

# Weekly e-UU Newsletter ~ Friday, February 10, 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 12, 2022**

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

**Starts at 10:00am EST**



## The Diaries of Adam and Eve

~ Reverend Eric Meter

In honour of Valentine's Day, let's hear from the first married couple of all, Eve and Adam, as relayed by Lisa Boulay and Reverend Eric.

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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](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

Join us in Room Four where Rita will lead a Valentine's Day celebration with craft making, snacks, and story!

- 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)

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## Congregational Focus: Climate Action



Did you check out last week's Climate Café? What DOES it take to cap oil and gas?  
How do I keep my house warm without fossil fuels?

Find out here: <https://www.firstunitarianottawa.ca/climate-action.html>

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## 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. Caring is for everyone!**

*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



### 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 one more Town Halls - on Zoom on February 13 - to discuss the Master Concept and answer any questions you may have.



### Please Update Your Contacts

The cell phone that Jen Brennan, Operations Manager had been using while working from home is no longer in service. **You can reach Jen at the church office, Monday to Friday, 9:30-4pm, at 613-725-1066 ext 221.**

Michelle Jackson, our Finance Manager will continue to work from home a few days a week, and you can **contact her, Monday to Thursday, 9:30-4pm, at 343-987-8560 or leave a message at the office, as above, ext 222.**



### 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.



### Registration is FULL! Email [mhsag@firstunitarianottawa.ca](mailto:mhsag@firstunitarianottawa.ca) to be added to the waiting list.

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.



### Final Notice from the Parkway Spire Team

The **February 15 deadline** is fast approaching! With only 5 days left to submit articles for the March edition of the Spire, please send your submissions now to [spire@firstunitarianottawa.ca](mailto:spire@firstunitarianottawa.ca). Looking forward to hearing from you!



### Volunteers Wanted for Concert Events

Terry Kimmel is seeking volunteers who like music and are willing to serve drinks and goodies at intermission during the Harmony Concerts music events this year at FirstU. We need elevator operators, too.

**There are 8 events scheduled throughout the year** with follow-on events in March, April and May before a summer break. Terry would like to have 5 or 6 volunteers per event. [Email Terry to volunteer.](#) In exchange for volunteering you get free entry to live music at FirstU.



### 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.](#)

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## Upcoming Events

### Coming of Age - Orientation and Family Potluck

**Sunday, February 12 - 6:00pm in Fellowship Hall**

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 Jodi.](#)



### 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



### FirstU Virtual Discussion Circle

**Thursday, February 16 - 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 "**Loss**". If you have ideas for future discussion topics, please [email Andrew.](#)

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



### yUUth Group - We're Going Bowling!

**Friday, February 17 - 6pm - Merivale Bowling Centre - Cost: \$17.00 for 2 games**

If you're 11-17, come join us for an evening at the bowling lanes! [You need to RSVP for this one.](#)

Meet at the lanes - 1916 Merivale Rd - at 6pm on February 17! Remember to bring spending money for snacks. **Parents and siblings**



welcome! If you need financial assistance for the cost of the games, [get in touch with Lisa](#). Need a ride? [Email us and we'll help you out](#).

## UU Pride - February Hangout

Friday, February 17 - 7pm on Zoom

Get together with other 2SLGBTQIA+ UUs for some social time! Contact [pride@firstunitarianottawa.ca](mailto:pride@firstunitarianottawa.ca) to get the zoom link.



<b>Friday, February 10, 2023</b>	
Men's Breakfast	08:00a - 10:00a
<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
Coming of Age Parent Orientation	05:30p - 09:00p
<b>Monday, February 13, 2023</b>	
Fusion Choir	01:00p - 03:00p
Z-Town Hall for Master Concept Plan	07:00p - 09:00p
<b>Wednesday, February 15, 2023</b>	
SPIRE DEADLINE	08:00a - 05:00p
Knitters' Group	01:00p - 03:00p
Three Rivers Choir	01:00p - 03:00p
Board Meeting	07:00p - 09:00p
<b>Thursday, February 16, 2023</b>	
Ajashki	08:00a - 06:00p
Z-Discussion Group	01:30p - 03:00p
Z-Virtual Discussion Circle	01:30p - 03:00p
Z-GoGo Grannies	01:30p - 03:30p
Chalice Choir	07:00p - 09:00p
<b>Friday, February 17, 2023</b>	
Youth Group	06:00p - 10:00p
<b>Saturday, February 18, 2023</b>	
Z-Spirituality and Philosophy	10:30a - 12:15p
<b>Sunday, February 19, 2023</b>	
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
FirstU Bridge Group-onsite	02:00p - 04:00p

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## Save the Date

### In-person Bridge

Sunday, February 19 - 2pm - Room 3

Join us this Sunday AFTERNOON from 2pm to 4pm, February 19, for some friendly rounds of bridge in Room Three. 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. Contact: [bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) for more information.



### 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](mailto:email Andrew).

[ZOOM LINK](#) Meeting ID: 841 2565 4674 Passcode: 222371



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## Unitarian Universalist nUUs



### 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!](#)

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## 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



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## Chez FirstU



### Harmony Concerts presents: Gathering Sparks with special guest Kristen Martell Saturday, March 11 - 7:00pm at FirstU

You will come to listen, and walk away singing. Gathering Sparks' inclusive musical approach embraces folk, pop, blues and gospel influences tastefully played on acoustic guitar, piano, accordion, and ukulele, while guest Kristen Martell's hazy folk pop songs embrace life's challenges and quiet moments of beauty with gentle arrangements, haunting harmonies and insightful messages. Stop by FirstU on March 11 for an evening you won't forget. [Details and tickets available HERE.](#)