

First Glance

March 2026

(613) 232-1016 office@firstunitedchurchottawa.org
www.firstunitedchurchottawa.org

Looking Ahead:

Sunday March 1, Communion and healing prayer stations with anointing happening at the back of the sanctuary. Chair sessions happening on Sunday March 15

Sunday, March 1, “What on Earth do I Believe?” happening in the common room, right after refreshment.

Sunday, March 1, YAC will meet in the choir room

Thursday, April 2, Maundy Thursday service in the chapel at 6:30. P.M

Friday, April 3, Good Friday service in the sanctuary at 3.00 P.M

Sunday, April 5th Sunrise Service at Westboro Beach at 6:30 A.M

Annual Meeting on Sunday March 8th:

The annual meeting will be occurring on Sunday, March 8th at 12:30 p.m. in the sanctuary presently planned as a hybrid, in-person and Zoom gathering. For those attending in-person, we meet in the sanctuary. We will be producing the Annual Report and preparing the Reviewed Financial statements which will be circulated in advance. We are asking for donations of sandwiches, sweets and help cleaning up. If you can help, please contact Bruce Cameron- bgcameron028@gmail.com

Saturday, March 14, family night from 6:00 p.m. The children will be taken care for while the parents, and guardians join the rest of the group and a potluck dinner



Lesser Evils: Daily Reflections on Seeking Wisdom (e-book)

We look forward to the Lenten season which begins on Ash Wednesday, Feb. 18 through Thursday, April 2, 2026. Our Lent theme is: "*Living out Wisdom in a Fractured World.*" Lent is forty days of reflection, prayer and fasting for those who can. It is also a time for reconciliation with God, our neighbours, creation, and ourselves, also alms giving.

The book Lesser Evils: Daily Reflections on Seeking Wisdom helps us confront dilemmas in life decisions. It is an e-book available for purchase from the United Church of Canada bookstore for \$7.95. **Room 5/6** at 7:00- 8:30 P.M. Please **email Kanana** if you would like to attend for Zoom link.

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, March 8th 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

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 us. You will enjoy the folks in the group - the laughter, relationships, 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 – 1:30 - 3:00 p.m., Room 5/6. We welcome all interested people 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

Canadian Centennial Choir directed by Marg Stubington

Songs of the Spirit

Sunday, March 8, 2026, at 3:00 PM

St. Thomas the Apostle Anglican Church

2345 Alta Vista Drive, Ottawa

An afternoon concert of inspiring works, from the meditative chants of Hildegard von Bingen (11th century) to rousing settings of spirituals by Moses Hogan and Stacey V. Gibbs, and music by Maurice Duruflé, Ēriks Ešenvalds and Christopher Tin.

with Peter Farris-Manning, tenor, Tyler Nagle, djembe, Susan Toman, Celtic harp and Nicholas Busch, piano and organ.

www.ccc-ccc.ca

TICKETS

Regular: \$30 | Student/Senior (65+): \$25

Free admission for children under 12 accompanied by an adult.

Tickets available from choir members or at the door (subject to availability).

To reserve tickets from Marg: marg@firstunitedchurchottawa.org

Book Collection & Sale

The Living in Right Relations book study group will be selling second hand Indigenous themed books during hospitality over a few Sundays in March. Please support this initiative by visiting the book table and buying a book. We are also accepting pre-read books to add to the sale. Proceeds will be used to support Indigenous education initiatives. For more information, contact Maryanne MacDonald at maryanne.macd@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

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.