First Glance

April 2025

(613) 232-1016 *office@firstunitedchurchottawa.org* *www.firstunitedchurchottawa.org*

Looking Ahead in Worship:
Sunday, April 6**- Fun, Faith, Friendship** (after church- see below)
Sunday, April 13- **Palm Passion Sunday**
Thursday, April 17- **Maundy Thursday** Service- 7 p.m. in the Chapel
Friday, April 18- **Good Friday** Service- 9:30 a.m. in the sanctuary
Sunday, April 20- **Easter Sunday** service and egg hunt (outside during children programs)

Faithful Election: All Saints' Anglican Church in Westboro, First United Church, and Citizens for Public Justice invite you to come together in community for shared learning and conversation. The event will include a moderated panel and table group discussions. Together, we'll explore prevalent narratives and relevant evidence around key election issues and political engagement in general, considering how people of faith can work together for justice and mutual flourishing.
Saturday, April 5 at 3 p.m.
347 Richmond Road, Steacy Hall (Light refreshments will be available)
To register, please visit https://FaithfulElectionCPJ.eventbrite.ca

Fun Faith Friendship
Sunday, April 6
Being Church Together

11:15 am- Intergenerational Worship Service
12:15 pm- Soup and Bun lunch
1 pm- Learning, Working & Growing Together
- **Readers' workshop: scripture, stories, responsive reading with Pat Lindsey**
- **Prayers in the service, prayers of the people with Carol Shipley**
- **The story of the United Church with Rob VanderBerg**
- **All can serve: greeting, offering, communion with Sandra Ballantyne, Shirley Paton & Aster Dusome**

2 pm- Explore the church building: photo treasure and duck hunt

Jazz Vespers!
Sunday, April 6th 4:30 pm

Jazz Vespers hosted by All Saints and First United with jazz musician Peter Woods

Fellowship on Four Wheels!
Can You Offer a Sunday Drive?

We are urgently looking for caring drivers for people who do not drive. The Enviro-Justice Committee is working with the City of Ottawa to bring their RideMatch car-pooling program to First, and will have more news in the spring. Can you offer a ride? You don't have to commit to every Sunday. Currently, we are aware of congregation members in the following postal codes in need of rides:

K2H 0A5	K1V 7J4	K2C 4C3
K1S 0R8	K2E 0B4	K1Y 1L9
K1S 3A2		

If you can offer a ride, even if you are not in one of these neighbourhoods, OR if you need a ride, contact Maryanne MacDonald at 613-883-3412 or maryanne.macd@gmail.com.
Or sign up at coffee hour or use this form: https://forms.gle/6Hc1DTVBqgQbTzY58.

Weekly/Monthly Gatherings at First United

If there is a small group gathering you wish to initiate, please contact Nikki at nikki@firstunitedchurchottawa.org and she will help explore and facilitate your hope.

Sunday Morning- Men's Breakfast: April 13th at 9 a.m. On the second Sunday of the month, men gather for breakfast and socializing through engaged conversation at the Newport Restaurant, corner of Churchill and Scott St. For information, please contact Don Brodie at donmarilynnbrodie@gmail.com

Let's Talk About Mental Health peer support group. We gather on the first Sunday of each month starting at 12:30, in room 7/8, over a bite to eat and some good company. We welcome you whether you come to the service or not, whether you come to First United or not - so come as you are and feel free to bring a friend! At the meeting we talk about our daily life experiences living with mental illness and give one another support as people going through similar lived experiences. No one is an expert - there are no counsellors or mental health professionals present - just peers supporting peers. Contact Jessica Ward-King at j.ward-king@hotmail.com

Monday Evening- On-line Christian Meditation, occurs at 5:30 every Monday evening on Zoom and is led by Cathy Nobleman, and Liz Tyrwhitt. This gathering is connected with the World Community for Christian Meditation based on the leadership of Laurence Freeman. Contact Liz at liz.tyrwhitt@gmail.com to register and get more resources on Christian Meditation.

Monday Drumming Group: April 7 and 21st at 7 p.m. in the sanctuary. Join with other drummers for a time of connecting spirit with rhythm. Contact Dave Henderson at daveandging@gmail.com

The Living in Right Relations Book Study will discuss Niigaan Sinclair's book on Tuesday mornings, for three sessions, beginning March 25th. Sinclair uses the story of Winnipeg to illuminate the reality of Indigenous life all over what is called Canada. This is a book that demands change and celebrates those fighting for it, that reminds us of what must be reconciled and holds accountable those who must do the work. It's a book that reminds us of the power that comes from loving a place, even as that place is violently taken away from you, and the magic of fighting your way back to it. (From McClelland & Stewart) If you are interested in joining the group discussion on Zoom email Maryanne MacDonald at maryanne.macd@gmail.com

Thursday Evening Choir: meets from 7:00 to 8:30 p.m. We sing different styles of music - gospel, folk, classical, pop and more - and rehearse anthems and service music for the 11:15 a.m. Sunday gatherings. We are currently about 35 singers. Contact Marg Stubington at marg@firstunitedchurchottawa.org.

Fourth Friday Fellowship with TGIF –The next one will take place on April 25th, 1:30 - 3:00 p.m., Room 5/6. We welcome all interested persons to attend the fellowship tea social to be held on the fourth Friday of each month. For more information, contact maryanne.macd@gmail.com

Interested in the Enneagram and where you might be in the Enneagram circle?
April 10th: It's about enlightenment on ourselves and how we relate to others. This year our discussions will be informed by a book by Suzanne Stabile - *The Path Between Us*. You will enjoy the folks in the group, the laughter, the wisdom. We will meet on the second Thursday night of each month. Prior experience is not necessary but for a brief orientation, contact Dorothy Naylor at done07@sympatico.ca

Environmental Justice Committee- We collaborate to embed the principles and ideas of environmental justice in all aspects of the life of First by engaging the congregation, promoting calls to action and supporting concrete steps to reduce our community's ecological footprint. The committee meets on the first Wednesday of each month. All ages are welcome. Find out more by contacting Wallace Beaton, jwbeat63@gmail.com

The Gift of Dignity Campaign! For March and April, the Westboro Region Food bank invites you to donate any/all of Diapers (size 5, 6 and pull ups) and sanitary pads (heavy to extra heavy). Monetary donations are welcomed too. Please drop off the church office, 9 a.m. to 3 p.m. Thank you!

First United Embarks on a Future Search!!

Friday, May 9, 6 pm to 9 pm and **Saturday, May 10**, 9 am to 4 pm

As many have requested, Council is now planning a congregational workshop to bring all our voices together in shaping the future of First United. Over a couple of days in May, we will explore what we cherish most about the roots and foundation of our community what we are doing in the present day that we want to make sure to protect and include as we move forward, and possibilities for moving together into a future, yet unknown, that will keep our vision vibrant.

Our explorations will include our experiences so far with our transition from Brian's ministerial leadership through our time with Alyson and Anne into new leadership for the future. As we give voice to our future, we will also learn together what it means to grow or evolve as a church community in these times.

A small design team has been formed: Mary Donaghy, Carol McMurdo, Marti Settle, Jessica Ward-King, and the Ministers. Your ideas are most welcome! Talk to any of us. More details will follow in the coming weeks. For now, please mark the dates on your calendar. And please note: we will structure the workshop so that you can come to any or all of the sessions on Friday evening, Saturday morning, and Saturday afternoon. Maximum flexibility for maximum participation.

Focus on Palestine of First United Church invites you to
a film night, Saturday April 26

Letter To My Tribe

Screening of this award-winning film, and discussion with filmmaker b.h. Yael.
Letter To My Tribe addresses a question: Why don't more Jews and Israelis speak out about Palestine? Over many years my mother and I have had numerous arguments which form the backbone of this video essay. Interviews with journalists, activists and a rabbi are interwoven with documentation of actions in the West Bank, family histories and journeys to Iraq and to Poland.
6:00 Light refreshments / 6:30 Film / 8:20 Discussion

Were you previously part of - or are you curious about - **the anti-racism, racial justice and inclusion** working group? Might you also be concerned about issues related to **gender based violence**? If so, you are not alone, and we want to bring equally curious and concerned congregants together to reinvigorate discussions about these important social justice issues. We will be facilitating a brief meeting after service on Sunday, April 13 in room 7/8 to survey interest, identify those that might be keen on forming (a) working group(s), and to establish next steps.
Please email rachel.dietrich@gmail.com if you cannot attend but want to be included.

KAIROS Canada- faithful action for justice

Listening to the Land- a 6-part interactive series, between March and July 2025, a workshop series that centers on human creativity and empathy as powerful tools to mitigate ecological crisis and repair essential relationships. We will meet at confluence of the Anishinaabe Medicine Wheel teachings and the Work That Reconnects.
Positioned as a collective response to our shared struggles, we will address the specific needs and challenges of those directly connected to the Kichi-Zibi (Ottawa River) watershed, recognizing that through our watersheds, we are all interconnected.
Sessions will take place in various locations.
For more information, please visit Kairoscanada.org

Kebaowek First Nation Wins Second Court Challenge to Chalk River Nuclear Waste Site Over Threats to Bats and Turtles!

The Federal Court ruled in favor of Kebaowek First Nation on Friday March 14th, 2025, to protect wildlife that challenged Canadian Nuclear Laboratories' permit from the federal Environment Minister to build the NSDF facility just over 1 km. from the Ottawa River. Kebaowek & Concerned Citizens of Renfrew County & Area argued that the forested site in Renfrew County is home to bears, endangered bats, and Blanding's Turtle. Friday's ruling by Justice Russel Zinn will force the Environment Minister to go back and reconsider the government's issuing of a Species at Risk permit and whether there could have been other viable locations for the site with fewer impacts on wildlife.

Ongoing vigilance is required to defend the water, the land and the species that inhabit both. Thank you to everyone who contributed to the success of this legal challenge.

Earth Week 2025 – Together for the Love of Creation

All faith communities are invited to be part of the movement and join with faith communities across the country. During the week of April 20 – 27, engage in a climate justice activity…praying, learning, acting. For more information, please visit https://fortheloveofcreation.ca

For the Love of Creation

Healing Pathway

Give yourself the gift of Healing Pathway which works to balance the receiver's energy system for healing wholeness. When the field is balanced, healing can occur on all levels, mind, body, spirit. All are welcome to receive with our trained practitioners at no charge. We offer Tuesday afternoons and evenings. For an appointment for in person sessions, please contact Howard Clark HealingPathway2010@gmail.com.
We also offer distance healing and you can book through Doug Stafford healingpathwayfirst@gmail.com