

Weekly e-UU Newsletter - Friday, March 8, 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 March 10, 2024

Online AND In Person

Starts at 10:30am



Love Thy Neighbour

With guest speakers Sandra Randal and Nathalie Schiebel

What does "love thy neighbour" mean in today's world? Join us in welcoming guest speaker, Sandra Randall and Nathalie Schiebel, of Bethany Hope Centre, as they share with us the needs of young parents in our community.

We invite you to bring donations of diapers (any size), menstrual hygiene products, and cash to give to Bethany Hope Centre.

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, we invite children and their families to join us upstairs for Time for All Ages. Afterwards, all of the children (both our Rainbow and Chalice groups) will gather in the NOW Room for a March Movement Adventure! The children will receive rainbow passports to stamp as we complete cooperative movement challenges together. Let's go team!

Visit <https://www.firstunitarianottawa.ca/childrens-religious-exploration.html>, to find out about **this year's Mystery Pals event**.

Caring Contacts for March

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

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

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:

Shingwàk

Shingwàk means "pine" in Algonquin. There are lots of pine and cedar trees near FirstU, where the fox lives. (Do you remember the words for Fox (wàgosh) and Cedar (kijik) from earlier?)



Do You Love Fall Fair?

Apply your planning and people skills to overseeing FirstU Ottawa's biggest fundraising and community-building event by becoming Fall Fair's new Director! The new director can count on a great team of seasoned volunteers and the support of outgoing director, Carol Card. This is a suitable role for two people to share. Some experience with the Fall Fair will be helpful. Please [email Carol](#) if you'd like more information.

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



Breakfast Forum Postponed

Please note that the Breakfast Forum on ShelterBox has been postponed and will NOT be happening this Sunday, March 10. Watch the Upcoming Events section for the new date.



Spirituali-Tea Time

There is a new, monthly, in person group piloting called "Spirituali-Tea Time". The group's goal is to create a spiritual space where folks of all backgrounds and beliefs can come together. to foster a mutually supportive, non-judgemental space to nurture and share our personal spiritual journeys.

Our first gathering is next Sunday, March 10 at 1:30pm, in the NOW room. Registration required and closes March 9. [Click HERE to register](#), or [contact Nina Strang](#).



Gender and Pronouns 101

Confused about they/them pronouns? Adjusting to the transition of a friend, colleague, or loved one and afraid you'll mess something up? Want to be a better ally to trans and non-binary people? Join facilitators Nina and Kris, on zoom, this coming

Wednesday, March 13 at 7:00pm, where they'll address things like "What are neo-pronouns?" and "What to do if I accidentally misgender someone?" as well as any questions you may have! [Click HERE to register and receive the zoom link.](#)



Sign up for Mystery Muufins

This year, our annual tradition of **mystery pals** has a sweet twist: It will be all muffin themed! Mystery Muufins is a fun mystery pen pal activity that runs for four Sundays in April and ends with a Discovery MUUffin Social. We pair children & youth with adults for a month of Sunday morning correspondence through our Mystery MUUffins post offices! **Sign up is from March 3-17.**

Find our Mystery MUUffin bulletin board in fellowship hall with sign up forms and more information. [Email Jodi for more information.](#)



We have a NEW ADVOCACY!

In December, the Ontario Energy Board (OEB) made a well-researched decision to encourage builders of new houses in Ontario to use clean and affordable heat pumps rather than to continue the subsidization of gas service into developments. The provincial government has criticized this decision and plans to introduce legislation (Bill 165) to over-rule the OEB decision. Join us in fighting Bill 165. Call on the government to listen to the independent regulator. [More info on the Climate Action Page.](#)



First You Drum! Connecting with Ourselves and Each Other

Join Jan Davis at noon on **Sunday, April 14**, for an introduction to hand drumming that focuses on fun over form. Learn basic hand drumming rhythms and share in the joy of group drumming! Bring your own rhythm maker, drum, or empty coffee canister. Extra drums and rhythm instruments will be available. This workshop is for adults and teens 13+ who are new to drumming. [Register by April 7 by filling out this form.](#)



Accessing Your Inner Knowing

Ever wish you had an intentional way to tap into your inner knowing for insights and possibilities that your mind may miss? Join Jane Lindsay at this three-session workshop, where you'll learn and practice a whole-being method for accessing your inner knowing with respect to many aspects of your life and growth. Sessions will run on **Tuesday, April 16-30**, and each session is two hours long. [Click HERE to register.](#) Send questions to adultlearning@firstunitarianottawa.ca.

Upcoming Events

Spirituali-Tea Time

Sunday, March 10 - 1:30pm in the NOW Room

Registration closes March 9

Come to our first Spirituali-Tea gathering! We meet once a month to nurture and share our personal spiritual journeys in a mutually-supportive, non-judgemental space. Registration required. [Click HERE to register.](#)



Taoist Tai Chi

Tuesday, Starting March 12 - 1:00pm in Fellowship Hall

Led by Friends of Taoist Tai Chi, Ottawa

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. Many have found their health greatly improved by regular practice. We welcome anyone to participate, beginners included. Each two-hour session will be led by experienced instructors from "Friends of Tai Chi" and will include a break for tea. **No advance registration needed just drop in.** Email adultlearning@firstunitarianottawa.ca with any questions.

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](#). Limited to 12 participants, pre-registration required. [Click HERE to register.](#)



Gender and Pronouns 101

Wednesday, March 13 - 7:00pm - On Zoom

Confused about they/them pronouns? Adjusting to the transition of a friend, colleague, or loved one and afraid you'll mess something up? Want to be a better ally to trans and non-binary people? Join facilitators Nina and Kris, on zoom, where they'll address things like "What are neo-pronouns?" and "What to do if I accidentally misgender someone?" as well as any questions you may have!

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



Gentle Yoga

Wednesday, March 13 - 10:00am - NOW Room

\$15 per Session

Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking, aimed at developing harmony in the body, mind and environment. All fantastic reasons to practice! Bring your own mat and blanket. Drop-ins welcome. Led by Brenda Heming. Wednesdays from February 7 to April 10.



Meditation Group

Wednesday, March 13 - 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, March 14 - 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 "**Friends and Enemies**".

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



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](mailto:andrew@firstunitarianottawa.ca).

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



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

Save the Date

Women's Pagan Circle Celebrates Ostara

Thursday, March 21 - 7:00pm in the NOW Room

Trans women, cis women, and nonbinary folks are invited to celebrate the Equinox - the balance, the sun's return, the whisperings of Spring - with ritual and an egg craft. Participants are welcomed to bring items of their choice to add to our altar. Finger foods to share after our ritual are welcome as well.



Friday Reading For Growth

Friday, April 5 - 1:30pm on Zoom

Please join us for a discussion of our next book, *Wired for Music: A Search for Health and Joy Through the Science of Sound* by Adriana Barton. Please note the date change - our "March" discussion will be in April. To get the zoom link, or to ask questions, [contact Susan Mellor](mailto:susan@firstunitarianottawa.ca).



FirstU Online Bridge

Friday, April 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.



Evening Reading for Growth

Thursday, April 11 - 7:00pm on Zoom

For March, we'll be reading *Bearing the Unbearable* by Dr Joanne Cacciatore (2017), on love, loss and the heartbreaking path of grief. We hope you'll join us for our lively discussion of this book.

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



First You Drum! Connecting with Ourselves and Each Other

Sunday, April 14 - 12:00pm in the NOW Room

Register by April 7

Adults and teens (13+) are invited to a beginner-level introduction to hand drumming that focuses on fun over form. Learn basic hand drumming rhythms and share in the joy of group drumming! Bring your own rhythm maker, drum, or empty coffee canister. Extra drums and rhythm instruments will be available. [Fill out this form to register](#).



Accessing Your Inner Knowing

Tuesdays, April 16-30 - 7:00pm in Room 3

Pre-Registration Required

Ever wish you had an intentional way to tap into your inner knowing for insights and possibilities that your mind may miss? Join Jane Lindsay at this three-session workshop, where you'll learn and practice a whole-being method for accessing your inner knowing with respect to many aspects of your life and growth. Sessions are two hours long. [Click HERE to register](#).

Send questions to adultlearning@firstunitarianottawa.ca.



News from Our Friends

Unitarian House Seeks Anniversary Sponsors

This year, Unitarian House (UH) celebrates **40 years** as a non-profit organization, providing affordable housing and retirement residence living for about 130 Ottawa seniors, including through our two financial assistance programs – geared-to-income rent for low-income seniors, and care service subsidies for those in need at UH. To support these programs, UH is seeking sponsorships for our 40th anniversary fundraising events. [Click HERE to view sponsorship opportunities for your social club or small business](#). To learn more, contact Sabine Couture at retire@unitarianhouse.ca.

Chez FirstU

Harmony Concerts Presents:

Guy Davis - Bluesman

Sunday, March 10 - 7:00pm - \$35

Guy Davis is a two-time, back-to-back Grammy nominee for Best Traditional Blues, a musician, actor, author, and songwriter. Guy uses a blend of Roots, Blues, Folk, Rock, Rap, Spoken Word, and World Music to comment on, and address, the frustrations of social injustice, touching on historical events, and common life struggles. [Click HERE for tickets](#).



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