

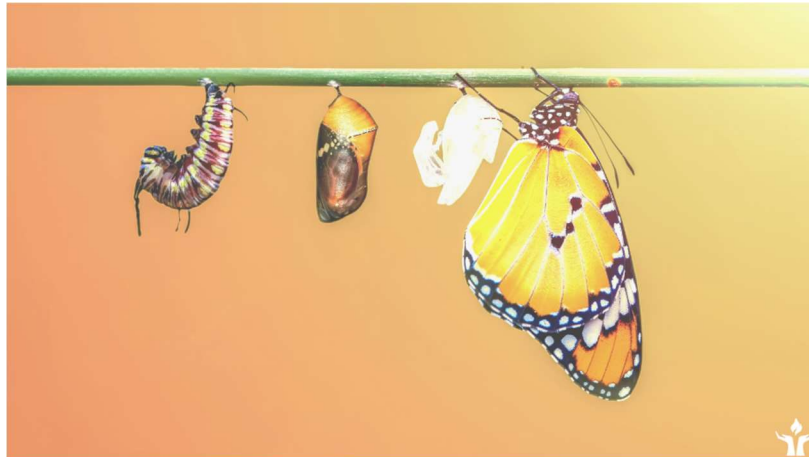
# Weekly e-UU Newsletter ~ Friday, February 3, 2023

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, February 5, 2022**

**Online AND In Person (masks required)**

**Starts at 10:00am EST**



## How Do You Spell Change?

*~ Reverend Eric Meter*

Some of us seem to relish change. Others avoid it at all cost. But, like it or not, change is a given. As this community is facing significant changes - the LRT and our possible campus expansion for starters - how can we best navigate the way forward?

~\*~

### 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](mailto: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](mailto:spiritualcare@firstunitarianottawa.ca) by Friday at 10am.

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## Children's Religious Exploration

This Sunday, OWL-K1 participants will meet in the NOW Room. Those with children not registered in OWL can still access childcare / programming in Room Four. **Please Note: Messy Church is canceled for the month of February.**

- 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](mailto:dre@firstunitarianottawa.ca)

~\*~

## Message from the Minister

*Dear Members and Friends of FirstU,*

*I want to let you know that Neo Yaxley is no longer our Director of Religious Exploration. For over four years she served us, our families and our children, with heart and grace. And, as you well know, these were trying years for all of us, especially programs for young children.*

*I trust you will join me in wishing Neo well in the next chapter of her life. We will miss her.*

*I've been in close touch with our other childcare staff and our volunteers in our rejuvenated programs: Coming of Age, Our Whole Lives and Mystery Pals. The start of CoA will be delayed slightly, but the other programs are continuing as planned. The volunteers that are making that possible deserve our thanks and support.*

*Plans for the next steps in how we can best staff our Religious Exploration program have begun and will be communicated to you as soon as is possible.*

*The future remains bright for us at First U, both upstairs and downstairs in our programs for children and youth.*

*In shared faith,  
Rev. Eric*

~\*~

## Congregational Focus: Climate Action



This week, the EAG brings you a letter-writing campaign, an invitation to review a "climate friendly living in multi-unit residences", and more information on the Ontario government's Bill 23.

**Check them out here:** <https://www.firstunitarianottawa.ca/climate-action.html>

~\*~

## Caring Contacts for February

[Evelyn Algar](#) - 613-728-5761

[Agnes Davis](#) - 613-737-6527

**During "Heart Month", our Caring Network thanks you all for continuing to care for each other with a warm smile, a happy greeting or a caring phone call or visit, no matter what comes up in our changing lives. Caring is for everyone!**

**January Caring Cards:** Family of Rev Brian Kopke, Elizabeth B, Joan C, Residents and staff of Unitarian House, Fred C, Jenn B, and Shawn P.

*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.*

~\*~

# Read All About It



## COVID Task Force Update: Party Like it's 2023!

After almost THREE YEARS the COVID Task Force is delighted to announce the lifting of **most** of our current restrictions, effective immediately:

- Eating and drinking will now be allowed in the building! (In allowable spaces)
- No more room capacity restrictions!
- **Masking in the pews during service or large events is still mandatory.**
- Choirs will continue to be required to mask, **however singers/musicians/accompanists on stage, to a maximum of 4, may remove their masks as long as all participants are comfortable and agree.**
- Masking is recommended in small group meetings, **however if all participants feel comfortable and are in agreement, masks may be removed.**

We DO continue to encourage masking whenever possible, if you are not actively drinking or eating.

We are still responsible to be respectful and careful around each other, but let's enjoy feeling a little normal again!



## Affordable Housing Master Concept Plan

The proposed Master Concept Plan for our Affordable Housing development is now available! You can download it to read or print from [our Affordable Housing page](#), or obtain a printed copy by [contacting Jen in the office](#) at 613-725-1066.

There will be two Town Halls - one in-person on February 8, the other on Zoom on February 13 - to discuss the Master Concept and answer any questions you may have. In particular, we encourage you to come to the in-person Town Hall as it will give you the chance to meet the board and staff of Ontario Aboriginal Housing Services (OAHS), our partner for the Indigenous affordable housing building.



## Our Scheduling Software is Changing

Please bear with us as we change over (and learn how to use) the new online scheduling software, Espace. The changeover should be complete by the end of February. You can continue to book space and view the online calendar as per usual; stay tuned for updates on how this will be a superior program than the current ServiceU.



Many in our congregation, our friends, and loved ones have mental health challenges. Mental health first aid provides support to a person experiencing mental distress or who is in crisis. **A 12-hour Mental Health First Aid course will be offered at FirstU on Saturdays, April 1st and 15th, from 9:00am to 4:00pm.** The course is offered through the Mental Health Commission of Canada and is highly recommended. See last page for details. Email [mhsag@firstunitarianottawa.ca](mailto:mhsag@firstunitarianottawa.ca) to register.



## Reminder From the Parkway Spire Team

The March edition of our quarterly newsletter will be published soon, and February 15 is the submission deadline. Please send your personal essays, newsy articles, photos, and committee updates (max 450 words) to [spire@firstunitarianottawa.ca](mailto:spire@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 encourage our delegates to attend in person at Algonquin College. If YOU are a member of FirstU and are interested in serving as one of our six voting delegates, please contact [uuconnections@firstunitarianottawa.ca](mailto:uuconnections@firstunitarianottawa.ca) by **February 20th**.



## Shredder Needed!

As we clean out the archives we have scads of documents to be rid of. If you'd like to spend a few hours at times of your convenience, please call the office at 613-725-1066. There MAY be coffee and treats available to keep your energy up...



## Friday Reading for Growth

February's book pick, *Range: Why Generalists Triumph in a Specialized World* by David Epstein (copies available at Ottawa libraries), explains why breadth of skills and learning are more important than depth for creativity and in making connections and adaptations. We invite you to join in a friendly zoom discussion on February 24, at 1:30pm. [Contact Clea Derwent for the link.](#)



## 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](mailto:music@firstunitarianottawa.ca) if you are interested in learning more.

# Upcoming Events

## Online Bridge

Friday, February 3 - 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](mailto:bridgehost@firstunitarianottawa.ca) for details and to sign up for future online bridge games.



## In Person Town Hall on the Master Concept Plan

Wednesday, February 8 - 7:00pm

Worship Hall

Join us for an in-person Town Hall meeting on the Master Concept Plan for our affordable housing units.

Please check the [Affordable Housing Page](#) on our website for more information, and to view the Master Concept Plan online.



## FirstU Virtual Discussion Circle

Thursday, February 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 "**Gratitude**". If you have ideas for future discussion topics, please [email Andrew](#).

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



## Evening Non-Fiction Reading Group

Thursday, February 9 - 7pm on Zoom

Our Non-Fiction Reading Group will be discussing *Lifespan: Why We Age and Why We don't Have To*, by David A. Sinclair PhD, which is a controversial look at how long our lives can be extended in the future. Even if you have not read the book, you are

invited to attend to be part of the lively discussion or to just listen. [Contact Katharine Elliott by email](#), or at 613-864-8881, to get the zoom information.



<b>Friday, February 3, 2023</b>	
Z-FirstU Bridge Group	07:00p - 09:00p
<b>Saturday, February 4, 2023</b>	
Z-Spirituality and Philosophy	10:30a - 12:15p
Harmony Concert Series-Grouyan Gombo	02:00p - 10:00p
<b>Sunday, February 5, 2023</b>	
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
National Sharing our Faith Service	10:00a - 11:00a
Kindergarten-Grade One OWL	10:00a - 11:30a
Fellowship Hour	11:30a - 01:00p
Coming of Age Parent Orientation	05:30p - 09:00p
<b>Monday, February 6, 2023</b>	
Fusion Choir	01:00p - 03:00p
Z-Women's Personal Growth Group	07:00p - 09:00p
<b>Wednesday, February 8, 2023</b>	
Knitters' Group	01:00p - 03:00p
Three Rivers Choir	01:00p - 03:00p
MCP Town Hall	07:00p - 09:00p
<b>Thursday, February 9, 2023</b>	
Ajashki	08:00a - 06:00p
Z-Virtual Discussion Circle	01:30p - 03:00p
Z-Reading for Growth Non-Fiction Group	01:30p - 03:30p
Chalice Choir	07:00p - 09:00p
<b>Friday, February 10, 2023</b>	
Men's Breakfast	08:00a - 10:00a
<b>Saturday, February 11, 2023</b>	
tentative MCP Congregational Meeting	08:00a - 10:00p
<b>Sunday, February 12, 2023</b>	
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Worship Associates	11:30a - 01:30p
Fellowship Hour	11:30a - 01:00p
tentative MCP Congregational Meeting	12:00p - 10:00p

## Save the Date

### Coming of Age – Orientation and Family Potluck

**Sunday, February 12 – 6:00pm in Fellowship Hall – Note Date Change**

Originally scheduled for Sunday, February 5, our first evening together is now scheduled for Sunday, February 12th.

All participants in this year's Coming of Age program are invited, with their parents and siblings, to our Orientation Event and Family Potluck (siblings not in the program will have a separate craft/activity offered). **Bring a dish to share** (no nuts), meet your mentors, and learn the ropes of Coming of Age! **Please Note:** This event goes until 9:00pm. Plan your homework accordingly.

For more information and to RSVP, [please contact Alison](#).



### Online Town Hall on the Master Concept Plan

**Monday, February 13 - 7pm on Zoom**

Members of FirstU are invited to a Town Hall for our Master Concept Plan, to be held on Monday, February 13, on zoom. Please check the [Affordable Housing Page](#) on our website for more information, and to view the Master Concept Plan online.

[ZOOM LINK](#) Meeting ID: 860 2024 0465 Passcode: 568754



### Review of Motions for Canadian Unitarian Council AGM

**Saturday, February 25 - 2:30pm (hybrid)**

On Saturday, February 25th at 2:30-3:30pm there will be a meeting for members of FirstU and the Ottawa Fellowship to provide feedback on motions submitted for the CUC Annual General Meeting in May. [You can find the motions and related information by clicking HERE](#). Vyda Ng, Executive Director of the CUC, will lead the meeting. It will be a hybrid meeting, with capacity for about 12 people to participate in person in the Lounge at 30 Cleary Ave. If you plan to attend in-person, please send an email to [uuconnections@firstunitarianottawa.ca](mailto:uuconnections@firstunitarianottawa.ca) to let us know. For those attending via zoom, the link is below:

[ZOOM LINK](#) Meeting ID: 899 2836 8296 Passcode: 589278



### Trivia Quiz Night

**Monday, February 27 - 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



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## Unitarian Universalist nUUs



### CUC National Service: Covenanting Through Transitions

**Sunday, February 5 - 1:00pm**

Covenanting through Transition is a national worship service that asks us "How do we stay in covenant through all of this in our communities? How do we stay in it in a good way when it is hard and people aren't always their best selves or are disappointed?" [Click HERE for more information](#). Register for the zoom link [HERE](#).



### UU@UN Intergenerational Spring Seminar

**April 1-3, 2023 - In person (Minneapolis) and online**

Join youth (14+) and adults for a weekend of hybrid [programming and activities](#), including a virtual keynote from Andrea Ritchie on police abolition. [Click HERE to register by March 15!](#)

~\*~

## News From Our Friends

*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 are messages from Meg DeCorte.*

### Two-Bedroom Condo at 75 Cleary Ave

**Rental Available April 1st**

Immaculate 2-Bed, 2-bath Condo in Upscale building. Available April 1<sup>st</sup>. 1 Parking included, 1 extra possible. Gym, Garden, In-





Suite laundry, Large Entertainment room w/ wifi, Rooftop BBQ & garden overlooks Ottawa River Parkway. 900 sq. ft, Private balcony, Extra large on-floor secure storage unit, On-site Canada Post parcel locker, Daytime superintendent, Hardwood, Granite, Silhouette blinds included. Heat pump, Energy efficient, Excellent transit, Perfect for hospital staff, DND, Tunney's Pasture employees. \$2400/mo, One year lease. Very convenient to the congregation!  
For photos or if interested, contact [Meg DeCorte](#) at: 613-722-1424

~\*~

## Chez FirstU



Harmony Music presents:

**Grouyan Gombo**

**Saturday, February 4 - 7:00pm at FirstU**

Montreal's Grouyan Gombo is one of the great bands that has emerged out of a three-decade long history of Cajun and Zydeco bands in Quebec and Ontario. They presents a savory gumbo of southern and northern traditions. Their sound constitutes a unique blend of Cajun, folk and Creole tunes, grooves and songs, including lots of originals. Swing by FirstU on February 4 for an evening you won't forget. [Details and tickets available HERE.](#)

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Mental Health Commission of Canada    Commission de la santé mentale du Canada



**Mental Health First Aid Course at FirstU**

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**Saturdays: April 1<sup>st</sup> and 15<sup>th</sup>**  
**9:00 am to 4:00 pm**

Individuals trained in the Mental Health First Aid course:

- Increase their knowledge of signs, symptoms, and risk factors
- Decrease the stigma of mental health challenges
- Increase their confidence to help someone experiencing a mental health or substance use crisis
- Identify professional and self-help resources
- Show increased mental wellness themselves

<u>Location:</u>	In-person at FirstU (masked)
<u>Participants:</u>	Adults 18+
<u>Cost:</u>	Book: \$30 - required for the course Tuition: \$30 suggested donation <i>(financial support available)</i>
<u>Childcare:</u>	Provided upon request
<u>Instructor:</u>	Geoff Pross, BA, MA, CCC

**REGISTRATION**

*Please contact: Rev. Linda Goonewardene and johnnie gail at*  
[\*\*mhsag@firstunitarianottawa.ca\*\*](mailto:mhsag@firstunitarianottawa.ca)

*Sponsored by First Unitarian's Mental Health Support and Action Group*