

# First Glance

December 15th, 2019

(613) 232-1016

## Advent and Christmas 2019

### Embracing Possibilities, Refraining Expectations

December 22 – The Candle of Love (Christmas Pageant)

From our Children and Youth: **Christmas Counts**

December 24- 5:45 p.m. Storytelling (children's) Candlelight Service with Holy Communion  
(Tuesday) 8:00 p.m. Choral Candlelight Service with Holy Communion

**Brian is looking for volunteers to help with welcoming and handing out bulletins, reading, and serving communion, please contact him or the office if you are interested.**

December 29- 11:15 a.m. Pancake Breakfast

**Brian is looking for volunteers to help with the breakfast, please contact him or the office.**

Wednesday, December 18<sup>th</sup>

### Blue Christmas/Winter Solstice Gathering

Join us in the chapel for a time of quietness and prayer in a candlelight setting with music. This is a time to acknowledge losses and sadness within a season where there is emphasis on celebration and good cheer. The theme is "All Who Need Comfort Are Welcome Here". For those who would like, after the gathering, we will go across the street to Churchill's restaurant for refreshments and conversation.

### Camp Awesome coming to First United

August 17<sup>th</sup> to 21<sup>st</sup>, 2020

Celebrating our Partnership with All Saints Westboro

Sunday, January 19<sup>th</sup> at 10:30 a.m.

Followed by a potluck lunch

First United hosts the Showing of **Blues Roses**

Wednesday, January 29<sup>th</sup> in the chapel at 7:15 p.m.

**Blues Roses** is a film that documents living and dying in Ottawa rooming houses that was filmed in association with Ottawa Inner City Health and the documentary won awards at the One World Film Festival in 2018 and the Regina International Film Festival in 2019. **More details about this informative and engaging evening coming.**



**Sock  
Sunday  
for  
Centre  
507!**

**Thank you very much for your participation last Sunday.**

**Over 125 pairs of socks were collected to delivered to Centre 507!**

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

# NEWS FROM FIRST UNITED

## Advent Appeal

Each year, an Advent appeal is part of our budget plan. We are invited to make an extra donation over and above our regular givings. The goal for this year is \$20,000. As a singular amount, this may seem high, but we believe we can reach our goal. It represents \$150 per giving household. We invite each of us to give within our capacity, recognizing that some cannot participate at this level while others may be able to give more.

During this Christmas season, we also draw your attention to the **Mission and Service Fund Gift Catalogues** which are available at the back of the Sanctuary for your consideration as you reflect on Christmas gifts this year.

We are grateful for the many ways of giving to our community at First, whether financial or by volunteering time, energy, leadership and voices.

### Giving Tree for

#### Health Partners International Canada (HPIC).

Our ministry student, Paul Whynacht, will be going to the Theological Seminary at Matanzas, Cuba during the first week of January as part of his training. While there, his class will learn from Cuban Christian communities about the ways they support social change and celebrate their spirituality. Students bring medical supplies to Cuba in appreciation for the support given to them by the Cuban churches. While Cuba has a well-developed medical system, some medications and supplies are unavailable because of the US embargo. Church Council is supporting Paul through our Giving Tree donations with a goal to raise \$675 to purchase an HPIC medical pack that Paul will take to Cuba. So please visit the giving tree and make a donation of a toonie or, if you wish to have a tax receipt, use the provided envelopes.

### Enneagram Learning Opportunity 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.

Margaret Ault and First United, are sponsoring an Enneagram workshop in January 2020 led by Cynthia Stevens and Sue Guttentstein of the *INsideJourney with the Enneagram* ([www.INsidejourneyenneagram.com](http://www.INsidejourneyenneagram.com)).

The Subtypes and Instincts Enneagram Workshop  
January 31 – February 1- February 2, 2020.

You know your type, and you know some info about that. Why are subtypes and Instincts an important layer of understanding and growth?

This specific layer can be really helpful in becoming aware of how much your type shows up in your life, *unconsciously* and *often*. Why is this important? Awareness brings the first step to change, growth, transformation.

Details and registration: [www.margaretault.com/events](http://www.margaretault.com/events) or [margaretault@rogers.com](mailto:margaretault@rogers.com)  
Flyers with details of this workshop are available at coffee time in the Labyrinth room.

# 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:** January's craft to follow. Contact Jane Sly at [jsly@primus.ca](mailto:jsly@primus.ca) or Judith Miller at [j3miller@uwaterloo.ca](mailto:j3miller@uwaterloo.ca)

**Book Study Group: Mondays, 9:30-11:30 a.m., Room 5/6.** 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. **Note: no sessions** on Dec. 23<sup>rd</sup> and Dec. 30<sup>th</sup>. For more information, contact Joyce Hardman: [jhardman@rogers.com](mailto:jhardman@rogers.com) or Liz Tyrwhitt: [liz.tyrwhitt@gmail.com](mailto:liz.tyrwhitt@gmail.com).

**Drumming Group: Monday, January 11<sup>th</sup>** at 7 pm in the sanctuary. Bring something to make a joyful noise & join 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, January 5<sup>th</sup>,** 9:00 a.m. at Kristy's, 809 Richmond Road (near Cleary Ave. traffic light). For more information contact Paul at [pdurber@rogers.com](mailto:pdurber@rogers.com) or Tseheyou at [Tsehayouseyoum@hotmail.com](mailto:Tsehayouseyoum@hotmail.com)

**Families with Children (or not) Potluck: Saturday, January 25<sup>th</sup>** at 4:45 p.m

**Queer Group Potluck: Tuesday, January 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. **Sunday, January 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 regular weekly gatherings, which is primarily seniors but not exclusively, meets on **Fridays** at 1:30 p.m. 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.

**Stories & Stitches:** Brown bag at First United, **Tuesday, December 17<sup>th</sup>** -  
5:30 pm- gather and chat as we eat our brown bag supper (Bring your own)  
5:45 pm- Storytelling Sharing stories.... bring a story to share, or listen to tales others tell! Finished by 7:30 pm.

# SOCIAL JUSTICE / LEARNING

## Merry Christmas from Ddembe Home Uganda

Joan Davidson, a member of First United, who runs a home for street youth recovering from addictions and abuse in Masaka, Uganda, sends Christmas greetings. On his last Sabbatical in 2017, Brian had the opportunity to spend time with the youth in Ddembe Home which means Freedom Home.

One of the exciting developments this year has been the ability for Ddembe Home to partner with Omacan, a Canadian Charity and also working in Uganda with street children, doing much the same work as Ddembe. This partnership now allows for Canadian receipts for supporting the efforts to transform the lives of Ugandan youth. For more information, speak with Brian.

## Update on Refugee

During this Christmas season when we read the storied account that the family of Jesus were refugees, we are grateful for the wonderful support of Refugee families offered through members of our congregation, our partnerships with community group, and our partnership with Ottawa Centre Refugee Action.

We are happy to report that First United with its partners has facilitated the following:

25 completed settlements of refugee families.

7 refugee families presently being welcomed in their first year in Canada

7 refugee families presently being processed by Immigration, Refugee and Citizenship Canada

4 applications prepared and waiting for submission

5 emerging applications that we hope to help make the dream of Canada possible.