

# Weekly e-UU Newsletter ~ Friday, February 24, 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 26, 2022**

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

**Starts at 10:00am EST**



## There Is More Love Somewhere

~ Reverend Eric

As this year's Black History Month draws to a close, let's take the opportunity to ask ourselves, reminded of the old spiritual There is More Love Somewhere, just how such love is brought into the world.

~\*~

### 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.

~\*~



## Children's Religious Exploration and OWL-K!

There will be no "Time for All Ages" during the February 26 service. OWL-K1 participants will meet in the NOW Room. Children not registered in OWL are invited to Room Four. **Room four will open at five minutes to ten.**

- 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)

~\*~

## Congregational Focus: Climate Action



What on earth are ZEV Regs? And why should I care? Is Seedy Saturday even safe? Who is Mike, and do they need your help?

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

~\*~

## Caring Contacts for February

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

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

## Caring Contacts for March

[Carmen Contreras](#) - 613-565-3613

[Coral Sato](#) - 613-599-8838

**During "Heart Month", our Caring Network thanks you all for continuing to care for each other, no matter what comes up in our changing lives. 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.*

~\*~

## 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.



### 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.**



### Young Fun! Leaders Needed

**Saturday May 20 - Sunday, May 21, 2023**

The 2023 CUC symposium children's program for 0-12 year-olds will celebrate how what makes us different makes us special! Through stories, songs, games, and times for sharing, Young Fun will explore the beauty in our uniqueness and how to lift up the specialness, beauty we see in those around us. We need adult helpers to make this program shine! [Sign up with Sarah Baxter.](#)



### Fair Trade Goods Available this Sunday!

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



### Seeking Prospective Home Hosts for CUC National Symposium

**Friday, May 19 - Sunday, May 21, 2023**

In May, the First Unitarian Congregation of Ottawa and the Canadian Unitarian Council, in collaboration with the Unitarian Universalist Fellowship of Ottawa, will be hosting the CUC National Symposium 2023. We are seeking individuals willing to serve as local home hosts and offer a free billet to event participants from around Canada. For more information or to sign up, [contact Chase McGowan.](#)



### 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.

~\*~

## Upcoming Events

### 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 [uconnections@firstunitarianottawa.ca](mailto:uconnections@firstunitarianottawa.ca) to let us know. For those attending via zoom, the link is below:

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



## Mental Health Support and Action Group

Sunday, February 26 - 12:30pm

### On Zoom

The Mental Health Support and Action Group offers 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 continuing our discussion of the book *Held: Showing Up for Each Other's Mental Health* by Barbara F. Meyers. For more information and Zoom link, please contact: [Linda Goonewardene](#) or [johnnie gall](#).



## 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



## FirstU Virtual Discussion Circle

Thursday, March 2 - 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 "Stress".

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


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



Visit our calendar for more upcoming events: <https://app.espace.cool/ClientApi/FullMonth/16284?cc=False&calendarId=1176>

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## Save the Date

 **Under 45s Games Night**  
Friday, March 3 - 7:00pm  
Fellowship Hall

Are you a Millennial or elder Gen Z UU? Are you looking to connect with others at FirstU? Please join us for an evening of board games, card games, conversation and community in Fellowship Hall on Friday, March 3rd at 7pm. If you have any questions or need more information, please [email Guy Belleperche](#) (elder Gen X). Looking forward to seeing you there.

~\*~

## 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](#).

