

# First Glance

June 2025

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[www.firstunitedchurchottawa.org](http://www.firstunitedchurchottawa.org)

## Looking Ahead in Worship:

**June 8-** Pentecost (**wear something red!**) and Celebration of Baptism

**June 15-** Worship at the EY Centre (see below)

**June 22-** Alyson and Anne's last Sunday; Church picnic (pg. 3)



**Sunday, June 15<sup>th</sup>**  
**100<sup>th</sup> 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, 4899 Uplands Dr., Ottawa

9:30 am - Doors Open

10:15 am - Choir Practice

10:45 am - Gathering Music

11 am - Worship Service (In the same room, we will also have simple activities for children aged 4-12 and a little play area for babies and toddlers.)

12:30 pm – bring your own Picnic Lunch (You can bring a picnic blanket, or there will be tables and chairs provided for those who prefer.)

12:30 pm Onwards - Music + "Walk Through 100 Years" Historical Exhibit + Scavenger Hunt + Games

**Please RSVP by June 2<sup>nd</sup>** to the office with who and how many in your family (if any children/youth) will attend.

## Preparing the way for Kanana's arrival-

While the precise date of the Rev Dr Kanana Muketha's arrival at First United has not been confirmed (pending the necessary approvals from Immigration, Refugees and Citizenship Canada), work has begun to prepare the way for her welcome and integration into our congregation. Church Council recently formed a Transition Committee, which is tasked with developing a broad plan including:

- activities that could be undertaken before Kanana's arrival (for example, the recent "Heaven Knows" workshop);
- logistical support to facilitate her relocation to Ottawa; and,
- other activities that will take place once she is here. Meetings with key groups in the church, for instance.

If you have any questions or concerns about the transition or any great ideas to suggest, please reach out to one of the members. They are: Norman Ball, Mary Donaghy, Renee Kokonya Sullivan, Dorothy Naylor, Sarah Orsini, Scott Radloff, Marti Settle, and Robert VanderBerg. You can usually find one or more of us after a Sunday service, or the office can provide contact information.

## Weekly/Monthly Gatherings at First United

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

**Sunday Morning- Men's Breakfast:** June 8th 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](mailto: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](mailto: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](mailto:liz.tyrwhitt@gmail.com) to register and get more resources on Christian Meditation.

**Monday Drumming Group: June 2, 16 & 30th** 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](mailto: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](mailto:marg@firstunitedchurchottawa.org).

**Fourth Friday Fellowship with TGIF** –The next one will take place on June 27th, 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](mailto: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 May 30th:	2024	2025	2025 Budgeted to May 30th	Difference
General	\$88,695	\$85,032	\$98,200	(13,168)
Mission & Service	\$13,851	\$14,489	\$15,000	(511)

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

### Survey: Tell us how you travel to First!

First is participating in TravelWise, a City of Ottawa program delivered by EnviroCentre, that supports sustainable, accessible and efficient commuting. To understand travel habits, barriers, and needs, TravelWise needs to collect some information about how all of us get to First. Your contribution will help inform the resources and advice TravelWise provides. An email with more details and the link to a short online and confidential survey was sent last week. We encourage everyone to participate.

*The Environmental Justice Committee*

**The Centretown Mosque, First United's old church** on Kent St., will be open to visitors as part of the City of Ottawa's *Doors Open Ottawa*, a free annual architectural event that celebrates the community's-built heritage. **Saturday, June 7**, 10 a.m. to 4 p.m., and **Sunday, June 8**, 10 a.m. to 4 p.m. The City of Ottawa's website mentions First as the site of the first mixed-race marriage in Canada. There are a few pictures of what it now looks like inside-First's beautiful rose window has been preserved. The community, Muslim and non-Muslim, are invited to celebrate Eid al-Adha while learning more about the spectacular building at 397 Kent Street. For more information, please visit: <https://ottawa.ca/en/arts-heritage-and-events/doors-open-ottawa/2025-buildings/centretown-mosque>



**Join us at the Picnic!** Lion's Park, 296 Elmgrove Ave.

a wading pool, a play structure with swings and slides, some benches and picnic tables (some under a canopy); bring your lunch, sunscreen, hats, toys, etc.

## Justice Initiatives Happening with our Partner Organizations

### **KAIROS Canada- Jubilee 2025- *Turn Debt into Hope!!!***

Jubilee 2025 is a global ecumenical initiative that builds on the transformative success of Jubilee 2000, which canceled \$100 billion of debt for 36 low-income countries.

This campaign will emphasize ecological justice and the need to address debt, the exploitation of resources and lands in the global south and Indigenous communities worldwide. Their goal is to collect 100,000 signatures in Canada! For more information and to sign a petition, please visit:

[www.kairoscanada.org/jubilee-2025-canada](http://www.kairoscanada.org/jubilee-2025-canada)

June is Indigenous History Month and **June 21** is National Indigenous Peoples Day. This is a time to celebrate the outstanding achievements, history, cultures, and diversity of Indigenous peoples. It is also the summer solstice, the longest day of the year. For generations this day has carried significance for Indigenous Peoples. Check to see what First Nations, Métis, and Inuit communities and organizations in your area are doing to celebrate, and join in. Check to see how your municipality, schools, and libraries are marking this time. Take in the Indigenous programming on APTN (Aboriginal Peoples' Television Network) and the CBC.

### **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](mailto:HealingPathway2010@gmail.com). We also offer distance healing and you can book through Doug Stafford [healingpathwayfirst@gmail.com](mailto:healingpathwayfirst@gmail.com)