Don't forget to adjust your clocks back one hour before going to bed Saturday night or before 2 a.m., Nov. 1st!!

First Glance

November 2026

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

Looking Ahead:

This Sunday- "What on Earth do I believe" 1 p.m. – in the common room, off the hall, right after refreshments.



Whether you are new to church, exploring faith, or looking to deepen your understanding, this gathering is for you. Join us as we explore faith, community, justice, and belonging together. No prior knowledge required. Just bring your curiosity. Please register with Kanana-kanana@firstunitedchurchottawa.org

JAZZ VESPERS! NOV. 1ST
4:30 - 6 PM IN THE CHAPEL
with Ha-Young Lee & Rowan Petrusic.



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 your opportunity to enjoy a relaxing evening with 4-9 friendly people, sharing a delicious meal in someone's home. Everyone is welcome!

Registration is extended until midnight, November 1st!

** Email Joan or Dorothy **today** or see them at coffee time today. **

Joan Stafford joanstafford48@icloud.com or Dorothy Naylor done07@sympatico.ca

We are hosting a **Welcome Lunch** on **Sunday, November 15th**, right after the service. Anyone who is new to the congregation -- since our last Welcome Lunch in November 2025 -- is very welcome. All generations are welcome: adults, young people, children. This is an opportunity for you to meet people and to ask any questions you may have about First.

Please email Polly Varga Toth (pvargatoth@gmail.com) or Cindy in the Church office if you would like to attend. Please let us know about food allergies.

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, Nov. 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 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: Second Thursday of the month. 6.45-8.45 p.m. Room 7/8 For more information, 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 MacDonald- 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: October 30th	2025	2026	2026 Budgeted to Oct. 30th	Difference
General	$176,709	$187,450	$195,500	$ (8,050)
Mission & Service	$30,590	$31,665	$30,000	$ 1,665

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

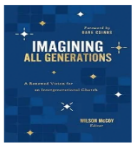


2027 United Church Calendars!! Just $10!

Draw the Circle Wide! Celebrate United Churches across Canada! Focusing on the theme of 65 years of United Church Women, this bilingual calendar features colourful photos from communities of faith across the country plus all the special days, church seasons, and lectionary dates. Please ask a greeter at the back of the sanctuary to purchase one on Sunday or please contact Cindy in the office and she will reserve a copy for you to pick up. Payment by cash, cheque or e transfer.

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

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: Imaginging 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

First United Church Council has asked the ***Focus on Palestine*** group to support the congregation in learning more about Israeli Apartheid — in preparation for the congregational meeting in March 2027, to consider joining the "Apartheid-Free" movement (as other United Church communities have already done). Please visit our information table after church, leave questions and suggestions, sign up for our email updates… so that we can engage and learn together. For more info, contact sandramary.ballantyne@gmail.com, and look at apartheid-free.org

APARTHEID FREE

THE PLEDGE:
WE AFFIRM our commitment to freedom, justice, and equality for the Palestinian people and all people;
WE OPPOSE all forms of racism, bigotry, discrimination, and oppression; and
WE DECLARE ourselves an Apartheid-Free Community and to that end,
WE PLEDGE to join others in working to end all support to Israel's apartheid regime, settler colonialism, and military occupation.

December 6th is the National Day of Remembrance and Action on Violence Against Women. Our church has a long history of gathering to mark this day, to pray and offer support. And to strengthen our resolve to address the issues that underlie the killings, violence and discrimination. This year's service will be at 3pm on Dec. 6, and the Worship Committee is calling for volunteers to step up and help shape that service. Please speak with Kanana or Andrea Prazmowski (prazfive@gmail.com) if you can share your gifts in this way.



Call to Action: An Economy of Life

As the impacts of global heating become more visible by the day, our governments are doubling down on using public funds to expand its primary cause: the production and burning of fossil fuels. In response, faith leaders from across Canada, including the UCC Moderator, have released An Economy of Life, a statement that calls for a different path forward, one rooted in care for creation, respect for Indigenous rights, democratic accountability, and a just transition to a low-carbon future.

You are invited to read and, if in agreement, endorse the statement as well as write your MP and the Prime Minister to urge that they choose a different path that advances a justice and sustainable future.

Learn more here: https://fortheloveofcreation.ca/an-economy-of-life/

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 DistancehHP@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.

Our Church Council - Email: council@firstunitedchurchottawa.org
Chair: Robert VanderBerg robert.vanderberg@gmail.com
Incoming Chair: Tara Phillips tephilli@gmail.com
Secretary: Mary Donaghy marydonaghy62@gmail.com