First Glance

May 2025

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

Alyson is away until Sunday, May 11th.
Looking Ahead in Worship:
Sunday, May 11- we will celebrate the Sacrament of Communion in worship. All are welcome!

Heaven Knows Where We Are Going!

A First United Church Congregational Event

Friday, May 9 and Saturday, May 10, 2025

The workshop will be facilitated by-
Jean Ogilvie, certified coach, facilitator and process designer who will lead a highly participatory process onsite and...
Dr. John Scherer, internationally acclaimed consultant in organizational change, a Lutheran Minister, and a friend of First United. John will be joining us online from Seattle.

Agenda-

Friday evening 6 pm to 9 pm The Peoples' History of First United
Learn together how change happens, where we have come from as a congregation and what we want to retain and carry into our future.

Saturday morning 9:00 to noon Appreciating the Present
Learn together what is impacting our community, what we are most proud of, and what might be missing that we would like to see more of.
Lunch will be provided.

Saturday afternoon 1:00 to 4:00 pm Launching Into our Future
What have we learned so far about our community's vision of the future and how we will get there?

PLEASE REGISTER WITH THE FIRST UNITED OFFICE 613-232-1016 or email office@firstunitedchurchottawa.org.
Please indicate which sessions you will attend. Lunch is provided on Saturday. If you need childcare, please let the office know.

Rite 13 Event

Youth aged 13 and 14

Saturday, May 24 at 6:00-9:00pm

Note the date correction

Youth Outing to Ottawa Titans Ball Game

for more information email nikki@firstunitedottawa.org

Jazz Vespers!

Sunday, May 4th 4:30 pm

Jazz Vespers hosted by All Saints and First United with Taize Vespers.

Reminder from the Treasurer:
If you have not already done so, please consider increasing your regular givings to First this year by 2% (or more if you can and not at all if you can't). If you are on First things First (pre-authorized remittance), send an email to Cindy at the office. If you are not on First things First, please consider joining by fill in out a form at the back of the church.

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: May 11th 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! 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: May 5 & 19th 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 May 23rd, 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? 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

Congregational Givings- Update from Church Council: Church Council is grateful to the congregation for the continued support of community life at First and beyond.

To April 30th:	2024	2025	2025 Budgeted to Apr. 30th	Difference
General	$72,362	$68,509	$79,300	(10,791)
Mission & Service	$10,971	$11,441	$12,000	(559)

For those who wish to e-transfer a donation, the email is treasurer@firstunitedchurchottawa.org. If you want any information on our pre-authorized remittance, contact Cindy Cherry, our church administrator, at treasurer@firstunitedchurchottawa.org

Planning ahead….Sunday, June 15th
100th Anniversary of the United Church of Canada (1925-2025)
Worship will not be held in our sanctuary.
We will gather with other United Churches at
the EY Centre at 11 a.m.
Bring your lunch and stay for conversation and celebration!

Canadian Centennial Choir
Chœur du Centenaire canadien

Music Inspired by Nature with Gertrude Letourneau, flute

Music Director: Marg Stubington

Saturday, May 10th, Centretown United Church, 507 Bank St.
www.ccc-ccc.ca Please see Marg for tickets.

The Funeral Co-operative of Ottawa presents their 2025 speaker series via Zoom:
Making Memorial Services Meaningful **Tuesday, May 13 at 10 a.m.**
Hosted and presented by Rev. Ellie Barrington, M. Div.
Points of presentation will include:
What people, families and communities experience when they gather to grieve, mourn and celebrate a death; how to make memorial gatherings meaningful for those who attend. To register, please email info@fco-cfo.coop

Reading List for Hope

A seemingly endless stream of bad environmental news got you down? The Environmental Justice Committee recommends these information sources, antidotes to the narrative of doom that can inspire you to take hope and action.

Fix The News - Reporting stories of progress
www.fixthenews.com *Sign up for the free e-newsletter or subscribe.*

Positive News
www.positive.news *Borrow the print magazine or sign up for the free e-newsletter.*

Talking Climate – with Dr. Katharine Hayhoe
www.talking-climate.ca *A leading Canadian climate scientist & communicator. Fact-based, practical, hopeful.*

Hope Is A Verb Podcast available on multiple platforms
Introducing the people who are mending our planet & showing the best of humanity.

Multifaith Housing Initiative Tulipathon!!

Sunday, May 25th at Commissioners Park, Dow's Lake 3 p.m.

Music, Family Fun Zone, face painting and more!! For more information, please visit www.multifaithhousing.ca

Justice Initiatives Happening with our Partner Organizations

Red Dress Shirt Day- Monday, May 5, 2025

Red Shirt Day is the National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People (MMIWG2S). This day serves as a powerful reminder of the need to recognize and address the violence still faced by many in Canada. Wear red!

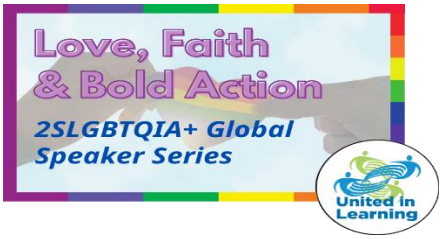
A free gathering will take place in Ottawa at City Hall, 110 Laurier Ave. W. from 10 a.m. to 3 p.m., program from noon to 1:30 p.m. All are welcome! This gathering will feature educational displays, art, commemorative activities and creative projects to foster healing and unity.

Moose Hide Campaign Day- Take Action!! Thursday, May 15, 2025

Moose Hide Campaign Day is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women and children and to take practical steps for our collective journey of reconciliation. A 3 km walk to end violence will take place in Ottawa at 12 noon at the Telus House, 215 Slater St.
For more information on keynote speakers, a livestream & virtual workshops, please visit www.moosehidecampaign.ca.

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



A free, Global webinar speaker series: Every Tuesday in May 2025- an opportunity to listen, learn, and act in solidarity with global leaders who are transforming faith spaces into spaces of inclusion and justice for 2SLGBTQIA+ individuals. Please visit: www.churchx.ca

KAIROS Canada- faithful action for justice

Rally on Parliament Hill for the *No Faith in Fossil Fuels* Rally on Monday, May 12 11:30 a.m.- 1 p.m.

a fun, family-friendly rally for climate justice on Parliament Hill! The demonstration is the culminating point of the two-day bike Pilgrimage for the Planet coming from Montreal to demand Canada sign onto the Fossil Fuel Non-Proliferation Treaty - to end expansion of all fossil fuel projects. This call is supported by countless scientists, organizations, governments and municipalities - including the City of Ottawa! Meet the pilgrims and join in on their call to the federal government to take urgent climate action! It is open to all people who want to act for a sustainable future!