

Weekly e-UU Newsletter ~ Friday, May 12, 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, May 14, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



Coming of Age Sunday

~ Reverend Eric Meter and Our Youth

This Sunday, our youth present their individual Statements of Faith to the congregation and each other.

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.

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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 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.

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Children's Religious Exploration and OWL-K1

We'll start upstairs this Sunday, then move to Room 4 after Time for All Ages.

- 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



Time for spring cleanup and a new growing season. What are the real solutions and what is greenwashing when 100% clean electricity by 2035 is the goal?

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

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Caring Contacts for May

[Barb Ryan](#) - 613-710-3131

[Marlien Gerber](#) - 613-843-1688

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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Silent Film Screening at FirstU!

Mark June 2nd, 8:00pm, in your calendars for an old-fashioned evening: **A silent film with piano accompaniment by Kirk Adsett!** Proceeds to Something Old, Something New. To learn more, and find updates on our wifi improvements, visit:

<https://www.firstunitarianottawa.ca/renewal.html>

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May CUC Events Need Volunteers

Hi friends! The CUC Symposium kicks off in just two weeks, and there are still a number of volunteer positions we need to fill. Email uuconnections@firstunitarianottawa.ca for more information on how to volunteer while participating.

Below is the list of tasks and time slots we still need to fill, by date:



May 19

- Friday, May 19 at 12noon-5pm: **One person** to help check in voting delegates for the CUC AGM at Algonquin College and monitor voting during the meeting.
- Friday, May 19 at 1-4pm: **One person**, one with car, as "Floaters" to run errands as needed, dispatched from the Welcome/Registration desk at Algonquin College.

May 20

- Saturday, May 20: **Two people** to act as Floaters, no car required, one for 12:30-4pm shift and one for 4-7pm shift.

To volunteer for any of these positions, send an email to uuconnections@firstunitarianottawa.ca or speak to Kathy Yach or Maury Prevost before or after the Sunday service.

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Read All About It

Saying Farewell to Lori

After 10 years as the Facility Manager at FirstU, Lori is retiring! We are sad to see her go. Lori has been a very knowledgeable, proactive and able custodian of our sacred space. Thank you Lori! If you would like to contribute towards a retirement gift for Lori, please bring to the office or place in the safe in the copier room, ensuring it is labelled. A card for signing will be available this Sunday at the Caring Table.

Splinters from the Board: AGM Edition

At FirstU's Annual General Meeting (AGM) last Saturday, we thanked three outgoing board members - Caycee, David and Lisa - and elected two incoming board members - Carmen and Guy - with one vacancy remaining. Your Board of Directors is now: Brent Nicolle (president), Mary Ella Keblusek (vice-president), Phil Nagy (treasurer), Carl Sonnen (newly appointed secretary), Amy Berubé, Carmen Contreras, and Guy Belleperche. If you missed the in-person AGM, you can watch a replay on our YouTube channel. Please email president@firstunitarianottawa.ca with any comments about the AGM.

Spire Submissions Due in 10 Days!

The Parkway Spire Team reminds you that the deadline to submit articles for the June Spire is in 10 days. Time to start thinking about what you might like to share with the congregation, be it a personal story, newsy article, or a poem. Whatever your choice might be, don't forget to include photos if you have any. Send submissions (max 450 words) to spire@firstunitarianottawa.ca by **May 15**. We look forward to hearing from you!

Thank You and Well Done!

Kudos and a group hug from the Friends of the Meditation Garden to Ron Doyle for building replacement seating in Brian's Reste.

Time is running out!

Monday, May 15, is the Parkway Spire submission deadline for publication in the spring edition.

Send your submissions (max 450 words) to spire@firstunitarianottawa.ca! We look forward to hearing from you!

Volunteerin' for Syrians

The Refugee Committee is looking for a few volunteers to help out at our Swingin' for Syrians concert and silent auction coming up on May 28. [Contact Kathy by email](mailto:kathy@firstunitarianottawa.ca) OR by calling 613-224-6835 to volunteer.



Home Hospitality for Liz Roper and Her Dog

Our former DRE, Liz Roper, is coming to Ottawa with her dog, Derby, for the CUC Symposium and OWL facilitator training and is looking for home hospitality from May 19 to 23. Derby is a low allergy, no shedding, crate trained, friendly dog who will go in a doggy daycare during the day. [Please email uuconnections@firstunitarianottawa.ca](mailto:uuconnections@firstunitarianottawa.ca) or speak to Maury Prevost after the Sunday service if you can provide home hospitality for Liz and Derby.



Congregation Picnic and Retirement Party for Reverend Ellen Bell

Mark your calendars! Sunday, June 4, after the service, bring your potluck contribution to share with all as we celebrate summer and Rev. Ellen Bell's many years of service! Details to come!

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Upcoming Events

Unitarian GoGos Plant Sale - May 12-14 at FirstU

Pick up new garden plants - plus baked goods, preserves, and even jewelry - at the GoGo's annual plant sale, happening Friday May 12 through Sunday, May 14. [Click HERE to download the details!](#) Pay What You Wish. Proceeds to Stephen Lewis Foundation. Got questions? [Email gogos.fundraising@gmail.com](mailto:gogos.fundraising@gmail.com).



Trivia Quiz Night

Monday, May 15 - 7:00pm - 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



Gentle Yoga

Wednesday, May 17 - 10:00am - In Fellowship Hall

Starting May 10, join Barb Ryan in Fellowship Hall for an hour of Gentle Yoga on Wednesdays, at 10am. 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! [Click HERE for details and registration](#).



Mindfulness Meditation

Wednesday, May 17 - 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, May 18 - 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 "Circles of Acquaintance".

If you have ideas for future discussion topics, please email Andrew.

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



CanUdle

May 19-22 - FirstU (30 Cleary)

CanUdle - the annual national conference for Unitarian Universalist youth (ages 14-19) and their adult advisors (25+) - will be filling 30 Cleary with youth and young adults. Typical on-site FirstU events will not be happening during this period.



CUC Annual General Meeting - Observers

Friday, May 19 - 12:30pm - Algonquin College and on Zoom

The AGM is open to all and free of charge, and observers may attend in-person or online. The AGM will be held on the campus of Algonquin College in Ottawa; Zoom will be used for virtual participants. You do not need to be registered for the Symposium to attend the AGM as an observer BUT, whether you plan to attend on zoom or in person, you MUST REGISTER as attending the AGM.

[Details on AGM Registration HERE](#).



CUC Symposium Opening Ceremony

Friday, May 19 - 6:30pm - Algonquin College and on YouTube

Join for a lively ceremony as we open our weekend together with music, reflection, and community!

The Symposium Team, CUC Board of Trustees, and UU Ministers of Canada (UUMOC) are looking forward to welcoming you with our traditional banner parade, and messages of love and faith. You do not need to be registered for the Symposium to attend the Opening Ceremony. Attend in person - Robert C. Gillett Student Commons - or [click HERE to join us online](#).



CUC Confluence Lecture: Open Minds / Closed Doors

Friday, May 19 - 7:45pm - Algonquin College and on YouTube

Unitarian Universalism is "the church of the open mind" but: each new idea or concept can threaten our sense of security and identity, causing us to close down and shut our doors. In this year's Confluence Lecture, Rev. J Stoneberg asks: "Can we be the people who risk our comfort to create the life-changing realities that are needed to bring a world of love and justice into being?" You do not need to be registered for the Symposium to attend the Confluence Lecture.

Join us in person at Algonquin College OR [click HERE to join us online](#).



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

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Save the Date

Symposium Open Mic

Saturday, May 20 – 8:00pm

Obs (The Observatory student bar and café in Building E)

The Saturday evening, in-person-only social event organized by the Host Team will take the form of a talent show interspersed with a few rounds of speed trivia. The event features talents in the form of music, storytelling, poetry, spoken word, and jokes from UUs of all ages. The sky is the limit! Got something to share? This is the place! Want to practice your talent? This is the place! [Click HERE for details and to sign-up!](#)



CUC Multigenerational National Service

Sunday, May 21 - 10:30am

Algonquin College AND Online

There will be NO Sunday Service or Children's Programming at 30 Cleary on Sunday, May 21 as we will be at Algonquin College for the CUC National Service. [Details available HERE.](#) Please join us at Algonquin College or [participate in the service online.](#)



CUUWA: Nurturing Wise Women

Sunday, May 21 - 2:00pm

UUFO (transportation provided from Algonquin College at 1:30pm)

Join the CUUWA for [a pink tea featuring dynamic speaker El Jones](#), followed by the CUUWA's Annual General Meeting. It will be a hybrid event with Zoom participation available. All are invited. Donations to cover costs gratefully accepted at the event. [Email cuuwa.cuc@gmail.com](mailto:cuuwa.cuc@gmail.com) to register and receive the zoom link.



OWL Facilitator Training

Algonquin College and FirstU

May 21-23

Become a facilitator for Our Whole Lives (OWL) sexuality education. OWL facilitator training provides theoretical and hands-on training to lead the Our Whole Lives programs for children, youth, or adults. We welcome those from outside the Unitarian Universalist tradition who would like to run OWL programs in schools, camps or other settings. This training is a requirement for using OWL curricula and materials. [Details HERE.](#) [Registration deadline May 1st!](#)



Friday Reading for Growth Book Group

Friday, May 26 - 1:30pm - On Zoom

Our May book choice is *Born in Blackness, Africa, Africans, and the Making of the Modern World*, 1471 to the Second World War by Howard W. French. In this unconventional history, French examines how African resources in the form of gold and slavery gave rise to European capitalism and modernity. Copies are available at Ottawa libraries. All welcome to what should be a lively discussion on May 26 at 1:30pm. [Contact Clea](#) for the Zoom link.



Swingin' for Syrians

Sunday, May 28 - 6:00pm - 30 Cleary

Join us for a fun night of Big Band hits performed by the Silver Swing Band, plus a silent auction and delicious Syrian treats!

Funds from the event will support our Syrian refugee family, who are expected to arrive in 4-6 months. Silent Auction opens at 6pm (so come early), and the music kicks off at 7pm. Tickets are \$35/person. [Get your tickets online by clicking HERE](#) OR **buy tickets in person after service on Sunday.** Co-sponsored by FirstU and Or Haneshamah.



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News From Our Friends

Cleaning the Capital: Arboretum Edition

Saturday, May 27 - 10:00am - Prince of Whales Dr

Capital Region Interfaith Council and JustServe.org invite you to bring the family, and help collect a winter's worth of litter from the Arboretum.

Meet in Parking Lot #1, just off Prince of Whales Drive at the traffic circle. Gloves and garbage bags will be supplied, as well as water and light refreshments, but you are encouraged to bring your own picnic lunch. **Note to high school students:** This can count towards your mandatory community service hours.



General Admin Job Available - Great Wage, Low Time Commitment

A couple of hours a week for a nonagenarian, residing at Unitarian House, who wishes to keep independent, organized and engaged. The tasks would include: help with email, iPad, filing and general administrative duties. \$35./hour. Please reply via email to: nancywebb2@gmail.com or call: 613 851-8234.



Multifaith Housing Initiative Tulipathon 2023!

Sunday, May 28 - 2:00pm - Dow's Lake

It's that time of year again! Sponsor our FirstU Team as they walk the Tulip Festival grounds at Dow's Lake to raise money for the Multifaith Housing Initiative.

[Click HERE for more information.](#)

[Click HERE to donate.](#)

