

# First Glance

October 2020

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## 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 a.m. and we share a video later in the afternoon. The Church Council is continually reviewing and updating this policy in response to the best guidance offered by Public Health

The link to the zoom service is sent out by email on Saturday and posted on the website. We also send out a 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](mailto:office@firstunitedchurchottawa.org)

## Upcoming Sundays Being Sustained...

During October and November, members of the congregation join with Brian in celebrating all that sustains us as we journey together in these unusual times.

October 18 <sup>th</sup> :	Being Sustained through our Music Choral Anthem: Al Shlosha (The world sustained by truth, justice, and peace)
October 25 <sup>th</sup> :	Being Sustained through Meditation and Spirit Practice
November 1 <sup>st</sup> :	Being Sustained through Healing Pathway
November 8 <sup>th</sup> :	Being Sustained through Parables and Storytelling
November 15 <sup>th</sup> :	Being Sustained through Remembering
November 22 <sup>nd</sup> :	Being Sustained through Talking About Mental Health

## Children and Youth 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. **Nikki can be reached at [nikkinelteacher@gmail.com](mailto:nikkinelteacher@gmail.com)**

Nikki is coordinating and leading Sunday gatherings for children. Packages are delivered to all the families in the congregation. Here is what is happening presently and Nikki is open to planning additional gatherings or negotiate alternative times:

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

Ages 9/10 to 12/13 on Sunday from 12:15 to 1:00 p.m.

## **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](mailto:healingpathway2010@gmail.com)

### **Zoom Sing Song with Marg and Choir**

On Thursday, October 15<sup>th</sup> join Marg and the choir for a “thanksgiving” zoom sing song beginning at 7:00. You can log on starting at 6:45. Watch the email or website for more information and a Link.

If this goes well, we plan on a monthly Sing Song.

## **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)**

**Monday Morning 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 14<sup>th</sup> 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](mailto:office@firstunitedchurchottawa.org)

**Monday Evening Christian Meditation,** occurs at 5:30 every Monday evenings on zoom and is 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.

**Sunday Noon Let’s Talk About Mental Health** led by Jessica Ward-King and Zachary Houle meets at, on zoom, every other Sunday (October 11, 25, November 8, 22, December 13) at 12:30 p.m. will be resuming. To register contact [j.ward-king@hotmail.com](mailto:j.ward-king@hotmail.com)

### **Gathering to Talk Parables**

Beginning the week of October 19<sup>th</sup> until the end of November, Brian will be leading discussions on Parables. One session will be Wednesday evenings, and additional daytime sessions from Wed to Friday depending on interest and availability. So please contact Brian if you are interested.

Parables are stories that start conversations about the spirit life in the circumstances we presently find ourselves living. Parables engage the imagination, illuminate the soul, awaken the wondering, and explore possibilities. The discussions will incorporate insights realized when considering the context in which Jesus first told the Parable as well as contemporary Biblical scholarship.

## Updates from Church Council

### Covid 19 TaskGroup:

The Covid-19 Taskgroup (Sandra Ballantyne, Brian Cornelius, Shirley Paton, and Jane Sly) continue to meet regularly to update and review the latest guidance from Public Health. This Taskgroup, with Church Council approval, circulated documents on safety protocols that are in place for our congregational life. These are continually updated. If you would like to get copies of these documents, please contact Cindy at [office@firstunitedchurchottawa.org](mailto: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.

### 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 September 30</u>	<u>2019</u>	<u>2020</u>	<u>Budget</u>	<u>Difference</u>
General	139,408	138,604	149,000	(10,396)
Mission & Service	25,357	24,745	26,100	( 1,355)

In addition, \$6,835 was 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](mailto:office@firstunitedchurchottawa.org) and she will facilitate.
2. **E-transfers** are now possible. Please send the e-transfers to [treasurer@firstunitedchurchottawa.org](mailto: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

**Universal Basic Income:** The United Church of Canada is formally supporting efforts to adopt a Universal Basic Income. This involves supporting legislation for the Canadian government to adopt 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>



For the **Love**  
of **Creation**

### For the **Love** of **Creation** *Fall Online Forum*

Every Monday in November from 7:30-8:30 p.m. on Zoom

#### **Nov. 2: Communicating Climate Change**

Learn how we can most effectively communicate about climate change and the need for urgent action. Hear from communications experts and learn more about our *Faithful Climate Conversations*.

#### **Nov. 9th: Advocating for Climate Justice**

Explore the core elements of the *For the Love of Creation* policy asks with a grounding in the work of faith-based organizations and the perspectives of people with lived experience.

#### **Nov. 16th: Grieving, Healing, and Connecting with Creation**

Participate in a service of lament with singing and silence, explore therapy tools and hear from specialists on processing collective and individual grief. Learn ways to connect with Creation for Healing and spiritual growth (English only).

#### **Nov. 23rd: Creation Care: A Letter of the Faithful**

Explore theologies of creation care and learn about our process to develop a "Letter of the Faithful for the Love of creation" that will reflect theologically grounded dialogue about climate justice and global warming from across the country. Join us in prayer for creation.

#### **Nov. 30th: Climate Action Now!**

Bring together all elements explored in the forum: theology, communications, grief, healing and climate justice advocacy and participate in collective climate action online. Participants will be invited to bring mindfulness about the climate emergency into the holiday season and to contemplate ongoing engagement in the work of climate justice.

English/French translation will be available for all sessions except Nov 16th. Register at: <http://bit.ly/flcforum2020>

### Supporting Mission and Service Fund of the United Church

In Canada right now, COVID-19 is the final straw for families who were already pushed to the financial edge before the virus struck. By the end of the year, 12,000 people per day living around the world could die from hunger because of the pandemic.

This Thanksgiving, gratitude is up to us. Care is up to us. Our generosity can make all the difference. You can [make a special Thanksgiving gift through Mission & Service](#) to help people who need it most during this pandemic.