

# Weekly e-UU Newsletter ~ Friday, February 17, 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 19, 2022**

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

**Starts at 10:00am EST**



## Chosen Family

~ Lisa Sharp and Members of the Mental Health Support and Action Group

As we celebrate Family Day, let's think about those of us who don't have traditional families to support them. We may be part of adopted or chosen families; those whose bonds are created by lived experience and loving relationship. We will invite participants to share what the word "family" means to them. If you aren't going to be at the service, please feel free to send your thoughts (25 words or less) to: [owl@firstunitarianottawa.ca](mailto:owl@firstunitarianottawa.ca)

*Note: Some content of today's service may not be suitable for young children.  
Kids' Programming is available in Room Four.*

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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

There will be no "Time For All Ages" at the February 19 service. Join us in Room Four, at 10am, for Family Day 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](mailto:dre@firstunitarianottawa.ca)

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## Congregational Focus: Climate Action



What to do about community food security? What is collaborative conflict?  
Does big oil make enough to fund their own green projects?

Find 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. 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



### Report on Master Concept Plan Town Halls

You can watch a recording of the Zoom Town Hall, and find a downloadable copy of the MCP, on [our Affordable Housing page](#). There will be a congregational meeting in March to approve the MCP - date to be announced soon.



### The Return of Hospitality Hour

After THREE YEARS you are welcome to join fellow churchgoers in Fellowship Hall for coffee and conversation after service! The Hospitality Crew will begin serving coffee only, adding cookies at a later date.

If you are in Fellowship Hall and not actively drinking or eating, you should still wear a mask.



### 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!



### 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.**



### Come Pick Your Own Delicious Fresh Greens

Enjoy some delicious fresh greens - lettuce, kale and other delights - grown by Ajashki in aeroponic towers. The greens are available after the service in the Volunteer Room. Come, pick your own salad, and learn more about the towers and about Ajashki, our Green Sanctuary climate justice initiative.



### Choir Practice

All three of our choirs (Chalice, Three Rivers, and Fusion) are practicing weekly. Check out our [Music page to learn more](#) about our choirs and our Interim Music Director.



### February 19 In-person Bridge Cancelled

Our February 19 in-person bridge game is canceled. Join us next month for some friendly rounds of bridge in Room Three. Beginners and experts welcome! Contact: [bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) for more information and to RSVP.

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## Upcoming Events

### 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.



### FirstU Virtual Discussion Circle

**Thursday, February 23 - 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 "**The Good Life**". If you have ideas for future discussion topics, please [email Andrew.](#) [ZOOM LINK](#) **Meeting ID: 638 009 136 Password: 897007**



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|--|-----------------|
| <b>Friday, February 17, 2023</b>             |                 |
| Youth Group                                  | 06:00p - 10:00p |
| V-UU Pride Group                             | 07:00p - 09:00p |
| <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 |
| <b>Monday, February 20, 2023</b>             |                 |
| Fusion Choir                                 | 01:00p - 03:00p |
| <b>Wednesday, February 22, 2023</b>          |                 |
| Knitters' Group                              | 01:00p - 03:00p |
| Three Rivers Choir                           | 01:00p - 03:00p |
| <b>Thursday, February 23, 2023</b>           |                 |
| Ajashki                                      | 08:00a - 06:00p |
| Z-Virtual Discussion Circle                  | 01:30p - 03:00p |
| Chalice Choir                                | 07:00p - 09:00p |
| <b>Friday, February 24, 2023</b>             |                 |
| Men's Breakfast                              | 08:00a - 10:00a |
| Z-Friday Reading for Growth                  | 01:30p - 03:00p |
| <b>Saturday, February 25, 2023</b>           |                 |
| discussion of motions for the CUC AGM        | 02:30p - 03:30p |
| <b>Sunday, February 26, 2023</b>             |                 |
| Religious Exploration for Children and Youth | 09:00a - 12:00p |
| Hybrid Worship Service                       | 10:00a - 11:00a |
| Fellowship Hour                              | 11:30a - 01:00p |
| Z-Mental Health Support and Action Group     | 12:30p - 02:00p |
| FirstU Choir Concert                         | 03:00p - 04:00p |

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## Save the Date

### Friday Reading for Growth

#### Friday, February 24 - 1:30pm on Zoom

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 for the link.](#)



### 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. 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: [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



Rassemblement francophone : Célébration francophone chez UUFO

Le 26 février à midi 30 - en présentiel et hybride

UUFO - 440 McArthur

Aujourd'hui nous aimerions partager sur quelques aspects essentiels de notre vie afin de mieux les vivre dans notre quotidien. N'est-ce pas dans les choses toutes simples que nous découvrons nos grandes vérités? Cela fait tellement de bien d'échanger dans un climat chaleureux, amical, réceptif! Merci de venir nous gratifier de votre présence et de votre sagesse. Bienvenue à tous. [Lancez un mot à claire si vous désirez vous joindre à nous.](#)

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## Chez FirstU



Harmony Concerts presents:

Gathering Sparks with special guest Kristen Martell

Saturday, March 11 - 7:00pm at FirstU

Gathering Sparks' inclusive musical approach embraces folk, pop, blues and gospel influences, while Kristen Martell's hazy folk pop songs embrace life's challenges and quiet moments of beauty. Stop by FirstU on March 11 for an evening you won't forget. [Details and tickets available HERE.](#)