

First Glance

January 21st, 2018

(613) 232-1016 office@firstunitedchurchottawa.org

Recognition and Welcoming of New Members – February 11th, 2018

If you are interested in becoming a formal member of First United, please contact the office (office@firstunitedchurchottawa.org) or Brian (briancornelius@firstunitedchurchottawa.org).

Caring for One Another Through Nurturing a Safe Church Community

Wednesday, February 7th, 2018

7:00 p.m. (45 minute presentation followed by question and answer session)

An experienced Service Manager from the Children's Aid Society, Melanie Fulford, will present information and answer questions to support all of us as parents, caregivers, teachers and congregants in creating safe communities in our churches as well as our wider community. In particular, this discussion will deepen our understanding of ensuring safety in the children and youth programming at First United Church, empowering our own children and youth, as well as being applicable to other congregational contexts and engagement in the wider community.

The session will include latest legislative updates and requirements, ways to recognize signs of abuse or neglect, and how to respond to a child or youth who discloses information that makes you concerned about their wellbeing.

Let's Talk About Mental Health

In advance of Bell's *Let Talk Mental Health Day* at the end of January, a number of us will be gathering immediately after the service on **Sunday, January 28, 2018**, in Room 5/6 to enjoy each other's company and to talk about issues affecting mental health. There is no set agenda -- this is more of a social activity similar to the monthly young adult's gathering and queer potluck. Cheese and crackers will be provided.

If you have any questions, feel free to contact Zachary Houle at zacharyhoule@rogers.com or Jessica Ward-King at j.ward-king@hotmail.com

UCOBSERVER

FAITH, JUSTICE AND ETHICAL LIVING

First United is delighted to provide subscriptions to the United Church Observer for anyone associated with the congregation who would like to receive it. **Right now, we are updating the subscription list.**

If you are not receiving a subscription and would like to begin, please respond to this email and indicate such and we will add you to the list.

If you are receiving a subscription but no longer want a subscription, please let us know by email (office@firstunitedchurchottawa.org) or by phone 613-232-1016.

First United supports the United Church Observer by putting this cost into our annual budget. For those who might like to contribute to the cost of the subscription, the amount is \$20.00.

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First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Season of Epiphany at First United

Sunday January 28 th	Theme:	One Whale of a Story (Part One)
	Text:	The Jonah Story
Sunday February 4 th	Theme:	One Whale of a Story (Part Two)
	Text:	The Jonah Story
Sunday February 11 th	Theme:	Healing as Transfiguration Recognition and Welcome of New Members
	Text:	Mark 2:-12

Beginning Next Week, we will share details about Lenten Learning opportunities and activities which begin with the Pancake Supper on Tuesday February 13th and Ash Wednesday on February 14th.

Follow Up Regarding Retreats at First United

You may recall that last year we did an extensive survey on retreats at First United and reported to you the overwhelming interest in have a non-gendered retreats (some weekend and some day away) for spiritual nurture, learning, as well as opportunity for community building. The survey also surfaced many creative ideas for topics and suggestions for retreat format.

If you are interested in trying to make a retreat happen sometime over the next few months, please contact Brian Cornelius at briancornelius@firstunitedchurchottawa.org or Elena Powell at ejpowellottawa@yahoo.ca.

A Heartfelt Thank You (from Church Council and to one another)

Church Council would like to thank everyone for the support of our congregational life this past year, both in spirit and financially. The response to our Advent campaign was exceptional, and we raised \$19,450 which was more than our \$15,000 goal. As a result this revenue combined with expenditures slightly less than budgeted, we are able to report that we met our annual budget and have a small surplus of \$5,000, pending final audit. We will be able to provide detailed information in the coming weeks, as well as our budget projections for 2018.

The Annual Meeting is scheduled for Sunday, March 4th.

A Learning Event on First United and United Church Finances – Wednesday, January 31st at 7:00 p.m.

On this evening Paul Sales, Financial Development Officer with the United Church of Canada and Craig Baters, a United Church lawyer with expertise on wills and estates will be our guests.

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| 7:00 to 7:20 | Overview of First United Operating Budget, Legacy Fund, and ways of financially supporting the congregation. |
| 7:20 to 8:00 | Presentation by Paul Sales on contributing to local congregations and the United Church of Canada through gift of shares, legacy giving, etc. |
| 8:15 to 9:00 | Presentation on information on wills and estate planning with Craig Baters. |

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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: Monday, February 5th 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, February 4th 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: Saturday, January 27th beginning at 4:45 at the church..

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: 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. Beginning January 9th we will examine Part 3 - Healing from Colonization, Chapters 9 & 10. 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

Journey Dance

Wednesdays – 5:30 – 6:30 in the church with Lorena Norwood

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. To register or for information contact office@firstunitedchurchottawa.org

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SOCIAL JUSTICE

Tonight and Tomorrow Faith and Arts Ottawa presents Trans-Script At the Gladstone Theatre

Trans-Script is an original 50-minute, 6-actor play dramatizing love and relationships in the context of transgenerating experiences. It has been performed at Carleton, Algonquin, uOttawa, high schools, churches, Rendez-Vous 2017 in Montreal, the Annual Meeting of Bay of Quinte Conference, and the annual conference of Affirm United. This may be the last opportunity to see Trans-Script because Faith and Arts is launching two new theatre programs in January 2018, Spirit Talks in Ottawa, and a sequel to The god Monologues in Kingston.

Both the Sunday, January 21 and Monday, January 22, 2018 performances will be followed by an audience-cast talkback moderated by either David Sherwin or Tom Sherwood.

Given the United Church of Canada involvement in seeking Peace and Justice for Palestinians and the nation of Israel

You are invited to a public meeting

By Peter Larson of Canada Talks Palestine Israel

What is the future of Jerusalem? Capital of Israel? Capital of Palestine? Divided? United? Both?

Come to a public meeting on January 25th. 7:30 p.m. We will try to answer your questions.
Churchill Senior Centre, 345 Richmond Road, Ottawa

If you would like to know more about this subject, and have a clearer understanding of the issues at stake, especially in light of Donald Trump's decision to recognize Jerusalem as the capital of Israel. you are cordially invited to attend. Free admission. Donations accepted.

Spirit Talks

Faith and Arts Ottawa is launching its fifth documentary theatre program for young adults and adults this January 2018.

Spirit Talks is an amateur theatre project related to spirituality, religion and young adults. Working with the real words of young adults from Tom Sherwood's book, Listening to The Echo, interested participants will reflect alone, in pairs and larger groups to develop monologues, dialogues, skits and choruses that wrestle with the questions and issues that interest them.

How can I join? Register online at faithandartsottawa.org or email faithandartsottawa@gmail.com for the registration form. Got questions? Email Ashley, our Administrator who acted in our past four productions, at faithandartsottawa@gmail.com. Or email Tom Sherwood (tom.sherwood@carleton.ca) and ask Tom to call you.

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