will Sing* – Rosephayne Powell
- March 12<sup>th</sup> Living Water: The Samaritan Woman at the Well  
Choral Anthem: *Sanctus and Benedictus* – Bob Chilcott
- March 19<sup>th</sup> Healing Waters: The Pool of Bethesda  
Choral Anthem: *I’ve Been in the Storm So Long* – spiritual, Mark Hayes
- March 26<sup>th</sup> Let the River Run: Jesus Halts a Stoning  
Choral Anthem: *Let the River Run* – Carly Simon, arr. C.H. Johnson
- April 2<sup>nd</sup> God's Resurrecting love. The Raising of Lazarus  
Choral Anthem: *I Hunger and Thirst* – trad. Shaker Song, Kevin Siegfried

### A Lenten Spirit Journey

#### Water is Speaking: Are we Listening?

*Indigenous Perspective on Water, our Sacred Response*  
*Wednesdays March 8, 15, 22, 29, and April 5*

Brochures are available to describe these five inspiring evenings with keynote speakers that include water rituals, music, and invigorating conversations. You will not want to miss being a part of these evenings sponsored by First United’s Living into Right Relations Circle.

### 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, [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 40 to 50 singers, accompanied with piano, bass, drums. Free will offering for the Haven project of the Multi-Faith Housing Initiative.

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# SMALL GROUP MINISTRY

## WEEKLY/MONTHLY SMALL GROUP GATHERINGS

**Young Adults Gathering:** Tuesday, February 21<sup>st</sup> in the kitchen at the church.  
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)

## JourneyDance

Classes on the 2<sup>nd</sup> and 4<sup>th</sup> Fridays of the month (Feb 24<sup>th</sup>, March 10<sup>th</sup>, March 24<sup>th</sup>)

***Hard Times Require Furious Dancing***

Contact [drkhowell@hotmail.com](mailto:drkhowell@hotmail.com) and see flyers for more details

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# SOCIAL JUSTICE

## Available on the back table A Letter of Solidarity for Our Muslim Neighbours From Moderator Jordan Cantwell

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

TRC READING CHALLENGE - THERE'S STILL TIME!

62 people have taken the challenge to read the TRC report. As we move towards the second anniversary of the TRC report, let's honour Justice Sinclair's response to someone who asked "What can we do?" His response: "Well you could read what we wrote". It's the least we can do.

Go to <http://trcreadingchallenge.com/> to access the report. And start reading. There is face book group set up as we share reactions, and challenges <https://www.facebook.com/groups/1357994157567672/>

After Easter we will have a gathering to talk about what we've learned and how reading the report has affected our spiritual path.

### Have a Heart Day - February 14, 2017 Join children and youth on Parliament Hill and show your support!

A child and youth-led reconciliation campaign that brings together caring Canadians to help ensure First Nations children have the services they need to grow up safely at home, get a good education, be healthy, and be proud of who they are. The Ottawa celebration is supported by Have a Heart Day celebrations in schools and communities across the country.

Time: 10:30am to 11:15am  
Location: Parliament Hill, Ottawa, Ontario

*If you have borrowed a book from the Living in Right Relations Circle and finished with it, please return it so that someone else has the opportunity to read it!*

### "Awakening" - a documentary - February 19, 2017 Kitchissippi United Church, 630 Island Park Drive, 7:00 pm

This documentarion outlines features the later Elder William Commanda's vision for Chaudiere Falls and the surrounding islands.