

First Glance

March 10th, 2019

(613) 232-1016 office@firstunitedchurchottawa.org

EXPERIENCE *FIRST CONTACT* –

AN ACCLAIMED APTN (Aboriginal People TV Network) VIDEO SERIES

Most Canadians have never taken the time to get to know Indigenous People or visit their communities. First Contact takes six average Canadians; all with strong opinions about Indigenous People, on a unique 28-day journey into Indigenous Canada. Leaving their everyday lives behind the six will travel to many and varied Indigenous communities. It was an experience that changed their lives.

An opportunity to deepen your own journey towards Reconciliation and share discussion.

Date and Time: Wed. March 13, 7:00 pm – 8:30pm
March 20, 7:00 pm – 8:30pm
April 3, 7:00 pm – 8:30pm
April 10, 7:00 pm – 8:30pm

Place: in the Chapel at All Saints with St Matthias, First United Church

Join us for one or all of these videos and discussion as part of your Lenten journey

Hey, I could do that! Do you have a few hours a month to spare?

Volunteers fill many different roles at the **Westboro Region Food Bank**. For example:

- **Client greeters** welcome our clients and log their visits in our database. The greeters can give client information about our other services, like the community kitchen. Greeters must be over 18; a police record check is required; and basic computer skills are necessary
- **Shoppers and packers** are needed because some foods are purchased by the WRFB in bulk and packaged into individual portions.

If either of these sound like something you could do, please contact Lori Crawford, our new WRFB Coordinator, at westbororegionfoodbank@gmail.com.

Other volunteer job descriptions' can be found at <http://westborofoodbank.wixsite.com/westborofoodbank/volunteer>.

Thanks for considering helping out at our food bank!

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 4th 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.

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NEWS FROM FIRST UNITED

Lent At First United The Pathway of Love

This year, our Lenten journey is informed by the gospel imperative to lovingly and intentionally engage The Holy in our spirit-body with all our heart, mind, soul, and strength as well as to love our neighbour as we love ourselves. Through this Biblical resource, we welcome spirit teachings about seven directions (east, north, west, south, above, below, centre) as we allow ourselves to receive directions on ***the pathway of love.***

Lent 2 March 17	Gospel Teaching: Gospel Story:	Where your treasure is, there is your <i>heart</i> Jesus, a Vision Quest in the Desert
Lent 3 March 24	Gospel Teaching: Gospel Story:	Let your <i>mind</i> dwell on....(See Philippians 4:9) The Samaritan Woman at the Well
Lent 4 March 31	Gospel Teaching: Gospel Story:	Treasure (<i>soul</i>) in earthenware jars Feet of Jesus anointed and Jesus washes feet
Lent 5 April 7	Gospel Teaching: Gospel Story:	I can do all things through Christ who <i>strengthens</i> me Jesus clears the temple.

Come and Dance your way to Spring! JourneyDance™

Tuesdays March 12th, and 26th AND Wednesday, March 20th

6:15- 7:30 pm in the main church sanctuary

Offered by Lorena Norwood and Kathleen Howell; certified JourneyDance Facilitators who have been teaching for over 6 years. Please register with Lorena at 613-222-7705 or lorena.norwood@gmail.com

Bring a friend, Bring your cabin fever, and prepare to dance yourself to spring!!

Come to one class or come to all!!

Joy Camp in 2019?

Enjoy swimming in a clear lake, a worship service under the pines, meals prepared for you, all in the company of First United friends and families? It is time to plan a July weekend at beautiful Gracefield Camp, 75 minutes north of Ottawa. All financial administration will be handled by the First United Office, but Joy Camp needs a coordinator to handle communications and liaison. If you are interested, or need more information, please speak to Tanya Middlebro or Brian Cornelius.

We also need to pick dates in July, either 5-7, 12-14, 19-21

Thank You:

Church Council wishes to thank everyone for their continued support, both engaging in congregational life with time, talent and finances. Last week at our annual meeting, we circulated the Annual Report as well as the Financial statements and budget for 2018/2018. Please review these. For anyone who participates in First Things First and has not had a chance to make changes your intended changes, simply contact Cindy in the office to make those changes. Anyone wishing to get more information on supporting First United through "First Things First" or envelopes, also contact Cindy at the church office.

<u>To February 28</u>	<u>2018</u>	<u>2019</u>	<u>Budget</u>	<u>Difference</u>
General	29,047	29,016	32,500	(3,484)
Mission & Service	5,301	5,250	5,830	(529)

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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 Brian, who will help to facilitate getting it started.

Art Explorations: Art Explorations will be occurring on the second Saturday of every month, from 1-4 pm in room 5/6. April's date and craft to be confirmed.

Book Study Group: Mondays 9:30 - 11:30 am in Room 5/6. 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, March 18th 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

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 sharonmoon45@gmail.com

Men's Breakfast: Sunday April 7th- For more information contact Tseheyoun at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

The Ottawa Choral Society is putting on a performance of Bach's St John Passion on **Sunday March 24, 2019** at 3pm at St Joseph's Church. Reduced price tickets can be purchased from Jane Sly, John Moffat or Mike Beauchamp.

Parents with Small Children Potluck: Saturday, March 30th 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, March 26th 6:15pm at the home of Brian Cornelius, 7 Edgar Street. For more information contact Chantel Nantel at 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.
April 7, 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. **March 31st** 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.

SOCIAL JUSTICE

Healing Pathway Phase 2 training workshop “Healing from the Heart”

Fri Mar 15, 7 p.m. – Sun Mar 17, 5:30 p.m. at Trinity United Church, Ottawa

Instructors are Sharon Moon & Howard Clark. The fee is \$210. For more information, download the registration brochure. Healing Pathway has been a ministry within the United Church of Canada for about 30 years. Its focus is to enable people to develop the gifts and skills of healing within the Christian tradition, and to foster the development of healing ministries in congregations and other communities. Visit Healing Pathway for more information at HealingPathway2010@gmail.com

Evening Lecture on Powering Reconciliation:

How Indigenous Participation in Canada’s Clean Energy Future
Contributes to Social Justice, Ecological Protection and Climate Action.

Emmanuel United Church

691 Smyth Road, Ottawa

Wed, Mar 20, 7:00 – 8:30 p.m.

Chris Henderson, Indigenous Clean Energy, promotes a close connection between faith, energy futures, and reconciliation. He is a passionate advocate of bringing Indigenous communities into the mainstream of economic activity and sustainable development, generating a diverse array of economic, social and environmental benefits for all stakeholders. Q and A following the presentation.

Tickets (\$10) can be reserved at the Church Office, 613-733-0437

Bill C-262 at Crucial Point in Senate

Bill C-262, the United Nations Declaration of the Rights of Indigenous Peoples Act, is in the crucial final phases of consideration in the Senate. With a federal election on the horizon, now is the time to ensure that Canada’s commitment to the Declaration is enshrined in law. Take a look at the YouTube video *Bill C-262- a step towards reconciliation in Canada* where Indigenous and church leaders discuss the importance of this bill becoming law.

Ecumenical leaders have written to all Senators urging them to vote for the bill. You can too! Please let Canadian senators know that you support this bill, and urge them to vote for reconciliation on a non-partisan basis. If you have not already done so, KAIROS has prepared an easy online letter for you to use; they also have some pretty cool public witness ideas for your community of faith.

Stop sale of bottled water in the City of Ottawa municipal buildings.

March 20 will be an action day.

Sign Ottawa Water Study/Action Group declaration at <https://www.owsagottawa.org>

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