

First Glance

November 25th, 2018
(613) 232-1016
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Wonder Dances Throughout Advent! Astonishing, Unexpected, Curious, Edgy

- December 1st** 6:00pm Advent Dance and Chili Supper *
(Saturday) (5:30pm Community Christmas Tree Lighting in the courtyard)
- December 2nd** The Candle of Hope
(Sunday) *An Angel inspires an Astonishing Spirit-Guided Silence*
- December 6th** 7:30pm Vigil for Day of Remembrance & Action on Violence Against Women *
(Thursday) With speakers Dr. Shelley Tsivia Rabinovitch & Lorena Norwood
- December 8th** 3:00pm Socially Conscious Children's Books *
(Saturday) Featuring local parents and educators sharing beautiful, important books for kids
- December 9th** The Candle of Peace & Sock Sunday (Alternative Christmas Bazaar after service)
(Sunday) *An Angel inspires an Unexpected Spirit-Guided Justice Song*
- December 16th** The Candle of Joy
(Sunday) Inspiration from children's Christmas Pageant: *The Truest Sounds of Christmas*
- December 21st** 7:00pm Solstice JourneyDance *
(Friday) Open group for exploration into a loving connection with body, mind, and energy.
- December 23rd** The Candle of Love
(Sunday) *An Angel inspires Edgy Spirit-Guided Journeys*

*Event Details
on the next page

Christmas at First United: Wonderings

- December 24th** Christmas Eve – “Wonderings”
(Monday) 5:45 pm Family Candlelit Service
8:00 pm Choral Candlelit Service
- December 25th** All Saints' Anglican offer a Christmas Day Service at 10:00am
(Tuesday)
- December 30th** Christmas Pancake Breakfast
(Sunday) Prophetic Elders inspire both Comfort and Discomfort

Saturday December 1st

An Advent Congregational Chili Potluck and Dance beginning at 6:00 p.m. Following Community Christmas Tree Lighting at 5:30 p.m.

This is an evening for people of all ages, with a chance to mingle, share good cheer, while eating chili and enjoying marvelous music that will let demand that your toes tap and the body boogie. We will make merry by singing collectively at around 7:00.

December 6th, 7:30pm

The indoor vigil to mourn the victims of violence against women, and commit to ending gender-based violence. (This follows the outdoor vigil held downtown at Minto Park)

Everyone is invited to this vigil, held on Canada's National Day of Remembrance and Action on Violence Against Women. This event is open to the larger Ottawa community where women and men and non-binary persons are invited to come and listen and join in collective grief, hope, and solidarity.

We will have speakers, drumming, throat singing, choir, and more.

Saturday December 8th, 3pm in our sanctuary

A showcase of gorgeous children's books featuring inclusive stories and progressive messages

A free event featuring local parents and education experts sharing with us their favourite picks to give as Christmas gifts, and read year round. There will be a presentation featuring award-winning, kid-approved books that beautifully and sensitively help all of us discuss important topics like residential schools, body positivity, and kindness for our neighbours. Following the one hour presentation there will be an opportunity for questions and discussion.

Please spread the word! Childcare will be available. Refreshments will be vegan treats made without gluten and nuts.

Join us for JourneyDance™ December 21st, in the Sanctuary 7pm-8:30pm

JourneyDance™ is a transformational experience that allows for exploration into a loving connection with body, mind, and source energy. Dance your way to Joy. No previous movement or dance experience required. Our Winter Solstice class will center around moving into this phase of our season.

Registration is not necessary, however, if you want notice of weather related cancellations, please preregister: lorena.norwood@gmail.com Classes are by free will donation. Meet inside the church sanctuary. Please arrive a few minutes early, and wear loose comfortable clothing. Class is facilitated by Kathleen Howell and Lorena Norwood, certified JourneyDance™ Facilitators. For more information about JourneyDance™ you can visit the web site at: Jourenydance.com or contact: lorena.norwood@gmail.com 613-222-7705

Sunday December 2st, 12:45pm

Ukulele & Sing-a-long hourmusic in a group just for the fun of it!

Come join this after-church open group in room 5/6, led by Jan Davis

No experience needed! Play a ukulele or just join in with your voice.

Anyone is welcome, no RSVP required, but you're invited to e-mail the church office if you think you'll be coming out, so we can have an idea of how much sheet music is needed.

(If there's an interest in creating a similar event with a structure designed for kids, let us know!)

Join Brian at a Centre 507 Luncheon, Tuesday December 4th from 11:30 a.m. to 1:00 p.m.

If you want to learn more about Centre 507, join Brian and others from the community for a lunch similar to the lunch served to participants of Centre 507. The ticket cost is \$20.00. Only five tickets available, and preference is given to those who have never had a chance to visit Centre 507. This is the first of ongoing lunch opportunities.

WEDNESDAY November 28th, 7:00pm – children's programming meeting at the church.

Open to parents and anyone looking to learn about and contribute to the delivery of children's programming at First United. Contact Brian or the church office for more information.

SMALL GROUP MINISTRY

WEEKLY / MONTHLY SMALL GROUP GATHERINGS

If you have an idea for a small group that you would like to initiate, please contact Kira-Lynn (New Ways Project Coordinator) in the office or chat with Brian, who will help to facilitate getting it started.

Art Explorations: Art Explorations continue **Saturday Dec 1**, in room 5/6 1-4pm. We will do Dreamscapes with alcohol Inks, made by letting drops of colour wander on the page. No supplies to bring but maybe latex or nitrile gloves. RSVP: jsly@primus.ca or j3miller@uwaterloo.ca

Book Study Group: Mondays from 9:30am-11:30am in Room 5/6. In our ongoing education about living in right relations, we're studying the book *Braiding Sweetgrass - Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants* by Robin Wall Kimmerer.
Open to everyone. For information, contact Maryanne MacDonald at maryanne.macd@gmail.com

Christian Meditation: Every Monday at 5:30 pm in the Chapel. For more information contact Joyce Hardman: jhardman@rogers.com or Liz Tyrwhitt: liz.tyrwhitt@sympatico.ca.

Drumming Group: Monday, December 10th in the sanctuary. Join with other drummers for a time of connecting spirit with rhythm. For more information contact Dave Henderson at daveandging@gmail.com

Healing Pathway: Give yourself the gift of deep relaxation, and healing hands offered in the Spirit for the highest good of mind, body, spirit, emotions. Healing Pathway sessions are every Tuesday between 11:00 am and 9:00 pm by appointment. Please contact HealingPathway2010@gmail.com

Living into Right Relations Circle: Next meeting **Wednesday, December 5th, 7:00pm** in the chapel. For more information contact Sharon Moon: sharonmoon45@gmail.com

Men's Breakfast: Sunday December 2nd 9:30am at Donna's Restaurant at the corner of Churchill & Scott Street. For more information contact Tseheyoun at Tsehayouseyoum@hotmail.com or Paul at pdurber@rogers.com

Parents with Small Children Potluck: Saturday December 1st. We will join together in the Advent Chili Potluck and Dance that begins at 5:00. Activities for children will be provided as the parents have opportunity for mingling with others.

Queer Group Potluck: Tuesday, November 27th 6:15pm at the home of Brian Cornelius 7 Edgar Street. For more information contact Chantel Nantel at cnantel555@gmail.com

TGIF: Our TGIF group, which is primarily seniors but not exclusively, meets on **Fridays at 1:30** in Room 5/6. Newcomers are always welcome to join us for tea and conversation!
Contact Maryanne for more information: maryanne.macd@gmail.com or call the church office.

Talking About Mental Health: This social gathering that discusses mental health issues will meet after church **Sunday, November 25th** in room 5/6 at 12:30 p.m. Join us for a bowl of soup and conversation. For more information, contact Jessica Ward-King at j.ward-king@hotmail.com or Zachary Houle at zacharyhoule@rogers.com

How does mental illness affect you personally?

1 in 5 of us have mental illness.
5 in 5 of us love someone with mental illness

Own your story of mental illness. First.

SOCIAL JUSTICE & EVENTS

Westboro Region Food Bank - Christmas hampers

Everyone loves a special treat during the holiday season. If you would like to contribute to the Westboro Region Food Bank Christmas hampers, we encourage you to purchase a tin of **Camino hot chocolate** or a **Camino chocolate bar** at **Ten Thousand Villages**. They will collect all the donations for us, ready to create our Christmas hampers.

Also, we're looking for elastic bands. If you receive a daily newspaper wrapped with an elastic band, we'd appreciate your collecting the bands and putting them in the food bank donation basket.

Thank you!

REACH Educational Session on Compassion Fatigue and Mindfulness for Caregivers

Session on self-care while caring for seniors, relatives, children with special needs/health care issues....

Tuesday, November 27th, 2018. 7:00 pm – 9:00 pm United Way Ottawa, 363 Coventry Rd.

Join **Reach**, Equality and Justice for People with Disabilities/ Égalité et Justice Pour Les Personnes Ayant Un Handicap, for an engaging discussion on **Compassion Fatigue and Mindfulness for Caregivers**:

Learn about compassion fatigue, resilience, and to develop your own relaxation practice.

Speaker is Gail Dawson, Social Worker, MSW, and Heather Cross, Mindfulness and Yoga Instructor, and owner of Here and Now Studio and a lawyer.

Cost: \$25 person (includes light refreshments) **For more information and to register:**

<https://www.reach.ca> 613-236-6636

JANUARY 2019

Enneagram Learning at First United

The Enneagram is a powerful tool to help us understand ourselves, our recurring patterns of reactions in our lives, and how we view the world, ourselves, others, and God. If you'd like to learn about the Enneagram or go deeper in your understanding, Margaret Ault and First United are sponsoring an Enneagram workshop led by Cynthia Stevens and Sue Guttenstein of the INsideJourney www.INsidejourneyenneagram.com

Open the Door to your Prison: Easing what Blocks you from Growing at your Edge, January 11-13, 2019

Details and registration: www.margaretault.com/events/ or margaretault@rogers.com

First United Women's Winter Retreat: 18-20 January 2019

Thanks to the many talented women who have offered to lead workshops and share their gifts, the First United Women's Retreat returns at beautiful Galilee Centre, Arnprior!

The retreat will begin at 7:30 p.m. Friday night and end after lunch on Sunday. All meals included. Single bedrooms and bedding provided. The cost will be \$220. We could still use a musician and worship leader; please contact tanya.middlebro@gmail.com or joanstafford48@icloud.com if you would like to help out.

Registration forms are available through the church office.

Healing Pathway Training

Wholeness of mind, body and spirit: A spiritual practice: A healing ministry within the congregation

Healing Pathway offers all of the above and Healing Pathway training is as much for self-learning as it is for becoming a Healing Pathway practitioner. **Why not join us for the workshop?**

Phase 1 - An Introduction, January 18-20, 2019 at Trinity United Church, Ottawa.

For more details check the website HealingPathway.ca or email HealingPathwayEast@gmail.com or speak to one of our Healing Pathway practitioners. Course fee: \$210 (\$230 after January 4th)