

First Glance

June 2026

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www.firstunitedchurchottawa.org

June is National Indigenous History Month

Looking Ahead:

Sunday, May 31st: **What on Earth do We Believe?** – no session this week.

Sunday, June 7th- J2A Service

Sunday, June 14th- Indigenous Sunday

Jazz Vespers! Sunday, June 7th- 4:30 pm

Jazz Vespers hosted by All Saints and First United. Our June service will feature Taize Vespers.

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.camlau-ren.com



First United Ottawa
Church Picnic
Sunday, June 14, 2026 at 12:15pm
Lion's Park
296 Elmgrove Ave, Ottawa, ON K1Z 6V2
Join us for some Intergenerational
Community Building!!!

Bring your:

- Picnic lunch
- Picnic blanket or lawnchairs

FirstUnitedChurchOttawa.org

The poster features a background image of a green field with a red and white checkered picnic blanket and a wicker picnic basket. In the bottom left corner, there is a logo for 'Affirm: Staffroom Ottawa 2026' and a QR code.

Indigenous Sunday, June 14- Special Reconciliation Fundraiser for Odenak

(Algonquin term for "community"), the MultiFaith Housing Initiative (MHI), designed to provide housing for the Indigenous population in Ottawa. Please visit multifaithhousing.ca for more information.

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 and indicate it is for First United/Odenak-MFHI. Thank you for your generosity!

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, June 14th 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.

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

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

Support the rights of Afghan refugees- Federal E-Petition is now live!

The petition calls on the Government of Canada to urgently support Afghan human rights defenders, educators, women's rights advocates and their families who fled Afghanistan after the Taliban's return to power and are now awaiting refugee or humanitarian resettlement from Pakistan. Many remain in precarious circumstances and face the risk of detention or forced return to Afghanistan while their Canadian applications are still being processed.

The petition requires a minimum of 500 signatures from Canadian residents or citizens to be formally presented in Parliament. Please share!

The Petition closes June 12/26:

<https://www.ourcommons.ca/petitions/en/Petition/Details?Petition=e-7419>

Help fund the next Northern Indigenous Ministers Retreat!



United Church of Canada Foundation-

This Retreat brings Indigenous ministers from isolated communities together for a time of rest, healing, and fellowship. These ministers serve in challenging conditions: northern communities across Canada experience high rates of addiction and suicide, and in recent years, displacement due to wildfires. To support the next retreat in the fall, please visit:

Uccf-northern-ministers-retreat.plenty.com
(yes, 2 L's in plenty!)

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.

Ottawa Pastoral Care Training Program

Sept. 14 to Nov. 23, 2026- in person or online

In person: 1 – 3:30 pm at St. Paul's Presbyterian Church, Ottawa

Online: 7 – 9:15 pm

For more information, please visit ottawapastoralcare.com

United Church of Canada-

Becoming an Intercultural Church: Encountering God Across Cultures

This course will explore how churches can move beyond simple "inclusion" efforts or diversity initiatives and work towards genuine transformation.

A 6-week online program- Oct. 14th – Nov. 25th 6 – 7:30 pm

For more information & to register, please visit churchx.ca/unitedinlearning

Registration information coming soon. If you have any questions, please email Kanana kanana@firstunitedchurchottawa.org