

# First Glance

October 2025

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

**REMINDER:** Please do not park in staff parking spots on Sundays, during worship.

***Communion Sunday, Sunday October 05 moved to Sunday October 12, Thanksgiving Sunday***

Sunday October 05 we will not have communion as we always do- we will have a service that incorporates virtual art and display them in the chancel. The artists will be sharing about their art during reflection. We move communion to Sunday October 12, which is also thanksgiving Sunday.

**Looking Ahead:**

Sunday, October 5- Blessing of the Animals; we will be celebrating those who turned 80 and 90 in 2025, with cake!!

Sunday, October 12- Thanksgiving Sunday

Sunday, October 19- Welcome Lunch (after church)

Saturday, October 25- J2A Fundraiser/family event



For those with hearing difficulties and who wear hearing aids, a loop system is available and can make a tremendous difference to one's ability to hear well during services. There are some issues with sound transmission to the back of the church and the sound team is at work doing what they can to improve the situation. Sitting closer to the front is always one solution!

**Announcement bout Announcements!:**

A single individual will make all announcements, (with some special exceptions). Stay tuned for more developments on how to submit your announcements; a spreadsheet where you can submit your details is being developed.

**Rite 13 Saunders Farm Outing**

Sunday, October 5 after church. \$25/person

Bring your lunch and Bring a Friend!! We will eat lunch at church and then drive together to Saunders Farm.

**To register**, please email Ben - [jamminben10@hotmail.com](mailto:jamminben10@hotmail.com)



**SAVE THE DATE!!! Pumpkin Carving -  
Saturday, Oct. 25<sup>th</sup> at 2 p.m.**

## 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:** The First United Men's Breakfast Gathering is scheduled for Sunday, October 12th at 9:00 AM at the **Newport Restaurant** located at the corner of Churchill Ave and Scott St. 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](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: Oct. 6 and 20<sup>th</sup>** 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 October 24th, 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](mailto: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 September 30th:	2024	2025	2025 Budgeted to Sept. 30th	Difference
General	\$157,970	\$153,795	\$177,600	(23,805)
Mission & Service	\$ 25,257	\$ 26,375	\$ 27,000	(625)

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)

### **Enneagram Group meets Thursday, October 9th 6:45-8:45 p.m.**

We will be exploring the three Centres that make up the Enneagram Circle (Head, Heart and Body/Gut) and where we might each find our preference. We invite new members to join with us the second Thursday of each month. You will enjoy the folks in the group - the laughter, the relationships, the wisdom. Prior experience is not necessary. For more information and for a brief orientation, contact Dorothy Naylor at [done07@sympatico.ca](mailto:done07@sympatico.ca). We invite new participants to begin in October or November.



### **Westboro Region Food Bank**

The Thanksgiving theme is **Gratitude**. If you can, please bring in extra donations for the food bank to be presented during communion at the common table. We are so thankful for all we have and mindful of those who struggle. On their wish list: canned pasta & baked beans, Kraft dinner, gluten free dry goods, shampoo/conditioner, feminine hygiene products, juice boxes.

### **Mystery hosts...Mystery guests...Great food, conversation & company....**

#### ***Guess Who's Coming to Dinner!***

**Saturday, November 8, 2025**

Guess Who's Coming to Dinner! is an opportunity to share a meal with surprise members of our congregation, either as a host or as a guest in someone's home. Everyone is welcome – individuals, couples, and whole families.

How does this work? Hosts invite guests to their home for dinner or lunch, without knowing who they are. At the chosen time, guests who have been given the address will arrive, and the fun begins. As a way of building our community, hosts generously donate their time, their home and the meal. Many guests use this opportunity to offer a monetary gift for the Westboro Food Bank, either in an envelope at the host's home, or at the church.

**We are currently looking for HOSTS** who would like to prepare dinner and entertain in their home. Please contact: Joan Stafford- [joanstafford48@icloud.com](mailto:joanstafford48@icloud.com) or Dorothy Naylor [done07@sympatico.ca](mailto:done07@sympatico.ca) or speak to Joan at coffee time.

### **HEALING PATHWAY SESSIONS RESUME**

Healing Pathway practitioners are 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](mailto:HealingPathway2010@gmail.com). 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. Registration is \$300.

#### **PHASE 2 - Where Two or More Gather**

October 17, 18 at First United Church. Instructors: Barb Loynes and Howard Clark. Registration is \$300.

Flyers for both workshops are on the table at the back of the church or, for more information, contact [HealingPathwayEast@gmail.com](mailto:HealingPathwayEast@gmail.com)



We are hosting a **Welcome Lunch** on Sunday, October 19 right after church: 12:30-2:00 p.m. Anyone who is new to the congregation since last lunch in November 2024 is welcome to attend- Adults, Children, Youth. Please let Shirley Paton ([patonshirley@gmail.com](mailto:patonshirley@gmail.com)) or Cindy in the Church office know if you would like to attend. Please let us know about food allergies- we have gluten free and vegetarian options.

## **Justice Initiatives Happening with our Partner Organizations**



### **KAIROS CANADA**

#### **Jubilee 2025- Debt Justice Webinar Series**

This 3-part free series will unpack the global debt crisis, ecological debt, and the urgent need for reparations and fair international rules. Join us as we explore how unjust debt systems devastate communities in the Global South, Canada's responsibility in advancing debt justice, and the growing movement for a UN Framework Convention on Debt. Together, we'll learn how to break cycles of injustice and move towards the vision of Jubilee for people and planet. All 7 – 8:30 p.m.:

Wednesday, October 8- Global Debt Crisis

Wednesday, October 15- Restoring Justice

Wednesday, October 22- Time for Global Rules

For more information and to register, please visit [www.kairoscanada.org/events](http://www.kairoscanada.org/events)

### **World Council of Churches Webinar: AI and Our Information Society— The Good, The Bad and The Ugly**

October 15<sup>th</sup> at 8 p.m.

A crucial discussion on the impact of artificial intelligence on communication, ministry and advocacy. The webinar will explore the opportunities and challenges presented by AI, from its potential to democratize technology and boost creativity to its risks, including the spread of disinformation and the perpetuation of bias. To register, please visit:

[councilofchurches.ca/news/upcoming-faith-and-life-sciences-webinar](http://councilofchurches.ca/news/upcoming-faith-and-life-sciences-webinar)



### **40 Days 2025:**

#### **October 15- November 26<sup>th</sup>**

Continue this journey towards becoming an anti-racist church with this time of learning, reflection and action, every Wednesday beginning Oct. 15. For more information and to register, please visit:

[www.united-church.ca/social-action/anti-racism](http://www.united-church.ca/social-action/anti-racism)