

# First Glance

October 8<sup>th</sup>, 2017

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

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## **Guess Who's Coming to Dinner!**

**October 28th and November 4th, 2017**

Guess Who's Coming to Dinner! is an opportunity for a relaxing evening with 4-9 friendly people, sharing a delicious meal in someone's home. Whether you are a host or a guest, the guest list is a surprise until arrival! Everyone is welcome – singles, couples, families.

To register as either a host or a guest, simply fill in the form and return it to Joan Stafford [joanstafford48@icloud.com](mailto:joanstafford48@icloud.com) or Dorothy Naylor [done07@sympatico.ca](mailto:done07@sympatico.ca).arrival!

## **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); Joyce Hardman [jhardman@rogers.com](mailto:jhardman@rogers.com)

## **Update on Accessibility**

The elevator has been equipped with a "pad system" which enables the elevator to be called from floor to floor and then be operated once inside. Presently the code is 3471#.

Difficulties were encountered with the installation of the automatic doors and efforts are underway to find a solution. We will update you as soon as possible.

Work has begun on making the washroom off the Labyrinth room an accessible washroom. We hope this work will be completed over the next few weeks.

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# NEWS FROM FIRST UNITED

## UPCOMING SUNDAYS

### October 15<sup>th</sup> – Ordinary Sunday - 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

### October 22<sup>nd</sup> – Ordinary Sunday – World Food Sunday

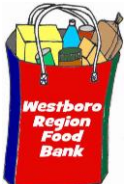
Theme: Sacred Dualities  
Anthem: Laudate Dominum – Steve Sandberg

### Serving Communion

If you would be interested in holding the cup or serving communion when we gather around the table to celebrate the Feast of God's love, please contact the Church office at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org). We will be coordinating a schedule for the upcoming communion Sundays.

### 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).



### 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.

### Thank You:

Church Council wishes to thank everyone for their continued support of our community life here at First. We are grateful for the ongoing commitments in time and financial support. Following is an update of our financial health. Presently, over 100 individuals/families give directly through “First Things First” and those giving in this way are encouraged to take a “card” at the back of the church and place it in the offering plate. For information on supporting First United through “First Things First” or envelopes, contact Margo at the church office.

<u>To September 30</u>	<u>2016</u>	<u>2017</u>	<u>Budget</u>	<u>Difference</u>
General	149,837	151,251	153,900	(2,649)
Mission & Service	25,634	24,719	26,100	(1,381)

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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](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 meets on Tuesdays 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).

**Young Adults Gathering:** Tuesday, October 17<sup>th</sup> at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Amelia Buchanan at [abuch078@uottawa.ca](mailto:abuch078@uottawa.ca)

## 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).



## Coming soon:

Sales for Hallowe'en Pumpkins will take place on **October 15 and October 22**, raising funds for the J2A Pilgrimage in August 2018.



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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@cjpj.ca](mailto:darlene@cjpj.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 [tmcmenyum@ucalgary.ca](mailto:tmcmenyum@ucalgary.ca)

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

### **LOOKING FOR MEANINGFUL VOLUNTEER WORK?**

Ancoura is a community agency in Ottawa that provides affordable housing and social supports to people living with a mental illness. We are looking for volunteers for a variety of positions. Please contact Liz Tyrwhitt at [liz@ancoura.ca](mailto:liz@ancoura.ca).

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