

# First Glance

May 14<sup>th</sup>, 2017

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

---



## ***WELCOME LUNCHEON, MAY 28<sup>TH</sup>***

If you started coming to First in the last few months, the Welcoming Team invites you to a casual luncheon on May 28. This is your opportunity to ask questions about the church, get information and meet a few more folks in the congregation.

In order to plan the food, we'd like to finalize the numbers a week before the event. If you can join us, please contact the church administrator, Margo den Haan, at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org) or (613) 232-1016 before May 19.

We look forward to meeting you!

### **Parents' Meeting**

Re: all and any aspects of Sunday School  
This coming **Tuesday, May 16<sup>th</sup> 7:30-9:30** Room 7/8

Parent or not, anyone who has a comment, opinion or suggestion regarding the Sunday school program (specifically nursery through Grade 5 program), is welcome.

### **STRAWBERRY HIGH TEA**

You're invited! Please join us on Saturday, May 27th for this special event, which is a fund-raiser for the **Cornerstone Housing for Women** Princeton Project. There will be two sittings for tea, one at noon and one at 3 pm., with a concert in between, at 1:30 pm. Gluten-free food will be available. Tickets are \$40 and must be purchased in advance. Tickets will be available at coffee hour following Sunday worship, and in the ASW office Tuesday through Friday, 2-4 pm, Monday 9:30 am -1 pm, and Tuesday 10-11am. Scrumptious sandwiches, delectable desserts, strawberries and cream, and of course tea, plus a concert by the accomplished band, Fumblin' Fingers, who will entertain us with lively music that celebrates Canada's 150<sup>th</sup>. Participate in the very worthwhile effort to provide safe, affordable housing for women in need -- all this for \$40! For more information contact [Marcie.taylor@hotmail.com](mailto:Marcie.taylor@hotmail.com) or [613-321-9093](tel:613-321-9093).

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

**First United:** An Affirming Congregation

# 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](mailto: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.

- |                       |  |                              |
|-----------------------|--|------------------------------|
| May 21 <sup>st</sup>  | <b><i>Hope in Times when it is Difficult to Hope</i></b><br>Ministry of Youth and Youth Leaders  | Coordinator: Wendy Snelgrove |
| May 28 <sup>th</sup>  | <b><i>Seeds of Hope</i></b><br>Leadership by Social Justice Activists  | Coordinator: Marika Morris   |
| June 4 <sup>th</sup>  | <b><i>Spirit Alive (Pentecost Sunday with Holy Communion)</i></b><br>Leadership by Healing Pathway Ministry - Howard Clark & Sharon Moon |                              |
| June 11 <sup>th</sup> | <b><i>Sacred Dance: Rituals for Reverence</i></b><br>Leadership by JourneyDance  | Coordinator: Kathleen Howell |
| June 18 <sup>th</sup> | <b><i>Je suis Donald: A response to Narcissism</i></b><br>Leadership from those inspired by the Arts                                     | Coordinator: Jane Sly        |
| June 25 <sup>th</sup> | <b><i>Indigenous Sunday</i></b><br>Leadership by Living into Right Relations Circle  | Coordinator: Diana Douglas   |

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

# SMALL GROUP MINISTRY

## WEEKLY/MONTHLY SMALL GROUP GATHERINGS

**Young Adults Potluck Gathering:** Tuesday, May 16<sup>th</sup> in the kitchen at the church beginning at 6:15. For more information, contact Amelia Buchanan at [abuch078@uottawa.ca](mailto:abuch078@uottawa.ca)

**Queer Group Potluck:** Sunday, May 28<sup>th</sup> at the home of Paul Durber, 375 Third Avenue beginning at 6:15. For more information, contact Chantel Nantel at [cnantel555@gmail.com](mailto:cnantel555@gmail.com)

**Parents with Small Children Potluck:** June 10 - *details to follow*

**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 Maryanne MacDonald [maryanne.macd@gmail.com](mailto:maryanne.macd@gmail.com).

**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 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.

## Into Our Collective Heart

**Tuesday, May 16<sup>th</sup>** 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](mailto:dianaclairedouglas@bell.net)    [613-799-1343](tel:613-799-1343)

## Inaugural "FOR OUR GRANDCHILDREN" Ottawa Meeting

**Tuesday, May 16<sup>th</sup>** @ 7:00 pm - 9:00 pm room 5/6

The vision of For Our Grandchildren (4RG) is to connect and empower grandparents and prospective grandparents who are concerned about the impending effects of climate change, and enable them to join a movement to counter and prepare for these effects on behalf of all of our children and grandchildren. Those interested in forming an Ottawa chapter of 4RG will meet to discuss the possibilities of influencing and encouraging political leaders to take effective action against Climate Change. If you plan to attend please contact Maryanne at [maryanne.macd@gmail.com](mailto:maryanne.macd@gmail.com).

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

**First United:** An Affirming Congregation

# SOCIAL JUSTICE

## Westboro Region Food Bank update

We're seeing an increase in the numbers of individuals and households served by the WRFB. Here are the monthly averages for the past few years:

	<u>2011</u>	<u>2012</u>	<u>2013</u>	<u>2014</u>	<u>2015</u>	<u>2016</u>	<u>2017</u> (to March 31)
Individuals:	241	273	274	261	231	263	318
Households:	103	115	112	111	103	118	128

While we have been able to help everyone who has come to the food bank, we do need and appreciate your continued support.

If you would like information on volunteering with the WRFB, please go to the website <http://westborofoodbank.wixsite.com/westborofoodbank/volunteer> or send an email to [WestboroRegionFoodBank@gmail.com](mailto:WestboroRegionFoodBank@gmail.com).

### **Westboro Region Food Bank could really use...**



Summer makes us think of barbecues, burgers and dogs, picnics and sandwiches. It's always nice to be able to include condiments. Our clients often ask for them, but we don't always have them on the shelves.

So, if you would like to bring something different—and ever-so appreciated—please think of ketchup, mustard, relish, barbecue sauce, mayonnaise, olives, pickles... whatever YOU love to have in the summer.

Thanks so much!

## BICYCLE BLESSING & RODEO

Please join **Trinity United** for our Bicycle Blessing & Rodeo on Sunday, **May 28<sup>th</sup>** from 1-2:30pm. Rev. Erin Burns will be blessing the bikes and the Ottawa Safety Council will do bicycle safety checks and skills review. All are welcome to participate as they like.



### **AVAILABLE AT THE HAVEN - ACCESSIBLE UNITS!**

1-and 2-bedroom units at below-market rent for those who qualify

Apply with the Social Housing Registry

2197 Riverside Drive, 5th Floor

Ottawa, ON K1H 1A9

(t) [613.526.2088](tel:613.526.2088) [www.housingregistry.ca](http://www.housingregistry.ca)

## **INTERNATIONAL DAY AGAINST HOMOPHOBIA, TRANSPHOBIA, AND BIPHOBIA**

The International Day against Homophobia, Transphobia, and Biphobia takes place around the world on May 17<sup>th</sup>. This day emphasizes that homophobia, transphobia, and biphobia are still the reality in the daily lives of lesbian, gay, bisexual, and trans members of our communities.

For more information, see the United Church website: <http://www.united-church.ca/worship-special-days>

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

**First United:** An Affirming Congregation