

Weekly e-UU Newsletter ~ Friday, April 14, 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 16, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



Bonnie and Fred Cappuccino: In Their Own Words

~ With Reverend Eric Meter

Best known for founding Child Haven International, Fred and Bonnie are also familiar faces here in town, where Fred is the minister emeritus of the Unitarian Universalist Fellowship of Ottawa. This Sunday, Fred and Bonnie join us in conversation with Reverend Eric.

*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

OWL-K1 participants: Meet at 10am in the NOW room.

All other kids: Join us downstairs at 10am in Room 4 for free play until 10:30, at which time we will go outside and enjoy the weather (wear rubber boots for muddy ground; you may also need to wear a raincoat). 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



Again we ask...what are you doing this Earth Day? If not Montreal, then what? Are you still pondering "What's Growing on with Ajashki?" Find the answer this week! 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.

~*~

Volunteer With Us

Here's a quote from someone who found not one but two jobs by clicking the red Renewal button:

"I just wanted to say that I love the idea of having [all the volunteer positions posted in one place!](#) The web page is very easy to read and it was very helpful to have the time of day and amount of time commitments listed with each position."

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

~*~

Read All About It



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**.



Financial Assistance for OWL Training

Good news! The FirstU board has agreed to cover the cost of OWL Training so, if you want to become an OWL Facilitator but find the cost prohibitive, now's your chance! [Email Lisa Sharp ASAP](#) to get registered (only a few spots remain)!



Gentle Yoga is Back!

Join Barb Ryan for 8 Wednesdays beginning May 10th until June 21. Cost is \$84 for 7 classes or \$12 per class. Yoga is a systematic practice of physical exercise, breath control, relaxation and positive thinking, aimed at developing harmony in the body, mind and environment. All fantastic reasons to practice!



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 in the Gardens, after Coffee Hour on May 7th. [Contact trag@firstunitarianottawa.ca for further information.](mailto:contacttrag@firstunitarianottawa.ca)



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.



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

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.](#)



In-Person Bridge

Sunday, April 16 - 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!



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.

[Click HERE to find the zoom link.](#)



Mindfulness Meditation

Wednesday, April 19 - 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 20 - 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 **To Be Determined**.

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

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



yUUth Group Meetup

Friday, April 21 - 6pm

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.



Breakfast Forums

Prisoner Exchanges with China: Transactional Justice in Today's World

Sunday April 23 – 9:30am - Fellowship Hall

We're excited to announce our first in-person Breakfast Forum since before the pandemic! Join us in Fellowship Hall, an hour before the Sunday Service, for coffee, muffins, and a talk by guest speaker Reuel Amdur.

When Canada took Chinese citizen Meng Wanzhou into custody on a U.S. request for her extradition, a series of events followed which would eventually impact Canadians who were in custody in China, including the "two Michaels", Michael Spavor and Michael Kovrig. We will explore how Canada handled the situation, whether the process or result damaged Canada-China relations; and how it impacted other Canadians still held in China.

~*~



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

~*~

Save the Date

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.



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!



Virtual Bridge

Friday, May 5 - 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.



~*~

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 uconnections@firstunitarianottawa.ca **before registering**. You can send questions to the same email address.

~*~

News From Our Friends

Unitarian House Spring Clothing Sale

Thursday, April 20 - 3:30pm

20 Cleary Ave - Courtyard / Founders' Room

A huge selection of gently used and some never used clothes from Northern Reflections, Ricki's, Reitman's, residents, family and friends.



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.](#)



Ancoura welcomes new volunteer members to its Board of Directors.

Ancoura provides stable and affordable housing to individuals with mental health challenges (<https://ancoura.ca>). FirstU has been a long-time supporter of this wonderful charity. Please see [the attached job description](#) for details and contact information.



Piano Available

A Hobart M Cable piano (length of keyboard 58" inches, height 40", depth 24"), with a bench seat, is available from Neville Grant. The piano was tuned about a year ago. [Contact Neville by email if interested.](#)



~*~

Chez FirstU



Harmony Concerts presents:

Jeremy Voltz

Saturday, April 22 - 7:00pm at FirstU

Reminiscent of Jeff Buckley, Hozier, and Stevie Wonder, Jeremy 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.](#)