

First Glance

November 4th, 2018

(613) 232-1016 office@firstunitedchurchottawa.org

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. Please RSVP our social justice coordinator, Jeffrey Smith jjsmith@universe.com |(613) 983-3905 and let him know of particular matters to add to an agenda.

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, Margaret Ault and First United are sponsoring two Enneagram workshops led by Cynthia Stevens and Sue Guttenstein of the INsideJourney 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/ or margaretault@rogers.com

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 or joanstafford48@icloud.com if you would like to help out. Registration brochures will be available soon.

Planning for our Annual December 6th

Gathering to Remember and Call to Action to end Violence Against Women

If you would like to offer support to this annual event, a group is meeting in the chancel at about 12:45 today

Set the Date Aside - Saturday December 1st

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 tap and the body boogie.

www.firstunitedchurchottawa.org

First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Upcoming Sundays:

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

November 25 – Cosmic Christ Sunday – Invite a guest!

Gospel Story: The Jesus Manifesto

Hebrew Story: Jeremiah, Prophet of Parabolic Action

Anthem: Going Home and Still I Rise (Maya Angelou)

Healing Pathway Training

Wholeness of mind, body and spirit

A spiritual practice

A healing ministry within the congregation.

Healing Pathway offers all of the above and Healing Pathway training is as much for self-learning as it is for becoming a Healing Pathway practitioner.

Why not join us for the workshop?

Phase 1 - An Introduction, January 18-20, 2019 at Trinity United Church, Ottawa.

For more details check the website HealingPathway.ca or email HealingPathwayEast@gmail.com or speak to one of our Healing Pathway practitioners. Course fee: \$210 (\$230 after January 4th)

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 house uninhabitable. 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.

Thank You:

Church Council wishes to thank everyone for their continued support of our life here at First. In particular, the Council would like to thank you for the response to the living room conversations. Beginning in November, our First Things First PAR donations grew by approximately \$300 a month to our general fund, and \$60 to The United Church's Mission & Service fund, while others made envelope contributions. For more information on supporting First United through "First Things First" or envelopes, contact Kira-Lynn at the church office.

<u>To October 30</u>	<u>2017</u>	<u>2018</u>	<u>Budget</u>	<u>Difference</u>
General	166,752	155,321	171,000	(15,679)
Mission & Service	27,259	26,395	29,000	(2,605)

www.firstunitedchurchottawa.org

First United: An Affirming Congregation

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: E-mail jsly@primus.ca or j3miller@uwaterloo.ca for more information.

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 19th 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 10th)

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 7th**, 7pm-9pm, following the First United social justice discussion and supper at 6pm. For more information contact Sharon Moon: sharonmoon45@gmail.com

Men's Breakfast: Sunday December 2nd

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

Parents with Small Children Potluck: Saturday December 1st. 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, November 27th 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, November 25th** 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.

SOCIAL JUSTICE & EVENT LISTINGS

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 or tom.sherwood@carleton.ca



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.

ConcernedCitizensofRCA@gmail.com

REACH Educational Session on Compassion Fatigue and Mindfulness for Caregivers

Information session on caring for ourselves who may be caring for seniors, relatives, children with
special needs/health care issues....

Tuesday, November 27th, 2018. 7:00 pm – 9:00 pm United Way Ottawa, 363 Coventry Rd.

Please join **Reach**, Equality and Justice for People with Disabilities/ Égalité et Justice Pour Les
Personnes Ayant Un Handicap, for an engaging discussion on **Compassion Fatigue and Mindfulness
for Caregivers:** How can we best care for ourselves while also caring for others. Come learn about
compassion fatigue, resilience, and how to develop your own relaxation practice.

Speakers: Gail Dawson, Social Worker, MSW, and Heather Cross, Mindfulness and Yoga Instructor,
and owner of Here and Now Studio and a lawyer.

Cost: \$25 person (includes light refreshments) **For more information and to register:**

<https://www.reach.ca> 613-236-6636