

Weekly e-UU Newsletter ~ Friday, January 6, 2023

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, January 8, 2022

Online AND In Person (masks required)

Starts at 10:00am EST



The Center Of It All? **~ Reverend Eric Meter**

When we talk about the center of things, just what do we mean? Is there a core to our beings?
A core to any community? And what might that core ask of us?

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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 bod@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.

Joys and Sorrows

If you would like a stone placed in the water for you during the Joys and Sorrows portion of an upcoming Sunday Service, please email spiritualcare@firstunitarianottawa.ca by Friday at 10am.

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Join Us for Messy Church!

This Sunday, kids 7 and under (and their parents and grandparents) are invited to Room 4 for a church service of our very own where we'll be doing New Year's activities.

- Anyone above 12 will need to have been vaccinated
- Health checks will be conducted on site, but don't forget to [use the passive screening criteria on Sunday morning](#), to ensure that everyone who wants to attend is able to do so
- Questions? Please email dre@firstunitarianottawa.ca



Christmas Cheer – Thank You

Thank you to everyone who donated food to our family from the Youville Centre. Our mom was overwhelmed with emotion. She mentioned this was a particularly challenging year and was grateful for the support from our community.

A letter from the Youville Centre can be found on the last page of this document.

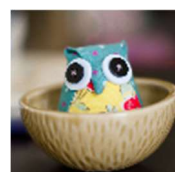
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Religious Exploration and Lifelong Learning

OWL K1 - For 4-7 Year Olds!

This is a reminder to parents to register your kids for OWL K1 (4-7 year olds). Topics include: Learning about our bodies, different family configurations, how babies begin, and body boundaries. **Every Other Sunday, Starting January 22.**

For details and registration, [visit the OWL page on our website.](#)



Coming of Age - For 12-14 Year-Olds

Starting in late January, 2023

This year-long program will give youth aged 12-14 the opportunity to explore and develop their own spiritual identities. Further information to follow.

[Learn more HERE.](#)

Know any youths, age 12-14, who are interested in participating? [They can register themselves by clicking HERE.](#)



Mystery Pals in 2023

Mystery Pals is a fun, intergenerational group activity composed of pairs of pals - one young person and one adult. The idea is to get to know each other by exchanging notes, crafts, cards, riddles, puzzles and books. This is a great way to connect with our congregation's younger members. Exchanging will begin in February. In the end, we will have a Discovery Breakfast, where you meet your Pals face to face.

If you know kids who would like to take part, they can [sign up for Mystery Pals HERE.](#)



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Congregational Focus: Climate Action



We're starting 2023 with a new slate of activities, events, and actions you can take to support the interconnected web of life! Check them out here: <https://www.firstunitarianottawa.ca/climate-action.html>

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Caring Contacts for January

[Maureen Sly](#) - 613-728-7610

[David Hudson](#) - 613-402-5744

Caring Cards for December: Elisabeth B, Helen M, and Ed W.

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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Read All About It



Delivery of Mitten Tree Items

We'd be delighted if someone was able to drop off the mittens we collected for the Mitten Tree to the Snowsuit fund. If you are able, **please contact Jen at the office 613-725-1066.** Thank you!



Friday Reading for Growth Book Club

As an inspirational beginning to the new year, we are reflecting on *One Drum: Stories and Ceremonies for a Planet* by Richard Wagamese (copies available at Public Library). Published posthumously, One Drum presents four of the foundational Ojibway Seven Grandfather Teachings that Richard Wagamese was able to complete documenting before his death in 2017.

[Contact Clea Derwent for details of Zoom meeting on January 27 at 1:30p.m.](#)



Spirituality and Philosophy Group

The Spirituality & Philosophy group will be reading and discussing a new book *Belonging* by Toko-Pa Turner. The sessions will be held on Zoom and will begin on Saturday, January 7, from 10:30-12:15.

[Contact Paula Theetge for more information.](#)



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Help Shape our UU Pride Group

Now is the perfect time to join, while we craft our group guidelines and make plans for 2023! [Email us to sign up!](#)

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Upcoming Events

Online Bridge

Friday, January 6 - 7pm

On Zoom (and BridgeBase)

Join us for a round of Online Bridge (using Zoom and BridgeBase.com) this evening! New members are always welcome!

Contact bridgehost@firstunitarianottawa.ca for details and to sign up for future online bridge games.



Spirituality and Philosophy Group

Saturday, January 7 - 10:30am

On Zoom

Join us as we read and discuss our new book: *Belonging* by Toko-Pa Turner.

[Contact Paula Theetge to get the zoom link.](#)



Friday, January 6, 2023	
Z-FirstU Bridge Group	07:00p - 09:00p
Saturday, January 7, 2023	
Z-Spirituality and Philosophy	10:30a - 12:15p
Sunday, January 8, 2023	
Kindergarten OWL	09:00a - 12:00p
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Fellowship Hour	11:30a - 01:00p
Wednesday, January 11, 2023	
Knitters' Group	01:00p - 03:00p
Thursday, January 12, 2023	
Ajashki	08:00a - 06:00p
Z-Reading for Growth Non-Fiction Group	01:30p - 03:30p
Z-Comm and Outreach	04:00p - 05:30p
Friday, January 13, 2023	
Men's Breakfast	08:00a - 10:00a
Saturday, January 14, 2023	
Membership Task Force	10:00a - 12:00p
Sunday, January 15, 2023	
Kindergarten OWL	09:00a - 12:00p
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Fellowship Hour	11:30a - 01:00p

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Save the Date

Trivia Quiz Night

Monday, January 16 - 7pm 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: 841 2565 4674 Passcode: 222371



FirstU Virtual Discussion Circle

Thursday, January 19 - 1:30pm

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! If you have ideas for future discussion topics, please [email Andrew](#).

[ZOOM LINK](#) Meeting ID: 638 009 136 Password: 897007



UU Pride - January Meetup

Friday, January 20 - 7pm on Zoom

Get together with other 2SLGBTQIA+ UUs for some social time! To get the zoom link, contact pride@firstunitarianottawa.ca.



Prisoner Exchanges with China:

Transactional Justice in Today's World

New Date TBD

When Canada took Chinese citizen Meng Wanzhou into custody on a U.S. request for her extradition, a series of events followed which would eventually impact Canadians who were in custody in China, including the "two Michaels", Michael Spavor and Michael Kovrig. We will explore how Canada handled the situation, whether the process or result damaged Canada-China relations; and how it impacted other Canadians still held in China. **This Event has been postponed. Watch this space for date and registration details.**



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Unitarian Universalist nUUs



**Unitarian Universalist Ministry For Earth Presents:
January Full Moon Spiritual Gathering
Friday, January 6 - 7pm EST on Zoom**

In 2023, UUMFE continues our Monthly Spiritual Gatherings so that we may all find time to ground, recenter, and imagine what is possible in a world in need of repair. This year to draw us more closely into alignment with Earth-based philosophies, we will follow the Lunar Calendar. We will gather each month, via Zoom, on the Full Moon to nourish our spirit.

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



Seminary for a Day with First Unitarian Portland

Saturday, January 28 - 12:30pm EST

Keynote: Transcendentalism Comes West

Virtual Tickets: \$35 (scholarships available)

Join First Unitarian Portland for a hybrid Seminary For A Day featuring keynote speaker Rev. John Buehrens plus a workshop on "god optional" UU theologies. [Click HERE for details and advance registration.](#)

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Notes From Our Friends

St. Basil's Conversations for Our Time Presents:

Inter-Religious Dialogue with Fr. Louis Roy

Sunday, January 8 - 2:30pm

There is a lot of hate talk in our society these days, not to mention violent actions motivated by hate, much of which targets people of religions different from our own. Join Fr Louis Roy who will talk about the sources of interreligious dialogue in Christianity; the focus on it since Vatican II; how Catholics can cultivate this dialogue; the pitfalls to avoid and will conclude with some practical guidelines.

[Register HERE for the zoom link.](#)



Humanist Perspectives

The latest issue of Humanist Perspectives (Autumn 2022) is available now. [Click here to check it out.](#)



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Youville Centre

An innovative centre that **inspires, educates** and **nurtures** young mothers and children to utilize their strengths and achieve their goals.

December 20, 2022

First Unitarian Church of Ottawa
c/o Rita Ross

Dear Donors,

On behalf of the young mothers and children of Youville Centre, I would like to thank you for your generous donations of a food hamper for a young family in our Child Development Program this year. Although it is a time of joy for many, Christmas can also be a stressful time for our young mothers as they attempt to provide for their children. Your donation helps to make Christmas magical for our young mothers and their children.

Recently one of our mothers, Chelsea, shared her story with our community of donors and supporters. You can find her story on our website at <https://www.youvillecentre.org/blog/2022-holiday-ways-to-give-chelseas-story/>. Chelsea spoke about how she lost her own mother at a young age, but is trying to recreate the traditions and memories that her mom gave her, with her own children. Thanks to the generosity of donors like you, she will be able to make the holidays magical for her two young children. Your donation today is making a difference in the lives of other young mothers and their children who need the support more than ever this year.

Thanks to the support she has found at Youville Centre, Chelsea is really looking forward to the holidays this year: *"If I didn't have access to a place like Youville, I never would have received the mental health support that I needed, my kids never would have received such wonderful childcare and I know for certain I would have been too overwhelmed to work on obtaining my high school diploma."* - Chelsea

Please accept my gratitude on behalf of the young mothers, children, staff, and volunteer board members at Youville Centre. Merry Christmas and Happy New Year to you and your family!

Sincerely,

Bev MacKillop
Executive Director

