

First Glance

January 13th, 2019

(613) 232-1016 office@firstunitedchurchottawa.org

January 20th - PARTNERSHIP SUNDAY

We Celebrate Our Partnership with
All Saints' Westboro with St. Matthias

10:30 a.m. - Joint Worship Service

This year the service will be a United Church liturgy, with clergy from All Saints' Anglican reflecting on the faith and there is a choir with around fifty voices under the direction of Marg Stubington.

There will be special joint programming for children and youth.

11:45 a.m. - Potluck Partnership Luncheon

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)

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 19:30 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 at the Church office.

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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First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Season of Epiphany

January 20th - Partnership Sunday (see front page for details)
Text - John 2:1-12 - Wedding of Cana

January 27th - Jesus and Healing Stories
Text - Luke 5:17-26

"NEW WAYS" PROJECT COORDINATOR

First United Church in Ottawa is seeking a Project Coordinator for a twelve month "New Ways" Project beginning February 1st, 2019 until January 31st, 2020.

A description of the project as well as the duties and responsibilities of the coordinator are available on the website of First United under Special Events. We are replacing Kira-Lynn in this role and are grateful for her contribution.

Please submit cover letter and resume to office@firstunitedchurchottawa.org by Saturday, January 19th at 12:00 noon. Only those selected will be contacted for an interview.

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

UCOBSERVER

If you currently do not, but would like to receive the United Church of Canada magazine, the Observer, please contact Cindy in the office.

Church Council would like to thank you **For your support in the Advent Appeal and throughout the year**

Church Council is delighted to report to you that we exceeded our Advent Appeal goal of \$17,500 by raising \$26,512. As a result, we will be very close to a balanced budget this year. We are just getting final bills and will be able to report to you fully by the middle of January.

We thank you for your on-going support through First Things First (pre-authorized remittance) and your regular envelope givings. If you need information about beginning on First Things First or envelopes, contact Cindy at office@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.

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 Sweet grass - 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, January 14thth 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 Sharon Moon: sharonmoon45@gmail.com

Men's Breakfast: Sunday February 3rd

For more information contact Tseheyoun at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

Parents with Small Children Potluck: Saturday January 26th 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 29th 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... February 3rd, 2019, 12:45 pm – 2:15 pm. In room 5/6. Light refreshments will be provided.

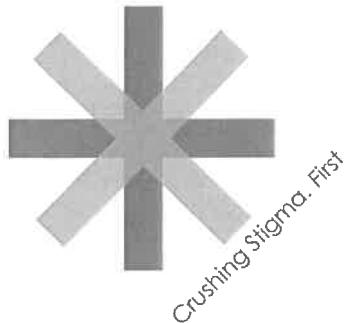
Talking About Mental Health: This social gathering that discusses mental health issues will meet after church. January 27th in room 5/6 at 12:30 p.m. Join us for a bowl of soup and conversation. For more information, contact Jessica Ward-King at j.ward-king@hotmail.com or Zachary Houle at zacharyhoule@rogers.com

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.

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First United: An Affirming Congregation

Talking About Mental Health at First United



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

First Stories

Friends and colleagues crushing stigma, one story at a time.
Sunday testimonials

First Families

Children's mental health programming
Jan 27 – Grades 3-5
Feb 10 – Grades 1-2
Feb 24 – Pre-K
Movie – Feb 23!!!

First Movies and Mental Health

These award-winning films 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

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

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