

First Glance

March 24th, 2019

(613) 232-1016 office@firstunitedchurchottawa.org

EXPERIENCE *FIRST CONTACT* –

AN ACCLAIMED APTN (Aboriginal People TV Network) VIDEO SERIES

Most Canadians have never taken the time to get to know Indigenous People or visit their communities. First Contact takes six average Canadians, all with strong opinions about Indigenous People, on a unique 28-day journey into Indigenous Canada. Leaving their everyday lives behind the six will travel to many and varied Indigenous communities. It was an experience that changed their lives.

An opportunity to deepen your own journey towards Reconciliation and share discussion.

Date and Time: Wed. April 3, 7:00 pm – 8:30pm

April 10, 7:00 pm – 8:30pm

Place: in the Chapel at All Saints with St Matthias, First United Church

Join us for one or all of these videos and discussion as part of your Lenten journey

Hey, I could do that! Do you have a few hours a month to spare?

Volunteers fill many different roles at the **Westboro Region Food Bank**. For example:

- **Gardeners** maintain our garden and harvest the produce for our food bank.
- **Client greeters** welcome our clients and log their visits in our database. The greeters can give client information about our other services, like the community kitchen. Greeters must be over 18; a police record check is required; and basic computer skills are necessary.

If either of these sound like something you could do, please contact Lori Crawford, our new WRFB Coordinator, at westbororegionfoodbank@gmail.com.

Other volunteer job descriptions' can be found at <http://westborofoodbank.wixsite.com/westborofoodbank/volunteer>.

Thanks for considering helping out at our food bank!

Welcoming Lunch – New(ish) to First United?

We would love to have you join us for a Welcoming Lunch on Sunday, March 31.

This is an opportunity to share a meal, get to know one another, and find out more about our church community.

Children are welcome.

To register, please contact joanstafford48@icloud.com

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First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Lent At First United The Pathway of Love

This year, our Lenten journey is informed by the gospel imperative to lovingly and intentionally engage The Holy in our spirit-body with all our heart, mind, soul, and strength as well as to love our neighbour as we love ourselves. Through this Biblical resource, we welcome spirit teachings about seven directions (east, north, west, south, above, below, centre) as we allow ourselves to receive directions on *the pathway of love*.

Lent 4 March 31	Gospel Teaching: Gospel Story:	Treasure (<i>soul</i>) in earthenware jars Feet of Jesus is Anointed and Jesus washes feet
Lent 5 April 7	Gospel Teaching: Gospel Story:	I can do all things through Christ who <i>strengthens</i> me Jesus clears the temple.

Come and Dance your way to Spring! JourneyDance™

Tuesday, March 26th 6:15 - 7:30 pm in the main church sanctuary
Offered by Lorena Norwood and Kathleen Howell- certified JourneyDance Facilitators
who have been teaching for over 6 years.
Please register with Lorena at 613-222-7705 or lorena@firstunitedchurchottawa.org
Bring a friend, Bring your cabin fever, and prepare to dance yourself to spring!!
Come to one class or come to all!!

Joy Camp in 2019?

Enjoy swimming in a clear lake, a worship service under the pines, meals prepared for you, all in the company of First United friends and families? It is time to plan a July weekend at beautiful Gracefield Camp, 75 minutes north of Ottawa. All financial administration will be handled by the First United Office, but Joy Camp needs a coordinator to handle communications and liaison. If you are interested, or need more information, please speak to Tanya Middlebro or Brian Cornelius.

Yasmin Syrian Cooking, a small business created by and employing new Canadians from Syria, is once again offering a series of cooking classes at First for five Thursdays,
beginning on April 11th from 5:30 to 8 p.m.

The cost is \$150, which includes all supplies. Fun and delicious!!
For more information, please speak to Mary Donaghy or Margaret Maxted.

SMALL GROUP MINISTRY

WEEKLY / MONTHLY SMALL GROUP GATHERINGS

If you have an idea for a small group that you would like to initiate, please contact Brian, who will help to facilitate getting it started.

Art Explorations: Art Explorations will be occurring on the second Saturday of every month, from 1-4 pm in room 5/6. On **April 13th**, we will be carving stamps out of Speedball Speedy cut rubber for use on paper or fabric.

Book Study Group: Mondays 9:30 - 11:30 am in Room 5/6. Open to everyone. For information, contact Maryanne MacDonald at maryanne.macd@gmail.com

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, April 29th in the sanctuary. 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 every Tuesday between 11:00 am and 9:00 pm by appointment. Please contact HealingPathway2010@gmail.com

Living into Right Relations Circle For more information contact sharonmoon45@gmail.com

Men's Breakfast: Sunday April 7th- For more information contact Tseheyoun at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

Parents with Small Children Potluck: Saturday, March 30th at 4:45 p.m. We gather for a potluck with everyone that begins at 5:00. Childcare is provided as the parents have opportunity for discussion.

Queer Group Potluck: Tuesday, March 26th 6:15pm at the home of Brian Cornelius, 7 Edgar Street. For more information contact Chantel Nantel at cnantel555@gmail.com

Stories and Stitches: First Sunday of each month: a monthly gathering where folk share stories, listen to stories and, if you desire, create needlework art while listening to the stories! Folk tales, literary tales, personal stories, family stories, historical stories, social justice tales.
April 7, 2019, 12:45 pm – 2:15 pm. In room 5/6. Light refreshments will be provided.

Talking About Mental Health: This social gathering that discusses mental health issues will meet after church. March 31st in room 5/6 at 12:30 p.m. Join us for a bowl of soup and conversation. 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.

The Ottawa Choral Society is putting on a performance of Bach's St John Passion on **Sunday March 24, 2019** at 3 pm at St. Joseph's Church.

Reduced price tickets can be purchased from
Jane Sly, John Moffat or Mike Beauchamp

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SOCIAL JUSTICE

The **United Church of Canada** strongly condemns the horrific attacks by a suspected White nationalist on two mosques in Christchurch, New Zealand on March 15, 2019. At least 49 people were killed and another 48 injured in this act of terrorism while Muslim worshippers were at Friday prayers.

The people of the United Church are deeply saddened and many are weeping alongside the families and friends of the people who were killed and injured. In his letter to the Romans, the apostle Paul writes: “rejoice with those who rejoice, weep with those who weep. Live in harmony with one another” (Romans 12:15–16a). People in the United Church are joining with people around the world in mourning the lives of the innocent victims lost in this abhorrent attack.

The United Church recognizes Islam as a religion of peace, mercy, justice, and compassion and has affirmed that the church wants to journey towards reconciliation, understanding, and cooperation with our Muslim neighbours. The church is deeply committed to working with Muslims and others for peace and justice for all humanity and to seeking ways to build right relationships among us.

Bridges out of Poverty” Workshop

Sat Apr 13, 10 a.m. to 2 p.m., Wall Street United Church, Brockville, ON

This workshop is a comprehensive approach to understanding and breaking cycles of generational poverty. Research will be reviewed and examined through family structures, class, resources and language. Cost \$25 or as able - Workbook & lunch included. This workshop comes highly recommended by others who have taken it in the past. Please call 613-342-5401 x 21 or office@wallstreetchurch.com to register.



WALLY B. REDEKOP LECTURE SERIES ON PEACE AND DEVELOPMENT

March 25th at 7 pm

Saint Paul's University's Amphitheater

223 Main St., Ottawa

Reception to follow

WOMEN VICTIMS OF CONFLICT IN THE DRC:

BECOMING AGENTS OF PEACE IN THE MIDST OF A COMPLEX CRISIS



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