

Weekly e-UU Newsletter - Friday, February 16, 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 18, 2024

[Online](#) AND In Person

Starts at 10:30am



The Invisible Web of Life – Family Day at FirstU

With Guest Speakers Jodi McIntosh and Friends

This Sunday's service grows out of our explorations with the children this new year. We explored the interconnected web of life through stories, art, and play. This morning we joyfully share elements of our creative adventures as we celebrate Family Day together.

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 boardannouncements@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

Families are invited to our Family Day intergenerational service this Sunday. We will be showcasing the children's art from the past month as we explore how we are all connected. Looking forward to seeing you all there.

Caring Contacts for February

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

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

During "Heart Month", our Caring Network thanks you all, for continuing to care for each other, no matter what comes up in our changing lives. 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.

Sad News

Beryl Hunter, a long-time member of FirstU and resident of Unitarian House, passed away on February 4, 2024. Beryl was a librarian by profession serving in libraries in Toronto, Nepean, Ottawa and Library and Archives Canada. She was a prolific traveler and loved to visit countries all around the world and always had wonderful stories to tell about her many travels. She is survived by her brother, Neil. A memorial service will be held at FirstU (date to be announced).

[Read her full obituary here.](#)



Jane Perry, a community builder, concert-class pianist, director of three choirs, gardener, dedicated vegan, and legendary gay-rights activist, served as music director for the city's First Unitarian Congregation from 2000 to 2011. Although new to Unitarianism, Ms. Perry quickly won friends by volunteering her time to lead music workshops and group singalongs at national and regional Unitarian conferences. She died on January 17 in Kauai, Hawaii, two years after her diagnosis of metastatic colon cancer. She was 52. [Read the Globe and Mail article on Jane HERE.](#)



Carole Yeaman, an avid reader, happily surrounded herself with books and magazines at both work and home. Her personal library was, she said, "exceeded only by the Library of Alexandria." A long-time participant in Ottawa's Unitarian Church, Carole found comfort in its non-denominational inclusivity, a landing pad and a place of safety for so many in a world where there is no up or down. Carole faced her final months cheerfully and with courage, amused by and amusing the family and friends around her. She died peacefully on February 5, 2024, at the Almonte General Hospital. [Read her full obituary HERE.](#)



Build a Rich and Dynamic Adult Learning and Growth Team

Be a part of our renewed Adult Learning and Growth Team. We act as a catalyst to initiate events/ programs and also to coordinate our various activities, including preparing a seasonal calendar of events and programs. Bring your interest, your enthusiasm and your skills and helps us build a rich adult learning program. Roles range from bringing ideas, reviewing learning proposals, facilitating courses or workshops to preparing the seasonal calendar. If interested, [email Eva.](#)

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.



Registration Deadline TODAY

Adult Learning and Growth is hosting *Introduction to the Enneagram* on Saturday, March 2. In order for the program to run, people must **register by TODAY, February 16**. Curious? [Details on the Lifespan Learning page](#). You can register by [submitting this online form](#).



Want to Explore Your UU Faith More Deeply?

Join Reverend Eric and Reverend Anne Orfald for *What Moves Us*, a seven-session program exploring the life experiences of select historic and contemporary Unitarian Universalist theologians. Participants will engage with and bring their personal experiences to bear on the very questions explored by each theologian in turn. Develop a deeper understanding of your personal theology, and of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage. Tuesdays, March 12 to April 30. Details on the [Adult Learning page](#). Limited to 12 participants. [Click HERE to register](#).



Fair Trade Goodies Available

The Justice and Equality Action Group will have fair trade coffee and chocolate available for sale this Sunday, February 18.



Feedback sessions for proposed CUC AGM motions

There are three motions proposed for the Canadian Unitarian Council (CUC) Annual General Meeting in May: [Read the motions here](#).

You are invited to attend the upcoming online feedback sessions to have your say on these motions; each one follows the same format so you can choose the date and time for one that suits you:

- [Saturday, February 17th](#), 12:30 pm - 2:00 pm ET
- [Tuesday, February 27th](#), 7:30 pm - 9:00 pm ET
- [Wednesday, March 6](#), 12:30 pm - 2:00 pm ET

March 15 is the deadline for all feedback. Keep an eye on the eUU for a possible session at FirstU.



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.

Upcoming Events

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](#) so we can set up before you arrive. We're looking forward to seeing you!



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](#). 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 Matthew 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.



Meditation Group

Wednesday, February 21 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh. [Let Colleen know](#) 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 22 - 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 "**Inheritance**".

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



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](#).



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

Save the Date

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



Breakfast Forum: Shelterbox with Ally Buck

Sunday, March 10 - 9:30am - Fellowship Hall

Ally Buck, of ShelterBox Canada, will make a presentation to a breakfast forum, as part of the adult learning and growth program. ShelterBox Canada is an international disaster relief organization, working to create a world where no one goes without shelter after disaster. [Learn more about Shelterbox HERE](#).



What Moves Us (first session)

Tuesday, March 12 - 7:00pm

Pre-registration required

Develop a deeper understanding of your personal theology, and of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage. With Reverend Eric and Reverend Anne Orfald. Details on the [Adult Learning page](#).



Trivia Quiz Night

Monday, March 18 - 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@uusociety.org).

[ZOOM LINK](#) Meeting ID: 868 6409 2724 Passcode: 038258



Unitarian Universalist nUUs



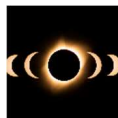
Canadian Unitarians for Social Justice Present

Let's Connect With: The Ajashki Garden Project

Saturday, February 24 - 1:00pm - Online

Come here our friend, Kayoki Whiteduck, speak on the relationship between the Ajashki Garden Project and FirstU.

[Click HERE to register and get the zoom link.](#)



First Unitarian Burlington VT Presents:

Total Solar Eclipse Fundraiser

April 6-8, 2024

Burlington, Vermont, is in the path of totality and viewers will enjoy about 3 minutes and 15 seconds of totality. To accommodate solar eclipse enthusiasts, the First Unitarian Universalist Society of Burlington announces a Homestay Rental Program. Members are making available one or more spare rooms in their homes; in some cases entire apartments are available for April 6, 7 and/or April 8. [To see the accommodations, click HERE.](#) Send questions to eclipse@uusociety.org.

News from Our Friends

Solidarity Through Song and Dance

A Fundraiser Supporting Ukraine

Saturday March 2 - 6:00pm - 1000 Byron Ave

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!



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