

# First Glance

*April 2021*

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## **Zoom Sunday Services Continue Through the Season of Easter**

Given the present guidance of Public Health and the Stay at Home order in the Province of Ontario, First United will continue to provide Sunday Services exclusively through Zoom for as long as necessary. For at least the next few Sundays, we are modifying the number of persons involved in leadership in the sanctuary by utilizing videos off-site participation, and other technology for creating a meaningful Sunday gathering that nurtures our spirits. We do this to ensure that we are upholding the safety and well-being of our staff and volunteers in this time where variant infections are increasing.

The Covid-19 taskgroup is presently reviewing all the protocols and guidelines we developed in 2020 to guide how and when we are able to return to in-person Sunday gatherings. These guidelines and protocols recognize that there will be a time-period where we will host a hybrid service that includes both on-line and in-person participation. We are doing this review this in concert with All Saints Anglican

In addition, the Covid-19 task group is carefully monitoring public health guidelines as well as doing their own research about best practices for safe in-person small group gatherings, indoor and outdoor, when they become possible in the coming months. This will include the impact of the benefits of wider vaccination rates.

### **On-line Small Group Gathering**

#### **The Resurrection Narratives combined with Spirit Practice**

Brian will be leading a reflection and discussion on the key resurrection narratives in the Biblical Texts. These discussions will be combined with a time for spirit practice within each of the one and half hour gatherings. Brian is suggesting the following times, and will finalize groups based on interest and availability. If you would like to attend, please contact Cindy at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org) and specify which session(s) you are interested in:

Tuesday at 7:15 p.m.

Wednesday at 10:30 a.m.

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Friday, at 10:30 a.m.

Saturday (time to be negotiated)

Session 1 – Women at the Tomb (week of April 12<sup>th</sup>)

Session 2 - Road to Emmaus (Week of April 19<sup>th</sup>)

Session 3 - Mary Magdala in the Garden (Week of April 26<sup>th</sup>)

Session 4 - Hidden Behind Locked Doors (Week of May 3<sup>rd</sup>)

Session 5 – Breakfast at Sea of Tiberius (Week of May 10<sup>th</sup>)

Session 6 – Commissioning Texts (Week of May 17<sup>th</sup>)

**Throughout April, Brian will be offering on Thursday Evenings at 7:15, an hour for check in and silent meditation. If you are interested, here is the Zoom link:** <https://us02web.zoom.us/j/85241659820>

## **On-line Children/Youth Programming**

Nikki Nel continues to provide on-line Children's programming. From 10:15 to 11:00 a.m., she offers a class for younger children (ages 5 to 10) and beginning at 12:15 p.m. for older children (ages 9 to 13). Please contact Nikki Nel at [nikkinelteacher@gmail.com](mailto:nikkinelteacher@gmail.com) for the Zoom link and the package of crafts and lessons that will be delivered to your home. Leaders of Rite 13 and J2A continue with on-line programming as well.

### **Healing Pathway Spiritual Care Package (available on the First United website)**

The Healing Pathway ministry at First United has prepared a spiritual care package. 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, and reaching out safely to one another and to those who are vulnerable and isolated. **Distance Healing Pathway sessions** are available by contacting [healingpathway2010@gmail.com](mailto:healingpathway2010@gmail.com)

### **Mental Health Strategies During Covid-19 (available on the First United website)**

The "Let's Talk About Mental Health" group has developed resources to support mental health through the winter of Covid-19. Please reach out for pastoral support when you need. The **Let's Talk About Mental Health** Zoom discussion is led by Jessica Ward-King and Zachary Houle and will meet on Sunday, April 18<sup>th</sup> at 12:30 p.m. To register contact [j.ward-king@hotmail.com](mailto:j.ward-king@hotmail.com)

## **Small Groups at First United**

### **Monday Morning Living into Right Relations on-line Book Club:**

For years, a book club has met to read and discuss living into right relations with the First Peoples of Canada. On Mondays, from 9:30 - 11:30 am, the group is 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 On-line Christian Meditation**, occurs at 5:30 every Monday evening 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.

### **Saturday - A stitch in time (On-line gathering on Saturday at 10:00 a.m.):**

Have you been knitting or sewing in pandemic days? Have you been musing about metaphors and the symbolic nature of these activities? If you crave a chance to get together both physically present while safely distanced, you might be interested in joining with up to 6 people to share and show. If you are interested, please contact Jane Sly at [janeelizsly@gmail.com](mailto:janeelizsly@gmail.com)

## **Updating Broadview Subscriptions**

First United provides a subscription of Broadview magazine (formerly known as the United Church Observer) to anyone associated with First United. We are updating our list, and if you would like to be included, please contact Cindy at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org) If you are presently receiving it, and would like to be discontinued, you can also contact Cindy.

## Invitation to Participate in on-line gatherings of the United Church of Canada

May 7<sup>th</sup> and 8<sup>th</sup> 2021 – On-line Annual Meeting of Eastern Ontario Outaouais Regional Council. If you would like to represent First United at this gathering, please contact Wendy Snelgrove, Brian Cornelius or Sandra Ballantyne.

United Church Strategic Planning Process 2021: Town Hall Meetings. The 43rd General Council will receive a major report recommending mission, vision, and key strategic priorities for The United Church of Canada at its October 2021 meeting. This strategic planning process is aimed at providing a common direction for 2022–2024 is one of those key urgent matters. Consultations are happening across the church through focus groups, interviews, and surveys. Five Moderator’s Town Hall events are also planned and open to all members, with an emphasis on those in paid and volunteer leadership. All are welcome at these Town Halls.

July 2022 – Any member of the United Church of Canada can be elected a Commissioner to the 44th on-line General Council in the summer of 2022. If you are interested in being a nominee for election, please contact Wendy Snelgrove, Brian Cornelius or Sandra Ballantyne.

## Social and Ecological Justice

### **Earth Day**

AS THE WORLD RETURNS TO NORMAL, WE CAN'T GO BACK TO BUSINESS-AS-USUAL.

From April 20-22, join the world’s leaders for Earth Day Live 2021. Together, we can prevent the coming disasters of climate change and environmental destruction. Together, we can Restore Our Earth™. **The theme of Earth Day 2021 is Restore Our Earth™.** For more information, please visit <https://www.earthday.org/earth-day-2021/>

### **Citizens for Public Justice is excited to launch registration for our virtual conference, Seeking Justice Together, May 17-20, 2021!**

Join justice-minded Christians from across the country as we explore how we are called to seek justice together through intersectional, interpersonal, and interconnected approaches. Through a variety of [keynotes and workshops](#), participants will explore living examples of what it looks like to seek justice as people connected to one another and to the lands in which we live. We will consider how our identities, histories, systems, and geography shape our experiences of power and privilege, and how this informs the ways in which each of us are called to seek justice together. **Speakers and facilitators will address issues of racism, Indigenous/settler reconciliation, 2SLGBTQIA+ rights, disability rights, poverty in Canada, climate justice, and refugee rights**

Register at [cpj.ca/seeking-justice-together](http://cpj.ca/seeking-justice-together)

### **Guaranteed Liveable Income:**

The Moderator of the United Church of Canada, Richard Bott, joining with many others has written to elected officials encouraging them to seize the moment to roll out a universal basic income program in collaboration with the provinces, territories, and Indigenous leadership. “It is my belief,” he writes, “that our collective experience as Canadians during COVID-19 presents a vital opportunity...together we can take important steps to protect the health and safety of all Canadians going forward.”