

# First Glance

October 28<sup>th</sup>, 2018

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

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## **Running Deep- The Power of Water**

The Water Care Allies of First United and the Ottawa Storytellers invite you to an evening of stories and songs that celebrate water: life source, essential element of our environment, and inspiration...

Grandmother Francine Payer, an Anishinaabe Kwe Elder, will open the evening and share a First Nation's story of water;  
Music and songs by Pat Mayberry; stories by Local Ottawa StoryTellers  
Saturday, November 3, 7 pm, at First United  
Donations will support local water protection efforts.

## **An evening conversation about social justice at First United Wednesday November 7 | 6 p.m. | Supper and discussion**

First United has a rich and successful program of social justice initiatives and projects, ranging from extensive refugee work, to support to Centre 507, the Ottawa region's Multifaith Housing Initiative, global mining justice, and beyond. Leaders of our social justice groups and projects are invited to discuss their success, concerns, and vision to advance this work on Wednesday November 7. The meeting, at First United, will include supper. Whether or not you can attend, please RSVP our social justice coordinator, Jeffrey Smith [jjsmith@universe.com](mailto:jjsmith@universe.com) | (613) 983-3905 and let him know of particular matters to add to an agenda.

## **First United Women's Winter Retreat: 18-20 January 2019**

Thanks to the many talented women who have offered to lead workshops and share their gifts, the First United Women's Retreat returns at beautiful Galilee Centre, Arnprior!

The retreat will begin at 19:30 Friday night and end after lunch on Sunday. All meals included. Single bedrooms and bedding provided. The cost will be \$220. We could still use a musician and worship leader; please contact [tanya.middlebro@gmail.com](mailto:tanya.middlebro@gmail.com) or [joanstafford48@icloud.com](mailto:joanstafford48@icloud.com) if you would like to help out. Registration brochures will be available before the end of October.

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

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# NEWS FROM FIRST UNITED

## Upcoming Sundays:

**November 4** - Celebrating Communion

Gospel Theme: A Commandment: Love One Another

Hebrew Story: Naomi, Orpah, and Ruth on Sojourn

**November 11** – Remembrance Sunday

Epistle Theme: A Hymn to Love

Hebrew Story: Jonah goes to Ninevah via a Big Fish

Anthem: (Hebrew Anthem) Next Year, Peace will Come

**November 18** - Celebrating the Sacrament of Baptism

Gospel Story: Forgiving Seventy times Seven

Hebrew Story: Three Friends in a Furnace

Anthem: Still I rise (Maya Angelou)

**November 25** – Cosmic Christ Sunday – Invite a guest!

Gospel Story: The Jesus Manifesto

Hebrew Story: Jeremiah, Prophet of Parabolic Action

Anthem: Going Home.....and more!!!

Set the Date Aside - Saturday December 1<sup>st</sup>

An Advent Congregational Chili Potluck and Dance beginning at 5:30 p.m.

Following

Community Christmas Tree Lighting at 5:00 p.m.

Details to come...but this is an evening for people of all ages, with a chance to mingle, share good cheer, while eating chili and enjoying marvelous music that will let demand that your toes taps and the body boogie.

## **Why are human beings religious?**

**The Department of Classics and Religious Studies at the University of Ottawa is delighted to welcome renowned author and commentator on religion Karen Armstrong.**

**Thursday, November 8,** at 7:30 p.m. in Huguette-Labelle, Room 112, Tabaret Hall.

Admission is free, but RSVP is required. Please register to this event by November 1st, 2018.

Karen Armstrong (OBE, FRSL), a noted thinker on the role of religion in the modern world, has written over 20 books that explore what Judaism, Christianity, and Islam have in common and explain how religious traditions have shaped world history and drive current events. Her books include A History of God, which became an international bestseller; The Battle for God, A History of Fundamentalism; Islam; Buddha; and The Great Transformation; as well as a memoir, The Spiral Staircase. Her work has been translated into 43 languages.

## **Our response to the September 21 tornados in Gatineau-Ottawa**

First United has the opportunity through the ecumenical response coordinated by the Dunrobin area faith communities to provide accompaniment support to a family who has moved to Westboro to live while they determine the next steps after tornados left their hour inhabitable. If this is of interest to you and you would like to be involved, please contact Brian or our social justice coordinator, Jeffrey Smith: (613) 983 3905 / jjsmith@uniserve.com ASAP.

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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 Kira-Lynn (New Ways Project Coordinator) in the office or chat with Brian, who will help to facilitate getting it started.***

**Art Explorations: Saturday November 3,** 1-4pm in room 5/6. We will be making wet felted flowers, with the option of making poppies. RSVP to jsly@primus.ca or j3miller@uwaterloo.ca for a list of supplies.

**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, November 19<sup>th</sup>** 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 (Continues December 10<sup>th</sup>)

**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**

Meeting in the chapel **Wednesday, November 7<sup>th</sup>**, 7pm-9pm.  
For more information contact Sharon Moon: sharonmoon45@gmail.com

### **Men's Breakfast: Sunday November 4<sup>th</sup>**

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

**Parents with Small Children Potluck: Saturday December 1<sup>st</sup>.** We will join together in the Advent Chili Potluck and Dance that begins at 5:00. Activities for children will be provided as the parents have opportunity for mingling with others.

**Queer Group Potluck: Tuesday, October 30<sup>th</sup> 6:15pm** at the home of Brian Cornelius 7 Edgar Street.  
For more information contact Chantel Nantel at cnantel555@gmail.com

**Talking About Mental Health:** This social gathering that discusses mental health issues will meet after church **Sunday, October 28<sup>th</sup>** 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.

**Young Adults Gathering:** A group of young adults meets regularly, often at Brian's home. We are currently planning for the upcoming season. For more information or to share your ideas, contact Amelia Buchanan at abuch078@uottawa.ca. or get in touch with Brian.

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

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# SOCIAL JUSTICE & EVENT LISTINGS

## Enneagram Learning Opportunities at First United

The Enneagram is a powerful, accurate tool to help us understand ourselves, our recurring patterns of reactions in our lives, and how we view the world, ourselves, others, and God with a skew that we are largely unaware of. If you'd like to learn about the Enneagram or go deeper in your understanding, here are three learning opportunities being offered at First:

***An Introduction to the Enneagram***, led by Dorothy Naylor and Margaret Ault  
November 2 (eve) and November 3 (morning).

For more details contact Dorothy (done07@sympatico.ca ) or Margaret (margaretault@rogers.com )  
or pick up a flyer at coffee time.

\* \* \*

Margaret Ault and First United are sponsoring two Enneagram workshops  
led by Cynthia Stevens and Sue Guttenstein of the INsideJourney [www.INsidejourneyenneagram.com](http://www.INsidejourneyenneagram.com)

***Working Your Edge Through the Passions***, November 23 - 25 2018.

***Open the Door to your Prison: Easing what Blocks you from Growing at your Edge***, January 11-13, 2019

Details and registration: [www.margaretault.com/events/](http://www.margaretault.com/events/) or [margaretault@rogers.com](mailto:margaretault@rogers.com)

**Flyers with details of these three opportunities are available at coffee time in the Labyrinth room.**



**Get Active, Not Radioactive! - Tuesday, November 6,**  
Gather at **12 noon** in front of St. Andrew's Presbyterian  
Church, 82 Kent St.

The group will march down Sparks St., up to the flame on  
Parliament Hill, and back again.

Come out and march for a greener future!

Join our march and oppose plans to build a giant radioactive  
waste dump near the Ottawa River – and to bury an old  
reactor in cement. With the current plan for a massive dump  
at Chalk River, radioactive materials including tritium and  
plutonium would leak into the Ottawa River, endangering  
health.

## **FAITH AND ARTS OTTAWA SPirit Art Night**

SPANs are for stretching our spiritual and artistic horizons: a series of Sunday evening sessions with a different spiritual artist each month. 6:30 pm light refreshments and conversation, 7-9pm artist-led SPAN.

**November 18:** in The Lounge at Glebe-St. James United Church  
Erin Burns “Moving away from perfectionism” (process art)

For further information, email Ashley at [faithandartsottawa@gmail.com](mailto:faithandartsottawa@gmail.com) or [tom.sherwood@carleton.ca](mailto:tom.sherwood@carleton.ca)

**Constellating for the Collective: Into Our Collective Heart** Participate in Systemic Healing Circles  
Tuesday, October 23<sup>rd</sup> from 6:30 to 9:30 in the 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. It works! 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  
For Info: [dianaclairedouglas@bell.net](mailto:dianaclairedouglas@bell.net) 613-799-1343 [www.knowingfielddesigns.com](http://www.knowingfielddesigns.com)

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