

First Glance

September 24th, 2017

(613) 232-1016 office@firstunitedchurchottawa.org

Improving Physical Accessibility at First United/All Saints'

This week, work will begin on the elevator to install a keypad so that the elevator can be called from all three levels as well as install door opening devices. As a result, we will **not have use** of the elevator beginning Wednesday, September 27th and ending sometime in the first week of October. We will keep you apprised of the progress.

Work will also begin to expand and make accessible the washroom off of the Labyrinth Room during the month of October.

Let's Walk the Talk:

First United in conversations at our Annual Congregational Meeting and through a motion of Church Council, has joined the United Church of Canada in adopting the Truth and Reconciliation Commission's Call to make the **United Nations Declaration on the Rights of Indigenous People (UNDRIP)** the **Framework for Reconciliation** in Canada.

The federal government has recently issued ten principles respecting the Government of Canada's relationship with Indigenous peoples. These principles rely heavily on UNDRIP and signal strongly an intent to build a new relationship. But without a legislative framework, they remain words on paper.

Bill C-262 proposed by Romeo Saganash provides this legislative framework

Moderator Jordan Cantwell has written to the Prime Minister appreciating the 10 principles and asking the government to support Bill C-262 when it comes up for second reading very soon.

We invite you to sign and send postcards in support of this Bill. Let's Walk the Talk.

Adult Retreat Needs Assessment

As we plan for adult retreats for this coming year, we thought it would be a good time to assess what the congregation is looking for in terms of "retreats". We would appreciate your input as we take time to assess if the current model is meeting the needs of the congregation, or if there are other ideas that might be explored as we seek to provide spiritually nurturing opportunities within a community context.

Please go to this survey link (<https://www.surveymonkey.com/r/7BLWGLD>) to provide your anonymous feedback, or fill out a paper survey that will be available on the back table on Sunday. The survey will close on September 30, 2017.

Name tags make a difference

Have you misplaced your name tag or are you new to First? We'd love to make a name tag so that we all have a chance to be known at First and it helps all of us meet others in the congregation. Please print your name on the 'Name tag' sheet found at the back of the church sanctuary or in the Labyrinth Room.

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NEWS FROM FIRST UNITED

UPCOMING SUNDAYS

October 1st – Ordinary Sunday within Creation - Blessing of Animals

Scripture: Matthew 18:21 – Jesus talks about Reconciliation

Anthem: Up To the Mountain

October 8th – Ordinary Sunday Within Creation -Thanksgiving Sunday

Scripture: Matthew 20:1-16 – Parable of the Vineyard Labourers

Brian Shares Stories and Experiences from his Sabbatical Sojourn in East Africa

Over three Wednesday evenings, beginning at 7:00 p.m. in the church sanctuary, Brian will be sharing stories and experiences and insights from his sabbatical sojourn in East Africa.

Wednesday, September 27th – Shaking Hands with the Devil

Reflections on Rwanda 23 years after the Genocide Against the Tutsi

Wednesday, October 4th – Living Between Two Worlds

Reflections on “gaps” in an inter-related world

Brian welcomes opportunities to connect over a cup of coffee or a mid week conversation, and so don't hesitate to contact him at briancornelius@firstunitedchurchottawa.org

Syrian cooking class

Back by popular demand: it's a vegetarian version of last year's Syrian cooking class! Starting on Thursday, October 12th from 6:00-8:00 and running five weeks, this course costs \$170 per participant, which covers all supplies. For more information or to register, please contact Mary Donaghy at mbadonaghy@rogers.com or 613 829 7788.

Food Bank Volunteers



Did you know that the Westboro Region Food Bank is run entirely by volunteers? How many people does it take to serve the Westboro region? About 50 individuals volunteer their time and energy with the WRFB. Many—although not all—are affiliated with All Saints' or First.

The WRFB Coordinator oversees and sets schedules, and works with client greeters and distributors, truck greeters, shoppers and packers, gardeners and many others. There is information about all of the volunteer positions and their duties on the WRFB website, <http://westborofoodbank.wixsite.com/westborofoodbank/volunteer>.

If you would like to explore getting involved with the food bank, please email the Coordinator, Sarah Brown, at WestboroRegionFoodBank@gmail.com. The time commitment is just a few hours each month but the experience can give you a deeper connection to our community.

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SMALL GROUP MINISTRY

WEEKLY/MONTHLY SMALL GROUP GATHERINGS

If you have an idea for a small group gathering that you would like to initiate, please contact the office or chat with Brian who will help to facilitate getting it started.

Christian Meditation: Every Monday at 5:30 pm in the Chapel.

For more information contact Joyce Hardman jhardman@rogers.com or Liz Tyrwhitt liz.tyrwhitt@sympatico.ca.

Healing Pathway: We return this week to our regular weekly schedule. Give yourself the gift of deep relaxation, and healing hands offered in the Spirit for the highest good of mind, body, spirit, emotions. Healing Pathway sessions are offered Tuesday mornings, afternoons, and evenings between 11:00 am and 9:00 pm by appointment. Please contact HealingPathway2010@gmail.com

Living Into Right Relations Circle: Wednesday, November 1st at 7:00 pm at the church. Our circle meets to plan projects and programs for the year ahead as together we seek to be in Right Relations with First Peoples.

Tuesday Morning Book Study Group: Weekly book study discussion group will begin meeting on September 26th from 10:00 - 12:00 in Room 5/6 to discuss "Indigenous Healing" by Rupert Ross. For information, please contact Maryanne MacDonald maryanne.macd@gmail.com.

Parents with Small Children Potluck: Saturday, September 30th - We gather at the Church beginning at 4:45, begin supper at 5:00. Childcare is provided as parents engage in conversation starting at about 5:20. The evening usually ends around 7:00 p.m.

Queer Group Potluck: Tuesday, September 26th at the home of Brian Cornelius, 7 Edgar Street. For more information contact Chantel Nantel at cnantel555@gmail.com

TGIF: Our TGIF group, which is primarily seniors but not exclusively, meets on **Fridays at 1:30** in Room 5/6. Newcomers are always welcome to join us for tea and conversation! Call Betty at 613-722-9038 for more information.

Young Adults Gathering: Tuesday, October 17th at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Amelia Buchanan at abuch078@uottawa.ca



Mystery hosts . . . Mystery guests . . . Great food, conversation and company . . .

Guess Who's Coming to Dinner!

October 28th and November 4th, 2017

Guess Who's Coming to Dinner! is an opportunity to share a meal with surprise members of our congregation, either as a host or as a guest in someone's home. Everyone is welcome – individuals, couples, and whole families.

How does this work? Hosts invite guests to their home for dinner or lunch, without knowing who they are. At the chosen time, guests who have been given the address will arrive, and the fun begins. As a fund raiser, hosts donate their time and the meal. Many guests use this opportunity to offer a free-will donation, either in an envelope at the host's home, or at the church.

For this to work well, we need to start with hosts who are willing to prepare dinner and entertain in their home. If this appeals to you, please let Dorothy Naylor or Joan Stafford know as soon as possible.

Registration by email: Joan Stafford joanstafford48@icloud.com or Dorothy Naylor done07@sympatico.ca or at the table at coffee time.

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SOCIAL JUSTICE



Covenant Chain Link VIII - Empowered & Empowering Youth

Date: Friday, October 20, 2017 Location: Confederation Education Centre - 1645 Woodroffe Ave Keynote: Dr. Jenny Kay Dupuis Tickets: \$25 for students and non wage earners | \$40 for adults www.kairoscanada.org

Empowered & Empowering Youth - Learning From Indigenous Youth in Ottawa

Join us at the 8th annual Covenant Chain Link gathering. This year's focus is on Indigenous youth and young adults who are empowered to be change-makers and empowering others to join in their efforts.

KEYNOTE SPEAKER: Dr. Jenny Kay Dupuis was born in Northern Ontario and is a proud member of Nipissing First Nation. She is an educator, author, artist, and keynote speaker with over 15 years' success advancing innovative programs, strategies and research initiatives across Canada focusing on topics pertaining to Indigenous issues, leadership and diversity, inclusion, and the importance of relationship building today. For more information, please visit her website at <http://jennykaydupuis.com/>

UPDATE FROM MULTIFAITH HOUSING INITIATIVE - From the Board of Directors of MHI:



"Thank You to First United Church for your contribution ... to support the Haven.... We exceeded the fundraising goal of \$100,000 by raising \$103,234.63 towards the 98-unit affordable housing project in Barrhaven which is now home to over 300 residents who now have a place to call home.

... Thank you again for helping to show that faith organizations are an integral part of caring and compassionate communities."

Attention: 11-14 year olds and their primary caregivers.... Do you like to take photographs? Resilience and ADHD: Examining the Role of Spirituality for Emerging Adolescents with ADHD and their Caregivers

We are looking for emerging adolescents aged 11-14 who have received a diagnosis of ADHD and their primary caregivers for a study examining the role (if any) that spirituality plays in their lives. Participants will have the chance to take photographs and share their ideas. Participation in this study is voluntary. Each participant will receive a \$20 gift certificate for taking part in this study. If you would like to take part in this study, contact Claire McMenemy at tmcmenem@ucalgary.ca

This study has been approved by the University of Calgary Conjoint Faculties Research Ethics Board.

Citizens for Public Justice

Chew on This! Join Citizens for Public Justice in ***Chew on This!***, our annual fall anti-poverty campaign. Each year, on **October 17th**, the International Day for the Eradication of Poverty, volunteers across Canada hand out ***Chew on This!*** lunch bags containing a food item, a magnet, and a postcard directed to the federal government. This year, we are focused on making sure the federal government hears the voices of people calling for a comprehensive national anti-poverty strategy. **To organize a *Chew on This!* event or for more information, go to dignityforall.ca/chew-on-this or contact Darlene O'Leary at darlene@cpj.ca.**

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