

First Glance

April 16th, 2017

(613) 232-1016 office@firstunitedchurchottawa.org

Welcome to Easter at First United Church

Thank you for joining in our Easter Sunday Service.

We trust you feel a warm and spirited welcome.

If you are visiting, please join us for refreshments in our Church Hall/Labyrinth Room

We hope you will be able to stay and enjoy this informal time for conversation and getting to know one another.



First United is deeply honoured to be mentioned by Malala Yousafzai in her speech to the House of Commons. Below is the excerpt, and we have included links so that you can see the whole of her inspirational speech.

Ironically this occurred as we were welcoming Ayman and Nadia at the airport along with their two children, Yamen and Lana.

We heard about the members of First United Church, here in Ottawa, who sponsored newlyweds Amina and Ebrahim Alahmad. A few months later the Alahmads had their first child – a little girl named Marya. The church decided to raise more money to bring Ebrahim's brother and his family to Canada – so Marya could grow up with her cousins.

Bicycles for Syrian Refugees

We are looking for 4 bikes for the four School age children in the large Syrian refugee family that arrived in late December. We need suitable bikes for the 2 twins, a boy and girl in grade 6 and one bike each for the girls in grade 8 and 9; any accessories like locks, panniers, etc. would be appreciated. Also is there anyone able to help us with tune ups/ minor repairs for these bikes? If you can help please contact Shirley Paton at patonshirley@gmail.com

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.

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NEWS FROM FIRST UNITED

A Sabbatical Time at First United

Our minister, Brian, is on sabbatical taking time for spiritual renewal as well as reflecting on creative congregational responses to societal changes impacting church life. Sabbatical shifts our routines that can rejuvenate the whole community and provide energy for new insights and perspectives to emerge.

Our whole congregation are “ministers”. To facilitate our work, Peter Farris-Manning is hired as a Sabbatical Logistics Coordinator (peter@firstunitedchurchottawa.org). Peter will coordinate responses to incoming requests and is supported by a Sabbatical Team--Norman Ball (staff and refugees) Jane Ellis (finance and administration), and Carol McMurdo-Paton (spiritual nurture and pastoral care). The Presbytery appointed Howard Clark as the Pastoral Charge Supervisor for additional support.

In addition to our ongoing networks of pastoral care (i.e. Healing Pathway, TGIF, etc) we have a list of congregational volunteers and retired ministers who are available to offer pastoral support, and contact can be made with Peter or the Church Administrator, Margo.

Our Sunday services, supported by Marg and Peter, highlight the leadership and ministries that embody our congregational commitments to spiritual nurture in community, to healing, and to social and ecological justice.

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| April 23 rd | <i>Dark Sacred Night, Bright Sacred Dawn</i>
Leadership by Church Council | Coordinators: Brian and Heather Menzies |
| April 30 rd | <i>Psalms of Faith</i>
Leadership by Choir | Coordinator: Marg Stubington |
| May 7 th | <i>Listening to the Echo – And Beyond (with Holy Communion)</i>
Leadership of Voluntary Associate Ministers - Ellie Barrington & Tom Sherwood | |
| May 14 th | <i>What I find at Church that I can't find on Netflix</i>
Leadership by Young Adults | Coordinator: Amelia Buchanan |
| May 21 st | <i>Hope in Times when it is Difficult to Hope</i>
Ministry of Youth and Youth Leaders | Coordinator: Wendy Snelgrove |
| May 28 th | <i>Seeds of Hope</i>
Leadership by Social Justice Activists | Coordinator: Marika Morris |
| June 4 th | <i>Spirit Alive (Pentecost Sunday with Holy Communion)</i>
Leadership by Healing Pathway Ministry - Howard Clark & Sharon Moon | |
| June 11 th | <i>Sacred Dance: Rituals for Reverence</i>
Leadership by JourneyDance | Coordinator: Kathleen Howell |
| June 18 th | <i>Je suis Donald: A response to Narcissism</i>
Leadership from those inspired by the Arts | Coordinator: Jane Sly |
| June 25 th | <i>Indigenous Sunday</i>
Leadership by Living into Right Relations Circle | Coordinator: Diana Douglas |

Leadership has been identified for Sundays from July 2nd to August 6th. Brian returns on Sunday August 13th, and during the Fall, there will be time to integrate learnings from this sabbatical time as we nurture a vibrant future together.

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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, April 25th at the home of Paul Durber, 375 Third Avenue 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, May 6th 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: Hard Times Require Furious Dancing, Class Friday, April 21st
Contact drkhowell@hotmail.com and see flyers for more details

INTO OUR COLLECTIVE HEART

Tuesday April 18 from 6:30 to 9:30 in the Chancel of First United Church
Diana Claire Douglas is offering a monthly gathering: "Into Our Collective Heart: Where the Personal and Collective Meet." Join with others exploring new ways to become sacred activists ready to serve the larger collective. Even in the face of so many societal challenges (climate change, polarized politics, refugees, right relations with indigenous people etc) let's co-create the most beautiful world our hearts can imagine!
This is an open group. New participants welcome! dianaclairedouglas@bell.net 613-799-1343

The Salvific Power of Beauty for Spirituality, Ecology and Justice – with Patricia Adams Farmer

A lecture and workshop Friday April 21- Sunday April 23, 2017 at Kitchissippi United Church

Drawing from wisdom of philosophers, theologians, poets and trees this lecture and workshops will explore the variegated landscape of beauty and discover how it can offer a creative ventre for spiritual life, worship, planetary wellbeing and social justice.

To register, email george@hermanson.ca - See poster on bulletin board for more information -

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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."

EARTH DAY APRIL 22, 8:00 - 9:30 AM

Show the River Some Love

Members of the Earth Group and Living into Right Relations Circle are going to the Deschenes Rapids Lookout area near Woodroffe and the John A. MacDonald Parkway, to give thanks to the river and do some clean up. Want to join us? If so bring your gloves and wear suitable footwear for expected damp ground. Garbage bags will be available. We will begin at 8:00 am Saturday April 22nd with giving thanks to the river, followed by doing some litter clean-up. Expect to end by 9:30 am. There is parking but please carpool, bike, walk or take transit if possible (#2 along Richmond to Woodroffe or #87 on Woodroffe and it is a walk north on Woodroffe, cross the Parkway and the lookout is on your left. For more information contact maryanne.macd@gmail.com



Since 1985, Upstream Ottawa has been a not-for-profit agency that empowers youth and adults with mental health challenges in their pursuit of a fulfilling life. As part of Upstream's activities many of its clients attend the First Connections lunches held at First United each month.

We are currently seeking volunteers to join the Upstream community for the following positions:

- Volunteer Driver, Volunteer Handyman/Handywoman, Social Media/SEO Marketing Volunteer, Newsletter Content Creator Volunteer

If you would like to learn more about the following openings, please contact Reyna Vega at 613-248-3330 Ext. 401 or email rvega@upstreamottawa.ca Please visit our website: www.upstreamottawa.ca

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. 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.

EARTH GROUP

Hazardous Waste Special Collection - **Sunday, May 7, 2017**

Tunney's Pasture 8:00 am - 4:00 pm

Sir Frederick Banting Drive Residential electronic waste is also accepted at this site.



Multifaith Housing Initiative warmly invites you to our annual **Tulipathon** scheduled for **Sunday, May 7th at three o'clock** near Dows Lake at Commissioners Park.

This walkathon brings faith groups together in support of affordable housing. Last year, over 40 different faith communities across Ottawa participated and we raised over \$27K!

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