

# First Glance

March 4<sup>th</sup> 2018

(613) 232-1016 [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)



## Marketplace Fundraiser for Nunavut Sivuniksavut Students

Saturday March 10th, 9am – 3pm

With vendors from across Ottawa, and students from Nunavut Sivuniksavut performing music throughout the day, featuring a square dance at 2pm

Come share in Inuit culture, with vendors selling Inuit arts and crafts, items made from repurposed wood, jewellery made from one-of-a-kind stones and repurposed vintage finds, along with retro video games, baked goods, and books from Inuit author Aviaq Johnston. Donations are welcome for the Nunavut Sivuniksavut students' cultural exchange trips.

### Journey To Adulthood (J2A)

#### Pilgrimage to Ireland

Thank you to everyone who attended the wonderful Irish Dinner last night. It was an evening of celebration and enjoying community. Our prayers are with the six youth with three leaders who are embarking on a spirit pilgrimage to Ireland as they conclude two years of participating in the Journey to Adulthood youth program. If you would like to make a donation to this trip, envelopes are available on the back table.

### Welcoming New Members

#### And Name Tags

**Membership:** If you would like to become a formal member of First United, we will be welcoming new members again in April. Please contact the office at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)

**Name Tags:** We are updating our name tags, and so if you have misplaced yours and would like to have one, please contact the church office at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org).

### Hospitality Teams

Presently, our hospitality teams are smaller than we had hoped. This means that a few people are providing hospitality more than the intended once every eight weeks, and when they are providing the hospitality, it is taking much longer.

If you would like to become part of a hospitality team and be involved once every eight weeks (whole families are welcome or you can help only with dishes following the service or only be involved in greeting at the beginning of the service), please contact Bev Hellman at [hellman.bev@gmail.com](mailto:hellman.bev@gmail.com) Or the church office at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org).

***Welcoming one another each Sunday is the joy that all of us can experience.***

Thank you to Gwen Robinson and her team for organizing the Annual Meeting Luncheon

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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 a movie. The themes of these movies are resonating 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 – March 7	6:45 (7:15)	The Movie: <b>3 Generations</b>
Lent Four – Sunday, March 11	Theme:	Family: Hold Me, Rock Me
	Text:	Mark 3:20-21, 31-35 – The Family of Jesus
Tuesday, March 13	6:45 (7:15)	The Movie: <b>Tkaronto (Mohawk for Toronto)</b>
Lent Five – Sunday, March 18	Theme:	All My Relations
	Texts:	Listening for wisdom from the First Peoples of Canada.
Saturday – March 24	4:45 to 5:30	Potluck Supper
	5:30 (5:45)	The Movie: <b>Inside Out</b>
Palm/Passion Sunday, March 25	Theme:	Feeling Those Inside Out Feelings
	Text:	Palm Parade and Passion Narrative.

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

**Monday March 5 from 6:30 to 9:30 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.

Join with others to co-create the most beautiful world our hearts can imagine!

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** [dianaclairedouglas@bell.net](mailto:dianaclairedouglas@bell.net) 613-799-1343 [www.knowingfielddesigns.com](http://www.knowingfielddesigns.com)

## Thank You:

Church Council wishes to thank everyone for their continued support of our life here at First. We are grateful for your participation in our community. 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	31,303	29,375	34,200	( 4,825)
Mission & Service	5,301	5,180	5,800	( 620)

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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 March 13, 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](mailto:jhardman@rogers.com) or Liz Tyrwhitt [liz.tyrwhitt@sympatico.ca](mailto:liz.tyrwhitt@sympatico.ca).

**Drumming Group: Monday, March 19<sup>th</sup>**  Note the new date  
Join with other drummers for a time of connecting spirit with rhythm. For more information contact Dave Henderson at [daveandging@gmail.com](mailto: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](mailto: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, April 8<sup>th</sup> at 9:00 a.m. at Donna's Express. For more information contact Martin at [martin.raillard@gmail.com](mailto:martin.raillard@gmail.com) or Paul at [pdurber@rogers.com](mailto:pdurber@rogers.com)

**Parents with Small Children Potluck:** Saturday, March 24<sup>th</sup> beginning at 4:45 and joining with anyone who is coming to view the movie "Inside Out"

**Queer Group Potluck:** Tuesday, March 27<sup>th</sup> at the home of Brian Cornelius, 7 Edgar Street. For more information contact Chantel Nantel at [cnantel555@gmail.com](mailto:cnantel555@gmail.com)

**Talking About Mental Health** will meet after church service on Sunday, March 25<sup>th</sup> in Room 5/6. Join us for a bowl of soup and conversation on dealing with family during the Easter season. For more information, contact Jessica Ward-King at [j.ward-king@hotmail.com](mailto:j.ward-king@hotmail.com) or Zachary Houle at [zacharyhoule@rogers.com](mailto: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](mailto:maryanne.macd@gmail.com)

**Young Adults Gathering:** Tuesday, March 20<sup>th</sup> at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Amelia Buchanan at [abuch078@uottawa.ca](mailto:abuch078@uottawa.ca)

## Journey Dance

**happens 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](mailto:lorena.norwood@gmail.com)

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# SOCIAL JUSTICE

## Multifaith Housing Initiative - Annual General Meeting - Sunday March 18, 2018

St. Gabriel's Parish, 55 Appleford St., Ottawa

With author and City of Ottawa Councillor Jody Mitic as keynote speaker

Registration is at 2:30pm. Please come at that time so staff/volunteers are able to process everyone at the door swiftly and efficiently. The AGM itself will begin promptly at 3:00pm, and conclude at 5:30pm.

MHI is looking for individuals who are able and willing to donate some food for the reception. If you can generously donate some grub for the occasion, please email [office.admin@multifaithhousing.ca](mailto:office.admin@multifaithhousing.ca)

The students and staff at Nunavut Sivuniksavut invite you to Arts Court Theatre on **March 5<sup>th</sup> & 6<sup>th</sup>**

for a special presentation of *The Inuit Story, a Dramatization*.

This play presented by NS students tells the history of Inuit in Canada.

Many musical and cultural elements are woven throughout.

The shows begin at **7:00 pm**

and include an intermission and silent auction.

Tickets can be purchased at [www.artcourt.ca/events](http://www.artcourt.ca/events)

Contact Larissa with questions (613) 244-4937 x 21

The shows are part of the students' efforts to raise funds for their end-of-year trips, where they will be sharing their history and culture with Indigenous peoples in Hawaii and Chile.



### Ideas from the Westboro Region Food Bank

Our food bank clients appreciate receiving personal items as well as food. You can help by watching for opportunities to collect shampoo, lotion, bars of soap, toothpaste, toothbrushes, dental floss, and cloth bags.

- When you travel, put a sealable plastic bag in your luggage. If you're staying in a hotel, you'll usually have those sample-size containers in your bathroom. Just remember to put the sealed bag into checked luggage so you don't have to give up your precious gifts at security!
- When you visit the dentist, don't be shy about asking for samples. Office staff understand the importance of having dental hygiene supplies and are usually generous.
- And when a retailer offers you a cloth bag, take it and bring your collection to the WRFB. It's ever so much easier for our clients to carry their food if it's in a sturdy bag.

All of these products are welcome additions to the supplies we distribute at the food bank.

Thank you for keeping our clients in mind when you travel and shop!

For more information or to volunteer at the food bank:

<http://westborofoodbank.wixsite.com/westborofoodbank>

or e-mail Sarah Brown, Coordinator [westbororegionfoodbank@gmail.com](mailto:westbororegionfoodbank@gmail.com) .

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