

First Glance

October 2026

(613) 232-1016

office@firstunitedchurchottawa.org

www.firstunitedchurchottawa.org

Looking Ahead:

“What on Earth do I believe” will not happen this Sunday.

Truth and Reconciliation is not a one-time event. It is an ongoing event. If you would like to write a prayer on a rock for Truth and Reconciliation, please tell Kanana.

Sunday, October 4th-

Blessing of the Animals- 10:45 a.m., between services, in the courtyard. Please keep the animals with the grown-ups.

World Communion Sunday- 11:15 a.m.- We invite you to bring bread that reflects your culture, family or faith tradition. We will create a display celebrating the rich diversity of our community and then share the bread together during refreshment time, following the service.

United Church of Canada-

Becoming an Intercultural Church: Encountering God Across Cultures

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

This course will explore how churches can move beyond simple “inclusion” efforts or diversity initiatives and work towards genuine transformation. For more information, please visit churchx.ca

If you have any questions, please email Kanana kanana@firstunitedchurchottawa.org

Imagining All Generations A Renewed Vision for Intergenerational Church



Book Study

Exploring Intergenerational Church with Nikki

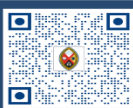
**1st and 3rd Tuesdays
7:00pm-8:30pm in Room 7/8**

Sept 15- Intro: Sparking Our Imaginations
Nov 3- Chapter 1 & 2: Theory Part 1 (Play & Scripture)
Nov 17- Chapter 3 & 4: Theory Part 2 (Bonhoeffer & Rogoff)
Dec 1- Chapter 5 & 6: Benefits & Characteristics
Dec 15- Chapter 7: Barriers & Bridges
Jan 5- Chapter 8 & 9: Belonging & Teams
Jan 19- Chapter 10 & 11: Connecting Through Stories
Feb 2- Chapter 12: Putting It Into Practice
Apr 27- Chapter 13 & 14: Letting Go of the Way It Was
May 4- Chapter 15: Intergenerational Worship
May 18- Chapter 16 & 17: Engaging All in the Faith Community
June 1- Chapter 18 & 19: Imagining All Generations as Church

Come to the ones you want.

Note: No Study in October, Lent or April
Please preregister by the Sunday before for the weeks you wish to joining.

nikki@firstunitedchurchottawa.org
FirstUnitedChurchOttawa.org



Join J2A for our Thanksgiving Apple Social!

You've heard of a Strawberry Social, and now we're inventing an Apple Social to celebrate Thanksgiving. Please join J2A for cake, ice cream and warm apple compote on **Thanksgiving Sunday, Oct. 11th**, during Coffee Hour. This is a fundraising event for the J2A Pilgrimage, and all donations will be cheerfully accepted!

Broadview Magazine- Following the Small Church Issue- What are we to do in this season of the

church's life? A journey toward a shared congregational plan: at 7 p.m.:

Part 3:

Tuesday, Oct. 6th- *From Vision to Action.*

You can watch with others at Church or online. If you would like to attend at Church, please email Kanana. To attend online, please register:

Broadview.org/smallchurchwebinar

Jazz Vespers! October 4th

3 – 6 pm In the chapel with
Elise Letourneau (voice, piano
& flute) and Tim Bedner (guitar).

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, Oct. 11 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.

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.

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

The Finance Committee would like to thank the community and the many who responded to our "Mini" Stewardship campaign last May and June and increased their givings to the church. While we are still behind our budgeted givings target for the end of September, our givings did indeed pick up in the summer and we are 6 % ahead of where we were in our givings at this time last year. As always, it will be a challenging year-end but we have faith we will meet this challenge as we have in other years.

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: September 30th	2025	2026	2026 Budgeted to Sept. 30th	Difference
General	\$153,795	\$163,840	\$176,500	\$12,660
Mission & Service	\$ 26,375	\$ 27,294	\$ 27,000	\$294

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

**Rev. Tom Sherwood:
Witness to a Generation**

A personal look back over a 50-year career as a clergy/leader in the United Church & 60+ years of participating in the changing religious landscape in Canada.

Sunday, Oct. 4th at noon-bring your own lunch & something to share.

1 p.m.- Tom's presentation.

Glebe-St. James Church, 650 Lyon St.



Mystery hosts . . . Mystery guests . . .
Great food, conversation and company . . .

Guess Who's Coming to Dinner! November 7, 2026

Guess Who's Coming to Dinner! is an opportunity to share a meal with surprise members of our congregation, either as a host or as a guest in someone's home. Everyone is welcome - individuals, couples, and whole families.

How does this work? Hosts invite guests to their home for dinner or lunch, without knowing who they are. At the chosen time, guests who have been given the address will arrive, and the fun begins.

As a way of building our community, hosts generously donate their time, their home and the meal. Many guests use this opportunity to offer a monetary gift for the Westboro Region Food Bank, either in an envelope at the host's home, or at the church.

We are currently looking for HOSTS who would like to prepare dinner and entertain in their home. Contact: Joan Stafford joanstafford48@icloud.com or Dorothy Naylor done07@sympatico.ca or speak to them at coffee time.

Hymn Sing- Sunday, November 1st

Do you have a favourite hymn we can sing to honour a loved one? Send your choice to Marg by Monday, October 26th.

marg@firstunitedchurchottawa.org



HEALING PATHWAY SESSIONS

Healing Pathway offers in-person sessions in the Chapel Tuesdays at 1 pm, 2 pm, 7 pm (and 8 pm if needed). For an appointment for an in-person session, contact Howard or Hugh at HealingPathway2010@gmail.com

If you are unable to attend in person because of illness, injury or travel/mobility restrictions, we also offer distance Healing Pathway. To learn more or to make an appointment, contact Pat Mayberry 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.

**Bells Corners United Church invites you
to Basic Income Solutions:**

**A Workshop on Poverty Reduction &
Bill S-206**

Keynote Speaker Dr. Evelyn Forget, a key promoter of research on poverty reduction and basic income.

Saturday October 17th

8:30 a.m. - 12:30 p.m.

3955 Old Richmond Rd., Ottawa

\$20 includes lunch and refreshments.

Limited seats available.

Please register online - www.bcuc.org

Invitation to Meet United Church of Canada Global LGBTQIA+ Faith and Justice Partners @ Kitchissippi United Church- Monday, Oct. 5th 6 – 8 p.m.

An evening of storytelling, conversation and relationship-building with five visiting LGBTQIA+ faith and justice leaders from Mozambique, and South Korea who will be in Ottawa as part of the United Church of Canada's *Faith Beyond Borders*: Global South partners; exchange visit to Canada. For more information, please visit: www.eoorc.ca/events

KAİROS

25 Years- Anniversary Celebration!

Thursday, October 8th at 5 pm

St. John the Evangelist Parish Hall- 275 Elgin St., Ottawa

Join friends, supporters, partners and community members as they honour 25 years of shared commitment, meaningful relationships and faithful action for justice. Space is limited- please register: kairoscanada.org/get-involved/events/

The devastating mercury crisis in **Grassy Narrows First Nation** has persisted for decades, ever since 9 tons of mercury was dumped upstream from the community in the 1960s, with little action since from governments to help the people. The United Church in Canada endorses Grassy Narrows First Nation in their struggle, along with many environmental, human rights and Palestinian solidarity groups.

<https://united-church.ca/news/river-run-2026-walk-grassy-narrows-mercury-justice>

Sign our letter after church, in the hall, to deliver the message to Premier Ford and Prime Minister Carney: Compensate Grassy Narrows fairly and shut down the Dryden mill to stop the ongoing poisoning.

You can also sign the petition here:

<https://you.leadnow.ca/petitions/mercury-justice-for-grassy-narrows>



Celebration of Ministries and Fall Meeting

You are invited to EOORC's Fall Meeting!



We have been knit together as Christ's church. Our Fall Meeting is a chance to build community and to remember that, in the words of *A New Creed*, "we are not alone." The Celebration of Ministry service will be held on **Friday October 23rd** from 7-9 pm. Our regional council will meet on Saturday October 24th to worship, learn, attend to business and build relationships between churches.

There is the option to attend a campfire and/or stay overnight at Rideau Hill Camp on Friday night. To learn more & to register, please visit:

www.eoorc.ca/2026-celebration-of-ministries-and-fall-meeting