

First Glance

February 3rd, 2019

(613) 232-1016 office@firstunitedchurchottawa.org

On February 22-24, First United offers **Retreat Time in 2 Ways**

The Whole Weekend Way is a "personal retreat in community" where from Friday evening to Sunday noon, participants design a personal retreat that will be peppered with community gatherings for reflection, prayer, and conversation as well as an option for intentional one on one Spirit conversations with Brian and/or other designated leaders. The weekend intends to provide a balance between personal time and connection with others. Meals will be provided and the cost for enjoying the beautiful premises of Galilee House is \$220 for the whole weekend. Those attending the whole weekend also have the option of participating in the Saturday events.

The Saturday Way involves attending on just the Saturday for a "mini-retreat" titled "Exploring Spirituality in Today's World". There would be an opening gathering at 11:00 followed by lunch. In the afternoon, workshops will be offered as well as ample time to get to know other people from First. The day will end with supper and a leisurely drive home in the early evening. The cost for this one-day event (which includes two meals) is \$60.00

Please indicate your interest as soon as possible at the sign up table or email the office (Paul Durber and Brian are welcoming of workshop leadership and ideas).

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 sharing stories as we crush stigma

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)

Feb 6 – A Beautiful Mind (see description on next page)

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

www.firstunitedchurchottawa.org

First United: An Affirming Congregation

NEWS FROM FIRST UNITED

Season of Epiphany

February 10th Martha, Mary, and Lazarus
Text – Luke 10:38-42

February 17th Zaccheus
Text – Luke 10:1-10

February 24th The Persistent Widow
Text – Luke 18:1-8

March 3rd Transfiguration Sunday
Text – Luke 9:28-36

*****Congregational Annual Meeting will begin at 12:45*****

WEDNESDAY, Feb. 6th- A Beautiful Mind

From the heights of notoriety to the depths of depravity, John Forbes Nash, Jr. experienced it all. A mathematical genius, he made an astonishing discovery early in his career and stood on the brink of international acclaim. But the handsome and arrogant Nash soon found himself on a painful and harrowing journey of self-discovery. After many years of struggle, he eventually triumphed over his tragedy, and finally - late in life - received the Nobel Prize.

OC Transpo Seniors and Disabled should be treated with Respect

When OC Transpo changed the routing of the number 11 (eleven) bus to connect with Tunney's Pasture Station rather than Westboro Station they eliminated the eastbound stop at Richmond and Churchill forcing passengers to walk nearly a kilometer west to Roosevelt Ave or three blocks east to Edgewood Ave to catch a bus. This could lead to slip and fall accidents with the potential of fatalities. Please restore this bus stop as soon as possible before injuries or death occurs.

Please forward this message to

Jeff Leiper Councillor for Kitchissippi Ward (the church's ward) Jeff.Leiper@ottawa.ca

Allan Hubley Chair of Transit Committee Allan.Hubley@ottawa.ca

Mayor Jim Watson Jim.Watson@ottawa.ca

Steve Kanellakos City Manager Steve.Kanellakos@ottawa.ca

Westboro BIA info@westborovillage.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: Art Explorations will be occurring on the second Saturday of every month, from 1-4pm in room 5/6. For February 9th, we will be making mono prints using a gelatine plate.

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

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, February 25th 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 February 3rd For more information contact Tsehey you at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

Parents with Small Children Potluck: February 23rd 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, February 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... 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. February 24th 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



The General Council of the United Church of Canada want to hear from you.

You are invited to participate in the **Live Justice Research Project** to help the General Council Office strengthen the church's public witness in its varied expressions. Where and how should the church focus its energy (human, spiritual, financial, programmatic) over the next five years? Find out more [here](#)

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.

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!