

First Glance



Don't forget to adjust your clocks back one hour before going to bed Saturday night or before 2 a.m., Nov. 2nd!!

November 2025

(613) 232-1016

office@firstunitedchurchottawa.org

www.firstunitedchurchottawa.org

Looking Ahead:

Sunday, November 9th - Communion/Remembrance Sunday

Saturday, November 22- Fun Faith Friendship 4:00 pm to 8:00 pm

Sunday, November 23- Intergenerational Worship Service

Friday, November 28- Movie night for Youth ages 15 and above; 6-9 pm, the Common room

Saturday, November 29-Intercultural Engagement Workshop with Renée & Catherine
9:30 am-12:30 pm

Are You Coming to Dinner? November 8, 2025

Guess Who's Coming to Dinner! is your opportunity to enjoy a relaxing evening with 4-9 friendly people, sharing a delicious meal in someone's home. Everyone is welcome! Registration is extended until midnight, November 2nd!

** Email Joan or Dorothy today or see them at coffee time today. **

Joan Stafford joanstafford48@icloud.com or Dorothy Naylor dore07@sympatico.ca

November 23 - Covenanting Service- On November 23 at 2pm, First United will celebrate a Covenanting Service with Rev. Dr. Dorcas Kanana Muketha. We invite all from our community to attend this special service and celebrate our ministry together.

Hospitality call for help - As we will be holding both our regular service and the Covenanting Service on the 23rd, we need additional help with hospitality. We are creating a special team for this purpose that will be led by Bruce Cameron and Robert VanderBerg. We are seeking people to provide a platter of sandwiches for an extended coffee hour between services, help with greeting during the Covenanting Service, and/or help with a simple coffee reception following. If you are able to help, please contact Robert at robert.vanderberg@gmail.com.

Upcoming Hospitality Support Following Service on Sundays:

November 2, Team 3 (Bruce Cameron is Team Lead and can be reached at gcameron028@gmail.com or call/text 613-355-4830)

November 9, Team 4 (Teams leads are Jane Ellis at walker-ellis@rogers.com or Dale Walker at dalemae@rogers.com)

November 16, Team 5 (Teams leads are Mary Ann Rogers at maryannrogers613@gmail.com and Jo-Anne Harvey at rapunzel8441@gmail.com)

November 23, Team 6 (Lisa St-Amour is Team Lead and can be reached at l_stamour@hotmail.ca or 819-271-7445)

November 30, Team 1 (Team leader is Vacant - pls reach out to Bruce Cameron at bgcameron028@gmail.com)

NB: Please note that Team 2 is also vacant with no team leader yet and they are on Dec 7.

Children's Christmas Baking with Kanana! Sunday, November 16, 4 – 8 p.m. For children ages 8 and above, come bake cookies to share with the community and others!

Lunch Hour Prayer- Open for everyone regardless of your faith religion or who you are. From November 05, every Wednesday in the chapel from noon -12:30 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 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, November 9th 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

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: Nov. 3 & 17th 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.

Enneagram Group: the second Thursday of the month, 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. 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. We invite new participants to begin in November.

Fourth Friday Fellowship with TGIF –The next one will take place on November 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

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 October 31st:	2024	2025	2025 Budgeted to Oct. 31st	Difference
General	\$175,287	\$176,709	\$196,500	(19,791)
Mission & Service	\$ 28,101	\$ 30,950	\$ 30,000	(950)

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



Thank you to everyone who carved and/or purchased a pumpkin at the J2A fundraiser! Over \$700 was raised for J2A! Amazing!!

LETTER WRITING CAMPAIGN: Polly Varga Toth and the Palestinian Justice Committee will be hosting a letter-writing campaign for youth and young adults (in room 7/8). The first part will be on November 16 at 12:30 p.m. with YAC, and the second one on November 30 with the wider congregation, after service during coffee hour. The congregation is invited to act by signing letters. Will celebrate the campaign during the announcement and invite ongoing advocacy.

First United Women's Retreat, February 20-22, 2026?

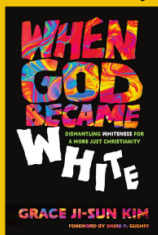
Willing to help a creative and relaxing mid-winter break happen with First United friends? Beautiful Galilee Centre, on the Ottawa River among the old-growth pines, has space to accommodate us February 20-22. Rooms (single and shared), a meeting space and meals are provided, so organising tasks mostly concern programming and communication. If you would like to lead a workshop, or help out with logistics, please send your name, and your availability for an evening Zoom meeting on Sunday, November 9th (or later) to the office. More information will be provided to the congregation following that meeting. For any questions, please contact tanya.middlebro@gmail.com.

Books Study & Discussion Group

When God Became White

DISMANTLING WHITENESS FOR A MORE JUST CHRISTIANITY

By Grace Ji-Sun Kim



Led By Nikki Nel

8 Weeks in-person:
Thursdays
October 16 to December 4
7pm @ First United

8 Weeks online:
Tuesdays
October 21 to December 9
noon-1:00pm

Email to register: nikki@firstunitedchurchottawa.org

Seeking Hands-On Help for a Greener Church

The Waste Management Working Group from the Ecological Justice Committee needs your help for our church's first-ever Waste Audit on Thursday, **Nov. 13th** from 5 – 9 pm, in Steacy Hall. We'll be sorting and weighing the church's garbage and recycling to uncover how we can reduce waste and improve our green practices. We're looking for:

- ☐ Volunteers to help with sorting and weighing
- ☐ Aprons and bathroom scales (for weighing our waste), which will be returned to you after the Audit. Bonus: We'll fuel your efforts with a pizza dinner- because saving the planet works up an appetite! To volunteer, lend an apron or bathroom scale, contact Maryanne MacDonald (maryanne.macd@gmail.com) or the church office.

Lumen Night with Women-

Dec. 5, 6-9 p.m.- details to come!

Call for volunteers to help plan our annual **December 6th Service, A Gathering To Remember and a Call To Action**. If you would like to help plan or participate in the service, please email Nikki nikki@firstunitedchurchottawa.org. This is a service where we acknowledge the work that is ongoing to end Gender Based Violence and remember the victims.

Zoomies or Zoomers?

We're looking for a couple of people who regularly join virtual worship to act as Zoom Hosts. It's not a large undertaking. It consists of welcoming and engaging with people for a time of post worship virtual hospitality. This is to build community and extend congregational care. Might you be interested? If yes, please email Grant McNeil at grant.w.mcneil@gmail.com for more information.

HEALING PATHWAY SESSIONS

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

Evening sessions will be available Tuesdays at 7 pm (and 8 pm if needed).

Every Communion Sunday (usually the 1st of the month but not always) a notice that Healing Pathway practitioners will be offering healing prayer during communion. Individuals or couples or family groups are invited for individual prayer and blessing.

Every third Sunday: Healing Pathway practitioners are offering 5 minute chair session in the chancel following the service. All are welcome, including children.



National Housing Day 2025 - Sunday, Nov. 23rd

Sir John A. Macdonald Building, 144 Wellington St, Ottawa
3 – 5 p.m.

This day is dedicated to raising awareness about the importance of affordable housing and addressing homelessness. Housing advocates and everyday citizens come together to call on local, provincial, and federal governments for meaningful housing change. For MHI, National Housing Day is an opportunity to highlight both Canada's and Ottawa's housing crises and advocate for the right to affordable housing.

To register, please visit www.multifaithhousing.ca

40 Days 2025: October 15-

November 26th 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



United Church of Canada Free Webinars: Succeed at Advocacy: Casting a Vision for a Better World October 30 to November 18, 2025

A gateway to becoming a more effective advocate with the Government of Canada—backed by the collective strength of the United Church of Canada and its partners. For more information, please visit: Churchx.ca, under *United in Learning*