

First Glance

September 2020

(613) 232-1016 office@firstunitedchurchottawa.org

www.firstunitedchurchottawa.org

On Line Sunday Services 11:15 a.m.

During this season of COVID-19, First United is gathering to celebrate our faith on-line every Sunday at 11:15 and we share a video later in the afternoon. Near the end of September, Church Council will be making a decision whether and when to resume a hybrid service that combines on-line and possibility for some in-person attendance.

The link to the zoom service is sent out by email on Saturday and posted on the website. We also send out a full copy of the service with reflections, readings, and words to the hymns. If you would like to be added to the e-mail list, please send a request to office@firstunitedchurchottawa.org

September 6 th	Welcome Back from Summer and Celebrating Holy Communion
September 13 th	Considering Biblical Journeys, Journeys Where Much Was Unknown
September 20 th	Welcoming Claire Savage, Coordinator of Ottawa Centre Outreach Cluster
September 27 th	Orange Shirt Sunday for Remembering Residential Schools and Animal Sunday

Children's Programming at First United This Fall

The Church Council is delighted that **Nikki Nel** has accepted a part-time contract to support our programming for children and youth. Nikki will be offering personal leadership as well as supporting volunteers.

We recognize that there are many unknowns as September begins, unknowns that require us to offer maximum flexibility and an ability to adjust to changing circumstances. To begin with, Nikki will be coordinating the following gatherings, but welcomes ideas and input and other opportunities for gathering based on the desires and needs of children, youth, and their families. Nikki can be reached at nikkinelteacher@gmail.com

Here are the beginning plans for **On-line gatherings (links will be sent and published on website)**
(this is the starting proposal but additional gatherings or alternative times can be negotiated)

Nursery/Pre Grade One: Brian and Nikki will design a short (20 minutes) mid-week gathering for a story and "saying hi" on Wednesdays at 6:00 p.m.

Ages 5/6 to 8/9 (those younger are free to attend if they wish) led by Nikki on Sundays from 10:15 to 11:00 a.m.

Ages 9/10 to 12/13 Nikki will lead an on-line lunch session on Sunday from 12:15 to 1:00 p.m.

Rite 14 and J2A The leaders will continue to schedule regular gatherings and communicate directly with youth.

Healing Pathway Care Package

The Healing Pathway ministry at First United has prepared a spiritual care package in this time of physical distancing and uncertainty. While we may not be able to meet face to face, 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.

Distance Healing Pathway sessions are also available by contacting healingpathway2010@gmail.com

Small Groups Offered by First United

(as always if you have a small group you wish to initiate, let us know and we will announce it

Living into Right Relations Book Club

For years, a book club has met to read and discuss living into right relations with the First Peoples of Canada. Beginning on Monday, September 14th from 9:30 - 11:30, the group begins reading "Indigenous Writes: A Guide to First Nations, Metis, and Inuit Issues". The group welcomes new members. To get the zoom connection or more information, contact Cindy at office@firstunitedchurchottawa.org

Journey through Biblical Texts with Brian **Exploring the Exodus Epic in Dialogue with Gospel Narrative**

During this year of Covid-19, Brian invites anyone who would like to join him on an adult study of the Biblical texts included in our "home-grown" curriculum for children's programming. The gathering will also include time for checking-in and spiritual support for participants. Brian plans to divide the year into several sessions so it is possible to join for some and not commit to all. The first five-week session examines the Exodus Epic and the presence of this epic within the gospel narratives.

Choose one of the three available weekly options. We will begin the week of September 7th and the last week for this session is the week of October 5th

Wednesday at 2:00 p.m.

Thursday at 10:30 a.m.

Saturday at 11:00 a.m.

Access is by zoom; however, it is possible to participate in person at the church following our safety guidelines. To Register or get more information, contact brian.cornelius@firstunitedchurchottawa.org.

White Fragility: Why It's So Hard for White People to Talk About Racism by Robin Diangelo

Dorothy Naylor, Pat Mayberry, and Brian Cornelius are willing to provide leadership to a discussion of Robin Diangelo's thoughtful input in a time where racial reckoning is key to living a healthy and transformative spirit-life in our world.

This six-week study would start the week of September 21st and based on interest, we will determine how many groups we have. We may also bring back the study later in the year. Right now we are proposing three possible times.

Tuesday at 7:15 p.m.

Wednesday at 10:30 a.m.

Friday at 10:30 a.m.

Access is by zoom; however, it is possible to participate in person at the church following our safety guidelines. To register or get more information, please contact office@firstunitedchurchottawa.org

Monday Night meditation

Christian Meditation, by zoom, occurs 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 to register and get more resources on Christian Meditation.

Let's Talk About Mental Health led by Jessica Ward-King and Zachary Houle meets at, on zoom, on Sundays at 12:30 p.m. will be resuming. To register contact j.ward-king@hotmail.com

Updates from Church Council

Covid 19 TaskGroup:

At the beginning of August, the Covid-19 Taskgroup and Church Council circulated an update on our plans for programming and safety as we enter the Fall and as we adhere to Public Health Guidelines. If you would like to get copies of these documents please contact Cindy at office@firstunitedchurchottawa.org.

At this point, most of First United activities will be taking place on-line; however, this is under constant review as we monitor latest Public Health Guidelines and remain responsive to the needs of congregants. Please do not hesitate to forward suggestions, concerns, and ideas through Cindy in the office.

Plans for an Outdoor In-Person Gathering

Details are emerging for an outdoor in-person gathering on Saturday, September 12 at 1:30 p.m. Details will be shared through the email list.

Financial Update:

Church Council is grateful to the congregation for the continued support of community life both at First United and beyond. Thankfully, we are able to sustain our ministry during this time of COVID-19. While there are some modest savings, most costs for First United continue. The Church Council is diligent in being good stewards of this generosity.

<u>To August 31</u>	<u>2019</u>	<u>2020</u>	<u>Budget</u>	<u>Difference</u>
General	124,039	122,937	131,000	(8,063)
Mission & Service	22,127	22,130	23,200	(70)

In addition, \$5,970 was raised or donated through First United for the Westboro and Ottawa foodbank, \$6,850 for other COVID-19 relief, and \$2,220 for Multi Faith Housing through the Rite 13 youth group.

Making Donations During COVID-19

We recognize that many are facing financial stresses and need to adjust their support of our congregational life during this time and encourage you to do so. For those who have inquired about continuing financial support, we draw your attention to four ways this can be done.

1. **First Things First** is the monthly Pre-Authorized Remittance, and Cindy, our church administrator can facilitate changes if someone needs to discontinue at this time or if you would like to be added (even for a few months). Simply contact Cindy at office@firstunitedchurchottawa.org and she will facilitate.
2. **E-transfers** are now possible. Please send the e-transfers to treasurer@firstunitedchurchottawa.org This confidential and password protected email, managed by our Donations coordinator, Dale Walker, and Cindy, our church Administrator, will transfer the money to First United and the donations will be recorded for an income tax receipt. Remember to indicate what the donation is designated for (i.e. General Fund, Mission & Service, Westboro Food Bank, etc). Please include in the email any other necessary instructions for Dale and Cindy.
3. **Cheques** can be mailed to the church, 347 Richmond Road, Ottawa, Ontario K2A 0E7. The mail is checked regularly and a deposit made on a weekly basis. Again, indicate any designation for the donation and the donation will be recorded for an income tax receipt.

Social and Ecological Justice



September is Climate Action Month at KAIROS

Resiliency and hope are the driving messages of the second annual KAIROS Climate Action Month, which began on September 1. Each day this month, KAIROS will highlight an aspect of the climate crisis, sharing resources, events, stories from our members and global partners, and actions for climate justice. An online calendar will focus on five weekly themes: Season of Creation, Just Transition, Indigenous Rights, Global Climate Justice, and Water. Interested in receiving informative weekly e-blasts during Climate Action Month? Please visit <https://www.kairoscanada.org/> and complete our **online sign up form** and click Ecological Justice.

Orange Shirt Day: Wednesday, September 30th

We will Wear Orange on Sunday, September 27th

Orange Shirt Day, a time to recognize and remember all those who attended residential schools, takes place on Monday, September 30th. Please remember to wear orange as a sign of your commitment to reconciliation, to take time to share with people why you are wearing orange, and to continue to advocate for the changes we need to make to achieve reconciliation.

Universal Basic Income: Take Action

CERB is set to end this fall. Help make history and call on our government to roll out a universal basic income program that would ensure a guaranteed annual income for everyone adequate to meet basic needs, allowing all people to live with dignity regardless of work status. E-mail our prime minister and deputy prime minister today. For more details, visit <https://www.united-church.ca>

Palestinian Justice

Zoom Book Study Jean Zaru is a Quaker who has lived in Ramallah most of her life. Her book **Occupied with Non-Violence** brings together sixty years of living in occupied Palestine with her deep Christian faith. This book will be of interest to anyone seeking an inspiring example of resiliency, hope and positive activism in the face of the daily struggles of the occupation. We will meet once a week over four weeks and facilitated by Jane Dawson and Jane Enticknap (based in Ottawa but you are welcome to join from anywhere). If you are interested in taking part, please contact Jane Dawson at jdawson@united-church.ca or 613-290-1882 by September 15, 2020. The book is available for purchase on Amazon or Indigo (in print or ebook format). Print copies available at Grand River Bookstore (<https://www.grandriverbooks.ca/>).

EOORC Right Relations Network Calls to the Church Study Circle

The **Calls to the Church** document articulates the Indigenous Church's vision for the future within the United Church of Canada. The aim of this study circle is to listen to these calls and take them to heart. The **Calls to the Church** document emerged from a process of discernment by the Caretakers of our Indigenous Council under the guidance of the Aboriginal Ministries Council (now National Indigenous Council). The document was approved by General Council in 2018. This study circle is an opportunity to listen attentively to these calls with a practical action-oriented process for learning and taking these calls to heart. The study circle will meet for six sessions, every two weeks (with some further reading between each session), facilitated by Jane Dawson. All are welcome. If you are interested in taking part, please contact Jane Dawson: jdawson@united-church.ca or 613-290-1882 by September 15, 2020.