

# First Glance

*January 2026*

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Beloved Community,

I write this message with deep appreciation and joy. I hope your Christmas holidays were peaceful and shared with loved ones. Over the past four months, I have felt the Spirit guiding our congregation. I appreciate the support I have received. I am grateful for your encouragement. Thank you.

As we start the New Year, we are grateful for this community and every kindness. We value the victories, the lessons learned, and your gifts of time and presence. May this year inspire us to be more welcoming, inclusive, and listening; to love boldly; to work together for justice; to deepen our spiritual quest; and to envision our quest for interculturality and an intergenerational Church. Our theme this year is “Building Bridges, Breaking Barriers,” based on our vision of becoming an intercultural, diverse, and intergenerational community. May this year bring blessings to us as a community of faith and as individuals. May we connect more deeply and find renewal. May we support one another as people of commitment, faith, and hope.

We may have dreamt of a new, better year than the previous years –we always do dream for a better future. We may be carrying both worries and joys. If the new year hasn’t started the way you hoped, or nothing has changed from the past challenging experiences, you’re not alone. Craig D. Lounsbrough said, “Any new beginning is forged from the shards of the past, not from the abandonment of the past.” Every day is a new opportunity to begin again, no matter how things have unfolded so far. Be gentle with yourself as you move forward, taking things one day at a time.



We will set aside time for guided meditation at each January worship service. The meditation will help us relax, reflect, and clear our minds after a busy month. Together, we will pause and start fresh. We invite everyone to join this quiet, reflective practice. May the Spirit inspire hope and courage. You are loved, valued, and enough. I look forward to a spirit-filled New Year together.  
Peace and Grace,  
Happy New Year!  
Kanana

## Looking Ahead:

We will include a short, guided meditation at each January worship service. We invite everyone to join this quiet, reflective practice.

**Sunday, January 11<sup>th</sup>** - there will be Baptism.

Those who are new in faith and those who would like to be updated about faith can contact Kanana, as well as those who would like to be baptized or their children.

**Sunday, January 18<sup>th</sup>** - Partnership Sunday with Communion

**Saturday, February 14**, will be family night from 6 p.m. The children will be cared for while the parents and guardians join the rest of the group. We will have a potluck dinner.

**Jazz Vespers!**

**Sunday, Jan. 4<sup>th</sup>**

**4:30 p.m.**

**Thank you** to all the members of the congregation young and old who were the Greeters or took up the Offering at both services and who helped with Communion clean up Xmas Eve. Thank you also to all the congregation members who donated food cooked set up and cleaned up at the Table Liturgy service Leftover unopened packages of Pancake mix, syrup, bacon and sausages were donated to the Westboro Food Bank.

Bruce Cameron, Hospitality Coordinator

### **First United Women's Retreat –**

**20-22 February 2026 - Galilee Centre, Arnprior**

Registration is now open for the First United Women's Retreat at the beautiful Galilee Centre! Both single and double rooms are available from the evening of Friday 20th February till Sunday afternoon 22 February 2026. Some subsidies may be available.

Cost: Single room, meals and program: \$322

Sharing a two-bed room, meals and program: \$252.

On-line registration : <https://forms.gle/BCEW6ifboNw2MGg46>. For a PDF copy to print and fill out, or a paper registration form, please contact the First United church office.

Programming is coming together, however we still have room for women who would like to offer an arts and craft workshop, or to lead music at the service. If you can volunteer to offer a workshop, please contact [tanya.middlebro@gmail.com](mailto:tanya.middlebro@gmail.com)

### **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](mailto: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.

## **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, January 11<sup>th</sup> 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.

**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).

**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](mailto:done07@sympatico.ca). We invite new participants to begin in November.

**Fourth Friday Fellowship with TGIF** –, 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)