

First Glance

November 11th, 2018

(613) 232-1016 office@firstunitedchurchottawa.org

Join us for JourneyDance™ on November 16th, & December 21st, in the Sanctuary

JourneyDance™ is a transformational experience that allows for exploration into a loving connection with body, mind, and source energy. Dance your way to Joy. No previous movement or dance experience required.

The November 16th class will center around building our inner light and strength as we move through this fall season and the world around us. The December 21st class is held on the Winter Solstice and will center around moving into this phase of our season.

Registration is not necessary, however, if you want notice of weather related cancellations, please preregister: lorena.norwood@gmail.com Classes are by free will donation. Meet inside the church sanctuary. Please arrive a few minutes early, and wear loose comfortable clothing and the class is facilitated by Kathleen Howell and Lorena Norwood are a certified JourneyDance™ Facilitators. For more information about JourneyDance™ you can visit the web site at: Jourenydance.com or contact: lorena.norwood@gmail.com 613-222-7705

Upcoming December Events at First United:

Join Brian at a Centre 507 Luncheon, Tuesday December 4th from 11:30 a.m. to 1:00 p.m.

If you want to learn more about Centre 507, join Brian and others from the community for a lunch similar to the lunch served to participants of Centre 507. The ticket cost is \$20.00. Only five tickets available, and preference is given to those who have never had a chance to visit Centre 507. This is the first of ongoing lunch opportunities.

Saturday December 1st

**An Advent Congregational Chili Potluck
and Dance beginning at 6:00 p.m.
Following Community Christmas Tree
Lighting at 5:30 p.m.**

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. We will make merry by singing collectively at around 7:00.

December 6th, 7:30pm

**The indoor vigil to mourn the victims of violence against
women, and commit to ending gender-based violence.
(This follows the outdoor vigil held downtown at Minto Park)**

Everyone is invited to this vigil, held on Canada's National Day of Remembrance and Action on Violence Against Women. This event is open to the larger Ottawa community where women and men and non-binary persons are invited to come and listen and join in the collective grief, hope, and solidarity. If you would like to help, please contact the church office.

Saturday December 8th

A showcase of gorgeous children's books featuring inclusive stories and progressive messages

A free event featuring local parents and education experts sharing with us their favourite picks to give as Christmas gifts, and read year round. There will be a presentation featuring award-winning, kid-approved books that beautifully and sensitively help all of us discuss important topics like residential schools, body positivity, and kindness for our neighbours. Following the one hour presentation there will be an opportunity for questions and discussion.

Please spread the word! Childcare will be available. Refreshments will be vegan treats made without gluten and nuts.

NEWS FROM FIRST UNITED

Upcoming Sundays:

November 18 - Celebrating the Sacrament of Baptism

Gospel Story: Forgiving Seventy times Seven

Hebrew Story: Three Friends in a Furnace

November 25 – Circle of Life – a Church Year Ends, a Church Year Begins – Invite a guest!

Gospel Story: The Jesus Manifesto

Hebrew Story: Jeremiah, Prophet of Parabolic Action

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

Enneagram Learning Opportunities at First United

The Enneagram is a powerful tool to help us understand ourselves, our recurring patterns of reactions in our lives, and how we view the world, ourselves, others, and God. 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 Guttentstein 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 7:30 p.m. 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.

Sunday December 2st, 12:45pm

Ukulele & Sing-a-long hourmusic in a group just for the fun of it!

Come join this after-church open group in room 5/6, led by Jan Davis

No experience needed! Play a ukulele or just join in with your voice.

Anyone is welcome, no RSVP required, but you're invited to e-mail the church office if you think you'll be coming out, so we can have an idea of how much sheet music is needed.

(If there's an interest in creating a similar event with a structure designed for kids, let us know!)

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 \$400 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: Saturday, December 1st, 1pm-4pm in room 5/6. We will be making dreamscapes with alcohol inks. No supplies required unless you already have some alcohol inks to bring.
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

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.
Friday November 23rd a guest speaker from the City of Ottawa will be in to discuss ParaTransit.

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.

EVENTS

Public meeting on the Nuclear Waste at Chalk River

Date: November 18th

Location: Agora and Salle des fetes du Maison-du-citroen
rue [25 Laurier st., Gatineau](#) (in Hull/ secteur Hull)

Time: Doors open at noon, and the event kicks off at 1pm! organized by Ottawa Riverkeeper-Garde-riviere des Outaouais; ACO-- Action climate Outaouais; CREDDO-- Conseil regional de l'environnement et du developpement durable de l'Outaouais; and RCPR-- Ralliement contre la pollution radioactive. It is happening at the Maison-du-citoyen in Gatineau, and will be available.

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

Saturday, November 17th, 7pm

Tornado Relief Fundraising Concert

Stittsville United Church, (6255 Fernbank Rd)

featuring local country singer and comedian Rory Gardiner. This will be a fun evening to raise money for disaster relief following the recent tornados in our area. Funds will be distributed through local groups in the West Carleton area, including Dunrobin and Kinburn.

Cost: \$20 for adults. Children and students are free.

Call 613-836-4962 for tickets or information.



**TORNADO RELIEF
BENEFIT CONCERT**

Featuring **RORY GARDINER**

Saturday Nov 17, 7pm
Stittsville United Church
Ticket Info: 613 836 4962

Adults: \$20
Children and Students: FREE
Support West Carleton Disaster Relief

REACH Educational Session on Compassion Fatigue and Mindfulness for Caregivers

Session on self-care while 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.

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: Learn about compassion fatigue, resilience, and to develop your own relaxation practice.

Speaker is 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

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)