

Weekly e-UU Newsletter - Friday, February 2, 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 February 4, 2024

Online AND In Person

Starts at 10:30am



The Blessings of Conflict

Reverend Eric Meter

While we often focus most of the first, throughout our lives we grow in response to both support and challenge. This Sunday, let's highlight, if not celebrate, the role tension and conflict have in helping us become the people (individually and together) we most want to be.

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

This week in RE. The children from the Chalice room (ages 6-12) will be visiting the Rainbow room children (ages 2-6) to share the story The Baby Hippo and the Tortoise.

The Rainbow children will then work on creating family portraits. The older children will return to the Chalice room to create their own family portraits and to paint props that will be used in the February 18th multigenerational service.

Caring Contacts for February

[Evelyn Algar](#) - 613-890-5761

[Agnes Davis](#) - 613-986-6527

Caring Cards for January: Cam and Jodi M, Kate K and Ron B, Mary Ella K and Andrew D, Jane Perry and Cora C, Mayor Sutcliffe and City of Ottawa staff, Dick B, Tungasuvvingat Inuit, Cora C, Marilyn P, and the Unitarian Congregation in Calgary.

During "Heart Month", our Caring Network thanks you all for continuing to care for each other with warm smiles, happy greetings and caring phone calls or visits. Caring is for everyone!

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.

UU Connections Chair(s) Wanted

The UU Connections Team connects our congregation and its people to other UUs and their activities in Canada and around the world, especially through the Canadian Unitarian Council (CUC). The Team is in need of a new Chairperson or two Co-Chairs. A Role Description for the Chair and Terms of Reference for the Team are available for reference. If you are interested and/or would like more information, please [email Maury](#).

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



Wondering About FirstU Membership?

Have you been engaging for a while with FirstU, but not become a Member? Are you wondering about the benefits of membership? Would you like to know what the membership process involves? If you answered "Yes" to any of these questions, we'd love to chat with you! Send a note to welcome@firstunitarianottawa.ca or stop by the Welcome Table on a Sunday.



Seeking delegates for Canadian Unitarian Council AGM

Active members of FirstU who may be interested in serving as one of our six voting delegates at the **online** CUC Annual General Meeting (Saturday, May 25th at 1:00-4:30pm Eastern) are invited to contact uuconnections@firstunitarianottawa.ca by **February 18th** to receive further information. We strongly encourage delegates to serve on the UU Connections Team for 1-2 years following the AGM. Our goal is to have a slate of delegates that reflects the diversity of our congregation.



Parkway Spire Reminder

Don't forget to submit your articles for the March edition of the Parkway Spire! Submission deadline is Feb. 15. We welcome poetry, prose, personal articles and opinion pieces (max 450 words) sent to spire@firstunitarianottawa.ca.



Limit Greenhouse Gas Emissions

We all know that climate change is caused by burning fossil fuels. But believe it or not, there is currently no limit on greenhouse gas (GHG) pollution from Canada's oil and gas industry. Members of the EAG are fighting for a strong emissions cap on the oil and gas industry. Help us win! [Check out this week's Enviro-Advocacy](#) to find out how.

Upcoming Events

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. 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](#).

FirstU Online Bridge

Friday, February 2 - 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.



Cultivating Compassionate Community: FirstU's Collaborative Ideas Garage

Sunday February 4 - 12:30pm in Fellowship Hall

We want to hear from YOU! Join us after Coffee Hour on Sunday, February 4, to share ideas about our new social justice priority, "Cultivating Compassionate Community" inside and outside FirstU. Bring your thinking caps, your open hearts, and your bright ideas to share! You are welcome to bring a lunch to eat during coffee hour as lunch is not provided.



Meditation Group

Wednesday, February 7 - 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, February 8 - 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 "**Serendipity**".

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



Evening Reading for Growth

Thursday, February 8 - 7:00pm on Zoom

For our February discussion, we'll be reading *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*, by Katherine Hayhoe. Please feel free to join us! Please feel free to join us!

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



The History of Protest Music Workshop

Sunday, Feb 11 - 1:00pm in Worship Hall

Join us for a workshop on the History of Protest Music. The event will be led by Maurice Cabana-Proulx from UUFO, and will feature performances by members of FirstU and the Fellowship. It will include traditional songs, as well as mid-20th-Century pieces. In keeping with the spirit of social movements, participants will be invited to sing along. **A light lunch will be provided for those who pre-register.** Please [Email Mary Ella](#), or phone her at 613-413-8663, for more information **or to register.**



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

Save the Date

Trivia Quiz Night

Monday, February 12 - 7:00pm on Zoom

Join us for our Trivia Quiz! Questions are diverse, fun, and taken from several sources, and there is no need to feel embarrassed about getting an incorrect answer: players score themselves! All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with a partner or two! For more information, [email Andrew](#).

[ZOOM LINK](#) **Meeting ID:** 826 7932 3410 **Passcode:** 101004



yUUth Group

Friday, February 16 - 6:30pm

Youth ages 11 to 17 are invited to join us, on the third Friday of every months, for yUUth Group. We'll be playing an escape room board game and making pizza together. For information contact our Director of Religious Exploration at

dre@firstunitarianottawa.ca.



FirstU In Person Bridge

Sunday, February 18 - 2:00pm in Room 3

Join us in room #3, on the third Sunday of every month, from 2:00pm to 4:00pm, for a fun game of bridge. [RSVP by emailing bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) so we can set up before you arrive. We're looking forward to seeing you!



Book Launch and Panel Discussion: *Reasonable Cause to Suspect*

Wed, February 21 - 7:00pm - Worship Hall

Join us to celebrate the launch of *Reasonable Cause to Suspect: A Mother's Ordeal to Save Her Son from a Kurdish Prison* by Sally Lane. Story about her son Jack Letts, who is detained in a Syrian prison and Sally's fight for her son's return to Canada. The launch will be followed by a panel discussion featuring Sally Lane, Monia Mazigh, and Alex Neve, moderated by Mathew Behrens, which will focus on how, when the primacy of the right to return to Canada is reinforced in Canadian law; why our Government does not act.



Friday Reading For Growth

Friday, February 23 - 1:30pm on Zoom

Please join us for a discussion of *How To Stand Up To A Dictator: The Fight For Our Future*, by Maria Ressa. Recipient of the 2021 Nobel Peace Prize for defending freedom of expression, Ressa writes an impassioned memoir of a career in journalism holding power to account. Copies available at Ottawa Public Libraries. To get the zoom link, [contact Clea Derwent](#).



Unitarian Universalist nUUs



The Greatest Transformation in Human History

Thursday, February 8 - 8:00pm - Online

A talk by Dr Sailesh Rao on the social transformations necessary to save our world. Organized by UUs for a Just Economic Community (UUJEC), UU Animal Ministry (UUAM) and Canadian Unitarians for Social Justice. (CUSJ).

[Click here to register for the Zoom webinar](#)

[Click here for more information or to watch on Facebook Live](#)



UUJA Mussar Study Group

Third Sunday of Every Month - On Zoom

Open to any UU who wishes to learn about this ancient Jewish discipline for personal development. Lessons are free, online, occur on the third Sunday of each month for the next year, & begin Sun Jan 21. (Anyone with lived experience of a 12-step group may find it particularly interesting, but it has broader relevance too). [Register for the zoom like HERE](#). Or [click HERE](#) for course reading list.

News from Our Friends

Mobilizing Faith Based Advocacy for Trans Equality

Thursday, February 8 - 7:00pm - Online

Join Affirm United/S'affirmer Ensemble and the Society of Queer Momentum for a webinar exploring how and why faith-based organizations can advocate for fulsome equality for trans and gender diverse people in Canada. [Click HERE to register](#).



MHI Dates to Remember

Mark your calendars for Multifaith Housing Initiative's largest annual events and fundraisers coming up in 2024. We are excited to welcome you into our shared spaces and collaborate on the important work we do together: The AGM on April 21; the Tulipathon on May 26; and National Housing Day on November 17.



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