

First Glance

March 26th, 2017

(613) 232-1016 office@firstunitedchurchottawa.org

A Lenten Spirit Journey

Water is Speaking: Are we Listening?

Indigenous Perspective on Water, our Sacred Response

Wednesdays March 29 and April 5

The fourth of our series of 5 evenings on "Water is Speaking: Are We listening? Indigenous Perspectives on Water: Our Sacred Resource"

Peter Di Gangi, presently the Director of Policy & Research for the Algonquin Nation Secretariat will be speaking on **The Ottawa River: Sharing Resources**.

Giving us a history of the Ottawa River watershed, centre of Algonquin history and culture, Peter will also address what role it now plays in the current efforts at reconciliation with, and between, First Nations.

We will also be doing a water ritual and giving time for participant engagement around water issues

Wed March 29 **The Sanctuary, First United 7 to 9pm**

Doors open at 6:40

STUDYING OUR FAITH - LENTEN STUDIES

Susan Chambers from First invites you to join her and members from ASW in attending

Reflections on the Book of Genesis

(Tuesdays March 28th, April 4, 18, 25, and May 2nd from 7:00 pm to 8:30 pm)

is a five week course offered by Ray Van Leeuwen, a professor of Old Testament. To register call the ASW office at 613-725-9487.

Lawn Signs in Arabic, French and English

Lawn signs which say "*No matter where you are from, we're glad you're our neighbour*" have arrived. We ask for a \$10.00 donation for printing costs and to support our refugee ministry.

The United Church Ottawa Presbytery supports Ottawa Becoming a Sanctuary City

Ottawa Presbytery passed a motion to support the proposal to make Ottawa a Sanctuary City. If you are interested in supporting this effort, please express your support by visiting ottawasanctuarycity.ca or facebook.com/SanctuaryCityOttawaVilleSanctuaire

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NEWS FROM FIRST UNITED

The Lenten Journey and Holy Week *Good News: Stories Alive with Grace and Truth*

Throughout Lent and into Holy Week we are 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.

Sunday, April 2nd 11:15 a.m. Celebrating Baptism

This Sunday we encounter “grace” and “truth” through the Biblical story where Jesus halts a stoning. The Choir will sing a traditional Shaker Song titled “I Hunger and Thirst”.

Sunday, April 9th 11:15 a.m. Palm Parade and Passion Sunday

This Sunday embodies the paradox of Holy Week where we journey through the extremes of human experience encountering both deep despair and ecstatic joy. We begin with parade and end in silence.

Thursday, April 13th 7:00 p.m. - Maundy Thursday Holy Conversation and Taizé Communion

In the Biblical tradition of Jesus gathering with his closest friends and followers for a Holy conversation over a holy meal, this service will give opportunity for sharing with one another in small circles before gathering together where we sing Taizé music and share Holy Communion without talking. This is an evening for breaking open the heart through intimate conversation and then through music and silence

Friday, April 15th 3:00 p.m. Good Friday Litany

This service, coinciding with the time Jesus died, is a service of lament and prayer for where Christ is still crucified in our world today. This prayerful service allows us to join in solidarity as we listen to the “passion” as told in the gospel of Matthew.

Sunday, March 27th 11:15 a.m. Easter Sunday

This celebration of the resurrection story invites us to experience rebirth and renewal. Our celebrative music will include several joyful anthems, as well as celebrating Holy Communion.

Interested in Learning About Syrian Cooking?

Sharpen your culinary skills! Starting on Thursday, April 20, a class in Syrian cooking will be offered in the kitchen at First, by Yasmin, a collective of Syrian refugee women. This five-week program will include vegetarian and meat dishes, as well as some desserts. The full cost for the course and all food supplies is \$170. Please contact Mary Donaghy if you are interested. Mbadonaghy@rogers.com

A Spirit and Theological Chat

Topic: The United Church and Gretta Vosper

Monday, April 3 at 7 p.m. – Room 5/6

You are invited to join Laura Bonnett, Dorothy Naylor, and Brian Cornelius for a discussion on the relationship between Gretta Vosper and The United Church of Canada. Many of you have read the articles in the Observer and if you plan to attend, we will forward you some further background material. RSVP to the office@firstunitedchurchottawa.org

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SMALL GROUP MINISTRY

WEEKLY/MONTHLY SMALL GROUP GATHERINGS

Young Adults Potluck Gathering: Tuesday, April 18th at Brian's house at 7 Edgar Street beginning at 6:15. For more information, contact Amelia Buchanan at abuch078@uottawa.ca

Queer Group Potluck: Tuesday, March 28th at the home of Brian Cornelius, 7 Edgar Street beginning at 6:15. For more information, contact Brian or Chantel Nantel at cnantel555@gmail.com

Parents with Small Children Potluck: Our next gathering is Saturday, April 1st 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 or Liz Tyrwhitt 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.

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 or Sharon Moon 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 to make an appointment.

JourneyDance

Classes on the 2nd and 4th Fridays of the month (April 7th, April 21st)

Hard Times Require Furious Dancing

Contact drkhowell@hotmail.com and see flyers for more details

NALOXONE WORKSHOP

Monday, April 24th, 7:00 pm – 8:30 pm in Steacy Hall

All Saints' Westboro with St. Matthias and First United is sponsoring a training event for the administration of the life-saving drug Naloxone, the Opioid inhibiting drug. This event is a public service and is open to any who want to attend, provided they contact the Parish office ([613-725-9487](tel:613-725-9487) or office@allsaintswestboro.com) beforehand. In order to obtain a Naloxone kit at the workshop participants must provide their name, date of birth and OHIP number at the time of registration. This information will be treated confidentially and is being collected in order to cover the costs of the treatment medication and equipment through OHIP. This training event is offered free of charge as our part in preparing for the Opioid usage crisis already taking part in many places in Canada.

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SOCIAL JUSTICE

EXTREME HUNGER APPEAL



The United Church of Canada is launching an [Extreme Hunger Appeal](#) as the humanitarian crisis in Kenya, Nigeria, Somalia, South Sudan, and Yemen reaches grave levels. Starvation and extreme hunger are rapidly reaching a scale the world has not seen before in Nigeria, Somalia, South Sudan, and Yemen. There is also extreme hunger, malnutrition, and starvation in Kenya. Vulnerable people are most impacted, including children.

If you wish to give to this special fund of Mission & Service, please make your donation to **First United**, but mark it clearly for the “Extreme Hunger Appeal.”



WESTBORO REGION FOOD BANK

Our food bank has a material request

The Westboro Region Food Bank's clients don't always have strong bags to carry their food. If you have lots of cloth grocery bags and can spare a few, the WRFB can put them to good use. You can simply hang them on the door of the food bank. (From the Madison entrance of the church, take the stairs down and to the left. At the end of the hall, turn left again and you're at the WRFB.)

Volunteers are also needed for a variety of tasks. Your commitment can be once-only or weekly—or as frequently as you can manage. Our website gives more information. Please go to <http://westborofoodbank.wixsite.com/westborofoodbank> and click 'Volunteer' or email WestboroRegionFoodBank@gmail.com.

Thanks so much for your ongoing support and interest in the Westboro Region Food Bank!

Join Citizens for Public Justice and the Canadian Council of Churches for an evening with Regina, Saskatchewan author and naturalist Trevor Herriot.

The discussion will focus on Herriot's latest book, [Towards a Prairie Atonement](#) where he recounts what happened to First Nations and Metis communities on the Saskatchewan/Manitoba border who were moved off the grasslands. Herriot melds beautiful writing about the natural world with spirituality and a critical social analysis.

Christ Church Cathedral (414 Sparks Street) | Ottawa
7:30pm | Monday, April 3, 2017

RSVP at cpi@cpj.ca

Copies of [Towards a Prairie Atonement](#) will be available for purchase and author signing.

Multi Faith Housing Initiative Fifteenth Annual General Meeting With special guest Councillor Jan Harder - Ward 3 Barrhaven

Hear from one of our new tenants at the Haven!

Sunday, March 26th, 2017

Barrhaven United Church, 3013 Jockvale Road

Registration: 2:30 - 3:00 p.m.

General Meeting: 3:00 - 4:00 p.m.

Reception to follow

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