

Weekly e-UU Newsletter - Friday, May 17, 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 19, 2024

[Online](#) AND In Person

Starts at 10:30am



Want

With Reverend Eric Meter

This morning we gather to glean what we can about that seemingly hardwired impulse that is both a cornerstone of human genius and also intractably problematic.

Please join us for Coffee Hour following the service. Grab a green mug to let us know it's your first time visiting!

~*~

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, we invite families to join us in Worship Hall for Time for All Ages as we plant a new seed in our ValUUES Garden. Then, our Rainbow and Chalice groups will gather in Room 4 to explore an old folk tale about a wise traveller who arrives in a village with a mysterious stone. **Please come dressed for outdoor play!**

Caring Contacts for May

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

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

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:



Odehimin

Odehimin means "strawberry". Have you seen wild strawberry flowers blooming in your lawn or on the church grounds this week?



Sunday Elevator Operators Needed

There are currently four Designated Elevator Operators and we are seeking two additional volunteers to act as Designated Elevator Operators for Sunday services to assist our fellow congregants with mobility issues in using the elevator. For more information, [email Stan Pope](#).

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



Canadian Unitarian Council AGM May 25

The Annual General Meeting of the CUC, of which FirstU is a member, will take place by Zoom Saturday, May 25th at 12:30-4:00pm Eastern. FirstU's voting delegates for this meeting are Carl Sonnen, Carmen Contreras, Lisa Sharp, Chuck Shields, Nancy Cloutier, and Caycee Price. Observers are also welcome, but need to register in advance. [Click HERE for registration and other AGM information](#).



Sponsor FirstU's MHI Tulipathon Team

Our congregation has a long history of supporting Multifaith Housing Initiative and, this year, we're participating in the Tulipathon - their annual fundraiser that raises money for tenant subsidies for folks living in MHI-owned housing communities. [Join the team with Maury and Kathy or make a donation HERE](#).



Volunteer Opportunity - Copy Editor for the Parkway Spire!

After 5+ years, your Spire Editor is ready to pass the torch. We are looking for someone with an interest in copy editing to take over in time for the next edition, to be published in September. Familiarity with Microsoft Word is required. The position involves several hours of your time every 3 months, sending out submission deadline notices, editing articles, and following up where necessary. Training will be provided. For more information, please [email spire@firstunitarianottawa.ca](mailto:email_spire@firstunitarianottawa.ca).



The Religious Exploration Story Garden is BACK!

Jodi and Susan invite kids of all ages to take a walk through the Meditation Gardens to enjoy the return of our story garden! Follow the images through the flowers and dappled shade to learn about our UU values!

Upcoming Events

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.



Taoist Tai Chi

Tuesday, May 21 - 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.** By donation. Email adultlearning@firstunitarianottawa.ca with any questions.



Online Meditation Group

Wednesday, May 22 - 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 23 - 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 "**Membership Has Its Privileges**".

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



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

Save the Date

Friday Reading For Growth

Friday, May 31 - 1:30pm on Zoom

You are welcome to join the discussion of *All The Frequent Troubles of Our Days: The True Story of the American Woman at the Heart of the German Resistance to Hitler*, by Rebecca Donner. Newly married into a prominent German family, the heroine of this real story is witness to, and is ultimately executed for her role in fighting against, fascism. Copies available at public libraries. To get the zoom link, [contact Clea Derwent](#).



Spirituality and Philosophy Reading Group

Saturday, June 1 - 10:30am on Zoom

The Spirituality and Philosophy group will be reading and studying a new book together! Starting Saturday, May 18 we'll be studying *Lighting the Seventh Fire: The Spiritual Ways, Healing and Science of the Native American* by F David Peat. Want to join us? [Contact Paula Theetge](#) at 613-260-1709 for further information.

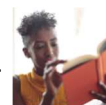


Evening Reading for Growth

Thursday, June 13 - 7:00pm on Zoom

For June, we'll be reading *Trust the Plan: The Rise of QAnon and the Conspiracy that Unhinged America* by Will Sommer (2023). We hope you'll join us for our lively discussion of this book.

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



Trivia Quiz Night

Monday, June 17 - 7:00pm on Zoom

Join us for our last Trivia Quiz before we break for the Summer! 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



Trans Inclusive Women's Pagan Circle Celebrates Summer Solstice

Thursday, June 20 - 7:00pm in Fellowship Hall

Trans women, cis women, and nonbinary folks (if this is a fit for you) are invited to celebrate and honour the abundance of Midsummer! Please bring first fruits (rhubarb, strawberries, serviceberries, etc) from your garden, neighbourhood, or favourite grocery store for blessing and to share after the ritual. We welcome cash donations to cover supplies and to give to FirstU for hosting us.



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!](#)



CUC Congregational Conversations Series

FirstU's UU Connections Team encourages everyone to participate in one or more of the upcoming conversations hosted by the Canadian Unitarian Council:

- Financial Planning & Income Streams: Monday May 27
- Worship Programming & Leadership Development: Saturday June 1
- Children & Youth - Presence & Programming: Saturday June 1

The sessions are online by Zoom at 1:00-2:30pm Eastern except for the May 10 session, which starts at 7:00pm. [Click HERE for details and registration](#).

News from Our Friends

Rainbow Week of Action:

Rally Against Rising Hate

TODAY, May 17 - 5:30pm in Confederation Park

Fae Johnstone and the Society of Queer Momentum invite members and friends of FirstU to participate in the Rainbow Week of Action by [emailing your MP](#) and/or attending TODAY'S [Rally Against Rising Hate](#): May 17 at 5:30pm in Confederation Park!



Capital Region Interfaith Council presents:

Joy of Faith: A Musical Gathering

Sunday June 13 - 3:00pm - At Haven Community Room (435 Via Verona Ave, Barhaven) and Online

Joy of Faith is an annual Interfaith Musical Celebration. We are pleased to feature the soulful performances of 10 faith groups, videos that reflect the need for social distancing with family performers, a reflection on art, the Summer Solstice Powwow as it has been celebrated and Ramadan this 2024. [To access this event online through ZOOM, click HERE](#).



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



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 of 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>