

# First Glance

May 26th, 2019

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

## Thank you to our Hospitality Teams

Our six hospitality teams are taking a break over the summer. Thank you to the leaders, D'Arcy McPherson, Kathy Southee, Phyl Drennan, Ruth Stewart-Verger, Murray Angus, Bertie Mo and Joanne Harvey, under the overall coordination of Bev Hellman.

If you are interested in supporting our Sunday services in June, July, and August, we are putting together a schedule for hosting refreshments in the courtyard as well as handing out bulletins and taking up the offering. Please contact the [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org) as soon as possible.



to the Confirmation class of All Saints' Anglican with St. Matthias that painted the Labyrinth in the courtyard with the leadership of Simone Hurksman and Barb Robertson. ***Please go for a Spirited Walk!***

Looking for a second representative from  
First United  
to join Wendy Snelgrove  
at the  
Inaugural Meeting of the Eastern Ontario  
Outaouais Regional Council  
**June 7 to 9 in Smith Falls**

*If this is of interest to you, please speak  
with Brian or Lisa Nafziger or contact the  
church office.*

First United is the Recipient of the  
Sharon Moon Award  
Presented by the Community Laundry Co-Op  
Wednesday, June 19<sup>th</sup> at 5:30 p.m.

Members of First United are invited to attend the 20<sup>th</sup> Annual General Meeting which will be held at Heartwood House, 404 McArthur Avenue.

First United was instrumental in helping to launch the Laundry Co-op.

## **LET US BREAK OUR FAST TOGETHER: Celebrating Syrian Culture**

Enjoy an Iftar dinner and entertainment! Yasmine Syrian Cooking & First United Church would like to give back by holding an Iftar event that includes dinner, entertainment & storytelling, and information about Syrian traditions.

**Friday, May 31 at 8 PM**

First United Church, 347 Richmond Road

\$30 per person

For reservations, please contact [www.yasminsyriancookingottawa.ca](http://www.yasminsyriancookingottawa.ca)

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

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# NEWS FROM FIRST UNITED

## Season of Easter at First United

Sunday June 2<sup>nd</sup>

Parable of the Sower  
Celebration of Communion.

### Major Improvements to our Church Building this Summer

Beginning on Monday, June 17<sup>th</sup>, contractors will be in the building to complete the following three projects:

- a) Replacement of the flooring in the labyrinth Room
- b) Installation of a nursery in the stage area (youth will be moved to present nursery)
- c) Refurbishment of downstairs washrooms.

### **Hey, I could do that for our food bank!**

Do you have three or four 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 clients 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.

If this sounds like something you could do, please contact Lori Crawford, the WRFB Coordinator, at [westbororegionfoodbank@gmail.com](mailto: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.

### **Come and Dance your way to Spring! JourneyDance™**

**Tuesdays, May 28<sup>th</sup>**

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

Offered by Lorena Norwood and Kathleen Howell- certified JourneyDance Facilitators.

Please register with Lorena at 613-222-7705 or [lorena@firstunitedchurchottawa.org](mailto:lorena@firstunitedchurchottawa.org)

### **Joy Camp- Gracefield Camp - July 12- 14, 2019**

Come and enjoy a weekend with others from First United!! Swim, relax, sing, sit around the bonfire, worship outdoors! All meals included (except Friday dinner).

We have available rooms at Beaver Lodge, a few spots for trailers and 10 tent sites (no electricity).

**Costs:** Beaver Lodge- \$55.00 for an individual, \$45 for children and \$120.00 for a family.

Tent- \$25 per tent

**Meal package:** \$55 per adult, \$45 each for children (ages 4 – 12), free for children 0 - 3.

**Please register your interest in attending as soon as possible** by emailing Cindy at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org) . Forms can be sent electronically.

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

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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 take place on Saturday, **June 1<sup>st</sup>** from 1- 4 pm in room 5/6. The craft will be sun printing on fabric (weather permitting). E-mail [jsly@primus.ca](mailto:jsly@primus.ca) or [j3miller@uwaterloo.ca](mailto:j3miller@uwaterloo.ca) for more information.

**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](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, May 27<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:** We explore next steps we might want to take in our path to reconciliation and to continue the work of decolonization that we have begun. For more information contact [sharonmoon45@gmail.com](mailto:sharonmoon45@gmail.com)

**Men's Breakfast: Sunday June 2<sup>nd</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: Saturday, June 29<sup>th</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, May 28<sup>th</sup> at 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)

**Talking About Mental Health:** This social gathering that discusses mental health issues will meet after church. **May 26<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 the office at 613- 232-1016 for more information.

# SOCIAL JUSTICE

## Multi-Faith Housing Initiative

**Today our youth are walking in the Tulipathon in support of Multifaith Housing Initiative (MHI) in the fight against homelessness!**

Multifaith Housing Initiative by Sue Smarkala Multifaith Housing Initiative (MHI) is a not for profit organization in Ottawa that builds and manages affordable housing. It has four housing communities – Kent House, Somerset Gardens, Blake House and The Haven, in operation in Ottawa and a major project to house homeless veterans is underway – Veterans' House. MHI is made up of about 70 faith groups - Christian congregations, synagogues, mosques, temples and a number of other faith group organizations. For many years, it has been an important initiative of the United Church in the Ottawa area and our congregations continue to support fundraising for MHI initiatives. For more information, please browse [www.multifaithhousing.ca](http://www.multifaithhousing.ca).

At the May Executive meeting of the Eastern Ontario Outaouais Regional Council, the Executive approved the continued support of the United Church of Canada for Multifaith Housing Initiative in Ottawa. Sue Smarkala was named as the UCC representative on the MHI Board, replacing long serving Phyllis MacRae. If you have any questions or wish further information, please contact Sue at [sue.smarkala@gmail.com](mailto:sue.smarkala@gmail.com), or call 613-820-4360

A Meaningful Project Eastern Ontario Outaouais Region has taken on a project to support and provide housing for homeless veterans who are living rough in Ottawa. Multifaith Housing Initiative (MHI) is developing Veterans' House, which will house 40 veterans. See [www.multifaithhousing.ca](http://www.multifaithhousing.ca) for more info.

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## Constellating for the Collective: Into Our Collective Heart Participate in Systemic Healing Circles

We (the Earth, all beings, humanity) are on the precipice of breakdown or breakthrough. We are called to find new ways of exploring our place as humanity in making choices that will affect All- Life now and for our future ancestors. Systemic Constellation Work is one of these new ways. It is a whole body/heart/mind/soul, experiential and creative approach that opens us to deep collective wisdom so needed now. New perspectives gained shift our relationships with each other + Life, opening up new options for sacred activism.

Date: Wednesday, **June 19, 2019**

Time: 6:30 to 9:30 pm

Place: First United Church, Richmond Rd and Churchill

Suggested donation: \$20- \$30

Facilitator: Diana Claire Douglas

This is an open group. New participants welcome!

For Info: [dianacloedouglas@bell.net](mailto:dianacloedouglas@bell.net)

613-799-1343

[www.knowingfielddesigns.com](http://www.knowingfielddesigns.com)

***This process works! Through participating in sessions on hot-button community issues, I have moved from outrage and anger to realizing love + compassion are a better way!***

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