

Weekly e-UU Newsletter ~ Friday, January 13, 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 15, 2022

Online AND In Person (masks required)

Starts at 10:00am EST



In and Out of Balance ~ Reverend Eric Meter

alance. Yet new insights are possible when our perspective changes.
How, then, might we best move forward in our lives?

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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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Chalice Children Curriculum Begins!

This Sunday, we'll be starting our Chalice Children Curriculum this Sunday. Our focus will be on what makes our church Special. Children will create a welcome to Church banner.

- 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

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Religious Exploration and Lifelong Learning

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.](#)



It's Time for Mystery Pals

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 for our congregation to build connections between younger and older members.

Exchanging will begin in February. In the end, we will have a Discovery Breakfast, where Pals will meet face to face. **Sign kids up for Mystery Pals in Room 4 on Sunday!**



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Congregational Focus: Climate Action



The EAG returns with lots of new items this week, including webinars about "story telling for climate change", heat pump evaluations, and a ban on plutonium processing in Canada, plus new enviro-actions for the new year!

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

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



Ajashki Garden Project Recognized Again!

We're excited to announce that the Ajashki Garden Project has received an award from the Green Green Space Recognition Program! [Click HERE to view the certificate.](#) Kayoki Whiteduck, the Ajashki Gardener, will be a presenter for the Greener Green Spaces webinar series.



Non-Fiction Reading Group - Formerly on Mondays NOW on Thursday Evenings!

(Apologies for the earlier mix-up stating it was the Friday Group)

The Monday Reading for Growth Group is now the **Non-Fiction Reading Group** and will run at a time more accessible by all! Our Non-Fiction Reading Group will be discussing Laughing with the Trickster: On Sex Death and Accordions, by Tomson Highway. **If you've wanted to join us, but haven't been able to due to scheduling, now's your chance!** We meet on zoom, Thursdays at 7pm. [Contact Katharine Elliott by email](#) to get the zoom link for our next meeting!



A Gentle Reminder

A **plea** to anyone using the kitchens, specifically the downstairs kitchen, to **please, please** clean up and wash your dishes. It's just not cool to leave a mess for others to clean up on your behalf. There are really no excuses. Thank you.



Bridge continues this winter!

Online with Bridgebase and zoom the first Friday of the month at 7pm, and in-person on the third Sunday of the month from 2pm to 4pm. [Contact bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) for details.



Reading for Growth Book Club (still on Fridays)

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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Upcoming Events

In-person Bridge

Sunday, January 15 - 2pm

Room 3

Join us on Sunday AFTERNOON from 2pm to 4pm, December 18, for some friendly rounds of bridge in Room 3. Beginners and experts welcome! No need to RSVP - just show up, and we will make up tables and rotate after a few hands with those who are there. For more information, contact: bridgehost@firstunitarianottawa.ca.



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! This week, our topic is "Free Speech".

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

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



yUUth Group Meetup

Friday, January 20 - 6pm

Room 6

If you're 11-17, come join us for make-your-own chicken/veggie wraps and a games night.

Need a ride? [Email us and we'll help you out.](#)



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.



Friday, January 13, 2023	
Men's Breakfast - Cancelled	08:00a - 10:00a
Saturday, January 14, 2023	
Membership Task Force	10:00a - 12:00p
Sunday, January 15, 2023	
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Fellowship Hour	11:30a - 01:00p
First U UU Connections Team	11:30a - 01:00p
FirstU Bridge Group-onsite	07:00p - 09:00p
Monday, January 16, 2023	
Z-First U Trivia Night	07:00p - 08:30p
Wednesday, January 18, 2023	
Knitters' Group	01:00p - 03:00p
Three Rivers Choir	01:00p - 03:00p
Board Meeting	07:00p - 09:00p
Thursday, January 19, 2023	
Ajashki	08:00a - 06:00p
Z-Discussion Group	01:30p - 03:00p
Z-Virtual Discussion Circle	01:30p - 03:00p
Friday, January 20, 2023	
Poetry Group	01:30p - 03:00p
Youth Group	06:00p - 10:00p
Z-UUPride Group	07:00p - 09:00p
Saturday, January 21, 2023	
Z-Spirituality and Philosophy	10:30a - 12:15p
Sunday, January 22, 2023	
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Kindergarten-Grade One OWL	10:00a - 11:30a
Fellowship Hour	11:30a - 01:00p
Z-Mental Health Support and Action Group	12:30p - 02:00p

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Save the Date

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

Seminary for a Day with First Unitarian Portland

Saturday, January 28 - 12:30pm EST

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.](#)



Uncolonizing Democratic Processes

Saturday, February 12:30pm on Zoom

Congregations that choose to take up the challenge of actively welcoming greater diversity may need to reconsider some of their long-term practices. The ways we organize and make community decisions are no exception. Some of our congregations are exploring new approaches. In this workshop, we will explore a few ways they are working to uncolonize their democratic processes. Participants will be able to choose two of the four streams being offered. [Details and registration HERE.](#)