First Glance

March 2024

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

Annual Meeting on Sunday March 2nd:
The annual meeting will be occurring on Sunday, March 2nd at 12:30 p.m., presently planned as a hybrid, in-person and Zoom gathering. For those attending in-person, we meet in the sanctuary and sandwiches will be offered between the end of the service and the beginning of the meeting. We will be producing the Annual Report and preparing the Reviewed Financial statements which will be circulated in advance. We also want to thank the council members who provide leadership to the congregation under the spirited leadership of Martin Settle.

Looking Ahead in Worship:

Tuesday, March 4- **Shrove Tuesday**- Pancake Supper: 1:30-4 p.m. or 5-7 p.m.

Wednesday, March 5- **Ash Wednesday** Service (7 pm) in the Chapel

Friday, March 7- **World Day of Prayer Service** (12 noon) in the Chapel.

Sunday, March 9 - **Lent 1- Communion**

First United Embarks on a Future Search!!

May 9, 6 pm to 9 pm and 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.

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: March 9th 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: March 3, 17 and 31st 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

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 March 28th, 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?
March 13th: 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 be meeting 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

Young Adult Lenten Collective - Ash Wednesday Gathering & Worship

Wednesday, March 5th, 2025 at 5pm.
First United Church (347 Richmond Rd, Ottawa, ON)
For Young Adults aged 18 to 30
Purpose:
- Gather together to make a meal
- Explore Lenten practices and purposes
- Worship together as we begin the journey of Lent

For more information, please contact Dana Ducette at dducette@united-church.ca

Urgently needed. Egg cartons in 1 and 1 1/2 dozen sizes. The Ottawa Food Bank has returned to providing eggs to us in flats, so the Westboro Region Food Bank must separate the eggs into dozens. Please save and bring in your clean egg cartons for us to use to provide eggs to our Food Bank Neighbours. Thank you!

LAST CALL-

Paintings of Joy-

If you had a painting on the wall in the hall and would like to pick it up, they will be available in the hall on Sunday.

Engaged Participation with Black History Month and Indigenous Learning at the National Arts Centre nac-cna.ca

The Secret to Good Tea (Indigenous Theater) March 20-29
The Secret to Good Tea is a vibrant, intimate, and cheeky family portrait based on playwright Rosanna Deerchild (CBC Unreserved) and her own mother. With a pot of steaming hot tea as the only thing between them, Maggie and Gwynn work to dismantle that wall, uncovering Maggie's story in a journey of laughter, revelation, understanding, and the bond of a mother and daughter.
Nikki is attending the preview, Thursday, March 20, 2025, 7:30 p.m.

Tickets to both are available at nac-cna.ca. There are special pricing tickets for All My Relations & Under 30. Preview nights are also less expensive. If you are going to the preview and want to have dinner with Nikki first, then sit together at the show, send me an email. nikki@firstunitedchurchottawa.org

Rite 13 Events

Youth aged 13 and 14

Pizza and Game Night at the church

Saturday, March 29 4:00pm-10:00pm

Save the Date

Youth Outing Ottawa Titans Ball Game

Thursday, May 29 at 6:35pm

for more information email nikki@firstunitedottawa.org

Snow removal cancelled!
Thanks to Mother Nature, the snow on the flat roof off of Steacy Hall has melted sufficiently that we do not need to remove it at this time. Thank you to those who volunteered. Let's hope we have seen our last major snowfall of the season.
Lamar Mason
lamarmason4@gmail.com

First United is an Affirming Congregation of the United Church of Canada, a proud member of Affirm United.

Celebrate National Affirming/PIE Day
Friday, March 14, 2025
Why PIE? PIE =
Public. Intentional. Explicit.

Those are the standards we hold ourselves and our welcome to when we seek to live into being fully Affirming, Welcoming, and Inclusive people and communities.

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

Updating Broadview Subscriptions

First United provides a subscription of Broadview magazine 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. If you are presently receiving it and you have a new address or would like cancel your subscription, you can also contact Cindy.

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