

Weekly e-UU Newsletter ~ Friday, April 7, 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, April 9, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



Easter Hope

~ Reverend Eric Meter

If Easter is about anything, it is about hope. Rebirth, yes, but hope first. Hope rewarded in rebirth. This Sunday let us gather to explore the many, various and often miraculous reasons to hope.

*Coffee and tea will be available in Fellowship Hall after the service at 11:30am.
Online Fellowship will continue in a more casual, online-only manner, beginning at 11:45am.*

~*~

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.

~*~



Children's Religious Exploration

Join us downstairs at 10:30am, where we'll have Easter-themed crafts and stories before our congregation's annual egg hunt!

- 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](#)
- Questions? Please email dre@firstunitarianottawa.ca

Congregational Focus: Climate Action



What are you doing this Earth Day? Do you fancy a trip to Montreal? Have you asked yourself "What's Growing on with Ajashki?" Do you eat corn tortillas? Should you?

Get the details here: <https://www.firstunitarianottawa.ca/climate-action.html>

~*~

Caring Contacts for April

[Anne Nagy](mailto:anne.nagy@firstunitarianottawa.ca) - 613-614-6171

[Maury Prevost](mailto:maury.prevost@firstunitarianottawa.ca) - 613-231-7391

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.

~*~

FirstU's AV Renewal

The renewal campaign is working! You have been donating to Something Old, Something New fundraiser, and filling out our survey. Thank you! Please continue donating and posting volunteer positions. We always need more, and we love it when you do your part! **Thank you!**

To find out more, visit: <https://www.firstunitarianottawa.ca/renewal.html>

~*~

Read All About It



FirstU Votes to Proceed with Affordable Housing Plan

In case you missed it: At a Special Congregational Meeting on Monday March 27th, members of FirstU voted **overwhelmingly in favour** of proceeding with developing affordable and market-rental housing on its campus! This historic decision shows that FirstU truly knows how to live its values!

A full announcement appears on the our [Affordable Housing](#) page.



Annual Reports Due

Attention Teams, Committees, Groups: It's Annual Report Time! The Annual General Meeting of the Congregation is soon upon us, and we need to have our Annual Report available by the meeting, Saturday April 29. If you are a chair of a Committee, Team or Group that regularly reports, please [download the form by clicking HERE](#). Reports are due **Friday, April 21, 2023**.



A Reminder About Spam Emails

You will only receive emails from church staff from a formal church address, ending with **"@firstunitarianottawa.ca"**. Others should be considered spam, such as the recent example below:

Please don't respond to any emails like this!

Always look at the sending email address, and for spelling and grammar errors. If you are still uncertain, give the person a phone call.



Friday Reading for Growth Book Group

Our April book is *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson (available at Ottawa Libraries). Using personal narratives, Wilkerson examines the exodus of almost six million people from the Jim Crow South and how this changed the face of America. No membership needed to join the discussion on April 28, at 1:30pm.

[Contact Clea](#) for the Zoom link.



May 5 is Red Dress Day

You are encouraged to participate in a display of empty red dresses in our Meditation Gardens, this May 5, to evoke a presence by marking absence. Bring a red dress (borrowed or thrifted is fine) to the FirstU office **before May 3rd** for hanging in our Gardens. The goal is to honour the spirits of missing and murdered Indigenous women and girls MMIWG2S+ across Canada and to speak to the gendered and racialized nature of violent crimes. The Truth and Reconciliation Group (TRAG) will facilitate a sharing circle after Fellowship Hour on May 7th. [Contact trag@firstunitarianottawa.ca](mailto:trag@firstunitarianottawa.ca) for further information.



Keeping Our Records Current

Committees, Teams, and other designated groups are reminded to send finalized minutes and associated documents to archives@firstunitarianottawa.ca on a regular basis for filing in our records system. Our lead archives volunteer, Suzanne Schaller, will follow up with committee/team/group chairs if the required documentation is not received in a timely fashion. These records are kept for legal, financial, and historical purposes, as well as to keep track of the great work being done here.



Admin Assistance

We would like to bring back the Office Assistant Volunteers! Check out [the Volunteer with Us page of the website](#) for details.



Bookshelf Help

Do you like books, do you like people? This is the place for you. Help is needed at the bookshelf to sell books and to chat with others. Can you volunteer one Sunday per month? If you are interested, please contact margaretmzielinski@gmail.com.



Seeking Volunteers for the CUC Conference

I am seeking Volunteers for different positions at Algonquin College where the CUC conference is being held in Ottawa, May 19-21. If you are interested please email me at cityviewky@rogers.com or call me at 613-224-6835 to see what different positions are available.

~*~

Upcoming Events

Virtual Bridge

Friday, April 7 - 7:00pm - 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 for details and to sign up for future online bridge games.



FirstU Easter Egg Hunt

Sunday, April 9 - 11:30am – Outdoors (Dress for the weather)

After three years, FirstU's Easter Egg Hunt is back!

Join us after the Service on Sunday, April 9th, to search for colourful eggs outdoors, and solve a puzzle together!



"Just Get Over It" Workshop

Wednesday, April 12 - 5:00pm - On Zoom

The Truth and Reconciliation Action Group invites you to a thought-provoking, participatory, online workshop - "Just Get Over It" - developed and led by Indigenous storytellers and facilitators from the First Peoples House of Learning at Trent University.

Registrants will need a mic and camera to participate. 70 spots available. [Click HERE to register](#). Registration is open to people from:

- First Unitarian Congregation of Ottawa
- Unitarian Universalist Fellowship of Ottawa
- River Parkway Childcare Centre
- Unitarian House
- Or Haneshamah
- Unitarian Fellowship of Peterborough
- Kingston Unitarian Fellowship



Lama Lhanang Rinpoche

Wednesday, April 12 - 7:30pm - at FirstU

Distinguished guest Lama Lhanang Rinpoche is a Tibetan Buddhist teaching in an unbroken Nyingma lineage dating back to the 8th century. This talk is dedicated to World Peace and Inner Peace in everyday life during difficult times. His approach is fresh and cross-cultural. Admission is free. All welcome.



Mindfulness Meditation

Wednesday, April 12 - 7:00pm - On Zoom

We support each other's individual and group practice of meditation, sharing perspectives and intentionally cultivating attitudinal behaviours like beginners' mind, loving kindness, compassion, trust, patience, and letting go ~ *all keys to mindfulness*. All are welcome.

[ZOOM LINK](#) Meeting ID: 838 9009 2017 Passcode: 597606



FirstU Virtual Discussion Circle

Thursday, April 13 - 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 "**Procrastination**".

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

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



Under 45s Games Night

Friday, April 14 - 7:00pm - NOW Room

FirstU will be hosting it's second "Under 45s Games Night" on Friday, April 14th, starting at 7:00pm in the NOW room. It's a great opportunity to connect and enjoy some board and card games. Caycee Price and Guy Belleperche will once again act as hosts, and will ensure a good selection of games for all to enjoy. They look forward to seeing you there. Please note that soft drinks and snacks will be served, so this will be a **masks optional** event.



Mental Health First Aid Part 1

Saturday, April 15 - 9:00am-4:00pm

The Mental Health First Aid course has been **rescheduled** to Saturdays, April 15th and 22nd (from 9:00 am to 4:00 pm). There are still a few spaces open for registration. \$60 for registration and materials. [Contact johnnie gall and Reverend Linda to register](#).



~*~

Visit our calendar for more upcoming events: <https://www.firstunitarianottawa.ca/calendar.html>

~*~

Save the Date

Earth Speaks: Just Grow With It

Tuesday, April 18 - 7:00pm on Zoom

Join us for our next Earth Speaks on Tuesday, April 18 at 7:00pm. Kayoki Whiteduck, Ajashki's Food and Climate Educator, will be sharing Ajashki's plans for the growing season. Kayoki will also be talking about how the Ajashki program itself has grown to include an emphasis on the steps to mental wellness. Details to follow.



yUUth Group Meetup

Friday, April 21 - 6pm in Room 6

If you're 11-17, come hang out with us! [Email Lisa if you need a ride.](#)

UU Pride - April Online Hangout

Friday, April 21 - 7pm on Zoom

Get together with other 2SLGBTQIA+ UUs for some social time! Contact diversity@firstunitarianottawa.ca to get the zoom link.



Trivia Quiz Night

Monday, April 24 - 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's Annual General Meeting (AGM)

Saturday, April 29 - 1pm at 30 Cleary

Members review our annual report, vote on our audited financial statements, elect new board members, and consider other business. In a return to tradition, this AGM will be in-person in Worship Hall, BUT in a break from tradition, it will be on Saturday afternoon: Registration at 1:00pm, Call to Order at 1:30pm.



In-Person Bridge

Sunday, April 30 - 2:00pm - Room 3

Join us on the third Sunday afternoon of the month for some friendly rounds of bridge in Room Three. Beginners and experts welcome! **RSVP if you'd like to participate:**

Contact bridgehost@firstunitarianottawa.ca for details and to sign up for the game!



How Can I Keep From Singing?

Spring Choir Concert - Sunday April 30 - 4:00pm in Worship Hall


All three FirstU choirs - Chalice, Fusion and Three Rivers - will join together to present an exciting program of music on Sunday April 30 at 4pm. Reception to follow. Admission by donation. Please invite your friends!



~*~

Unitarian Universalist nUUs

Registration Now Open for CUC Symposium!

 [The Canadian Unitarian Council Symposium website is now live!](#) It is the place to go for information (schedule, program, etc.) and registration for the May 19-21 Symposium, including meals and children's program, concurrent young adult and youth conferences, and even the OWL facilitator training taking place May 21-23. The CUC offers a range of registration fees and also offers some subsidies, so that money is not a barrier to participation. The Host Team also has access to **a very limited number of free registrations** for members of the two Ottawa congregations; if you wish to be considered for one of these, please email uuconnections@firstunitarianottawa.ca **before registering.** You can send questions to the same email address.

~*~

News From Our Friends

River Parkway Children's Centre Corporation - Annual General Meeting

Thursday, April 13 - 6:30pm - on Zoom

All members of the River Parkway Children's Centre Corporation are welcome to attend our online AGM on the evening of April 13. Registration, Agenda details & Zoom access will be available closer to the Meeting date. **NOTE: River Parkway needs an additional First Unitarian representative or two for the 2023 Board.** Email rp@rpcc-rhcc.com with any questions.



Multifaith Housing Initiative - 2023 AGM

Sunday April 23 - 2:15pm - Kehillat Beth Israel (1400 Coldrey Ave)

The *in-person only* Annual General Meeting of Multifaith Housing Initiative is scheduled for Sunday April 23 at Kehillat Beth Israel. There is no need for any guests to register in advance, just arrive at 2:15 pm on Sunday April 23, 2023, to complete your registration before the meeting begins. Kosher snacks will be provided. [Further details available HERE.](#)



~*~

Chez FirstU



Harmony Concerts presents:

Jeremy Voltz

Saturday, April 22 - 7:00pm at FirstU

Reminiscent of Jeff Buckley, Hozier, and Stevie Wonder, Jerremy has a voice that is powerful and haunting, delivering hook-heavy melodies with universal, heartfelt lyrics. [Details and tickets available HERE.](#)



Harmony Concerts presents:

Martyn Joseph

Friday, April 28 - 7:00pm at FirstU

Called "One of acoustic music's most original voices" by CBC's Q, Martyn creates a performance with a huge far-reaching sound that is energetic, compelling and passionate. [Details and tickets available HERE.](#)