

# First Glance

November 19<sup>th</sup>, 2017

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

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## 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](mailto: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!



## **A Gathering to Remember and a Call to Action To End Violence Against Women: December 6<sup>th</sup>**

Outdoor Vigil: 6:00 p.m. Women's Monument at Minto Park

Indoor Vigil: 7:30 p.m. First United and All Saints' Westboro

Information Café: 8:30 p.m.

*Gather with us to honour and grieve all mothers, partners, sisters, daughters, grandmothers, friends, co-workers, neighbours and classmates as on this National Day of Remembrance and Action to End Violence Against Women, we wish to remember all women who have died or been harmed by brutality. We remember our indigenous sisters, murdered or missing, and women and girls around the world living with violence and oppression.*

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# NEWS FROM FIRST UNITED

## 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 25<sup>th</sup>**      *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 26<sup>th</sup>**      *The Candle of Hope  
Theme: When the World is Ending...and Beginning Again  
Anthem: Evening Prayer – Ola Gjeilo*
- Sunday, December 3<sup>th</sup>**      *The Candle of Peace **Alternative Christmas Fair following the Service**  
Theme: Deep Space, Spaces that Stretch  
Anthem: Da Pacem - Jeff Enns*
- Wednesday, December 6<sup>th</sup>**  
7:30 p.m.      *A Gathering to Remember and a Call to Action  
Standing in solidarity Against Violence Towards Women  
Special Music by Stairwell Carollers, Pat Mayberry, Women's Chorale*
- Sunday, December 10<sup>th</sup>**      *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 17<sup>th</sup>**      *The Candle of Love  
**Christmas Pageant: Surprise! A Traditional Pageant (with surprises)***
- Sunday, December 24<sup>th</sup>**      *Christmas Eve  
11:15 a.m.      Meditative Service with Christmas Readings  
5:45 p.m.      Family Candlelight Service  
8:00 p.m.      Choral Candlelight Service*

## Guess Who Came to Dinner!

Our two evenings of mystery dinners were a great success. A total of **62 people** were part of this year's fun - 18 hosts who graciously welcomed 44 guests into their 8 homes for dinner.



Our two evenings of delicious dinners, stimulating conversations, and warm fellowship also contributed to the wider community through our guests' donation of **\$1320.00 to The Cornerstone Women's Housing Project**. This is the largest donation to date that Guess Who's Coming to Dinner! has raised. Thank you everyone!

If you were unable to participate this year, we hope you will be part of the fun next time.

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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:** Nov. 20<sup>th</sup> - 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:** 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:** 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 3<sup>rd</sup> at 9:00 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:** Will joining with the Church Advent Celebration. Information to follow.

**Queer Group Potluck:** Tuesday, November 28<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, November 21<sup>st</sup> at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Amelia Buchanan at [abuch078@uottawa.ca](mailto:abuch078@uottawa.ca)

## 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.

# **SOCIAL JUSTICE**

## **Into Our Collective Heart: Constellating for the Collective**

Participate in Systemic Healing Circles **Tuesday Nov 21<sup>st</sup>** from 6:30 to 9:30 at First United Church.

Are you wanting to find a way to serve the Earth, humanity, and all living beings given all the societal challenges we are facing? Come and participate in this systemic whole body/mind, creative approach. It works!

Participants say they experience new insights and wisdom that they have not been able to access using any other methodology. These new perspectives shift our relationships with each other and Life, opening up new options for action.

Join with others to co-create the most beautiful world our hearts can imagine!

This is an open group. New participants welcome!

Facilitator: Diana Claire Douglas

For Info: [dianaclairedouglas@bell.net](mailto:dianaclairedouglas@bell.net) 613-799-1343 [www.knowingfelddesigns.com](http://www.knowingfelddesigns.com)

This process works! You will get in touch with insights and wisdom that you never knew you had! Garth Mundle

## **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.

## **BIG SOUL PROJECT**

Will be holding their Christmas concert on Saturday, Dec 16<sup>th</sup> at Fourth Avenue Baptist Church  
For tickets, please contact Carol Garceau at [carolgarceau@yahoo.ca](mailto:carolgarceau@yahoo.ca)

## **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](mailto:Marg@firstunitedchurchottawa.org)

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