

# Weekly e-UU Newsletter - Friday, March 15, 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 17, 2024**

**[Online](#) AND In Person**

***Starts at 10:30am***



## **Love Springs Anew?**

**With Reverend Eric Meter**

With springtime technically just around the corner, we may find ourselves thinking about the possibilities before us. And still, what really is new under the sun?

*Join us after the service for Coffee Hour in Fellowship Hall*

~\*~

## **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](mailto: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**

Gather 'round, little alchemists! This Sunday, cauldrons will bubble, their contents shimmering like stardust! After Time for All Ages in the sanctuary, **all the children** will gather in the mysterious realm of Room 2 to brew potions, create healing salves, and make a magical snack. This week, we are weavers of wonder, architects of dreams, and custodians of magic.

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.*

## 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:**

### Odjickwedjoc

Odjickwedjoc means "pinecone" in Algonquin. Do you remember the word for Pine (shingwàk) from last week?



## 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](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### Save the Date! FirstU AGM on May 5!

Save the date! The 2024 Annual General Meeting will be held on Sunday May 5 after the Sunday service. Meeting materials will be sent out to members in advance. The agenda will include election of board members.



### March is Fraud Awareness Month

It's always good to remind ourselves how easy it is to be scammed, and those who commit these crimes are getting better at it every day. [Click HERE for a refresher/primer on cybersecurity](#) and how you can protect yourself.



### 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**. [Click HERE to register.](#)



### 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.](#)

## Upcoming Events

### 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](mailto: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



### Taoist Tai Chi

**Tuesday, March 19 - 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](mailto:adultlearning@firstunitarianottawa.ca) with any questions.



### Gentle Yoga

**Wednesday, March 20 - 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 20 - 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 21 - 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 "**Honesty**".

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



### 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.



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

## Save the Date

### 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. Combining science, philosophy, and memoir the book reveals music's profound effect on the human body and brain.

Copies available at the Ottawa Public Library. To get the zoom link, [contact Susan Mellor](#).



### 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](mailto: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. 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. [Click HERE to register](#). Questions? Email [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca).



### FirstU Spring Concert

**Sunday, April 28 - 7:00pm in Worship Hall**

**By Donation**

The choirs of FirstU present a concert on the many forms that love takes in our lives, celebrating family ties, friendship, partnership, self-love, and community. There will be singalongs and a guest appearance by the FirstU House Band!



# Unitarian Universalist nUUs



**Canadian Unitarians for Social Justice Present:**

**A Better Tent City with Nadine Green**

**Saturday, March 23 - 1:00pm on Zoom**

Our speaker, Nadine Green, who once experienced homelessness, now works tirelessly to support others in similar situations. Evicted from her convenience store shelter in January 2020, she was invited by Ron Doyle to help establish and live in A Better Tent City (ABTC). Nadine manages life at ABTC, while also organizing and training volunteers to assist her in providing nightly care for hundreds of unsheltered individuals in the community.

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

## 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](mailto:retire@unitarianhouse.ca).



## Chez FirstU



**Harmony Concerts Presents:**

**Andrea Ramolo**

**Friday, April 5 - 7:00pm - \$35**

As a singer-songwriter, Ramolo draws inspiration from chaos and often misery, transforming her experiences into beautiful music. Her latest masterpiece, Quarantine Dream, is a testament to her artistry and creativity. [Click HERE for tickets.](#)

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