

First Glance

May 2021

(613) 232-1016 office@firstunitedchurchottawa.org

www.firstunitedchurchottawa.org

Rite 13/14 is Becoming J2A

Virtual Fundraiser for Multi-Faith Housing "Tulip-a-thon"

Friday, May 28th at 7:00 p.m.

Zoom details will be circulated for how you can participate in this great evening of fun and community that supports affordable housing in Ottawa.

Celebrating Pentecost in our Zoom Sunday Services

The Season of Pentecost begins on Sunday, May 23rd where we will celebrate the Spirit speaking in many languages. This Spirited service will include members from our faith community give voice to the languages of the world. Throughout, June will be celebrating Spirit in services that will invite wisdom from our community and beyond.

Covid 19 Taskgroup and impact of Vaccinations

Each week, we celebrate with those whose turn has arrived for vaccination. The Covid 19 taskgroup is presently monitoring public health guidelines as we negotiate the third wave and the taskgroup is monitoring latest data and guidance on the impact of vaccinations. Over the next few weeks, the taskgroup will meet regularly in order to develop protocols and guidelines so we ensure the safety and well-being of our congregation and staff in anticipation of in-person gatherings being possible in the coming months.

On-line Children/Youth Programming continues until June 21st

Nikki Nel will continue to provide on-line Children's programming until Sunday June 21st and then will take a bit of a break for the summer. Over the summer, Nikki, working in conjunction with the Covid 19 taskgroup, Brian, and other congregational leaders, will be preparing Fall programming, possibly some in the summer months, that will be rooted best public health practices. We are delighted by Nikki's continued presence in our children's programming as we journey through these pandemic times.

Two On-line Retreats offered by Members attending First United (Details on last page)

Monday, May 17th from 1:00 to 4:00, Karen McKim is offering a 3-hour online experiential workshop based on the *work of Joanna Macy*. In the midst of a pandemic, climate emergencies, societal crises and personal losses, how do we stay awake to the suffering and beauty with clear eyes and a wise heart? This workshop gives participants a taste of the core practice - The Spiral of the Work that Reconnects by exploring Gratitude, Honouring our Pain, Seeing with New Eyes and Going Forth.

Saturday, May 29th from 9:00 to 12:00, Tim Gautreau is offering a 3-hour online experiential workshop titled "*Maps of Grace: The Practice of Find Yourself Again*". This workshop provides participants with tools they will be able to practice daily, leading to noticeable results in their attitudes, energy, experience, and relationships.

Spirit Support at First United

Soul Space

Soul Space, an initiative to support frontline workers in Ottawa, involves many from First United (Danielle Rolfe, Claire Savage, Pat Mayberry and others) where street health workers from Ottawa Inner City Health and from the Somerset West community in Ottawa have recently collaborated with singer/songwriter Pat Mayberry (who has composed several hymns for the United Church) to produce a song/video entitled "Rise Up Strong". The work of **Soul Space** and the energies behind the creation of this video will be featured in our May 16th Sunday Service.

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

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 needed. The **Let's Talk About Mental Health** Zoom discussion is led by Jessica Ward-King and Zachary Houle and will meet on Sunday, May 16th and May 30th at 12:30 p.m. To register contact 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

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 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

Friday Afternoon TGIF Gathering, occurs at 1:00 every Friday afternoon, through a creative confluence of Zoom, telephone calls, and email conversations. If you are interested in being included contact Ruth Stewart-Verger at ruth.stewartverger@gmail.com.

Services to Celebrate the Lives of Beloved Members of First United

Diane Potvin	Friday, June 25 th
Enid Kirkhope	Wednesday, July 28 th
Eleanor Sutherland	Saturday, September 11 th

Social and Ecological Justice

Seeking Justice Together **A Gathering of Justice-Minded Christians** **Citizens for Public Justice Virtual Conference** **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. Speakers and facilitators will address issues of racism, Indigenous/settler reconciliation, 2SLGBTQQIA+ rights, disability rights, poverty in Canada, climate justice, and refugee rights. To register go to the Citizens for Public Justice website - cpj.ca

KAIROS Canada

Women Resisting Extractivism Movie Night | Session 4

Join KAIROS' MERE Hub on **Thursday, May 20 at 7:00pm EDT** for the fourth installment of its virtual film club on the gendered impacts of resource extraction.

May's Film: Firewater Thunderbird Rising, an Anishinaabe Dance Film

Inspired by Anishinaabe creation stories, "Firewater Thunderbird Rising" is a performance that is an emotional and powerful journey to understand the historical effects that alcohol has had on our people and creates a truth that pierces through the darkness of addiction rooted in fear to reveal a path towards healing that is directly connected to the land.

Register at <https://secure.kairoscanada.org/civCRM/event/register?id=240&reset=1>

Workshop Exploring the Spiral Journey: Work that Reconnects **Monday, May 17 from 1:00 p.m to 4:00 p.m**

Karen McKim is offering a 3-hour online experiential workshop based on the work of Joanna Macy. In the midst of a pandemic, climate emergencies, societal crises and personal losses, how do we stay awake to the suffering and beauty with clear eyes and a wise heart? This workshop gives participants a taste of the core practice - The Spiral of the Work that Reconnects by exploring Gratitude, Honouring our Pain, Seeing with New Eyes and Going Forth. For more information and to register contact Karen McKim at wbmckim108@gmail.com: Suggested donation of \$25.00 to the Sowing Seeds fund of First United at treasurer@firstunitedchurchottawa.org

Maps of Grace: The Practice of Find Yourself Again **Saturday May 29 from 9:00 a.m to 12:00 noon**

Tim Gautreau is offering a 3-hour online experiential workshop that provides participants with tools they will be able to practice daily, leading to noticeable results in their attitudes, energy, experience, and relationships. For more information contact Tim at timjgautreau@gmail.com or (819) 955-1963. The cost is \$25 and registration is at <http://bit.ly/MapsOfGrace>