

# First Glance

*March 2020*

*(613) 232-1016*

*office@firstunitedchurchottawa*

*www.firstunitedchurchottawa.org*

---

## **On Line Sunday Services**

First United Church has suspended our Sunday gatherings throughout the period of physical distancing because of COVID-19. We are providing on-line Sunday gatherings and will be emailing a link to everyone on our email list to participate in the service live at 11:15. A video of the service will be emailed later and posted on the First United website. Videos of previous Sunday are posted as well.

***To get more information about this service and regular updates from First United, ask to be on the Church email list by contacting [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)***

---

## **Pastoral Support.**

We have created a telephone tree to maintain voice to voice contact through this season of COVID-19. If you would like to be added to the list or if you are in need of pastoral support, please contact Brian Cornelius at [brian.cornelius@firstunitedchurchottawa.org](mailto:brian.cornelius@firstunitedchurchottawa.org)

---

## **Healing Pathway Care Package**

The Healing Pathway team at First United has prepared a spiritual care package in this time of social distancing and uncertainty. We may not be able to meet face to face, but we can connect heart to heart and be proactive in nurturing our spirits and connecting with the Divine through meditation, prayer, long walks (if we are not in isolation), and reaching out safely to one another and to those who are vulnerable and isolated.

***The package is available on the First United website***

This spiritual care package contains:

- meditations, including a Full Body Balance on the Self that can help support your health and well-being. Some of these meditations can be shared with kids as well.
- reflections, and prayers
- links to some websites some of our practitioners have found helpful.

We will be adding material all the time and invite you to share with us things you've found helpful that would be good to share with others.

---

## **On-Line Discussion led by Brian Cornelius**

**Loss, Grief, Resilience, and Return: COVID-19 and the Metaphor of Exile in the Hebrew Scriptures and Gospel Tradition.** Brian Cornelius is hosting an hour-long discussion on the metaphor of exile once a week. He is

proposing four different times Wednesday at 2:00 p.m. or 7:30 p.m.; Friday at 2:00 p.m.; and Saturday at 2:00 p.m. Brian will consider other times to accommodate schedules so don't be afraid to ask; after all, he is

home! Register with Brian at [brian.cornelius@firstunitedchurchottawa.org](mailto:brian.cornelius@firstunitedchurchottawa.org) or [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)

## On-line Meditation Gatherings

Christian Meditation will continue at 5:30 on Monday evenings and be led by Joyce Hardman, Cathy Nobleman, and Liz Tyrwhitt. This gathering is connected with the World Community for Christian Meditation based on the leadership of Laurence Freeman. Contact Joyce at [jhardman@rogers.com](mailto:jhardman@rogers.com) to register and get more resources on Christian Meditation.

A weekly Guided Meditation will occur on Thursday at 11:00 a.m. led by Sharon Moon. Sharon Moon is the author of The Healing Oasis: Guided Meditation for Body, Mind, and Spirit and Returning to the Healing Oasis. There are also guided meditations as part of the Spiritual Care Package created by the Healing Pathway Team of First United and posted on the website. Register at [sharonmoon45@gmail.com](mailto:sharonmoon45@gmail.com)

---

## On-Line discussion led by Diana Douglas

**Beyond Fear: is it Possible?** Diana Claire Douglas is hosting a small group, on Monday evenings from 7 p.m. to 8 p.m., for those who wish to learn and practice simple and practical ways to move beyond fear and polarization; namely, clearing our everyday consciousness that is polarized into good/bad, right/wrong, beneficial/unbeneficial. Like prayer and meditation, these powerful processes work at both the personal and collective levels. In these challenging times when the expansion of love versus the extremes of fear is arising, we may feel stretched beyond our limits. It is sometimes hard to hold it all! Diana Claire Douglas is a long-time student of many spiritual practices including the *Marriage of Spirit* with Leslie Temple-Thurston where she learned and practiced the tools offered in this discussion for 25 years.

To register contact Diana at [dianaclairedouglas@bell.net](mailto:dianaclairedouglas@bell.net)

---

## On-Line Small Group Gatherings

**Coffee (or alternative drink) with Brian** at 3:00 p.m. on Tuesdays and 3:00 p.m. or 8:00 p.m. on Thursday. Connect with Brian and others from First as a “check-in” conversation. Register at [brian.cornelius@firstunitedchurchottawa.org](mailto:brian.cornelius@firstunitedchurchottawa.org)

**Let’s Talk About Mental Health** led by Jessica Ward-King will continue to meet at its regular time, Sunday at 12:30 p.m. except the group will gather on a weekly basis rather than a monthly basis. Register with at [j.ward-king@hotmail.com](mailto:j.ward-king@hotmail.com)

---

## Getting on First United Email List for Regular Updates

During COVID-19, if you would like to receive regular updates from First United that will include supportive messages, ways to engage in small groups, links to on-line services, please request to be added to the email list by contacting [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org)

## Invitation to Join in Daily Prayer

Carol McMurdo-Paton and Shirley Paton are inviting everyone to take a few minutes between 10:00 or 10:30 every morning (or at another time that suits you). A simple liturgy has been designed and is available on the website