

# First Glance

May 2026

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## May is Mental Health Awareness Month

### Looking Ahead:

**Sundays after refreshments:** “**What on Earth do We Believe?**” happening in the common room, the room off the Hall.

**Sunday, May 03 – Communion:** Mental Health Sunday. And **please wear red** if you can!

### Red Dress Day- Tuesday, May 5, 2026

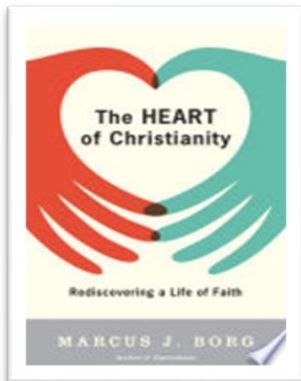
**Red Shirt Day is the National Day of Awareness for Missing and Murdered Indigenous Women, Girls and Two-Spirit People (MMIWG2S). This day serves as a powerful reminder of the need to recognize and address the violence still faced by many in Canada. Wear red!**

**May 4<sup>th</sup>**- A free gathering will take place in Ottawa at City Hall, 110 Laurier Ave. W. from 10 a.m. to 3 p.m., program from noon to 1:30 p.m. All are welcome! This gathering will feature educational displays, art, commemorative activities and creative projects to foster healing and unity.

**May 5<sup>th</sup>**- **Parliament Hill** 5:30 a.m. for a sunrise ceremony

### Jazz Vespers! Sunday, May 3rd 4:30 pm

Jazz Vespers hosted by All Saints and First United. Our May service will feature Mike Tremblay and Mark Furgeson.



We will resume **book study** (in person or online) on Wednesday, **May 6<sup>th</sup>** from 7:00 – 8:30 p.m. The book, which was suggested by the majority, is Borg, Marcus. J., *The Heart of Christianity: Rediscovering a Life of Faith*. If you would like to be part of this

book study group, please email Kanana at [kanana@firstunitedchurchottawa.org](mailto:kanana@firstunitedchurchottawa.org)

**SUPPORT A UNITED CHURCH BOOKSTORE - \$22.95**

**COPIES OF THE BOOK WILL BE AVAILABLE FOR SALE AT THE BOOK STUDY!!**

## Canadian Centennial Choir directed by Marg Stubington

**Friday, May 29, 2026 at 7:30 PM**

Carleton Dominion-Chalmers Centre, 355 Cooper St., Ottawa

**To Life!** A special concert featuring the premiere of *In the Mingling and Miracles*, a commissioned work by Canadian composer Christine Donkin; and Dan Forrest's *Requiem for the Living*.

**TICKETS- reserved seating:** Adults/students/seniors: \$55;

General Admission \$45, Student/Seniors (65+): \$35

*Free admission for children under 12 accompanied by an adult.*

**Buy tickets online or from Marg:** [marg@firstunitedchurchottawa.org](mailto:marg@firstunitedchurchottawa.org)

[www.ccc-ccc.ca](http://www.ccc-ccc.ca)

## 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, May 10<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 [donmarilynbrodie@gmail.com](mailto:donmarilynbrodie@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).

**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)

**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 April 30th:	2025	2026	2026 Budgeted to April 30th	Difference
General	\$68,478	\$72,395	\$79,500	(7,105)
Mission & Service	\$11,441	\$12,130	\$12,000	\$130

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)

### **Updating Broadview Magazine Subscriptions**

First United provides a subscription of Broadview magazine to anyone associated with First United. We are updating our list- if you would like to receive a copy each month, cancel it or change your address, please contact Cindy at [office@firstunitedchurchottawa.org](mailto:office@firstunitedchurchottawa.org).

The **Focus on Palestine group** of First United Church is planning to host a 9-hour (come and go) vigil in our chapel **on May 24th**, Pentecost Sunday, to commemorate those killed in the Israeli genocide in Gaza. There will be lots of silence, candles to light, meditative music, periodic pauses for short prayers, readings and the reciting of names. If you are interested in sharing in the leadership of this vigil as a reader, pray-er or simply as a supportive presence for one or two of the nine hours, please let me know. As the planning proceeds and a proposed schedule emerges, we can be more specific about possible times and voices/presence needed.

If your interest should extend to being involved in the overall planning, I would happily send you the Zoom link for the Wednesday evening meeting.

In solidarity and with thanks for considering this request, Glenys Huws

On behalf of the Focus on Palestine group, First United Church

### Multifaith Housing Initiative Tulipathon!!

Sunday, May 24<sup>th</sup> at Commissioners  
Park, Dow's Lake 2-4 p.m.

Funds raised through Tulipathon go directly toward subsidies that help tenants manage the cost of housing. For more information, please visit [www.multifaithhousing.ca](http://www.multifaithhousing.ca)

### Eastern Ontario Outaouais Regional Council (EOORC) AGM

Friday, May 29<sup>th</sup> & Saturday, May 30<sup>th</sup>

8:30 am each day

Trinity United Church, 41 Market St. N.  
Smith Falls, ON

Our theme for the AGM will be ***In a Time Such as This***. We will gather together to **learn, worship, connect with other communities of faith, and attend to business.**

**Indigenous Sunday, June 14- Special Reconciliation Fundraiser for Odenak** (Algonquin term for "community"), the MultiFaith Housing Initiative, designed to provide housing for the Indigenous population in Ottawa. Please visit [multifaithhousing.ca](http://multifaithhousing.ca) for more information.

Starting May 3<sup>rd</sup>, yellow envelopes will be at the back of the Church. Please take the envelope home and return it to the church with your donation the next time you attend. You can also donate by e-transfer to [treasurer@firstunitedchurchottawa.org](mailto:treasurer@firstunitedchurchottawa.org) and indicate it is for Odenak MHI.

## 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.

## Moose Hide Campaign Day- Take Action!!

Thursday, May 14, 2026

Moose Hide Campaign Day is a day of ceremony where all Canadians are called to join together to take a stand against violence towards women, children and all those along the gender continuum, and to take practical steps for our collective journey of reconciliation. For more information on keynote speakers, a livestream & virtual workshops, please visit [Moosehidecampaign.ca/campaignday](http://Moosehidecampaign.ca/campaignday)

## Camp Lau-Ren's Open House - Saturday, June 13, 2026

Walk the beach, see a camper's cabin, the campfire area, climb the famous Rock. Have any questions answered.

Camp Lau-Ren is 10 km. west of Deep River, On., on the Ottawa River.

For more details, please visit [www.camplau-ren.com](http://www.camplau-ren.com)

SAVE THE DATE  
**TOGETHER AGAINST HATE POLICE**  
OTTAWA  
**OTTAWA FORUM**

**FROM AWARENESS TO ACTION:**  
• LEARN • COLLABORATE • TAKE ACTION  
BUILDING A SAFER, MORE INCLUSIVE OTTAWA THROUGH SHARED UNDERSTANDING AND COLLECTIVE ACTION

THURSDAY, MAY 28, 2026  
8:00 AM - 3:00 PM  
ST. ELIAS BANQUET & EVENT CENTRE,  
750 RIDGEWOOD DRIVE, OTTAWA, ON, K1V 6N1

Free event • Accessible venue • Lunch provided • Free Parking  
• Registration is mandatory

*Aging with Grace Series:*  
**End of Life Options**

Presented by Dying With Dignity Canada (Ottawa Chapter), End of Life Options (including MAiD) is a workshop to educate people about the options available to mitigate or end suffering at life's end, including palliative care, treatment options, and Medical Assistance in Dying (MAiD). Workshop includes the current legislation on MAiD, the process for applying in Ontario and explanation of the experience by a loved one.

**Saturday, May 23<sup>rd</sup>**  
**10:30 am to 12:00 pm**

All Saints' Westboro Anglican Church  
347 Richmond Road  
(Parking at 354 Madison Ave)

Register at  
[office@allsaintswestboro.com](mailto:office@allsaintswestboro.com)  
and 613-725-9487

IT'S YOUR LIFE. IT'S YOUR CHOICE.  
**DYING WITH DIGNITY**  
CANADA

**ALL SAINTS'**  
ANGELICAN CHURCH WESTBORO