

First Glance

February 18th, 2018

(613) 232-1016 office@firstunitedchurchottawa.org

Journey To Adulthood (J2A) Pilgrimage to Ireland

This August, six youth with three leaders are doing a spirit pilgrimage to Ireland as they conclude two years of participating in the Journey to Adulthood youth program. Youth are required to earn 1/3 of the trip, can accept support from their family for the other 1/3, and are involved in raising the money for the final 1/3. So please plan on attending the...

...Irish Dinner Fundraiser

Saturday, March 3rd at 5:30 p.m.

The J2A youth will provide you a scrumptious Irish meal, with Irish entertainment and music, as well as Irish décor and ambiance. It will be a wonderful evening of community and enjoyment, an evening for persons of all ages. (Childcare will also be provided).

All food is provided, and tickets are by free-will donation and will be tax receipted.

If you plan on attending, please sign up in the Labyrinth Room.

You can make a donation even if you cannot attend.

Please leave your address, so that the J2A youth can send you a postcard from Ireland!

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 the 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 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.

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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 **will begin at 7:15 sharp** except on March 25th. Following each movie (1 ½ to 2 hours), there is an optional facilitated conversation. All are welcome, so bring your family and friends.

Wednesday – February 21	6:45 (7:15)	The Movie: <i>Mama Africa (life of Miriam Makeba)</i>
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: <i>Babette’s Feast (has English subtitles)</i>
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: <i>3 Generations</i>
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: <i>Tkaronto (Mohawk for Toronto)</i>
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: <i>Inside Out</i>
Palm/Passion Sunday, March 25	Theme: Text:	Feeling Those Inside Out Feelings Palm Parade and Passion Narrative.

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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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 27, 2018. Join Brian for a discussion of the Biblical texts for the two upcoming Sundays. From 12:00 noon until 1:00 p.m. Bring your own lunch and meet in the church kitchen.

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, March 19th 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, March 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 in Room 5/6. 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 Tuesdays 9:00-11:00 in Room 5/6 and focus on topics that help us understand right relations and Truth and Reconciliation. 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

JourneyDance

will happen every Wednesday at 5:30 p.m. in the chancel.

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. For more information contact Lorena Norwood at lorena.norwood@gmail.com

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SOCIAL JUSTICE



A Faith-in-Action Campaign for Climate Justice in Canada

Many Christians mark Lent by “giving up” a bad habit or distracting practice. During the 40 days leading up to Easter, this symbolic sacrifice provides space to reflect and refocus, tune-in to our Christian calling, and renew our commitment to God.

This year, why not focus your Lenten fast on preserving God’s creation?

More information at: cpj.ca/for-the-earth

Show Support for an Effective and Independent Human Rights Ombudsperson For Mining Justice

KAIROS is greatly encouraged by the Honourable Minister of International Trade’s announcement on January 17, 2018 regarding the creation of a Canadian Ombudsperson for Responsible Business Enterprise.

KAIROS remains cautiously optimistic because it is still unclear if the Ombudsperson will be completely independent at all stages of the process. To ensure that the office is effective, the Ombudsperson must be fully independent with the power to compel documents.

For more information on letter writing campaigns and collaborations, visit kairoscanada.org

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.

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