

First Glance

January 28th, 2018

(613) 232-1016 office@firstunitedchurchottawa.org

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

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.

- 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.

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.

www.firstunitedchurchottawa.org

First United: An Affirming Congregation

NEWS FROM FIRST UNITED

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).

Season of Epiphany at First United

Sunday February 4th Theme: One Whale of a Story (Part Two)
Text: The Jonah Story

Sunday February 11th Theme: Healing as Transfiguration
Recognition and Welcome of New Members
Text: Mark 2:-12

Lent at First United

This year, we will be viewing six films in our Lenten experience. During the week, we will show the movie and have opportunity for discussion. On the Sunday, themes from the movie will be linked with the themes from the Scripture texts to inspire our liturgy. While it will not be necessary to have seen the movie to engage on Sundays, we do encourage people to join us or to find a way to experience the movie for themselves. Beginning Next Week, we will share details about each movie, but set the following dates aside.

Tuesday, February 13th Shrove Pancake Supper from 5:30 to 6:45. A movie will begin at 7:15.

Wednesday, February 14th Ash Wednesday Taize Service at 7:15. Every one is welcome to join Brian for a Valentine's snack and drink afterwards at a nearby restaurant

Wednesday, February 21 Movie Night

Thursday, March 1 Movie Night

Wednesday, March 7 Movie Night

Tuesday, March 13 Movie Night

Saturday March 24 Movie Afternoon, movie suitable for children.

Tax Receipts for 2017 Donations will be mailed this coming week

Church Council would like to thank you for your faithful financial support in 2017. Our financial statements have now been audited and we can share the following report.

<u>To August 31</u>	<u>2016</u>	<u>2017</u>	<u>Budget</u>	<u>Difference</u>
General	218,390	219,322	222,000	(2,678)
Mission & Service	34,662	32,902	35,000	(2,008)

Because of underspending and a special donation of \$6,000 we ended the year with a surplus of 5,026

www.firstunitedchurchottawa.org

First United: An Affirming Congregation

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, February 20th at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Amelia Buchanan at abuch078@uottawa.ca

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.

SOCIAL JUSTICE

Update from the Earth Group and Living into Right Relations Circle on Chalk River Nuclear Waste Site

The Earth Group and Living into Right Relations Circle at First United have been working together to impact decisions on the Chalk River nuclear waste site that has significant impact on the Ottawa River. On Tuesday of this past week, representatives made a presentation at the public hearings to uphold sufficient regulations for environmental safety.

In addition, we are providing a link to sign a petition if you desire.
<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-1450>

Responsible Investment and Ethical Business Practices for Canadian Businesses

The Minister of International Trade announced the creation of a human rights ombudsperson for responsible business enterprise, to investigate claims of harms linked to Canadian mining activities overseas. After eleven years of campaigning and pressure from United Church folks and over 600,000 Canadians, we entered 2018 with much anticipation for the awaited creation of this office. In his announcement, the Minister recognized that the creation of such an office "could not have been achieved without the support from civil society."

So, as we celebrate this announcement, we are calling on you to help us show our public support for this important step towards making Canada open for justice. We need to be united to show our support to the Minister to make sure he fulfills his commitment to creating an independent human rights ombudsperson. In that spirit, please Take Action - letters to the editor are now urgently needed to show support for Minister Champagne's announcement of a human rights extractive sector ombudsperson. The ombudsperson must be given the power and resources needed to conduct thorough investigations - including the power to compel the production of documents and testimony.

2017 at the Westboro Region Food Bank

Our Westboro Region Food Bank's year-over-year numbers were up from the previous year:

- 1429 households served in 2017 (1411 in 2016)
- 119 households on average each month (118 in 2016)
- 3626 individuals served in 2017 (3152 in 2016)
- 302 individuals on average each month (263 in 2016)

In 2017 we partnered with the Caring and Sharing Christmas Exchange program, distributing 36 Christmas hampers and 76 vouchers for Superstore or Metro.

The food bank receives weekly donations from Bridgehead, Starbucks and The Piggy Market. We encourage you to support these generous local businesses.

The WRFB mandate is to "provide three days worth of emergency food once a month. This includes food appropriate for breakfast, lunch and dinner." Our catchment area is bounded by the Ottawa River, Island Park Drive, Dovercourt Avenue and Broadview Avenue.