

Weekly e-UU Newsletter - Friday, February 23, 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 25, 2024

Online AND In Person

Starts at 10:30am



Sunday is a Verb

With Guest Speaker Lee Rose

This Sunday, guest speaker Lee Rose shares reflections on life's rituals - the 'soulful practices' we observe both individually and collectively, and how the act of Sunday-ing (even on a Tuesday) can bring joy, meaning and purpose to our lives, especially in times of uncertainty or change.

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

This Sunday, in the Rainbow Room, our younger children will be making musical shakers out of recyclables. If you have any paper tubes, water bottles, or anything else you think would work please bring them in.

Our older UUkids, in the Chalice room, will continue exploring the 7th principle with the story "The Map". This will include a fun puzzle making activity.

Caring Contacts for February

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

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

Caring Contacts for March

[Clea Derwent](#) - 613-694-0505

[Karen Swinburne](#) - 613-234-4305

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.

Congregational Focus 2024 Cultivating Compassionate Community

What does "Cultivating Compassionate Community" mean? Who are we supporting, and where do we start? Find out by visiting the [Cultivating Compassionate Community webpage!](#)



Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Zibi" means "Great River". Now let's learn some more words in Algonquin language.

This week's Algonquin Word of the Week is:

Kijik

Kijik means "cedar" in Algonquin. Make a tea with kijik leaves for a warming source of vitamin C in winter.



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



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](#).



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:

- [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. See the "Save the Date" section of today's eUU for FirstU's own Feedback Session.



Plastic Pill Bottles for Earthhub - UPDATE

We are thrilled with the healthy flow of pill bottles and money for mailing going into our collection box. But please make sure they are prescription pill bottles (vitamin supplements can go in your city plastic recycle box)... and double please, please make sure they are clean: No labels and no sticky stuff on the bottles. Earthhub cannot forward dirty bottles to Matthew 25: Ministries and we, in good conscience, cannot forward them to Earthhub! Thank you from your EAG.

Upcoming Events

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](#).



Mental Health Support and Action Group

Sunday, February 25 - 12:30pm - Rm 6 and Online

The Mental Health Support Group will be meeting on Feb 25th after the service at 12:30pm. This meeting will be Hybrid, in room 6 as well as over Zoom. Those with lived experience of mental health challenges and those who support someone with their mental health are all welcome.

[ZOOM LINK](#) Meeting ID: 897 4491 1586 Passcode: 854058



Meditation Group

Wednesday, February 28 - 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 29 - 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 "**Past, Present and Future**".

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



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 - Register by Monday February 26

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. **There are still a few spots left!** [Register HERE](#) by Monday, February 26, so you have time to view 3.5 hours of pre-workshop videos.



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 K and Reverend Eric will be your guides. Register at the Welcome Table.





FirstU Feedback Session 1 for CUC AGM Motions

Sunday, March 3 - 12:30pm

In the Lounge and Online

In addition to the CUC feedback sessions already publicized, there will be one at First on Sunday March 3rd at 12:30pm. It will be a hybrid session, with in-person participants gathering in the Lounge, and remote participants attending on Zoom.

[Click HERE](#) to read the proposed Motions.

[Click HERE to participate online.](#)

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

Save the Date

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.](#)



yUUth Group - Friday, March 15 - 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, March 17 - 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, March 18 - 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.



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.](#)



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

Unitarian Universalist nUUs



Canadian Unitarians for Social Justice Preent

Let's Connect With: The Ajashki Garden Project

Saturday, February 24 - 1:00pm - Online

Come hear 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!



Intercultural Dialogue Institute Ottawa presents:

International Women's Day Celebration

Sunday, March 3 - 2:00pm

Venue provided upon registration

Women at FirstU are invited to celebrate International Women's Day with the Intercultural Dialogue Institute. Mark your calendars for an afternoon dedicated to recognizing women's contributions and the vital role of volunteerism in enhancing our community. Bring business cards for networking and dress comfortably for dancing.

Full details [HERE.](#)

[Click HERE to register.](#)



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