

Weekly e-UU Newsletter - Friday, April 19, 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 21, 2024

[Online](#) AND In Person

Starts at 10:30am



Earth Day?

With Reverend Eric Meter

The science has been clear for years, if not decades now. So why are we finding it so hard to gain traction in the struggle to the only environment in which we can live? Mike Fletcher joins Rev Eric as they ask the inevitable questions and struggle towards answers that are both true and within our grasp.

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 week, the Rainbow Room is transforming into a wonderland of wiggling fingers and happy toes! We'll be unleashing our inner artists, turning our hands into paintbrushes and creating art that explode with color, so **dress to get messy**. Then! Get ready to feel the rhythm rumble through your feet as we transform into a drumming dynamo with our very own handcrafted drums. So come on let's make the Rainbow Room a symphony of creativity!

In the Chalice Room, we're not just building, we're building a fairer world! Dust off your bricks and join us for a Lego adventure through Justice! We will be joined by a special guest. You were given a clue last week during our story time, do you know who we will welcome?

FirstU Finances In-Depth

During the AGM, there will be a brief overview of the 2023 audit and the new Long-Term Financial Plan. If you want a more in-depth discussion of these there are two additional zoom meetings in the week before the AGM:

- Tuesday April 30 - 10:00am
- Wednesday May 1 - 7:00pm

This is also your chance to ask questions about other items on the agenda. [Click HERE to join either meeting.](#)



FirstU AGM

Sunday, May 5 - 12:30pm

Save the date! Join us in Worship Hall on **May 5, at 12:30pm**, for FirstU's Annual General Meeting.

Details in next week's eUU!



Caring Contacts for April

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

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

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.

Celebration of Life for Jane Perry

A service for Jane will be held on Saturday May 11, 2024 at 2pm (Noon in Ottawa time). Information to join remotely is in the following link, as is her 'Obituary in Six Movements': <https://calgaryunitarians.ca/jane-perry/>



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:

Zhìwibag

Zhìwibag means "sour leaf" in Algonquin, and is the Algonquin name for the plant that English calls "Rhubarb". Do you have rhubarb in your garden? Is it crowning yet?



Help the Meditation Garden Grow

The Friends of the Meditation Garden always needs gardeners. We work cooperatively to maintain the north and south gardens; a weekly list of tasks is shared along with suggested work dates for group work. Independent work occurs at any time. Time for breaks (group chat) is allocated some weeks; we are a friendly helpful group. Most tools, gloves etc., are provided. You can work independently or with group. We work about two hours per week in the summer when available. The time is flexible but the team usually meets on Wednesday and/or Friday mornings weather permitting. Contact MargaretELinton@gmail.com for more info.

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



Monday April 22 is Earth Day 2024. The big focus this year is plastics!

On Saturday, join the [Earth Day Festival at Dundonald Park](#). There will be lots of fun events. **On Sunday, join the March to "End the Plastic Era"** starting on Parliament Hill marching to the Shaw Centre. Why now? See the Coming Events Section on [the Climate Action page](#).



Ajashki is Hiring!

The Ajashki project is hiring a **part-time** Program Developer for their Makerspace! Please share [this job description \(click to read and download\)](#) with anyone you know may be interested in this position with Ajashki.



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).

Upcoming Events

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.



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](mailto:bridgehost@firstunitarianottawa.ca) so we can set up before you arrive. We're looking forward to seeing you!



Accessing Your Inner Knowing

Mondays, April 22 - 7:00pm in Room 3

Registration Closed

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. Questions? Email adultlearning@firstunitarianottawa.ca.



Taoist Tai Chi

Tuesday, April 23 - 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.



Meditation Group

Wednesday, April 24 - 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 25 - 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 "If I Was King of the World".

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



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!



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

Save the Date

FirstU Finances In-Depth - Session 1

Tuesday, April 30 - 10:00am on Zoom

If you want a more in-depth discussion of, and a chance to ask questions about, the 2023 audit and the new Long-Term Financial Plan, please [attend this meeting OR Session 2 by clicking HERE](#).



Trans Inclusive Women's Pagan Circle Celebrates Beltane

Tuesday, April 30 - 7:00pm in Fellowship Hall

Trans women, cis women, and nonbinary folks (if this is a fit for you): Come celebrate Beltane by making flower crowns as we welcome the return of our green friends. We'll have some supplies, but please bring more artificial flowers, leaves, florists wire, and ribbons to share, along with finger food for after the ritual. Bring personal trinkets to add to your own wreath. We welcome cash donations to cover supplies and to give to the FirstU for hosting us.



FirstU Finances In-Depth - Session 2

Wednesday, May 1 - 7:00pm on Zoom

If you want a more in-depth discussion of, and a chance to ask questions about, the 2023 audit and the new Long-Term Financial Plan, please [attend this meeting by clicking HERE](#).



Friday Reading For Growth

Friday, May 3 - 1:30pm on Zoom

Please join us for a discussion of *Cobalt: Cradle of the Demon Metals, Birth of a Mining Superpower*, by Charlie Angus. This is the harrowing history and damaging legacy of resource extraction in Canada and the consequences of the increasing demand for cobalt - a key ingredient for a 'green' economy. Copies available at public libraries. Please note the date change. To get the zoom link, [contact Clea Derwent](#).



FirstU AGM

Sunday, May 5 - 12:30pm

Join us after the May 5 service for FirstU's Annual General Meeting.



Evening Reading for Growth

Thursday, May 9 - 7:00pm on Zoom

For May, we'll be reading *The Last Doctor: Lessons in Living from the Front Lines of Medical Assistance in Dying*, by Jean Marmoreo. We hope you'll join us for our lively discussion of this book.

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



Mah Jongg

Monday, May 20 - 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.



Unitarian GoGos 2024 Plant Sale

May 10-12 (full weekend event)

Join the Unitarian GoGos for their annual pay-what-you-wish plant sale in support of the Stephen Lewis Foundation. Peruse a variety of perennials plus home-baking, preserves, honey, and jewelry while helping to raise money for people effected by HIV/AIDS in north Africa. [Click HERE for all the details](#).



Unitarian Universalist nUUs



International Convocation of UU Women's presents:

Healing Mother Earth: How Sustainable Development Addresses Poverty for the World's Women and Girls

Sunday, April 21 - 2:00pm - Online

In honor of International Mother Earth Day, ICUUW will host an online interactive event with life-long UU Erin Boeke Burke.

[Details and registration HERE](#).



Canadian Unitarians for Social Justice present:

Israel/Palestine/Gaza/Hamas – What Next?

Saturday, April 27 - 1:00pm - Online

Peter Larson, Chair of Ottawa Forum on Israel/Palestine (OFIP), is an experienced expert in Middle Eastern affairs. He visits and lectures on the region, focusing on Canada-Arab relations and the Israel/Palestine conflict. Larson's balanced approach, seen in his writings and lectures at Carleton University, has earned him recognition, including The Queen's Diamond Jubilee Medal. He might have a solution!

[Register HERE to get the zoom link](#).

Chez FirstU

Harmony Concerts Presents: The Military Wives Choir

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

A special event featuring the power of women connected through the military and music. Proceeds go to the choir's professional development. [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](#).



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