

First Glance

September 2026

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www.firstunitedchurchottawa.org

Looking Ahead:

Kanana is on study leave from August 25- September 06.

Thursday, September 10th- First rehearsal for **Super Choir** at 7 p.m.

Sunday, September 13th- Welcome Back Sunday with communion;

Children and Youth Programs and Hospitality resume.

"What on Earth do I believe" resumes at 1 p.m. – in the common room right after refreshments.



Thank you to everyone who planned and attended the Capitol City Pride Parade!!

Sunday, September 20: Healing Sunday with healing pathway practitioners.

Sunday, September 20-Saturday, September 26, 2026- The World Week for Peace in Palestine and Israel. This year the focus is on protecting children.

Sunday, September 27th- Truth and Reconciliation Sunday- **Wear Orange!!**

Wednesday, September 30th- **Orange Shirt Day**

Book Study Starting: Imagining All Generations- A Renewed Vision for an Intergenerational Church. The book can be ordered from Spaniel Tales Bookstore for \$37ish or any of the major book sellers. It is also available as an ebook. More details to come soon!

A friendly request to church friends and members: please save the latest copy of **Broadview (United Church) magazine**. The issue is about small churches. We will need it for some small group sessions in the fall. Just hand it to the office or to Joyce Hardman or Murray Angus. Thank you.

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, Sept. 13 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 donbrodie44@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

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: August 31st	2025	2026	2026 Budgeted to Aug.31st	Difference
General	\$137,087	\$147,122	\$158,000	(10,870)
Mission & Service	\$23,333	\$24,303	\$24,000	303

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 (PAR), contact Cindy Cherry, our church administrator, at treasurer@firstunitedchurchottawa.org

The First United Enneagram Group is hosting:

An Enneagram Workshop Exploring the Potential of Your Soul Child

with Sue Guttentstein, Enneagram Teacher for 12 years

In this workshop, you will have an opportunity to explore your relationship with the Essential qualities of your original point and how your Soul Child is present in your life now, acknowledged or unacknowledged – a critically important part of your spiritual path.

Date: **Saturday September 19, 2026**

Place: First United Church, Richmond Rd, Ottawa Time: 9:30 to 4:30 Fee: \$125

Participants: For those who are ready to dive deeper into the Enneagram.

Hosts: Donna Munro donnleemunro@gmail.com and Diana Claire Douglas
dianaclairedouglas@bell.net

Registration: sgttnstn@gmail.com \$25 non-refundable deposit to hold your place.



Make your voice heard for the better future that is possible!

As the impacts of global warming grow by the day and Canada doubles down on fossil fuel production, the Environmental Justice committee invites you to make your voice heard.

Ottawa-Gatineau Climate March

The 2026 Ottawa-Gatineau Climate March takes place on Saturday, Sept. 19, starting at Jacques-Cartier Park in Gatineau at 9:30 AM and ending at Ottawa City Hall. More details here:

<https://www.fridaysforfutureottawa.org/>. If you would like to march with committee members, please contact Wallace Beaton, jwbeat63@gmail.com.

Seniors' Climate Witness (SCW)

SCW will bring together seniors, people of faith, and allies in a national climate witness culminating in Ottawa from Sept. 19-24 and the arrival of caravans from the Pacific and Atlantic coasts. Together, we will call on the federal government to reject new fossil fuel pipelines, uphold its climate commitments, respect Indigenous rights, and invest in a safe, clean and livable future for our children and grandchildren. To learn more, visit <https://seniorsclimatewitness.ca/>

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

HEALING PATHWAY SESSIONS

Healing Pathway in-person sessions recommence September 8th.

Sessions are offered in the Chapel, Tuesdays at 1 pm, 2 pm, 7 pm (and 8 pm if needed). For an appointment for in person sessions, contact Howard or Hugh at HealingPathway2010@gmail.com

Distance healing sessions are also available - please contact Pat at distancehp@gmail.com

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.

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

Register as a Team. If you have any questions, please email Kanana

kanana@firstunitedchurchottawa.org