

First Glance

May 28th, 2017

(613) 232-1016 office@firstunitedchurchottawa.org



WELCOME LUNCHEON

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



SOCIAL JUSTICE INFORMATION SHARING

Join us to hear about the many people in our church that are involved in the community and the world in so many different ways.

Social justice activists in our congregation will share their work with the congregation today at coffee and conversation in the Labyrinth Room.



PAT MAYBERRY CD LAUNCH

Pat Mayberry CD release party - "We Are Dreamers" – *today* 2-4pm at Live on Elgin (220 Elgin). All are welcome.



NEXT SUNDAY:

June 4th is Pentecost Sunday, Spirit Alive!!!!. Please wear flame coloured clothing, red, yellow, orange.

Spirit Sightings: During the next week we invite you to open the eyes of your heart and notice the Spirit alive in the world.

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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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| June 4 th | Spirit Alive (Pentecost Sunday with Holy Communion)
Leadership by Healing Pathway Ministry (Howard Clark & Sharon Moon) |
| June 11 th | Sacred Dance: Rituals for Reverence
Leadership by JourneyDance (Kathleen Howell) |
| June 18 th | Je suis Donald: A response to Narcissism
Leadership from those inspired by the Arts (Jane Sly) |
| June 25 th | Indigenous Sunday
Leadership by Living into Right Relations Circle (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.

UPCOMING THEOLOGICAL FIELD PLACEMENT

Church Council would like to announce that Claire Savage, who recently began attending First United with her family, will be starting a Theological Field Placement with First United under Brian’s mentorship this September. Claire, a student of Vancouver School of Theology, met with Brian and members of Church Council prior to Brian’s sabbatical to begin to plan the field placement. Claire will help to facilitate our congregation’s exploration of current thought related to the Emergent Church and what it means for us. She will also support the pastoral care activities of the church, including exploring the current experience and needs of the congregation, and supporting care provision. Brian, along with Church Council, is excited about this mutually beneficial opportunity, which will take more shape once Brian returns in August.

SMALL GROUP MINISTRY

WEEKLY/MONTHLY SMALL GROUP GATHERINGS

Young Adults Potluck Gathering: TBA - in the kitchen at the church beginning at 6:15. For more information, contact Amelia Buchanan at abuch078@uottawa.ca

Queer Group Potluck: Sunday, May 28th at the home of Paul Durber, 375 Third Avenue beginning at 6:15. For more information, contact Chantel Nantel at 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 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 Maryanne MacDonald maryanne.macd@gmail.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.**

Ways to Build Right Relations

June 2: Join the Blanket the City - Kairos Blanket Exercise

First United Church 9:15am-11:30am. Sponsored by Kairos and First United/ All Saints. This marks the 2nd anniversary of the release of the TRC calls to action. And the 20th anniversary of the Blanket Exercise. As Justice Sinclair said "Education is what got us here, and education will get us out" Education is the cornerstone of change. The Kairos blanket exercise is a visual and experiential way to represent colonization in Canada and its impact on Indigenous People

NATALIE ISTEAD UPDATE

Dear First, I have some exciting news to share: I've just started an internship with Église de la Grâce United Church in West Quebec! I am glad for the chance to share worship, life and learning with the folks at Grace. I will be serving Grace and living in Hull from May to December of this year. Another joy in this experience is that, after a few years of working and studying in other places, I will be living just across the river from First. I look forward to the chance to spend a little more time in the First United community over the coming months.

Blessings, Natalie Istead

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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.

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!

BLUE DOT ENVIRONMENTAL RIGHTS FORUM

There is just over a week to go before our interactive, multimedia forum about environmental rights and responsibilities hosted by the David Suzuki Foundation, Ecology Ottawa and Ecojustice. There will be dynamic storytelling and musical performances by eco-heroes from near and far - and we would love for you to join us!

When: Wednesday, May 31, 7 to 8:30 p.m.

Where: Ottawa City Hall

The URL to buy tickets is bluedot.ca/ottawaforum

Tickets \$10 online or \$15 at the door



CONTRIBUTE TO CANADA'S ANTI-POVERTY PLAN!

As people of faith, we must stand in solidarity with those who carry the burden of poverty. The government of Canada has begun consultations for its Poverty Reduction Strategy, and **Citizens for Public Justice** (CPJ) has prepared an easy-to-use online form that you can submit directly to Employment and Social Development Canada to share what you want to see in the plan. CPJ's website also provides resources to help inform faith communities about poverty in Canada, key policy issues, and the Dignity for All campaign. Let's make sure the Canadian Poverty Reduction Strategy is strong, accountable, and promotes the dignity of all people! To make your voice heard, go to cpj.ca/cprs.

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