

Weekly e-UU Newsletter ~ Friday, January 20, 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 22, 2022

Online AND In Person (masks required)

Starts at 10:00am EST



The Centre and Balance Revisited: A Personal Perspective **~ Lay Chaplain Alex Campbell**

The January themes these past few weeks has been "Finding our Centre" and the "Importance of Balance and Imbalance in Our Lives". This Sunday, lay chaplain Alex Campbell will revisit these themes, looking at these important spiritual realities through the lens of his personal experience.

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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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Celebration!

Our First OWL session starts this Sunday in the NOW room. We have 16 children registered. Those with children not registered in OWL can still access childcare/programming in room #4.

- 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

Religious Exploration and Lifelong Learning

Coming of Age - For 12-14 Year-Olds

Registration deadline is January 30!

We have four enthusiastic facilitators who are excited to guide participants through CoA.

The first session will be on February 12 and sessions will run on Sunday evenings through the end of April, with a few bonus all-day retreats planned. [Click HERE to register for Coming Of Age](#)

NOTE: The CoA family potluck and orientation for youth and their parents will be held **on February 5 from 6 pm to 9 pm**.

Feel free to bring younger siblings.

[Learn more HERE. Youths 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!



Congregational Focus: Climate Action



This week, the EAG invites you to contact the Federal Government demanding they discontinue subsidies to the fossil fuel industry; updates on Bill 23; lots of upcoming events.

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



A Note from your Privacy Officer

As our Privacy Policy states, "We are committed to protecting the privacy, confidentiality, accuracy and security of Personal Information that we collect, use, retain, and to ensuring that we follow both legal and ethical standards in handling the personal information and data that people share with us. All congregational staff, members and other volunteers are responsible for the security of any personal information to which they have access."

I would like to remind everyone that careful record retention and destruction is very important and to please remember to shred old directories, tear up messages containing personal information such as email addresses or phone numbers before discarding, and to bring to the church premises any documents that contain personal information that you no longer need off-site. We will take care of them in the office.

Thank you,

Jen Brennan, Privacy Officer



Welcoming Kirk Adsett, Our Interim Music Director

We are very pleased to announce that Kirk Adsett has joined FirstU as our Interim Music Director while Jenn Berntson is on maternity leave. Kirk earned his Bachelor of Music degree from Wilfred Laurier University in Waterloo, and holds a Master of Sacred Music degree from Westminster Choir College in Princeton, New Jersey. He has held numerous organist/choirmaster church positions in Canada and the United States.

He was privileged to have been founding director of an after-school program called Reaching Out Through Music which continues to offer free or subsidized music lessons to immigrant children in the St. Jamestown project in Toronto. Kirk's hobbies and joys include reading, travelling, socializing with family and friends, and walking his blue standard poodle, Max. You can reach Kirk at

music@firstunitarianottawa.ca



Seeking delegates for Canadian Unitarian Council AGM on May 19 - Deadline Coming Soon!

The CUC Annual General Meeting will be held on Friday, May 19, from 1pm-4:30pm. It will be a hybrid meeting, but we're encouraging our delegates to attend in person at Algonquin College. If YOU are a member of FirstU and are interested in, or wish to consider, serving as one of our six voting delegates, please

contact uconnections@firstunitarianottawa.ca by **February 20th**.

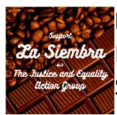
Check out our "Save the Date" and "Unitarian Universalist nUUs" sections for more on the CUC Symposium and motions for their AGM.



Choirs Seeking New Members

All three of our choirs (Chalice, Three Rivers, Fusion) are now meeting at their regular weekly times and are welcoming new members. You can learn more about each choir and when they practice and perform here.

Please email Kirk at music@firstunitarianottawa.ca if you are interested in learning more.



Price Drop this Sunday on Fair Trade Products

La Siembra Co-op Coffee and Chocolate bars, Zatoon Oil, soap, Za'tar will be available in Fellowship Hall after the service this Sunday. Brought to you by Justice and Equality Action Group.



Ajashki Garden Project Recognized Again!

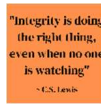
We're excited to announce that the Ajashki Garden Project has received an award from the Green Green Space Recognition Program! [Click HERE to download the certificate](#). Kayoki Whiteduck, the Ajashki Gardener, will be a presenter for the Greener Green Spaces webinar series.



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

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, on the second Thursday of the month, 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 for details.



Reading for Growth Book Club (still on the 4th Friday of the month)

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

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.



Mental Health Support and Action Group

Sunday, January 22 - 12:30pm on Zoom

We offer a listening presence and mutual support for each other. We welcome you if you have mental health challenges, are a caregiver, or have an interest in mental health awareness. This Sunday, we will be starting a discussion of the book *Held: Showing Up for Each Other's Mental Health* by Barbara F. Meyers. **For more information and the Zoom link, please contact** [Linda Goonewardene](mailto:Linda.Goonewardene) – 613-702-1595 or [johnnie gall](mailto:johnnie.gall) – 613-237-3214



FirstU Virtual Discussion Circle

Thursday, January 26 - 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 "Joy".

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

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



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
TRAG Meeting	11:30a - 01:30p
Z-Mental Health Support and Action Group	12:30p - 02:00p
Tuesday, January 24, 2023	
Z-Caring Network Executive	10:30a - 12:30p
Fusion Choir	01:00p - 03:00p
Z-Welcome and Membership	02:45p - 04:45p
Wednesday, January 25, 2023	
Knitters' Group	01:00p - 03:00p
Three Rivers Choir	01:00p - 03:00p
Thursday, January 26, 2023	
Ajashki	08:00a - 06:00p
Z-Virtual Discussion Circle	01:30p - 03:00p
Chalice Choir	07:00p - 09:00p

Friday, January 27, 2023	
Men's Breakfast	08:00a - 10:00a
Z-Friday Reading for Growth	01:30p - 03:00p
Sunday, January 29, 2023	
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

Registration for CUC Symposium and Related Events

Registration opens **January 30th** for the Canadian Unitarian Council Symposium, youth and young adult events to be held in Ottawa, May 19-21. As the host congregations, FirstU and UUFO can provide free registration to a limited number of people, which we will do based on need and merit. **To be considered for one of the free registrations, please email uuconnections@firstunitarianottawa.ca by January 31st. It is important to not register until you get a response.** If you do not receive free registration, you will be able to choose from the sliding scale of fees for the events.



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



This Sunday, January 22, FirstU's Kris Cormier will be speaking at UUFO on the importance of rest in daily life using the metaphor of music and featuring a variety of musical mindfulness exercises.



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.](#)



CUC National Service

Sunday, February 5 - 1:00pm on Zoom

The Canadian Unitarian Council (CUC) is presenting a national service on Sunday, February 5th at 1:00-3:00pm Eastern on the theme of "Covenanting Through Transitions". You can participate on Zoom or YouTube. These services often provide opportunities to meet other UUs from across Canada.

[Click HERE for more information and links to join the service.](#)



Motions for Canadian Unitarian Council AGM

The CUC invites congregations to provide input on non-routine motions submitted for its Annual General Meeting in May. There will be at least two opportunities for FirstU people to learn more and provide input:

1. An online CUC Leaders Roundtable Saturday, January 28th at 12:00-1:30pm; see for more information. [Click HERE for more information.](#)
2. A hybrid FirstU event on Saturday afternoon, February 25th; more details to follow.

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News From Our Friends



Rental Room Sought for January 31, 2023

Since we don't have our on-site bulletin board for personal notices, we are allowing them in the eUU during COVID. As such, here is a message from Sam Babaei:

Looking for available room or basement to rent:

30 year old male, quiet, electrical contractor, working 6 days a week from morning to evening.

Kitchen access not essential.

Can help with house chores, repairs, misc assistance in addition to the rent.

Need to move by Jan 31st.

If you have an appropriate space available for reasonable rates, please contact Sam at: babaei.sl@gmail.com or 647-367-7499

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