

First Glance

December 3rd, 2017

(613) 232-1016 office@firstunitedchurchottawa.org

TODAY - December 3rd - **Alternative Christmas Fair** following the Service to promote "alternatives" to Christmas shopping after the service.



A Gathering to Remember and a Call to Action To End Violence Against Women: December 6th

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.



First Connections Christmas dinner Friday, December 8th, 2016 Volunteers Welcome

First Connections is a group that meets on the fourth Thursday of each month. It is a partnership between First United, Canadian Mental Health Association, and Project Upstream. Our guests are participants of those agencies and receive invitations for a nutritious (and tasty) lunch as well as a safe space to meet socially. They also have a chance to interact with their workers who oversee large case loads. **Our Christmas Lunch is special** and we serve our guests at the table rather than cafeteria style. We are looking for volunteers to arrive at about 11:45 to serve our guests in this fun and festive event. You even get to meet Santa. To volunteer contact the office or Gwen at gwenrob@rogers.com

Sock Sunday – December 10th in Support of Centre 507

Please bring stuffed socks to church on December 10th! You are invite to stuff a sock full of items for the use of Centre 507 community members. Needed items include: socks, razors, toothbrushes and toothpaste, deodorant, underwear, lip balm (especially useful in the cold weather) and chocolates (a real treat for many).

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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".

Wednesday, December 6th 7:30 p.m.	<i>A Gathering to Remember and a Call to Action</i> <i>Standing in solidarity Against Violence Towards Women</i> <i>Special Music by Stairwell Carollers, Pat Mayberry, Women's Chorale</i>
Sunday, December 10th	<i>The Candle of Joy and Sock Sunday</i> <i>Theme: In the Lapses of My Breathing, In the Spaces Between My Ways</i> <i>Anthem: Breaths – Ysaye Barnwell</i>
Sunday, December 17th	<i>The Candle of Love</i> Christmas Pageant: Surprise! A Traditional Pageant (with surprises)
Sunday, December 17th 4:30 p.m.	<i>All Saints' Westboro Blue Christmas Service</i>
Monday, December 18th	<i>Carolling – 6:00-8:00</i> Every year the choir welcomes the whole congregation to join them carolling. Meeting at 6:00pm (Madison Avenue door). A social gathering at Marg Stubington's home follows the singing.
Sunday, December 24th 11:15 a.m. 5:45 p.m. 8:00 p.m.	<i>Christmas Eve</i> <i>Meditative Service with Christmas Readings</i> <i>Family Candlelight Service</i> <i>Choral Candlelight Service</i>

Announcing the 2018 Centre for Christian Studies Companion of the Centre – Sue Taylor

The Companion of the Centre is awarded annually to acknowledge someone who has made a significant contribution to the work of CCS or whose life and work epitomizes the ideals of CCS. We are pleased to announce that Sue Taylor will be the 2018 Companion of the Centre recipient. Sue will be presented with the award at the Annual Service of Celebration on April 15, 2018.

<http://ccsonline.ca>

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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: Dec. 11th - 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, January 7th 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 be joining with the Church Advent Celebration. Information to follow.

Queer Group Potluck: Tuesday, January 30th 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, January 23rd at the home of Brian Cornelius, 7 Edgar Street. For more information. contact Amelia Buchanan at abuch078@uottawa.ca

Looking for Sharing Company with others During the Christmas Season! We are looking at planning a Christmas Dinner sometime during the week of Christmas. The date will be confirmed but if this is of interest to you, please contact office@firstunitedchurchottawa.org Barb Winthrop is coordinating this event.

Journey Dance

Wednesday December 6th – 5:00 in the church with Lorena Norwood

To register or for information contact office@firstunitedchurchottawa.org

JourneyDance™ is a spiritual practice in which movement becomes your medicine. It is a fun and powerful method for moving stuck emotional and physical patterns toward joy and deep ease. By telling your story to the dance floor, your soul is invited to journey home into the body where healing happens. No previous dance experience or spoken words are required. Free will donations to the Sowing Seeds Fund (which can be tax-receipted) are accepted.

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SOCIAL JUSTICE



Let There Be Light! - Directed by **Marg Stubington**

Tuesday, December 12th, 2017, 7:30 p.m.
Centretown United Church, 507 Bank Street, Ottawa

Our 50th season opens with a holiday concert of inspiring compositions on the theme of light. They include Morten Lauridsen's sacred motet *O Nata Lux*; several works by Norwegian-born American composer Ola Gjeilo; excerpts from J. S. Bach's *Cantata 140* and *B Minor Mass*; Laura Hawley's *Alhamdoulillah (Live, Love, Share)*, sung in French and Arabic; Charles Baker's *Three Hanukkah Songs*; and a choral banquet of traditional and contemporary seasonal works. To celebrate our five decades of musical performance, CCC alumni will add their voices to several pieces.

Tickets are available at The Leading Note (Elgin at Frank), Herb & Spice (1310 Wellington) and Compact Music (Bank) or from Marg or Margo in the office or via PayPal at http://www.ccc-ccc.ca/tickets_e.html

Ticket prices: Adult \$22/At the door: \$25 Senior/Student: \$18/\$22

South Sudanese Women Speak Peace

Presentations, MP Panel and Discussion
Featuring women peacebuilders Agnes Wasuk Petia and Awak Deng and MP Panel with H el ene Laverdi ere, MP, and others

Thursday, December 7, 2017 7:00 pm-9:00 pm
Desmarais Building, Room 1160, 55 Laurier, University of Ottawa

Our special guests will highlight the critical role of grassroots organizations like the South Sudan Council of Churches (a KAIROS partner) in responding to violence against women in war-torn South Sudan and in building peace at the community and national level. MPs from each political party have been invited to respond in the context of Canada's Feminist International Assistance Policy and the National Action Plan on Women, Peace and Security. The UCC raised considerable funds through the Extreme Hunger appeal to assist the people of South Sudan. www.kairoscanada.org/nomas2

BIG SOUL PROJECT Christmas Concerts

Rehearsal Christmas concert at Fourth Avenue Baptist Church on Monday, Dec 11th at 7:00 p.m. and Christmas concert at Dominion-Chalmers on Saturday, Dec 16th at 7:30 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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