

First Glance

November 12th, 2017

(613) 232-1016 office@firstunitedchurchottawa.org

Breaking the Silence: An Evening of Learning

A Workshop on Preventing/Responding to Gender Based Violence

November 15, 2017 – 6:30 to 8:30

Come and learn practical skills you can immediately apply in daily life to support survivors and prevent sexual violence. Beginning at 7:00 Kira-Lynn Ferderber will lead us in a workshop on bystander intervention that will give us the tools to prevent and respond to gender-based violence in order to create radically safer communities. This workshop will make reference to how our actions inform us in empowering youth and children as well as alert us to racial bias.

For those who would like, we will gather for a prepared supper, starting at 6:30 (**please RVSP for supper to the church office** contacting the office by email or at [613-232-1016](tel:613-232-1016))

Retreat Planning News

We gathered input from over 50 people about what they were looking for in a retreat. Three things are most evident:

- There is a desire for both weekend and day long retreats, reflecting both cost and time considerations
- There is willingness to move beyond single sex/gender retreats
- There is a desire for variety, in relaxation and play, community building, learning and reflection

We are interested in getting some feedback on times for retreats, and have identified October (after Thanksgiving), February and late April (after Easter) as possibilities. Please fill in the information slip indicating your preferences, and let us know if you are interested in being in an organizing group.

See the Ability

November 1st – November 5th was Canadian Down Syndrome Week and Olivia Richardson and Norma Grant will be selling cards after the service **TODAY**. The proceeds will be donated to the Down Syndrome Assoc. of Ottawa which provides much needed support and services for the families of children with this disability.

The slogan for the DSA OF CANADA and the emphasis on their aims is "See The Ability".

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First United: An Affirming Congregation

NEWS FROM FIRST UNITED

November 19th – Cosmic Christ Sunday

Theme: Leadership offered by Congregational Members
 Story: Parable of the Sheep and Goats
 Anthem: *I Arise Today* – Matthew Emery

Advent At First: Sacred Space to "Sit With"

Advent is a time of waiting and listening as well as an ancient spirit practice of taking space to "sit with" unexpected news, to "sit with" the evolution of life both beautiful and painful, to "sit with" the unfolding of events both inspiring and disconcerting, and to "sit with" the company with whom we journey. This Advent, we intentionally create space for silence and for conversation, for contemplation through stillness and action, for presence with friend and stranger so that our spirits might be stretched through the practice of "sitting with".

Saturday, November 25th *Advent Potluck Dinner with Musical Entertainment from First United
 (as well as opportunity for singing favourite Christmas songs)
 We gather at 5:30 and begin eating at 6:00 p.m.*

Sunday, November 26th *The Candle of Hope
 Theme: When the World is Ending...and Beginning Again
 Anthem: Evening Prayer – Ola Gjeilo*

Sunday, December 3th *The Candle of Peace **Alternative Christmas Fair following the Service**
 Theme: Deep Space, Spaces that Stretch
 Anthem: Da Pacem - Jeff Enns*

Wednesday, December 6th *A Gathering to Remember and a Call to Action
 7:30 p.m. Standing in solidarity Against Violence Towards Women
 Special Music by Stairwell Carollers, Pat Mayberry, Women's Chorale*

Sunday, December 10th *The Candle of Joy and **Sock Sunday**
 Theme: In the Lapses of My Breathing, In the Spaces Between My Ways
 Anthem: Breaths – Ysaye Barnwell*

Sunday, December 17th *The Candle of Love
Christmas Pageant: Surprise! A Traditional Pageant (with surprises)*

Sunday, December 24th *Christmas Eve
 11:15 p.m. Meditative Service with Christmas Readings
 5:45 p.m. Family Candlelight Service
 8:00 p.m. Choral Candlelight Service*

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 October 31</u>	<u>2016</u>	<u>2017</u>	<u>Budget</u>	<u>Difference</u>
General	167,215	168,095	171,000	(2,905)
Mission & Service	28,627	27,299	29,000	(1,701)

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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.

Drumming Group: Nov. 20th - Join with other drummers for a time of connecting spirit with rhythm. For more information contact Dave Henderson at daveandging@gmail.com

Healing Pathway: 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: TBA 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, December 3rd at 9:00 a.m. at Donna's Express. For more information contact Martin at martin.raillard@gmail.com or Paul at pdurber@rogers.com

Parents with Small Children Potluck: Will joining with the Church Advent Celebration. Information to follow.

Queer Group Potluck: Tuesday, November 28th 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.

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.

Young Adults Gathering: Tuesday, November 21st at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Amelia Buchanan at abuch078@uottawa.ca

Advent Congregation Potluck Party Saturday November 25, 2017 Potluck

Everyone is asked to please bring a main dish. Salads, drinks and dessert will be supplied.

6:00 to 8:00 - Dinner with lots of music and entertainment of Christmas Cheer

Send an email to office@firstunitedchurchottawa.org or call 613-232-1016 to RSVP so we know what numbers to expect for dinner and can create the entertainment program!

SOCIAL JUSTICE

END VIOLENCE AGAINST WOMEN & GIRLS

November 25 - Wear something ORANGE and/or PURPLE and join us for the launch of the UNiTE Campaign and the 16 Days Canada Campaign.

4:15 p.m. Meet at Minto Park (corner of Elgin and Gilmour Streets) for a Candlelight March to the Canadian Tribute to Human Rights Monument.

5 p.m. Jean Pigott Hall (City Hall)

Presentation of Proclamation by Mayor Jim Watson, guest speakers, entertainment, refreshments.

Thank you to the City of Ottawa for agreeing to light up the Heritage Building in ORANGE & PURPLE to shine a light on the issue of violence against women and girls.

Plans Have Begun for our Annual December 6th Service **A Gathering to Remember and a Call to Action**

Set the date aside, and more information will be shared in the next couple of weeks.

Home Energy Efficiency **TO REDUCE CARBON EMISSIONS, WE MUST BECOME MORE EFFICIENT IN OUR HOMES' ENERGY USE.**

Chris Weissflog of ECOGEN ENERGY AND BUILD will be presenting a talk on how to make existing houses more efficient and how new homes are constructed to the standards of Energy Star, R200, Net Zero and Passive House. Please join us Tuesday, Nov. 14th, 2017 @ 7pm
Trinity United Church – 1099 Maitland Ave. office@trinityunitedottawa.ca | www.trinityunitedottawa.ca

On Sunday, **November 19th**, Multifaith Housing Initiative (MHI) will bring representatives of different faith groups together to celebrate our collective efforts in making Ottawa a welcoming city to call home. This event will honour the contributions of our members to MHI.

This special year is marked by a significant milestone, the completion of our new 98-unit community in Barrhaven (called 'the Haven') in partnership with the City of Ottawa. Now that it is fully occupied, over 350 people, many of whom are children will call the Haven home.

At this year's event, Dr. Lindy Samson, Chief of Staff and Chief Medical Officer at CHEO, will speak about the importance of affordable housing for health and well-being and the role non-profits, such as MHI, play in helping meet this need. The celebration will start with sacred Aboriginal drumming, followed by presentations from Muslim, Jewish, Baha'i, Hindu and Christian traditions. We will end the afternoon with the lively performance of the Colors of Diversity Marimba Players and refreshments.

Doors will open at 2:30 p.m.

Celtic Harp CDs by Susan Toman

Susan Toman's "Angels on High" - solo Celtic harp, Christmas carols and "Wide Waters" – harp, voice, whistles & uilleann pipes, bodhran – traditional Irish and Scottish music on sale for \$20.00. Please see Marg after the service (Nov. 19-Dec. 24) or contact her at Marg@firstunitedchurchottawa.org

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