

# First Glance

January 27th, 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 - (see box below)

**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

### **WEDNESDAY, Jan. 30<sup>th</sup> – The Movie: *Silver Linings Playbook***

Bradley Cooper plays Patrizio "Pat" Solitano, Jr., a man with bipolar disorder who is released from a psychiatric hospital and moves back in with his parents, played by Robert De Niro and Jacki Weaver. Determined to win back his estranged wife, Pat meets recently widowed Tiffany Maxwell, portrayed by Jennifer Lawrence, who offers to help him get his wife back if he enters a dance competition with her. The two become closer as they train and Pat, his father, and Tiffany examine their relationships with each other as they cope with their problems.

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

**First United:** An Affirming Congregation

# NEWS FROM FIRST UNITED

## Season of Epiphany

February 3<sup>rd</sup>            Calm in the Storms of Life  
Text – Mark 4:35-41

February 10<sup>th</sup>        Martha, Mary, and Lazarus  
Text – Luke 10:38-42

February 17<sup>th</sup>        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 3<sup>rd</sup> beginning at 12:45

## 2019 Women's Retreat, Jan 18-20.

19 First United women snowshoed, prayed, walked a candle-lit labyrinth in the snow, made art, dreamed about the future, ate meals together and shared a lot of laughs over games at Galilee Centre, Arnprior. Thanks to our workshop and worship leaders: Joan, Elspeth, Jane, Elena and Patricia. The best part of the Retreat was the three beautiful babies cooing and rolling in the middle of our circle: a special thanks to the Mums who hauled all that baby gear and endured some sleepless hours, for sharing!

### **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 4<sup>th</sup>, 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.birchbarkcoffee.com](http://www.birchbarkcoffee.com).

# 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** 9:30 - 11:30 am in Room 5/6. After a short break, our ongoing education will continue with the book "Conversations with Canadians" by Lee Maracle beginning March 4th. Open to everyone. For information, contact Maryanne MacDonald at [maryanne.macd@gmail.com](mailto:maryanne.macd@gmail.com)

**Christian Meditation: Every Monday** at 5:30 pm in the Chapel. For more information contact Joyce Hardman: [jhardman@rogers.com](mailto:jhardman@rogers.com) or Liz Tyrwhitt: [liz.tyrwhitt@sympatico.ca](mailto:liz.tyrwhitt@sympatico.ca).

**Drumming Group: Monday, February 25<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](mailto: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](mailto:HealingPathway2010@gmail.com)

### **Living into Right Relations Circle**

For more information contact Sharon Moon: [sharonmoon45@gmail.com](mailto:sharonmoon45@gmail.com)

### **Men's Breakfast: Sunday February 3<sup>rd</sup>**

For more information contact Tseheyoun at [Tsehayouseyoum@hotmail.com](mailto:Tsehayouseyoum@hotmail.com) or Paul at [pdurber@rogers.com](mailto:pdurber@rogers.com)

**Parents with Small Children Potluck: February 23<sup>rd</sup>** 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 29<sup>th</sup> 6:15pm** at the home of Brian Cornelius 7 Edgar Street. For more information contact Chantel Nantel at [cnantel555@gmail.com](mailto: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 3<sup>rd</sup>, 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 27<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](mailto:j.ward-king@hotmail.com) or Zachary Houle at [zacharyhoule@rogers.com](mailto: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

## KAIROS Canada Update on the UN Declaration Act

We are writing to notify you about an upcoming urgent action.

Thank you very much for supporting Bill C-262, the *United Nations Declaration on the Rights of Indigenous Peoples Act*. If passed into law, this Bill will provide a more equitable framework for justice and reconciliation between Indigenous and non-Indigenous people by ensuring that Canada's laws are in alignment with the *UN Declaration*.

After rigorous review and debate, the Bill passed through the House of Commons in May and is now in the Senate. If the Bill does not reach third reading in the Senate before Parliament is prorogued in June for the federal election, it will die.

**We cannot let this happen.** With your help we can ensure that the *United Nations Declaration on the Rights of Indigenous Peoples Act* becomes law.

**Please organize a day(s) of action** with your congregation, organization, neighbours, friends, family or group. The Senators return from the winter break on February 18 and so letters, calls or photo messages via social media or email sent before that date would be ideal. We will follow up in early February with directions, tools and materials, which you will find on [kairoscanada.org](http://kairoscanada.org).

Let's ensure that this Bill receives the support it needs for a swift passage through the Senate.

Thank you for taking action to make Canada more just and equitable!

### Faithful action for justice

Thursday, January 17 marked 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](http://www.kairoscanada.org)