

Weekly e-UU Newsletter - Friday, February 9, 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 11, 2024

Online AND In Person

Starts at 10:30am



Credo: This I Believe

With Guest Speaker Alex Campbell

We all believe in something, in someone. We wouldn't be here this morning if we didn't "believe". And what we "believe" is not something static. It changes, and evolves, and the simplicity of our "belief" as young children becomes more complex as we mature and grow older. Through a series of vignettes, in the light of our six Sources and eight Principles, Alex traces the evolution of the "who" and "what" of his credo over the years with the hope that others will do the same for themselves.

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 a nouncements may need to be edited for length and that time-sensitive announcements may be prioritized.



Children's Religious Exploration

After Time for All Ages, upstairs, our younger kids will be celebrating Valentines' Day with special activities and a sweet treat. Meanwhile, our older kids will gather in the Chalice room to make Valentines' Day cards and do some final preparations for our Family Day service.

Caring Contacts for February

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

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

In February the Caring Network Executive hosts a hospitality hour near Valentine's Day in honour of "Heart Month" and Caring. We welcome you to join us for the in-person hospitality hour after the service on February 11 to express our gratitude for the continuing commitment and thoughtful work by so many to keep our Caring Network strong. 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.

Pledge Campaign Report

The 2024 Pledge Campaign is now over. [Click HERE to read the Campaign Report.](#)

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



Tax Receipts for 2023

Your tax receipts for last year are ready! Please come to the Welcome Table in Worship Hall on Sunday to pick up your copy. Help save us the cost to mail them out.



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.



Final Notice!

It's time to submit your articles for the spring edition of the Parkway Spire. Please ensure your submissions, 450 words or less, are sent to spire@firstunitarianottawa.ca before next week's February 15 deadline.



Registration Deadline for Enneagram Class

Adult Learning and Growth will host an Introduction to the Enneagram on Saturday, March 2. For the program to run, people must **register by Friday, February 16**. Curious? [Details on the Lifespan Learning page](#). You can register by [submitting this form](#).



Capping Emissions

Thanks to all who commented on the federal government's consultation process supporting a strong emissions cap on the oil and gas industry. We'll report back when the final draft is released.



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.

Upcoming Events

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](mailto:MaryElla@firstunitarianottawa.ca), or phone her at 613-413-8663, for more information **or to register.**



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](mailto:Andrew@firstunitarianottawa.ca).

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



Meditation Group

Wednesday, February 14 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh. [Let Colleen know](mailto:Colleen@firstunitarianottawa.ca) if you would like to receive a friendly email reminder on Tuesday.

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

Meeting ID: 880 7343 6250 Passcode: 259109



FirstU Virtual Discussion Circle

Thursday, February 15 - 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 "**Which two people, living or dead, would you most like to have dinner with?**".

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



yUuth Group

Friday, February 16 - 6:30pm

Youth ages 11 to 17 are invited to join us, on the third Friday of every month, for yUuth Group. 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!



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

Save the Date

Mah Jongg

Monday, February 19 - 10:00am - Room 3

We will play American Mah Jongg with 3-4 people per table on the third Monday of every month. We are currently using the 2023 game card. Please bring your card. If you can bring a game, please [let Barb know when you RSVP](mailto:Barb@firstunitarianottawa.ca). A follow-up email will be sent to players who RSVP to confirm their spot. It is important that you know how to play the game.



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](#).



FirstU Online Bridge

Friday, March 1 - 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.



Introduction to the Enneagram

Saturday, March 2 - 9:30am - \$70

The Enneagram framework combines wisdom, mystical and psychological teachings to help us grow both as individuals and in our relationships with others and the spirit of life. [Details on the Lifespan Learning page](#). Register by February 16 by [submitting this form](#).



Introducing Ourselves

Sunday, March 3 - 12:00pm

New to First Unitarian? Join us for an Introducing Ourselves session on Sunday, March 3 at noon (light lunch provided). In this casual gathering, you can share what brought you to FirstU and hear about Unitarian Universalism, our congregation and how you can get connected here. Kate Kirkwood and Rev. Eric Meter will be your guides. Register at the Welcome Table or on [the Lifespan Learning page](#).



Evening Reading for Growth

Thursday, March 7 - 7:00pm on Zoom

For March, we'll be reading *My Stroke of Insight: How a Brain Scientist's Own Stroke Led to Enlightenment*, by Jill Taylor. We hope you'll join us for our lively discussion of this book.

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



News from Our Friends

Solidarity Through Song and Dance

Our neighbours at Assumption Of The Blessed Virgin Ukrainian Orthodox Cathedral are looking for volunteers to make their Solidarity Through Song and Dance event a great success. To volunteer, just follow these three easy steps:

- 1) [Click this link to see our SignUp form](#)
- 2) Review the options listed and choose the spot(s) you like.
- 3) Sign up for the volunteer position that matches your skillset!



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>