

First Glance

January 20th, 2019

(613) 232-1016 office@firstunitedchurchottawa.org

Talking About Mental Health at First

Crushing Stigma. First.

One in four of us live with mental illness. Four in four of us love someone with mental illness. Join us at First as we enter into sacred conversation about mental health and mental illness in our community

Stories on Sundays

On Sundays, friends and colleagues will be crushing stigma, one story at a time during our Sunday gatherings while there will be age appropriate stories to support children

Movies and Mental Health

During the mid-week, we will view award-winning films that explore the complexities of human experience and provide a context for conversation about mental health.

Wednesdays, 6-9pm, Chapel @ First

Childcare Provided

Jan 30 – Silver Linings Playbook

Feb 6 – A Beautiful Mind

Feb 13 – Requiem for a dream

Feb 20 – One Flew Over the Cuckoo's Nest

First Family - Saturday, February 23, 2-4pm

Feb 23 – Christopher Robin

Birch Bark Coffee: Coffee Making A Difference

As part of our work to restore Right Relations, First United, along with All Saints and St. Matthias, will be introducing you to coffee from the Birch Bark Coffee Company. Birch Bark Coffee is both certified organic and fair trade and First Nations owned and operated. Most importantly, \$2.00 from each bag goes to purchasing and installing a water purification unit in Indigenous homes affected by boiled water advisories. On May 4th, we will be hosting a coffee house when you can meet the founder Mark Marsolais-Nahwegahbow, hear the story of the company and more about the water situation in Indigenous communities. First United will be determining whether to use this coffee on a regular basis, so please stop by the information table and give us your feedback.

You can also check out their website at www.birchbarkcoffeecompany.com.

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First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Season of Epiphany

- January 27th Jesus and Healing Stories
Text - Luke 5:17-26
- February 3rd Calm in the Storms of Life
Text – Mark 4:35-41
- February 10th Martha, Mary, and Lazarus
Text – Luke 10:38-42
- February 17th Zaccheus
Text – Luke 10:1-10

Winter Retreat for members of First United (February 22 to 24) at Galilee House

If you are interested in helping plan a Winter Adult Retreat that has both an overnight component as well as a one-day component, please contact Brian Cornelius as soon as possible

Heads Up – Annual Congregational Meeting

Sunday, March 3rd beginning at 12:45

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

Tuesday, Jan 22, 2019, from 6:30 to 9:30 in the First United Church sanctuary

We (the Earth, all beings, humanity) are on the precipice of breakdown or breakthrough. We are called to find new ways of exploring our place as humanity in making choices that will affect All- Life now and for our future ancestors.

Systemic Constellation Work is one of these new ways. It is a whole body/heart/mind/soul, experiential and creative approach that opens us to deep collective wisdom so needed now. New perspectives gained shift our relationships with each other + Life, opening up new options for sacred activism.

This is an open group. New participants welcome! Suggested donation: \$20- \$30

Facilitator: Diana Claire Douglas

For Info: dianaclairedouglas@bell.net 613-799-1343 www.knowingfelddesigns.com

This process works! Through participating in sessions on hot-button community issues, I have moved from outrage and anger to realizing love + compassion is a better way!

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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: February's date and craft to be confirmed.

Book Study Group: Mondays from 9:30am-11:30am in Room 5/6. In our ongoing education about living in right relations, we're studying the book *Braiding Sweetgrass - Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer.

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, February 25th 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 Sharon Moon: sharonmoon45@gmail.com

Men's Breakfast: Sunday February 3rd

For more information contact Tseheyoun at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

Parents with Small Children Potluck: Saturday January 26th 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, January 29th 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 new 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... February 3rd, 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. January 27th 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.

SOCIAL JUSTICE

Urge Canada to support women peacebuilders

The work of these grassroots partners requires long-term, stable and predictable funding, as well as diplomatic support. It's time that the Canadian government puts its money where its mouth is and fully funds this policy - targeting assistance to women-led grassroots organizations. To do so, it must increase international assistance from the current 0.26 percent of gross national income to 0.7 percent, the international standard. We join other development NGOs in recommending a predictable annual increase of 15 percent to the International Assistance Envelope over 10 years.

Right now, the Canadian government is preparing the 2019/2020 budget, the last budget of the current Parliamentary session. Please send a message to your Member of Parliament now asking for this incremental increase in international assistance. It will take only a minute: kairoscanada.org/what-we-do/gender-justice/women-peace-and-security-online-action

KAIROS Canada Faithful action for justice

This Thursday, January 17 marks the one-year anniversary of the Government of Canada's announcement of the creation of the Canadian Ombudsperson for Responsible Enterprise (CORE). The Office of CORE has yet to be staffed.

The position is intended to hold Canadian mining companies and their subsidiaries, as well as the oil and gas and garment sectors, accountable for human rights violations at their overseas operations.

The fate of CORE is on the Prime Minister's desk this week. There has been intense lobbying by industry representatives against the ombudsperson having the power to compel documents and testimony. We must match that effort with our passion for justice.

Don't let us lose CORE at the last minute. Urge your Member of Parliament to call the Prime Minister's Office today!

Due to the urgency, rather than a letter or email, please call your Member of Parliament's constituency office and ask them to call the Prime Minister's office now and:

Urge the government to keep its promise:

- Give the ombudsperson the power to compel the truth
- Give the ombudsperson independence
- Do it now! It is already a year since the office was announced!

For more information, visit our websites: www.kairoscanada.org