

First Glance

December 2nd, 2018

(613) 232-1016

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NEXT SUNDAY

December 9th is Sock Sunday at First United!

Please bring stuffed socks to church, filled with items for Centre 507 community members. In addition to socks, needed items include razors, toothbrushes, toothpaste, deodorant, underwear, lip balm, chocolates...



After church on December 9th we are holding our **Alternative Christmas Bazaar**. Following the service you are invited to do some shopping!

If you'd like to vend at this event, contact the church office to sign-up for a table.



Thursday December 6th, 7:30pm

Vigil for Day of Remembrance & Action on Violence Against Women

(this follows the outdoor vigil held downtown at Minto Park)

Speakers: Dr. Shelley Tsvia Rabinovitch & Lorena Norwood

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, and men are included in the invitation to listen and join in collective grief, hope, and solidarity with women.

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

Saturday December 8th, 3pm in our sanctuary

Socially-Conscious Children's Books

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! Invite your friends! Childcare will be available.

Refreshments will be vegan treats made without gluten and nuts.



Join us for a Winter Solstice 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.

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 visit the web site at: Jourenydance.com or contact: lorena.norwood@gmail.com 613-222-7705

Wonder Dances Throughout Advent (and Christmas)!
Astonishing, Unexpected, Curious, Edgy

Upcoming Sundays and Christmas at First United: Wonderings

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 23rd The Candle of Love
(Sunday) *An Angel inspires Edgy Spirit-Guided Journeys*

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

Our Annual Advent Appeal

Each year, an Advent appeal is part of our budget plan where each of us is invited to make a donation that is over and above our regular givings. The goal for our annual Advent appeal is \$17,500. As a singular amount, this goal may seem high, but we believe we can reach this target. This amount represents \$130 per giving household. We invite everyone to only give within their capacity, recognizing that some cannot participate at this level while others are in a position to give more.

During this Christmas season we also draw your attention to the Mission and Service Fund Gift Catalogues which are available at the back of the Sanctuary for your consideration as you select Christmas gifts this year.

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.

Volunteers welcomed to help serve the First Connections Christmas Lunch this Thursday, December 6th. Contact the church office if you are able to help with this special annual luncheon, serving the CMHA and Upstream community members.

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: Will be back in 2019. For more information: 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 January 6th, 2019 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 January 26th, 2019. 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, January 29th, 6:15pm at the home of Brian Cornelius 7 Edgar Street. For more information contact Chantel Nantel at cnantel555@gmail.com

Talking About Mental Health: This social gathering that discusses mental health issues meets after church will be back in January 2019. For more information, contact Jessica Ward-King at j.ward-king@hotmail.com or Zachary Houle at zacharyhoule@rogers.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.

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!



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.

Carols and Lullabies

The Canadian Centennial Choir

Directed by Marg Stubington

Tuesday, December 11th, 7:30pm

Centretown United Church, 507 Bank Street

www.ccc-ccc.ca Tickets available online

and at The Leading Note on Elgin

JANUARY 2019

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.

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

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)