

First Glance

October 2021

(613) 232-1016 office@firstunitedchurchottawa.org

www.firstunitedchurchottawa.org

Sunday Gatherings Through October

Presently, we are offering hybrid Sunday Gatherings at 11:15 a.m., providing access to the service through Zoom or in-person. We have capacity for about 75 in-person and to date our maximum attendance has been well below that. So if you want to come, please don't hesitate to register your intention at office@firstunitedchurchottawa.org and we always leave space for visitors and those who decide at the last minute. We also fully appreciate that individuals are accessing the services in the way they feel most comfortable, honouring the freedom of choice to attend on-line, in-person, or through video.

October 3rd Worldwide Communion and Blessings of the Animals Sunday

October 10th Thanksgiving Sunday

Three Sundays to Consider the Wisdom from the Book of Job

October 17th Wrestling with Unexpected and Unchosen Turn of Events

October 24th Wrestling with the Advice of Friends

October 31st Wrestling with Sacred Voice from Within and Without

Children and Youth Programming Throughout October

Children (ages 4 to 10): Nikki continues to lead on-line classes each Sunday from 10:15 to 11:00 a.m. and an in-person option from 11:15 a.m. to 12:15 p.m. Children will be in the class the whole time while parents can attend the Sunday gathering if they wish.

Rite 13 (Youth born in years 2008, 2009, and 2010): Pat Lindsey, Ben Lindsey-Clark, Mary Donaghy, and Ruby Alguire continue providing in-person leadership to Rite 13.

J2A 2022 (Youth born in years 2006 and 2007): In-person gatherings begin each Sunday starting on September 12th. Jillian Buckie, Jane Sly and Robert VanderBerg offer leadership. An e-mail invitation will happen or, for those new in the church, contact the church office and we will put you into contact with the leaders.

Covid 19 Taskgroup

Sandra Ballantyne, Shirley Paton, and Jane Sly, Marg Stubington and Brian Cornelius continue to monitor developments during this fourth wave, review Public Health regulations and from there develop and update our church practices through recommendations to Church Council. An October/November communication was circulated to the congregation separately, and if you did not receive this, please contact Cindy at the Church Office and she will be happy to forward that to you.

Transition to Retirement Group

What do I need to move successfully into this new stage of life? How will my spiritual life change? Who will I be without my job title? If you are contemplating retirement, or recently retired, and would like to explore these questions with a group at First United, probably in Jan - Feb 2022, please send your name to the office, stating `Transition to Retirement` in the subject line.

On-going Spirit Support at First United

Healing Pathway

The Healing Pathway ministry at First United remains active as we 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.

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

A Healing Pathway Spiritual Care Package is available on the First United website

First United Choir

The choir has meet regularly via Zoom since the beginning of this season of Covid-19 and recently have begun limited in-person practices. If you are interested in being part of the choir, please contact Marg Stubington at marg@firstunitedchurchottawa.org

Small Groups at First United

Let's Talk About Mental Health, Sunday at 12:30: This group meets via Zoom at 12:30 every other week. They are meeting next on Sunday, October 24 and November 7. To get the zoom invitation contact Jessica Ward-King at j.ward-king@hotmail.com

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, beginning September 13th, from 9:30 - 11:30 am, the group will discuss the book by Jesse Thistle: ***From the Ashes, My Story of Being Metis, Homeless and Finding My Way*** with the plan to cover the contents over three or four weeks. 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.

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

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

Come and join us Saturday mornings at 10:00 for a time of friendly conversation ranging from books we are reading to current events, politics and sometimes what we are making. No need to stare intently at the screen, you are free to look at your knitting, stitching, paper crafts, doodles or nothing at all. If you would like to join us, contact Jane Sly at janeelizsly@gmail.com to be sent the zoom link.

From Church Council

Congregational Meeting on Sunday October 17th: There will be a Zoom congregational meeting on Sunday, October 17th in the evening (time to be confirmed). Part of the agenda will include discussion for the congregation to make decisions regarding support of Intergenerational, Youth and Children's programming. More information will be shared with you prior to this congregational meeting.

Financial Report: A financial report is included on the last page of First Glance.

Learning Opportunities

AGING – With Care!

A 4-part series of Learning Cafés about Eldercare – how it is and how it could be: for our loved ones and ourselves

7:00 – 8:30 p.m.

Nov. 3 Eldercare Today: What’s Available, and What Isn’t!

Most Canadians want to live in their own homes for as long as possible. Our current system, however, relies heavily on institutional care (long-term care facilities and hospitals), the costliest and least effective of options. This session will focus on the four stages of Eldercare - independent living, homecare, long-term care, and palliative care – and illustrate how the current system is failing to meet people’s needs and wishes at each stage.

Nov. 10 Alternative Approaches to Eldercare

Alternatives exist to our current institutional approach to Eldercare. This session will examine new approaches to Eldercare that are being implemented locally, nationally and internationally – approaches that are more responsive to the needs and wishes of people during each stage of the aging process.

Nov. 17 Developing A Personal Eldercare Plan

Planning ahead for the care needs of ourselves and our loved ones is essential. This session will outline the services and resources in our community that are available to support us at each stage of the aging process. Participants will be provided with guidelines and tools to help make a personal plan.

Nov. 24 Making Change Happen

Countless public inquiries, commissions, and reports have identified the deficiencies of our current institutional model of Eldercare. Consistent recommendations for change have been made, but few have been implemented. To get the care we want – for our loved ones, and for ourselves – will require bold action on the part of citizens and politicians. This session will focus on ways to make change happen through community-based initiatives and political advocacy.

The series is free and will be conducted on Zoom. To Register, contact the church at office@firstunitedchurchottawa.org

Love and Justice Gathering offered by the United Church of Canada November 3rd to 7th, a 5 day Online Event

This year’s theme is Engage!...engaging deep spirituality, daring justice, courageous community, bold discipleship, and hope. Love and Justice Gathering Attendees can look forward to opportunities to:

- Worship daily with teams from different United Church of Canada regions and preachers from all over the world
- Learn from workshop sessions that educate, enlighten, and speak to the soul
- Listen to plenary sessions made up keynote addresses (including some from youth and young people) on topical issues, and then engage in learning through conversation and discussion.
- Reflect on the future and share personal vision with others.

If you are seeking a connectional space for communities of faith, local and global partners who are involved in the justice seeking work, the Love and Justice Gathering is for you! Register through the United Church of Canada website or via First’s website, under Events.

Social and Ecological Justice

The United Church of Canada & Residential Schools – a Post-Kamloops Update **EOORC – Indigenous Education Series**

October 6, 2021 -7:30 – 9:00 p.m.

Lori Ransom of Indigenous Ministries will be updating us on the latest information about residential schools in the post-Kamloops period. To register, please go to the First United website, under Events, and you will find the registration link.

Guaranteed Livable Income

October 21, 2021 7:00 – 8:30 p.m.

Presented by Guaranteed Livable Income Ottawa and feathering authors of the book, *The Case for Basic Income: Freedom, Security, Justice* by Jamie Swift and Elaine Power. To register, please go to the First United website, under Events, and you will find the registration link.

Financial Update from Church Council:

Church Council is grateful to the congregation for the continued support of community life both at First United and beyond.

<u>To August</u>	<u>2020</u>	<u>2021</u>	<u>Budget</u>	<u>Difference</u>
General	140,561	141,593	150,000	(9,407)
Mission & Service	24,820	24,162	26,100	(1,938)

For those choosing e-transfer, the email is treasurer@firstunitedchurchottawa.org. If you want any information on our Pre-authorized remittance, contact Cindy Cherry, our church administrator at office@firstunitedchurchottawa.org