

First Glance

January 5th, 2020

(613) 232-1016

office@firstunitedchurchottawa.org

January 19th - PARTNERSHIP SUNDAY We Celebrate Our Partnership with All Saints' Westboro

10:30 a.m. - Joint Worship Service

This year, the service will be an All Saints' Anglican liturgy, with clergy from First United reflecting on the faith. Edith Troup and Marg Stubington will direct the combined choirs of All Saints Westboro and First United. There will be special joint programming for children and youth.

11:45 a.m. - Potluck Partnership Luncheon

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 have reached our Advent Appeal goal of just over \$20,000. 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

Broadview Magazine

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

Camp Awesome coming to First United **August 17th to 21st, 2020**

www.firstunitedchurchottawa.org

NEWS FROM FIRST UNITED

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 Guttenstein of the *INsideJourney with the Enneagram* (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 or margaretault@rogers.com

Flyers with details of this workshop are available at coffee time in the Labyrinth room.

First United hosts the Showing of *Blues Roses*
Wednesday, January 29th in the chapel at 7:15 p.m.

Blue 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 will be coming soon.

International World Water Day is being held on Sunday, March 22, 2020, focusing attention on the importance of freshwater and advocating for the sustainable management of freshwater resources. World Water Day is an international observance and an opportunity to learn more about water related issues, be inspired to tell others and take action to make a difference.

More details will be coming soon.



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 or Judith Miller at j3miller@uwaterloo.ca

Book Study Group: Reconvenes on **Monday, January 6** and every following Monday from 9:30-11:30 a.m., Room 5/6. The first book is *"From Where I Stand"* by Jody Wilson-Rabould, followed by *Indigenous Writes - A Guide to First Nations, Metis and Inuit Issues in Canada* by Chelsey Vowel. 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@gmail.com.

Drumming Group: Monday, January 13th 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

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

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: 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

Men's Breakfast: Sunday, January 5th, 9:00 a.m. at Kristy's, 809 Richmond Road (near Cleary Avenue traffic light). For more information contact Paul at pdurber@rogers.com or Tseheyoun at Tsehayouseyoum@hotmail.com

Queer Group Potluck: Tuesday, January 28th at 6:15pm at the home of Brian Cornelius, 7 Edgar Street. For more information, contact Chantel Nantel at cnantel555@gmail.com

Stories & Stitches: Brown bag at First United, **Tuesday, January 21st-**
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.

Talking About Mental Health: This social gathering that discusses mental health issues will meet after church. **Sunday, January 26th** 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 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.