

# First Glance

April 2026

(613) 232-1016

[office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)

[www.firstunitedchurchottawa.org](http://www.firstunitedchurchottawa.org)

## Looking Ahead:

**Thursday, April 2-** Maundy Thursday service in the chapel at 6:30. P.M

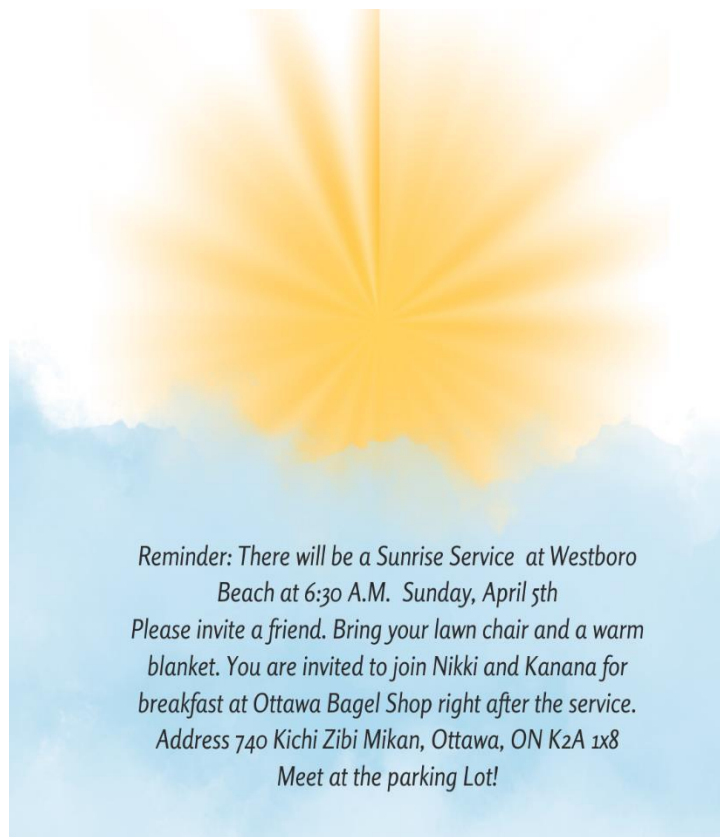
**Friday, April 3-** Good Friday service in the sanctuary at 3.00 P.M

**Easter Sunday, April 5-** Sunrise Service at Westboro Beach at 6:30 A.M

**Sunday, April 5** service with Communion. Please invite a friend!

**There will be no *What on Earth Do We Believe* today.**

Those interested in a book study in the next coming month, please share what interest you have with Kanana: [kanana@firstunitedchurchottawa.org](mailto:kanana@firstunitedchurchottawa.org)



Kanana will be starting Youth & Children Meditation Program. She is inviting parents to reach out to organize a meeting. Please email Kanana if you are interested.

[kanana@firstunitedchurchottawa.org](mailto:kanana@firstunitedchurchottawa.org)

## Weekly/Monthly Gatherings at First United

*If there is a small group gathering you wish to initiate, please contact Nikki at [nikki@firstunitedchurchottawa.org](mailto:nikki@firstunitedchurchottawa.org) and she will help explore and facilitate your hope.*

**Sunday Morning- Men's Breakfast:** The First United Men's Breakfast Gathering is scheduled for Sunday, April 12<sup>th</sup> at 9:00 AM at the **Newport Restaurant** located at the corner of Churchill Ave and Scott St. Join us for breakfast, fellowship and conversation the second Sunday of each month from September through June. For information, please contact Don Brodie at [donmarilynnbrodie@gmail.com](mailto:donmarilynnbrodie@gmail.com)

**Let's Talk About Mental Health** peer support group. We gather on the first Sunday of each month starting at 12:30, in room 7/8, over a bite to eat and some good company. We welcome you whether you come to the service or not, whether you come to First United or not - so come as you are and feel free to bring a friend! We talk about our daily life experiences living with mental illness and give one another support as people going through similar lived experiences. No one is an expert - there are no counsellors or mental health professionals present - just peers supporting peers. Contact Jessica Ward-King at [j.ward-king@hotmail.com](mailto:j.ward-king@hotmail.com)

**Monday Evening- On-line Christian Meditation**, occurs at 5:30 every Monday evening on Zoom and is led by Cathy Nobleman, and Liz Tyrwhitt. This gathering is connected with the World Community for Christian Meditation based on the leadership of Laurence Freeman. Contact Liz at [liz.tyrwhitt@gmail.com](mailto:liz.tyrwhitt@gmail.com) to register and get more resources on Christian Meditation.

**Thursday Evening Choir:** meets from 7:00 to 8:30 p.m. We sing different styles of music - gospel, folk, classical, pop and more - and rehearse anthems and service music for the 11:15 a.m. Sunday gatherings. We are currently about 35 singers. Contact Marg Stubington at [marg@firstunitedchurchottawa.org](mailto:marg@firstunitedchurchottawa.org).

**Fourth Friday Fellowship with TGIF** –, 1:30 - 3:00 p.m., Room 5/6. We welcome all interested persons to attend the fellowship tea social to be held on the **fourth Friday of each month**. For more information, contact [maryanne.macd@gmail.com](mailto:maryanne.macd@gmail.com)

**Environmental Justice Committee-** We collaborate to embed the principles and ideas of environmental justice in all aspects of the life of First by engaging the congregation, promoting calls to action and supporting concrete steps to reduce our community's ecological footprint. The committee meets on the first Wednesday of each month. All ages are welcome. Find out more by contacting Wallace Beaton, [jwbeat63@gmail.com](mailto:jwbeat63@gmail.com)

**Congregational Givings-** Update from Church Council: Church Council is grateful to the congregation for the continued support of community life at First and beyond.

To March 31 <sup>st</sup> :	2025	2026	2026 Budgeted to Mar.31st	Difference
General	\$51,117	\$54,572	\$61,000	(6,428)
Mission & Service	\$ 8,524	\$ 9,095	\$ 9,000	(95)

For those who wish to e-transfer a donation, the email is [treasurer@firstunitedchurchottawa.org](mailto:treasurer@firstunitedchurchottawa.org). If you want any information on our pre-authorized remittance, contact Cindy Cherry, our church administrator, at [treasurer@firstunitedchurchottawa.org](mailto:treasurer@firstunitedchurchottawa.org)



For the **Love**  
of **Creation**

**Earth Week- During the week of April 19-26, engage in a climate justice activity...praying, learning, acting.**

For more information & events, please visit:

[www.fortheloveofcreation.ca/earth-week-2026](http://www.fortheloveofcreation.ca/earth-week-2026)

**MultiFaith Housing Initiative- Volunteer Appreciation Gathering  
for those who have volunteered or donated!**

**Sunday, April 19 from 2 – 4 p.m.**

Please join us for a **Volunteer Appreciation Gathering** where we can thank you in person, enjoy some good food, and spend time together reflecting on the impact volunteers continue to make.

**Location:** The Sanctuary, 404 McArthur Ave. Ottawa

Whether you have volunteered at events, supported programs in our housing communities, served on a committee, or shared your professional skills, your contributions matter. Volunteers make it possible for MHI to build community and ensure that tenants have the support they need.

Here is the link to RSVP: <https://forms.office.com/r/gijk7TA59h>



**National Volunteer Week (April 19-25, 2026)**  
Thank you to everyone who volunteers at First United!!  
The sharing of time, support, skills and creativity is vital to  
our community. We appreciate you!!!

### **HEALING PATHWAY SESSIONS**

Healing Pathway practitioners are offering sessions in the Chapel on Tuesdays at 1 pm and 2 pm. Evening sessions will be available Tuesdays at 7 pm (and 8 pm if needed).

Healing Pathway works to balance the receiver's energy system to work for healing wholeness. When the field is balanced, healing can occur on all levels, mind, body, spirit. All are welcome to receive with our trained practitioners. For an appointment for in person sessions, contact Howard Clark: [HealingPathway2010@gmail.com](mailto:HealingPathway2010@gmail.com)

Every Communion Sunday (usually the 1st of the month but not always) a notice that Healing Pathway practitioners will be offering healing prayer during communion. Individuals or couples or family groups are invited for individual prayer and blessing.

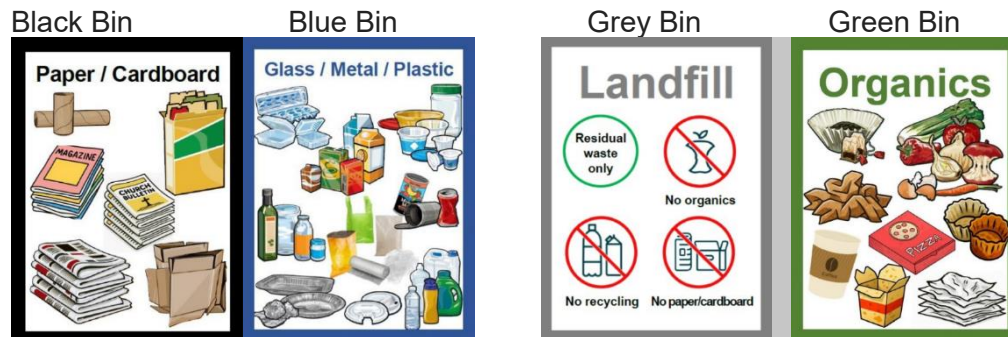
**Every third Sunday:** Healing Pathway practitioners are offering 5-minute chair session in the chancel following the service. All are welcome, including children.

## “Waste not, want not”

Over the past year, Environmental Justice committee members, in collaboration with All Saints and staff, have been working to put that old proverb into action in our building. Their efforts have included:

- determining just how much garbage/recycling we produce (700 lbs per month in case you were wondering);
- updating and expanding the supply of waste bins (now colour-coded with new labels for easier use); and
- developing a waste management strategy (our very first).

**Now we need your help.** How? By making sure you put your waste in the right place. That looks like this:



Have questions? Look for some special “Waste Ambassadors” at **coffee hour on April 12** who will be happy to talk to you. And thank you for doing your part to ensure that First United treads a little more lightly on Creation.

### Last call: Turn Debt Into Hope

This global ecumenical campaign is supporting debt cancellation and systemic financial reform for countries and Indigenous communities in the Global South, many of which are spending more on debt repayment than on climate action, healthcare or education.

Close to 70,000 Canadians have already signed the petition, including people here at First (Thank you!). They want to reach 100,000 before a rally and lobby day on **Parliament Hill on Tuesday, April 28 at noon**. So, if you haven't added your name, now is the time.

<https://kairoscanada.org/turn-debt-into-hope>

To learn more about the rally, contact Bibiana Seaborn, [bibiana@sympatico.ca](mailto:bibiana@sympatico.ca)

