

# First Glance

November 18<sup>th</sup>, 2018

(613) 232-1016

office@firstunitedchurchottawa.org

Own it. First.

How does mental illness affect you **personally**?

1 in 5 of us have mental illness.

5 in 5 of us love someone with mental illness

Own your story of mental illness. First.

## Upcoming December Events at First United:

### Join Brian at a Centre 507 Luncheon, Tuesday December 4<sup>th</sup> from 11:30 a.m. to 1:00 p.m.

If you want to learn more about Centre 507, join Brian and others from the community for a lunch similar to the lunch served to participants of Centre 507. The ticket cost is \$20.00. Only five tickets available, and preference is given to those who have never had a chance to visit Centre 507. This is the first of ongoing lunch opportunities.

### Saturday December 1<sup>st</sup>

**An Advent Congregational Chili Potluck and Dance beginning at 6:00 p.m.  
Following Community Christmas Tree Lighting at 5:30 p.m.**

This is an evening for people of all ages, with a chance to mingle, share good cheer, while eating chili and enjoying marvelous music that will let demand that your toes tap and the body boogie. We will make merry by singing collectively at around 7:00.

### December 6<sup>th</sup>, 7:30pm

**The indoor vigil to mourn the victims of violence against women, and commit to ending gender-based violence.  
(This follows the outdoor vigil held downtown at Minto Park)**

Everyone is invited to this vigil, held on Canada's National Day of Remembrance and Action on Violence Against Women. This event is open to the larger Ottawa community where women and men and non-binary persons are invited to come and listen and join in the collective grief, hope, and solidarity. If you would like to help, please contact the church office.

### Saturday December 8<sup>th</sup>, 3pm in our sanctuary

**A showcase of gorgeous children's books featuring inclusive stories and progressive messages**

A free event featuring local parents and education experts sharing with us their favourite picks to give as Christmas gifts, and read year round. There will be a presentation featuring award-winning, kid-approved books that beautifully and sensitively help all of us discuss important topics like residential schools, body positivity, and kindness for our neighbours. Following the one hour presentation there will be an opportunity for questions and discussion. Please spread the word! Childcare will be available. Refreshments will be vegan treats made without gluten and nuts.

### Sunday December 2<sup>nd</sup>, 12:45pm

**Ukulele & Sing-a-long hour ....music in a group just for the fun of it!**

Come join this after-church open group in room 5/6, led by Jan Davis

No experience needed! Play a ukulele or just join in with your voice.

Anyone is welcome, no RSVP required, but you're invited to e-mail the church office if you think you'll be coming out, so we can have an idea of how much sheet music is needed.

(If there's an interest in creating a similar event with a structure designed for kids, let us know!)

**First United:** An Affirming Congregation

# NEWS FROM FIRST UNITED

## Next Sunday: November 25 – Circle of Life – a Church Year Ends, a Church Year Begins –

Gospel Story: The Jesus Manifesto

Hebrew Story: Jeremiah, Prophet of Parabolic Action

Anthem: Going Home and Still I Rise (Maya Angelou)

\*You are always welcome and to bring friends and family with you to the services.

**Sunday November 25<sup>th</sup> is a service where we are especially encouraging you to invite someone that might want to learn what's happening inside the doors of our church.**

If you were just waiting for the right time to bring someone new – this is it!

Next Sunday, keep in mind there might be some new faces around, and please join all of us in welcoming our guests with open hearts.

Invitations will be sent to you by e-mail to forward to anyone you would like!

### Enneagram Learning Opportunities at First United

The Enneagram is a powerful tool to help us understand ourselves, our recurring patterns of reactions in our lives, and how we view the world, ourselves, others, and God. If you'd like to learn about the Enneagram or go deeper in your understanding, Margaret Ault and First United are sponsoring two Enneagram workshops led by Cynthia Stevens and Sue Guttentstein of the INsideJourney [www.INsidejourneyenneagram.com](http://www.INsidejourneyenneagram.com)

***Working Your Edge Through the Passions***, November 23 - 25 2018.

***Open the Door to your Prison: Easing what Blocks you from Growing at your Edge***, January 11-13, 2019  
Details and registration: [www.margaretault.com/events/](http://www.margaretault.com/events/) or [margaretault@rogers.com](mailto:margaretault@rogers.com)

### First United Women's Winter Retreat: 18-20 January 2019

Thanks to the many talented women who have offered to lead workshops and share their gifts, the First United Women's Retreat returns at beautiful Galilee Centre, Arnprior!

The retreat will begin at 7:30 p.m. Friday night and end after lunch on Sunday. All meals included. Single bedrooms and bedding provided. The cost will be \$220. We could still use a musician and worship leader; please contact [tanya.middlebro@gmail.com](mailto:tanya.middlebro@gmail.com) or [joanstafford48@icloud.com](mailto:joanstafford48@icloud.com) if you would like to help out.

***Registration forms are available through the church office.***

### Westboro Region Food Bank - Christmas hampers

Everyone loves a special treat during the holiday season. If you would like to contribute to the Westboro Region Food Bank Christmas hampers, we encourage you to purchase a tin of **Camino hot chocolate** or a **Camino chocolate bar** at **Ten Thousand Villages**. They will collect all the donations for us, ready to create our Christmas hampers.

Also, we're looking for elastic bands. If you receive a daily newspaper wrapped with an elastic band, we'd appreciate your collecting the bands and putting them in the food bank donation basket.

Thank you!

[www.firstunitedchurchottawa.org](http://www.firstunitedchurchottawa.org)

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# SMALL GROUP MINISTRY

## WEEKLY / MONTHLY SMALL GROUP GATHERINGS

***If you have an idea for a small group that you would like to initiate, please contact Kira-Lynn (New Ways Project Coordinator) in the office or chat with Brian, who will help to facilitate getting it started.***

**Art Explorations:** Art Explorations continue **Saturday Dec 1**, in room 5/6 1-4pm. We will do Dreamscapes with alcohol Inks, made by letting drops of colour wander on the page. No supplies to bring but maybe latex or nitrile gloves. RSVP: jsly@primus.ca or j3miller@uwaterloo.ca

**Book Study Group: Mondays** from 9:30am-11:30am in Room 5/6. In our ongoing education about living in right relations, we're studying the book *Braiding Sweetgrass - Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer. Open to everyone. For information, contact Maryanne MacDonald at maryanne.macd@gmail.com

**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: Monday, November 19<sup>th</sup>** in the sanctuary. Join with other drummers for a time of connecting spirit with rhythm. For more information contact Dave Henderson at daveandging@gmail.com (Continues December 10<sup>th</sup>)

**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 every Tuesday between 11:00 am and 9:00 pm by appointment. Please contact HealingPathway2010@gmail.com

### **Living into Right Relations Circle**

For more information contact Sharon Moon: sharonmoon45@gmail.com

**Men's Breakfast: Sunday December 2<sup>nd</sup>** 9:30am at Donna's Restaurant at the corner of Churchill & Scott Street. For more information contact Tseheyoun at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

**Parents with Small Children Potluck: Saturday December 1<sup>st</sup>.** We will join together in the Advent Chili Potluck and Dance that begins at 5:00. Activities for children will be provided as the parents have opportunity for mingling with others.

**Queer Group Potluck: Tuesday, November 27<sup>th</sup> 6:15pm** at the home of Brian Cornelius 7 Edgar Street. For more information contact Chantel Nantel at cnantel555@gmail.com

**Talking About Mental Health:** This social gathering that discusses mental health issues will meet after church **Sunday, November 25<sup>th</sup>** in room 5/6 at 12:30 p.m. Join us for a bowl of soup and conversation. For more information, contact Jessica Ward-King at j.ward-king@hotmail.com or Zachary Houle at zacharyhoule@rogers.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. Friday November 23<sup>rd</sup> a guest speaker from the City of Ottawa will be in to discuss ParaTransit.

**Young Adults Gathering:** A group of young adults meets regularly, often at Brian's home. We are currently planning for the upcoming season. For more information or to share your ideas, contact Amelia Buchanan at abuch078@uottawa.ca, or get in touch with Brian.

# EVENTS

## **FAITH AND ARTS OTTAWA Spirit Art Night**

SPANs are for stretching our spiritual and artistic horizons: a series of Sunday evening sessions with a different spiritual artist each month. 6:30 pm light refreshments and conversation, 7-9pm artist-led SPAN.

**November 18:** in The Lounge at Glebe-St. James United Church

Erin Burns "Moving away from perfectionism" (process art)

For further information, email Ashley at [faithandartsottawa@gmail.com](mailto:faithandartsottawa@gmail.com) or [tom.sherwood@carleton.ca](mailto:tom.sherwood@carleton.ca)

## *Constellating for the Collective: Into Our Collective Heart Participate in Systemic Healing Circles*

**Tuesday, Nov 20, 2018 from 6:30pm to 9:30pm at First United Church sanctuary**

"Given all the societal challenges we are facing, are you wanting to find a new way to serve the Earth, humanity, and all living beings? 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.** This is an open group. New participants welcome! Suggested donation: \$20- \$30

**Facilitator: Diana Claire Douglas For Info:** [dianaclairedouglas@bell.net](mailto:dianaclairedouglas@bell.net) 613-799-1343

[www.knowingfielddesigns.com](http://www.knowingfielddesigns.com)

**"This process works! Through participating in sessions on hot-button community issues, I have moved from outrage and anger to realizing love + compassion are a better way!"**

## **REACH Educational Session on Compassion Fatigue and Mindfulness for Caregivers**

Session on self-care while caring for seniors, relatives, children with special needs/health care issues....

Tuesday, November 27<sup>th</sup>, 2018. 7:00 pm – 9:00 pm United Way Ottawa, 363 Coventry Rd.

Join **Reach**, Equality and Justice for People with Disabilities/ Égalité et Justice Pour Les Personnes Ayant Un Handicap, for an engaging discussion on **Compassion Fatigue and Mindfulness for**

**Caregivers:** Learn about compassion fatigue, resilience, and to develop your own relaxation practice.

Speaker is Gail Dawson, Social Worker, MSW, and Heather Cross, Mindfulness and Yoga Instructor, and owner of Here and Now Studio and a lawyer.

**Cost:** \$25 person (includes light refreshments) **For more information and to register:**

**<https://www.reach.ca> 613-236-6636**

## **Join us for JourneyDance™ December 21st, in the Sanctuary 7pm-8:30pm**

JourneyDance™ is a transformational experience that allows for exploration into a loving connection with body, mind, and source energy. Dance your way to Joy. No previous movement or dance experience required. Our Winter Solstice class will center around moving into this phase of our season.

Registration is not necessary, however, if you want notice of weather related cancellations, please preregister: [lorena.norwood@gmail.com](mailto:lorena.norwood@gmail.com) Classes are by free will donation. Meet inside the church sanctuary. Please arrive a few minutes early, and wear loose comfortable clothing. Class is facilitated by Kathleen Howell and Lorena Norwood, certified JourneyDance™ Facilitators. For more information about JourneyDance™ you can visit the web site at: [Jourenydance.com](http://Jourenydance.com) or contact: [lorena.norwood@gmail.com](mailto:lorena.norwood@gmail.com) 613-222-7705

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