

Weekly e-UU Newsletter - Friday, January 5, 2024

We acknowledge that our campus is located on traditional, unsundered and unceded Algonquin Anishinaabeg Territory; and that the work of [reconciliation is a responsibility of our congregation](#), and of all Canadians.

Sunday, January 7, 2024

[Online](#) AND In Person

Starts at 10:30am



On Gratitude

With Speaker Lee Rose

Mark the start of the new year with a celebration of gratitude. Together we will reflect on the transformative power of gratitude, exploring the potential and possibility of its impact on our lives.

Join us after the service for Coffee Hour in Fellowship Hall

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Sunday Service Announcements

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at bod@firstunitarianottawa.ca by Friday at 10am. Do allow for time in case there are questions with regard to the announcement. Also note that announcements may need to be edited for length and that time-sensitive announcements may be prioritized.



Children's Religious Exploration

In the Rainbow Room we will be talking about the new year and making new years resolutions.

In the Chalice Room we will be starting a 7-week unit on our 7th principle with the spirit story "The world is an apple". Our special activity will be making apple sauce.

Caring Contacts for January

[Maureen Sly](#) - 613-728-7610

[David Hudson](#) - 613-402-5744

We are all interconnected, interdependent and minister to each other in many ways. Our monthly Caring Contacts take your phone calls and emails when you wish to alert us to a need or a concern or have a joy to celebrate. We try to ensure no one is forgotten and that appropriate help is provided when requested.

Ushers and Greeters Wanted

Do you like running into old friends, and making new ones? We're looking for a few more people to act as Sunday morning greeters and ushers. You would need to be available one Sunday every several weeks, depending on numbers. The only skill needed is a welcoming smile. Childcare is available before the service if you need it. [Email Barb R if you'd like to be involved.](#)

Please visit our Volunteer With Us page for details: <https://www.firstunitarianottawa.ca/volunteer-with-us.html>

Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



Environmental Action Group

The New Year is here! We have some [new "Good News" items to share with you](#), and remember: [Our waste avoidance efforts are ongoing](#). Boxes to collect flexible coffee bags for TerraCycle recycling and capped and clean pill bottles for reuse by disaster relief organizations are in the hall in front of the office. Thanks to the Office Staff for the classy new collection boxes!



FirstU Online Auction – Donations Intake

FirstU will be having a limited online auction in Spring 2024. Now is the time to downsize (and receive a charitable donation receipt at the same time!) and donate your:

- high end items (items expected to go for over \$250)
- gold items , silver items , precious stone jewellery
- art objects signed by known artists
- objects with appraisals

Please [email auction@firstunitarianottawa.ca](mailto:email_auction@firstunitarianottawa.ca) with photo(s) and description of any item you would like to donate to the auction. Intake will end in early February.

Upcoming Events

Poetry Sharing Group

Friday, January 5 - 12:00pm on Zoom

We welcome poetry lovers to join us in celebrating the power of imagination and expression found in poetry. [Email Susan M](#) with any questions and to get the zoom link.



FirstU Online Bridge

Friday, January 5 - 7:00pm on Zoom

Join us online for a fun game of bridge, using Zoom and Bridge Base Online, on the first Friday of every month. Email bridgehost@firstunitarianottawa.ca to RSVP and get the links and ensure your spot.



Meditation Group

Wednesday, January 10 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.

[Click HERE to join the meditation session](#)

Meeting ID: 880 7343 6250 **Passcode:** 259109



FirstU Virtual Discussion Circle

Thursday, January 11 - 1:30pm on Zoom

Discussion circles are held weekly, with a different topic each week. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! This week, our topic is "**The Simple Life**".

[ZOOM LINK](#) Meeting ID: 847 7145 7780 Password: 350030



Evening Reading for Growth

Thursday, January 11 - 7:00pm on Zoom

For our January discussion, we'll be reading *Lookout: Love, Solitude, and Searching for Wildfire in the Boreal Forest*, by Trina Moyles (2021).

Please feel free to join us!

[ZOOM LINK](#) Meeting ID: 890 6025 2628 Password: 845374



yUUth Group

Friday, January 12 - 6:30pm

Youth ages 11 to 17 are invited to join us on Friday, January 12, for yUUth Group. We'll be playing an escape room board game and making pizza together.



Visit our calendar for more upcoming events: <https://www.firstunitarianottawa.ca/calendar.html>

Save the Date

Friday Reading For Growth

Friday, January 26 - 1:30pm on Zoom

Join us for our first Friday Reading for Growth discussion of 2024! This month, we're reading *Regenesis: Feeding The World Without Devouring The Planet*, by George Monbiot. Deeply researched, this book is a passionate alert that our food production and distribution methods are destroying our planet's ecosystem and outlines hopeful new technologies. Want to join us? To get the zoom link, [contact Clea Derwent](#).



Cultivating Compassionate Community: Brainstorming

Sunday February 4 - 12:30pm

Sharing ideas about our new social justice priority, "Cultivating Compassionate Community" inside and outside FirstU. We want to hear from you!



Unitarian Universalist nUUs



UU Midwinter Retreat

February 2-4, 2024 at the YMCA Cedar Glen Outdoor Centre

[Registration is Live](#) for the 33rd UU Midwinter Retreat! All UUs are invited to join us for a weekend of games, workshops, and worship, along with a cabaret and a chocolate communion. Keynote Speaker Linda Thompson will speak on "Such a Time as This" and together we'll ask questions about how we rebuild and strengthen our community. [Click HERE for all the details](#). Earlybird rates apply until December 29. [Click HERE to register](#).

Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/communications.html>