

First Glance

February 11th, 2018

(613) 232-1016 office@firstunitedchurchottawa.org

ART IN THE CHAPEL "Close Encounters" by Shirley Paton

Beginning this week, the intricate colour pencil drawings of Shirley Paton will be hanging in the chapel. Today you are invited to visit the chapel during Conversation and Refreshments for a special viewing and opportunity to engage in conversation with Shirley.

Lent: A Time for Self-Care and Spiritual Nurturing and Stretching

Art Journaling as a Spiritual Practice: Come and learn about ways to use Art Journaling as a spiritual practice in these three mini-retreats. There will be an introduction to mindful art journaling that incorporates mindful meditation, art making, and reflective writing as a practice of spiritual exploration and play. There will be opportunity to share with others if desired. Techniques used in art journaling will be taught so set aside Saturday February 24 and March 10 and 24 from 1 pm to 4 pm here at the church. For more information or to sign up talk with Jane Sly in the Labyrinth Room or contact her at jsly@primus.ca

Bible Study: Brian Cornelius will be hosting an hour long discussion on Biblical texts at 12 noon on the following Tuesdays (February 13, 27, March 13 and 27)

Lenten Up: Simone Hurksman of All Saints Anglican will be hosting a time for reflection and renewal during this holy season?. Stop in on your way home from work or school. This year we will be exploring the theme of holy tension. Thursdays in Lent from 5:30 to 6:15 pm.

JourneyDance will happen every Friday at 5:30 p.m. in the chancel. This 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.

Weaving Together Our Community Life at First United

Working with our staff, a group of volunteers have come together to assist in organizationally weaving together our life as a community of faith. We are focused on inviting and facilitating meaningful participation for all those associated with First as well as ensuring that we are effective in our programming while not "burning out" our staff. We are identifying some areas of involvement, and if these interest you please contact Margo at office@firstunitedchurchottawa.org and someone will follow through.

1. We need new members for the Joint Property Committee
2. We are looking for congregational hosts at Funerals happening at First United.
3. We are looking for interested leaders in organizing Congregational Retreats
4. We are looking for someone to strategically organize our Social and Ecological Justice Ministry
5. We welcome new members to the Weaving Together Our Community Life working group.
6. We are looking for someone interested in promoting the work of the Mission and Service Fund

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First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Reel Life

Watching, Listening, and Learning from Stories in Scripture and Now

In addition to our Sunday explorations of faith and Scripture, our **annual Lenten journey** includes mid-week opportunities of joining together to watch six movies. The themes of these movies will resonate with the themes explored each Sunday. A synopsis of the movies is in the Lenten brochure.

For those attending a movie, we invite you to gather in the chapel between 6:45 and 7:15 to greet one another, have a snack, and get ready. The movie which **will begin at 7:15 sharp** except on March 25th. Following each movie (1 ½ to 2 hours), there is an optional facilitated conversation.

Shrove Tuesday (Feb 13)	5:30 to 6:45 6:45 (7:15)	Pancake Supper The Movie: Arrival
Ash Wednesday (Feb 14)	7:15 8:15	Taize Service Social Time in a nearby restaurant
Lent One – Sunday, Feb 18	Theme: Text:	Lent: An Arrival at Another Beginning Mark 1:12-13 – Jesus in Wilderness
Wednesday – February 21	6:45 (7:15)	The Movie: Mama Africa (life of Miriam Makeba)
Lent Two – Sunday, Feb. 25	Theme: Text:	You Got Me Singing Mark 5:21-43 – Woman healed after 12 years of illness and the raising of a 12-year-old girl.
Thursday – March 1	6:45 (7:15)	The Movie: Babette's Feast (has English subtitles)
Saturday – March 3	5:30	J2A Fundraising Irish Dinner
Lent Three – Sunday, March 4	Theme: Text: 12:30	Feasting on...well...on Surprises. Mark 2:15 to 28 – Jesus challenges feast traditions Annual Meeting and Luncheon
Wednesday – March 7	6:45 (7:15)	The Movie: 3 Generations
Lent Four – Sunday, March 11	Theme: Text:	Family: Hold Me, Rock Me Mark 3:20-21, 31-35 – The Family of Jesus
Tuesday, March 13	6:45 (7:15)	The Movie: Tkaronto (Mohawk for Toronto)
Lent Five – Sunday, March 18	Theme: Texts:	All My Relations Listening for wisdom from the First Peoples of Canada.
Saturday – March 24	4:45 to 5:30 5:30 (5:45)	Potluck Supper The Movie: Inside Out
Palm/Passion Sunday, March 25	Theme: Text:	Feeling Those Inside Out Feelings Palm Parade and Passion Narrative.

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.

Bible Study: Tuesday February 13, 27. Join Brian for a discussion of the Biblical texts for the next two Sundays. From 12:00 noon until 1:00 p.m. Bring your own lunch.

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, February 24th beginning at 4:45 at the church..

Queer Group Potluck: Tuesday, February 27th at the home of Brian Cornelius, 7 Edgar Street. For more information contact Chantel Nantel at cnantel555@gmail.com

Talking About Mental Health after church service on Sunday, February 25th. Join us for a bowl of soup and conversation on the Winter Blues and the role of Lent. 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.

Tuesday Morning Book Study Group: We meet Tuesday 9:00-11:00 in Room 5/6 and focus on topics that help us understand right relations and Truth and Reconciliation. February 13th we will continue our discussion of Firewater by Harold Johnson covering pages: 9-34 and the Appendix - Treaty No. 6 from pages 155-162. Open to everyone. For information, contact Maryanne MacDonald at 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

Thank You:

Church Council wishes to thank everyone for their continued support of our community life here at First. We are grateful for Presently, over 100 individuals/families give directly through "First Things First" and those giving in this way are encouraged to take a "card" at the back of the church and place it in the offering plate. For information on supporting First United through "First Things First" or envelopes, contact Margo at the church office.

<u>To January 31</u>	<u>2017</u>	<u>2018</u>	<u>Budget</u>	<u>Difference</u>
General	16,224	14,627	17,100	(2,473)
Mission & Service	2,578	2,590	2,900	(310)

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SOCIAL JUSTICE

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.

The Opioid crisis is real... and it's here.

To make a difference, we have to be informed. You are invited to **Kanata United Church** on **Sunday, February 25 at 2:30pm** for an education / information session on drugs in our communities.

Opioids, such as Fentanyl, are an ongoing crisis on our streets. Not just on the streets of downtown Ottawa but on the streets in Kanata – in our neighbourhoods – and in our schools.

Our speaker, Mark Barnes, is a pharmacist and a vocal advocate on the dangers of fentanyl abuse.

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.