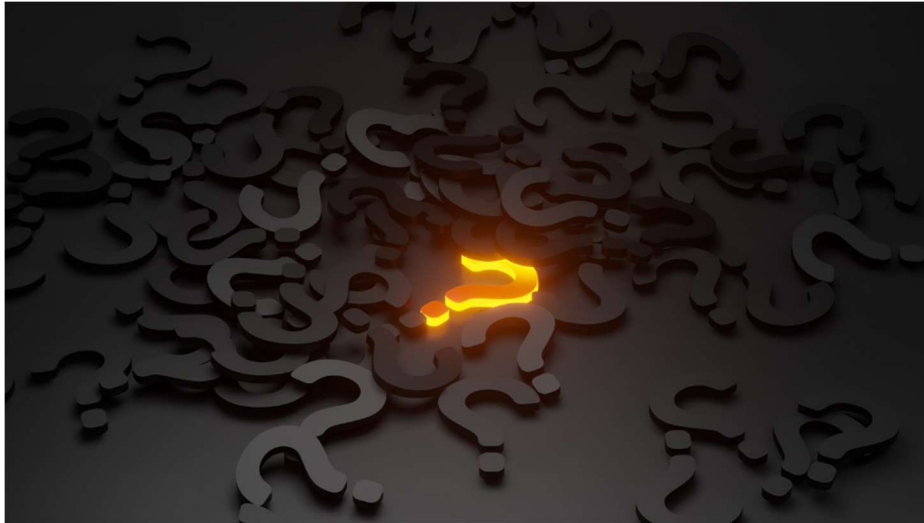


Weekly e-UU Newsletter - Friday, May 3, 2024

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 May 5, 2024
[Online](#) AND In Person
Starts at 10:30am



What Are We Here For?

With Reverend Eric Meter

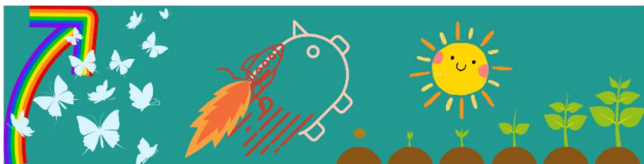
On this Sunday of our Annual General Meeting, let us take the opportunity to look deeply into what we do, how we do it, and why.

In lieu of Coffee Hour, please join us for a pre-AGM Community Lunch in Fellowship Hall following the service.

~*~

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 in the Rainbow Room we will be following Jetpig's lead and planting seeds. The children will be able to watch the seed they have sown grow over the next few weeks.

Meanwhile, in the Chalice room, Jetpig will help us explore the value of transformation with another fun lego activity.

FirstU AGM

This Sunday, May 5 - 12:30pm

Hear Ye, Hear Ye! **The 2024 Annual General Meeting will be held THIS Sunday May 5th at 12:30pm in Worship Hall.** Notice of the AGM was sent by email this week to all members and AGM Materials are available to download from our [Members' Page](#).



The agenda includes election of board members, approval of our financial statements, and a motion to repudiate the Doctrine of Discovery.

This meeting will be hybrid - in-person and via Zoom - and non-members are welcome, but only **members physically present** will be able to vote. To attend remotely, [click HERE to register](#) for a Zoom link, and be sure to arrange a proxy for your vote by downloading and filling out the proxy form [available on the Members' Page](#).

For those attending in-person: Lunch will be available in Fellowship Hall after the Sunday service, before the AGM; childcare will be available during the AGM; and voter registration will be available before and after service from 10:00am until the AGM starts at 12:30. We hope to see you this Sunday!

Caring Contacts for May

[Carmen Contreras](#) - 613-565-3613

[Marilen Gerber](#) - 613-848-1688

Caring Cards for April: Betty G, Bill D, Montha M, Werner D, Ruth S, Adele G, Meghan D, Lee R, Bill W, and Maryan O.

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:



Minookimi

Minookimi means "Late spring", when serviceberries and strawberries, Ininiwindibigegan and Namegobagonii'n, are blooming but it's still chilly at night. (Do you remember which flowers Ininiwindibigegan and Namegobagonii'n are?)

Keep Ajashki Afloat!

Did you know that FirstU's Ajashki youth employment program relies on grants to keep afloat? If you have experience in writing grant proposals or program evaluations - or even a talent for writing persuasively - we would welcome you in our Circle of Support. To find out more about this opportunity to contribute to an exciting reconciliation project, email ajashki@firstunitarianottawa.ca.

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



New Bike Racks at FirstU!

BIG NEWS Thanks to David, Margaret, Mike, Paula and the city's "Low Cost Bike Rack Program" for a joint effort to install our new wide-ringed, basic black bike rack at the south side of the church. Take a moment to admire it or even use it! Check out [Susan's new Enviro-Bit](#) and [Jen's May Good News items](#) on the Climate Action Page.



Interested in working with refugees?

Our Syrian family (mom, dad, 6 children, and their grandmother) is expected to arrive in Ottawa on the next 2 to 3 months. We need someone to help with overall coordination of settlement efforts, as well as volunteers to help arrange medical and dental appointments and to help enroll the kids in school. Have limited time? Drivers and childcare providers are needed too. Contact Eva at evaberringer@hotmail.com to volunteer or to find out more.



House Plants and Plant Pots

The Ajashki program is going to learn about plant propagation of tropical house plants! We are looking for donations of clean plant pots of all sizes (with drainage holes or not) as well as house plants or cuttings that can be easily rooted. Please drop off in the Grow Tower Room on the table by May 12th. Lisa Sharp is the contact person for this project.



Mystery Pals Revealed!

A Reminder to all Mystery Muuffin participants. Our Muffin Social will be next **Sunday May 5th at 9:30am** in Fellowship hall. Your pal's identity will be revealed.



Women's Recycled Jeans Sale

We are hosting a recycled jeans sale on May 11. If YOU have clean, old jeans in good condition that you'd like to donate to our cause, please drop them off at the FirstU office **by Thursday May 9**.



Possible Support Group for Parents of Adult Trans Children

Do you have child, university-age or older, who recently came out as trans? Would you like to talk to other parents of gender-diverse adults? [Contact Lisa](#) if this is something you'd find helpful.



From the Spire Team

Just a couple of weeks left before submission deadline for the summer edition of the Parkway Spire! What would you like to share with the congregation? A personal story? A newsy article? A poem? Whatever your choice, don't forget to include photos if you have any. Send submissions (max 450 words) to spire@firstunitarianottawa.ca **by May 15**.

Upcoming Events

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. Please note the date change. To get the zoom link, [contact Clea Derwent](#).



Mystery mUffins "Meet Your Pals" Breakfast

Sunday, May 5 - 9:30am

Mystery mUffins participants are invited to enjoy some muffins and meet your Mystery Pals on Sunday, May 5 in Fellowship Hall!



FirstU AGM

Sunday, May 5 - 12:30pm

Join us after the May 5 service for FirstU's Annual General Meeting. AGM documents and proxy forms are available on the [Members' Page](#).



Taoist Tai Chi

Tuesday, May 7 - 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. We welcome anyone, 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, May 8 - 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, May 9 - 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 "**Life's Big Transitions**".

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



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



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](#).



Women's Recycled Jeans Sale

Saturday May 11 - 9:00am-1:00pm - in the NOW Room

Come find a bargain, try it on for size and leave happy! Plus: shop for plants and baking in the Go-Go Grannies' sale. **Please leave donations of jeans in FirstU office by Thursday May 9.**



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

Save the Date

Trivia Quiz Night

Monday, May 13 - 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 friends! For more information, [email Andrew](#).

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



yUUth Group

Friday, May 17 - 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, May 19 - 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!



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 Universalist nUUs



Unitarians Seeking Rooms (Ottawa Peace Caravan)

I am a member of the Vancouver Unitarians and I will be travelling with the On to Ottawa Peace Caravan, arriving in Ottawa on May 27th. The Caravan is organized by the Women's International League for Peace and Freedom and the Canadian Voice of Women for Peace. [The attached letter details our broad purpose](#). We will be a party of six, one couple and four singles - singles will very gratefully and happily share a room with twin beds - all in need of places to stay. We recognize this is a very big ask. **Our travels and scheduled events will have us needing billets in Ottawa for May 27-30.** Please contact me - Debra - at debrasutherland8@gmail.com or 778-322-5921, if you can offer a room or two. Many thanks for any assistance you are able to provide.



International Convocation of UU Women's Fourth International Convocation September 5-8, 2024 – Cluj-Napoca/Kolozsvár, Romania

The International Convocation of Unitarian Universalist Women would like to invite your members to attend our 4th International Convocation in the historic UU region of Transylvania! The theme is "Weaving a Tapestry of Peace and New Perspectives". [Click HERE for all the details!](#)

News from Our Friends

Maple Syrup Fundraiser

As a fundraiser, Children's International Summer Village (CISV) Canada is offering 540ml tins of pure Quebec, Amber Maple Syrup for \$10.00 each. To order your 540ml tin of Quebec Maple Syrup and organize for pickup/delivery contact congregation member Judy Dunlop at judy_dunlop@sympatico.ca.

CISV Canada, founded over 60 years ago, is a non-profit organization for international children's and youth gatherings. CISV believes that we can help change the world by providing life-changing experiences and building friendships that last a lifetime.



News on Dr Hassan Diab and a Parliamentary Petition

On 21 April 2023, the Special Court of Assize in Paris unjustly declared Canadian citizen Dr. Hassan Diab guilty, based on unfounded allegations and flawed intelligence. This, while his case was thrown out by the two assigned French judges who worked on his case for three years! He was sentenced in absentia to life in prison for the 1980 bombing outside a Paris synagogue. Our Congregation has been very supportive of Hassan. [Please sign the parliamentary petition](#) calling upon the Government of Canada to formally declare that Canada will neither accept nor agree to any second request from the French Government for the extradition of Dr. Hassan Diab in connection with the 1980 Paris attack.



Chez FirstU



Harmony Concerts Present:

Martyn Joseph

Friday, May 3 - 7:30pm

Hailed as a raconteur weaving tales on topical concerns, as well as stories on the fragility of love, Martyn Joseph has a magical ability to reach out to his listeners through his passion and humour. For one man and a guitar he creates a performance with a huge far-reaching sound that is energetic, compelling and passionate. [Get tickets HERE.](#)



Intercultural Dialogue Institute Seminar

May 7 - 5:30pm

Join the Intercultural Dialogue Institute (IDI) Ottawa on May 7, 2024, for a seminar featuring key panel discussions on "Interfaith and Intercultural Dialogue" and "Identity and Integration." These panels, led by experts including Scott Alexander, aim to foster mutual understanding among diverse faiths and cultures and address the integration challenges faced by young people. Open to academics, community leaders, and all interested individuals, the event will combine moderated discussions and interactive Q&A sessions. Don't miss this opportunity to engage in important conversations that promote inclusivity and understanding. [Click HERE for more information and to register.](#)

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