

# First Glance

October 1<sup>st</sup>, 2017

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

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## 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 (available on back table). Let's Walk the Talk.

## This is Water

### Art Celebration on Wednesday, November 1<sup>st</sup>, 7:30 p.m.

Everyone is invited to share water images: photos, drawings, fibre art, paintings, children's art . . . to be part of an art show/celebration of water. Art Pieces will be pinned to dividers in the Labyrinth Room, so framing is not necessary. Please include a 3 x 5 card with printed title and your name.

Please drop art contribution at a table in Labyrinth Room on October 29 after Sunday service, or make arrangements with organizers or church office for another drop off time. Art will be returned on Sunday November 5<sup>th</sup>.

There will be refreshments for the viewing on Wednesday, November 1<sup>st</sup> from 7:30-9:00 pm

For more information, contact: Maryanne MacDonald [maryanne.macd@gmail.com](mailto:maryanne.macd@gmail.com); Judith Miller [j3miller@uwaterloo.ca](mailto:j3miller@uwaterloo.ca);

## Supporting Our Children's Ministry

We are organizing a major clean up and sorting of resources, books, and supplies that we use in our children's programming. Mary Ann Rogers and Brian Cornelius welcome the help of anyone in the congregation on Thursday October 12 and Friday October 13<sup>th</sup> from 9:00 to 12:00 noon (even if you can only drop by for an hour or so).

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**First United:** An Affirming Congregation

# NEWS FROM FIRST UNITED

## UPCOMING SUNDAYS

### October 8<sup>th</sup> – Ordinary Sunday Within Creation -Thanksgiving Sunday

Scripture: Matthew 20:1-16 – Parable of the Vineyard Labourers  
Anthem: Chaos to Creativity – Lorena Duncan

### October 15<sup>th</sup> – Ordinary Sunday Within Creation -This is Water

Theme: The Spiritual Connection and Nourishment in our “living” waters  
Guest: Ole Hendricks, an Ottawa Riverkeeper Riverwatcher  
Anthem: Wade in the Water – African American Spiritual

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

Beginning at 7:00 p.m. in room 5/6, Brian will share stories and experiences and insights from his sabbatical sojourn in East Africa, exploring the theme of **Living Between Two Worlds: Reflections on “gaps” in an inter-related world**

### **Practical Ministry Opportunity at First United**

First United and All Saints Anglican have kitchen laundry done by the Community Laundry Co-operative (a ministry launched by First United). We are looking for some more volunteers to be involved in dropping and picking up our laundry. For more information contact the office or Dale Walker at [dalemae@rogers.com](mailto:dalemae@rogers.com)

## **Yasmin Syrian cooking class**

Back by popular demand: it's a vegetarian version of last year's Syrian cooking class by the Yasmin catering group! Starting on Thursday, October 12<sup>th</sup> 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](mailto:mbadonaghy@rogers.com) or [613 829 7788](tel:6138297788).



## **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](mailto: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.

# 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](mailto:jhardman@rogers.com) or Liz Tyrwhitt [liz.tyrwhitt@sympatico.ca](mailto:liz.tyrwhitt@sympatico.ca).

**Drumming Group:** Monday, October 23<sup>rd</sup> at 7:00 p.m. Join with other drummers for a time of connecting spirit with rhythm. For more information contact Dave Henderson at [daveandging@gmail.com](mailto:daveandging@gmail.com)

**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](mailto:HealingPathway2010@gmail.com)

**Living Into Right Relations Circle:** Wednesday, November 1<sup>st</sup> 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.

**Men's Breakfast:** Sunday, November 5<sup>th</sup> at 9:30 a.m. at Donna's Express. For more information contact Martin at [martin.raillard@gmail.com](mailto:martin.raillard@gmail.com) or Paul at [pdurber@rogers.com](mailto:pdurber@rogers.com)

**Parents with Small Children Potluck:** Saturday, October 28<sup>th</sup> - 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, October 24<sup>th</sup> at the home of Brian Cornelius, 7 Edgar Street. For more information contact Chantel Nantel at [cnantel555@gmail.com](mailto: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.

**Tuesday Morning Book Study Group:** Weekly book study discussion group will begin meeting on September 26<sup>th</sup> 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](mailto:maryanne.macd@gmail.com).



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

### ***Guess Who's Coming to Dinner! Guess Who's Coming to Dinner!*** **2 Saturdays, Oct. 28th and Nov. 4th, 2017**

Imagine sitting around a table enjoying good food and conversation with 4-9 people from our congregation. Hosts contribute the meal. Guests are invited to make a contribution to one our ministries. And whether you are a host or a guest, the guest list is a surprise until arrival!

Would you like to host and welcome guests to your home to share a meal?  
Would you like to be a dinner guest? Maybe you would like to do both?  
Everyone is welcome – singles, couples, families.

There are many ways to let us know you want to participate:

- a guest signup sheet was included with the Friendly Reminder
- a few copies of host and guest forms are on the table at the back
- email Dorothy or Joan that you want to participate

Forms can be emailed to Joan or Dorothy, handed to them, or dropped off at the church office.

Joan Stafford [joanstafford48@icloud.com](mailto:joanstafford48@icloud.com) Dorothy Naylor [done07@sympatico.ca](mailto:done07@sympatico.ca).

***Don't delay –  
sign up today!***

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# SOCIAL JUSTICE



## Supporting our Partnership Ministry – Centre 507 October 27<sup>th</sup>, 2017

Paul Durber and Brian Cornelius, members of the Board for Centre 507, invite you to join them for the Fall Fling Dinner on October 27<sup>th</sup> from 6:00 to 9:00 p.m. Tickets are \$30 each. Contact the church office or speak with Paul or Brian to reserve one. There is also a silent auction at the event.

## 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 17<sup>th</sup>**, 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](http://dignityforall.ca/chew-on-this) or contact Darlene O’Leary at [darlene@cpi.ca](mailto:darlene@cpi.ca).**



## 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](http://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/>

### **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 [tmcmemem@ucalgary.ca](mailto:tmcmemem@ucalgary.ca)

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