

# Weekly e-UU Newsletter - Friday, April 5, 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 April 7, 2024**  
**Online AND In Person**  
**Starts at 10:30am**



## Changing a Name as a Spiritual Exercise

With Reverend Mwibutsa Ndagijimanayiburundi

Reverend Mwibutsa (formerly Fulgence) Ndagijimanayiburundi has been in the process of changing his name for some time. This experience has reshaped his identity and energized his life mission. Rev Mwibutsa will share on the importance of discovering and even craft who we are and live our values from a place of faithfulness to ourselves and to our values.

This Sunday we will dedicate our offering to Rev Mwibutsa's organization: Flaming Chalice International. With support of those across Canada and beyond, Flaming Chalice aids refugees in Burundi and Rwanda, providing education, small business projects, micro loans, and emergency family support. Please be as generous as you can to help support this necessary work.

*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](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

This week in the Rainbow Room, our younger kids are taking flight on a feathery adventure! We'll be soaring through the skies, reading a story, and doing a craft all about incredible birds. In the Chalice Room, our older kids get ready to click it for our brand new Lego Values program! This week, we'll be unlocking the first value: Love! Get ready to listen to a heartwarming story and embark on a building adventure that celebrates the power of caring and connection.

## Annual Report Submissions

If you are chair of a Committee or Team, or a group that would like to participate, your submissions are due by **Friday April 12**. Your report should consist of information and events that happened in 2023 only. Please [click HERE to download the form for 2023](#). If you have any questions, contact Jen: [omr@firstunitarianottawa.ca](mailto:omr@firstunitarianottawa.ca) OR 613-725-1066 x221.



## 2023 Photos

If you have any photos of church events that happened in 2023, please forward (high resolution please) to [omr@firstunitarianottawa.ca](mailto:omr@firstunitarianottawa.ca) for consideration of inclusion in the 2023 Annual Report. **Please Note:** If there are recognizable individuals in the photos (meaning you can see their faces), please provide proof that they gave permission to have their photo taken and published.



## Caring Contacts for April

[Anne Nagy](#) - 613-614-6174

[Maury Prevost](#) - 613-231-7391

**Caring Cards for March:** Roger B and his wife, Reverend Eric and Ann de L, Jason M, Marianne W, Norma Y, John R, Ellen B, Justine de J and Tara P, Pholu A, and Angela B.

*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.*

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## 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:**

### Asinì

Asinì means "rock" in Algonquin. How many different kinds of rock have you seen today?



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## Help With One of FirstU's Most Valuable Resources: Our Staff

Join the Personnel Committee to help the board monitor, review and propose policies related to the congregation's human resources. Meets two to three times a year. Please contact Chuck at [chuckshields\[at\]rogers.com](mailto:chuckshields@rogers.com) to learn more!

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



### Red Dress Day 2024

Thank you to members who donated a dress last year for our Red Dress Day to honour missing and murdered Indigenous women and girls and two spirit people. Meditation Gardens volunteers will be displaying the stored collection and are hoping to expand this symbol of respect into the upper garden. **If you can donate (or loan) a red garment for this year's display, please drop it off in the office by April 30.** Questions? [Contact Susan Mellor.](#)



### Help FirstU Fill the Freezer!

Our Frozen Meal program provides food support to low income individuals and their families. We are looking for batches of chili, lasagna, shepherds pie or other items to freeze into individual servings. We can provide containers. If you would like to help, [please contact lisasharp@rogers.com.](mailto:lisasharp@rogers.com)



### Free benches

The garden team has three garden benches to give away. Made of Wrought iron and old wood, painted green. Could be repaired or iron used for art project. Benches located at far end of parking lot by picnic table. Please [contact MargaretELinton@gmail.com](mailto:MargaretELinton@gmail.com) if you want them.



### Family Tree Fundraiser

In return for a non-tax-receiptable donation to FirstU, hobby-genealogist Barry Read will research your family tree using available on-line genealogy sites for civil and church records of family births, marriages and deaths and census entries to create a picture of your own unique ancestry. He'll provide you with a comprehensive report including records, photographs, and historical information. Interested? Have questions? [Email Barry to learn more.](#)

## Upcoming Events

### 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 at Ottawa libraries. Please note the date change. 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.



### Taoist Tai Chi

**Tuesday, April 9 - 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, April 10 - 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, April 10 - 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, April 11 - 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 "Privacy".

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



### 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



### 2023 Annual Reports DUE!

**Friday, April 12 - 4:00pm**

Team, Committee, and Group chairs, [click HERE to download the form](#), and email your annual reports to the office by 4:00pm on Friday, April 12.



### 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.](#)



### Spirituali-Tea Time

**Sunday, April 14 - 1:30pm in the NOW Room**

**Registration closes April 12**

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-judgmental space. Registration required. [Click HERE to register.](#)



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

## Save the Date

### Trivia Quiz Night

**Monday, April 15 - 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



### 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).



### yUuth Group

**Friday, April 19 - 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, April 21 - 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, April 22 - 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.



## 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!



## News from Our Friends

### Unitarian House Spring Clothing Sale

**Thursday, April 11 - 11:00am to 4:00pm**

**Founders' Room (20 Cleary Ave)**

Save the date and come join us at the Unitarian House Annual Spring Clothing Sale! We will be selling a wide selection of women's clothing, including many donations of brand-new clothing from Northern Reflections, Reitman's, Ricki's, and friends and family of Unitarian House. All proceeds go to the Unitarian House Residents' Association and unsold clothes will go to local charities. Support community seniors and dress for less!



### Child Haven International Newsletter

Our friends at Child Haven International invite you to [peruse their winter newsletter](#) to find out all the details about their latest support programs, home developments, and the kids in their care.



## Chez FirstU



### Harmony Concerts Presents:

**Military Wives Choir**

**Sunday, April 21 - 4:00pm - \$40**

A special event featuring the power of women connected through the military and music.

[Click HERE for tickets.](#)



### Ottawa Grassroots Festival

**April 25-28**

The Ottawa Grassroots Festival is coming to FirstU! Swing by our place to hear artists like Charlie A'Court (April 26) and Connie Caldor (April 27). More information, including how to get tickets, [available HERE](#).



### Gil's Hootenanny

**Wednesday, May 1 - 7:00pm - \$20**

Gil's Hootenanny, Ottawa's annual community singalong, celebrates songs of hope and protest with exuberant audience participation. While the word "hootenanny" may not be in everyone's lexicon, Gil's Hootenanny is hell-bent on reviving this form of entertainment for folks of all ages.

[Click HERE for details and tickets.](#)



### Evenchick and Hucul

**Sunday, June 2 - 3:30pm - \$25**

Local singer/songwriters Evenchick and Hucul will be releasing their juicy new album at The First Unitarian Congregation in Ottawa, Sunday June 2 in an effort to muster community support, raise funds and celebrate 40 years of The Ottawa Foodbank.

[Click HERE for tickets.](#)

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