

First Glance

September 2025

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www.firstunitedchurchottawa.org

Children's Programming and Rite 13 will resume on Sunday, September 7th.

J2A resumes on Sunday, September 14th.

Welcoming Kanana -

On September 7, we welcome Rev. Dr. Dorcas Kanana Muketha as our new minister! Kanana, as she prefers to be called, was born and raised in Kenya. She completed both her masters and doctoral degrees in theology in Norway, and started her Canadian ministry in rural Alberta in 2020. In 2023, she was admitted into the United Church of Canada as a fully recognized minister. Since coming to Canada, Kanana has worked with our national church on multicultural and anti-racism programs. We are excited for this new chapter in First's history and for our ministry together! Please join us this September to give a warm welcome to Kanana and her family.



First United Fall Picnic!!

Sunday, Sept. 14th, 12:15 p.m.

Lion's Park- 296 Elmgrove Ave., Ottawa

Please bring lunch, chairs or blankets, friends and family!

HEALING PATHWAY SESSIONS RESUME

On Tuesday, September 2nd Healing Pathway practitioners will resume offering sessions in the Chapel at 1 pm and 2 pm. Healing Pathway works to balance the receiver's energy system to work 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. For an appointment for in person sessions contact Howard Clark HealingPathway2010@gmail.com

The following week (Sept 9) evening sessions will be available at 7 pm (and 8 pm if needed).

We will continue to offer healing prayer with anointing on Communion Sundays and Chair sessions in the chancel after service the third Sunday of the month. If you are interested in learning more about the Healing Pathway, or upgrading your training, some courses in October may interest you-

PHASE 1 - An Introduction to Healing Pathway

October 24, 25 at Rideau Park United Church, Instructors: Cathy Murphy and Sharon Moon

Early bird registration of \$250 - after September 26th \$300

PHASE 2 - Where Two or More Gather

October 17, 18 at First United Church. Instructors: Barb Loynes and Howard Clark
Early bird registration of \$250 - after September 19th \$300

Flyers for both workshops are on the table at the back of the church or, for more information, contact HealingPathwayEast@gmail.com

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: The First United Men's Breakfast Gathering is scheduled for Sunday, September 14th at 9:00 AM at Zak's Diner located at the corner of Churchill Ave and Richmond Rd. Join us for breakfast, fellowship and conversation the second Sunday of each month from September through June. 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: Sept. 15th 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 September 26th, 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

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 August 29:	2024	2025	2025 Budgeted to Aug. 29th	Difference
General	\$142,964	\$140,775	\$158,700	(17,925)
Mission & Service	\$ 22,323	\$ 23,333	\$ 24,000	(667)

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

Volunteers Needed

September brings a new season and the return of regular, life-enriching routines and programs in our lives and at church. In our community, these programs depend on volunteers. There remain some positions for which we are urgently seeking additional volunteers, including in children's programming and hospitality. Restarting these programs successfully in the coming weeks depends on volunteer support. This is an open invitation to all to consider their availability to support these initiatives. If you are interested in sharing your gifts in any of these areas - or elsewhere, for that matter - please email Robert VanderBerg, Chair of Council at chair@firstunitedchurchottawa.org.

Justice Initiatives Happening with our Partner Organizations



Call to Act: Love, Faith, and Bold Action during Pride 2025

We invite you to join the Love, Faith, and Bold Action letter-writing campaign. Urge the Canadian government to uphold and advance the rights of gender-diverse and 2S and LGBTQIA+ people around the globe—your voice truly makes a difference. For more information, please visit: United-church.ca/social-action/act-now



Drawtheline.world

For People, for peace, for the planet!! Mobilize for the **National Day of Action-Draw the Line** to call for climate justice (and more) from the Canadian government. So far more than 25 communities will mobilize across the country and demand that Prime Minister Carney and the government pick a side: injustice, violence, and climate destruction- or a just and safe future for all of us.

Saturday, September 20th at 11 a.m. Starting at the office of the Prime Minister, 80 Wellington St., Ottawa

Orange Shirt Day!!

Wear orange on Sunday, September 28th!!

Orange Shirt Day is a call by Indigenous people to honour residential school survivors, their families, and their communities, as well as all the children who did not come home from the institutions. The United Church of Canada observes the Sunday before September 30 as Orange Shirt Sunday.

There will be a gathering held on September 30th at 3 p.m. on Parliament Hill, in Ottawa (West Block lawn). The gathering will encompass powerful reflections from esteemed Elders and Survivors as well as moving performances by First Nations, Inuit and Métis artists.