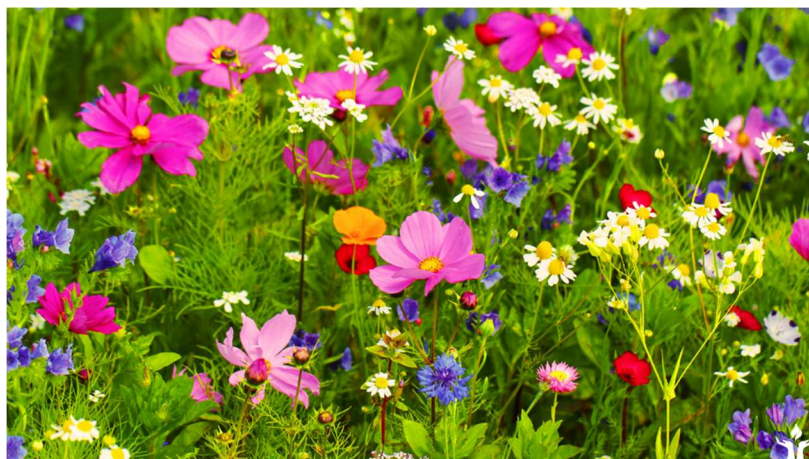


# Weekly e-UU Newsletter ~ Friday, June 2, 2023

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, June 4, 2022**  
**Online AND In Person (masks required)**  
**Starts at 10:30am EDT**



## A Century of Flowers – Our Annual Flower Ceremony

*~ With Reverend Eric Meter*

Join us this Sunday for a UU tradition. This year marks the 100th anniversary of the Flower Ceremony.

The first Flower Ceremony was held in Prague, in June 1923, led by Rev. Norbert Čapek.

In this ceremony, everyone in the congregation brings a flower. Each person places a flower on the altar or in a shared vase. The congregation and minister bless the flowers, and they're redistributed so that each person brings home a different flower than the one they brought. Join us this Sunday to celebrate abundance and connection together.

*Join us after the service, in Fellowship Hall, for Coffee Hour and to thank Reverend Ellen for her years of service!*

*[Online Fellowship](#) will be available at Noon.*

~\*~

### 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 – Messy Church!

This Sunday, we'll start upstairs in the Sanctuary, then move to Room 4 after the Time for All Ages. Make sure to dress for the weather (including sunscreen and water bottles) as we'll be going outside and preparing the Kids' Play Area for Summer!

- 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](mailto:dre@firstunitarianottawa.ca)

~\*~

## Congregational Focus: Climate Action



Monday's the Day! Another petition, an art build and a march on the Hill. We want affordable, Secure and Renewable electricity by 2035. And late breaking... remember CEPA? Check out the update!

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

~\*~

## Caring Contacts for June

[Angela Beale](#) - 613-233-5420

[Jan Glyde](#) - 613-680-0495

*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.*

~\*~

## The Red Balloon – Happening TONIGHT!

Join us this evening for a screening of award-winning short film, The Red Balloon, featuring music by Kirk Adset!

By donation. Reception to follow. Proceeds support our Something Old, Something New fundraiser. We can't wait to see you there!

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

~\*~

## Read All About It



### Neckties Needed

Fathers' Day is coming up, and our Special Events volunteer decorator has some big plans! But they need your help! Do you have any old neckties you don't wear anymore? Remnants of a previous life or an earlier sense of style? Drop them off at the reception desk in the admin office, and help decorate the church for Fathers' Day!



### Left in Safe

A couple of weeks ago \$100 was left in the safe with no identification. Does anyone know where this money should be allocated?



### Zatoun Oil is Now Available for Purchase

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.

~\*~

# Upcoming Events

## The Red Balloon - Silent Film Showing

Friday, June 2 - 8:00pm

We'll be showing a silent film with piano accompaniment by Kirk Adsett, with proceeds supporting our Something Old, Something New fundraiser. By donation. Reception to follow. [Details HERE.](#)



## Flower Ceremony - A Century of Flowers

Sunday, June 4 - 10:30am

Bring a cut flower - something that won't wilt easily - and join us for our annual Flower Ceremony as we celebrate one hundred years of this UU tradition.



## Retirement Party for Reverend Ellen Bell

Sunday, June 4 - 11:30am

Join us after the service, in Fellowship Hall, to celebrate Reverend Ellen's many years of service!



## Gentle Yoga

Wednesday, June 7 - 10:00am in Fellowship Hall

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, June 7 - 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, June 8 - 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 Future of Humankind".

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

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



## Non-Fiction Book Club

Thursday, June 8 - 7:00pm on Zoom

Our Reading for Growth non-fiction book club will meet Thursday evening, June 8, at 7pm to discuss "Finding the Mother Tree" by Canadian scientist Susan Simard. Non-members and new members are welcome! Please [email Katherine Elliott](#) or [Ken Morin](#) for the Zoom link.



## Under-45s Games Night

Friday, June 9 - 7:00pm in the NOW Room

Are you a Millennial or elder GenZ Unitarian? Are you looking to connect with other UUs in town? Join us for an evening of board and card games, snacks, conversation, and community!



~\*~

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

~\*~

# Save the Date

## Trivia Quiz Night

**Monday, June 19 - 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



## Unitarian GoGos present: Stories at the Solstice

**Wednesday, June 21 – 6:15pm in Worship Hall**

Join us for a pre-show reception at 6:15pm, then gather in Worship Hall for a show that celebrates the arrival of Summer! Featuring Storytellers Louise Profeit-LeBlanc, Mary Wiggin, and nUchechi Ogbonna, as well as music from the Three Rivers Choir, Sheila Green, and Thomas McKegney! All in support of the Stephen Lewis Grandmothers Campaign.

Tickets are \$30. To order, send an e-transfer to [OWGTreasurer@gmail.com](mailto:OWGTreasurer@gmail.com) with a note "Stories 2023" + your email address in the memo line. For more information call Sheila: 613-513-4056.



~\*~

# Unitarian Universalist nUUs



UUFO will be welcoming a refugee family from Burundi, by the end of June. In the lead-up to their arrival, UUFO is holding a donation drive for very lightly used household items to help them get settled in Ottawa. [Click HERE for details on needed items and how to donate them.](#)

~\*~

# News From Our Friends

## Summer Clothing Sale

**Thursday, June 8 - 2:00pm in the Unitarian House Courtyard**

A huge selection of gently used and some new clothes from Northern Reflections, Ricki's, Reitman's, residents, family and friends.



## Big Soul Project Sings for Ancoura!

**Saturday, June 24 - 7:30pm**

**Centretown United Church (507 Bank St)**

Join Ancoura on Saturday, June 24, for a fundraising concert featuring Big Soul Project and Deep Groove Band, who will put on a show with an irresistible beat to entertain young, old, and everyone in between. Ancoura provides supportive housing for Ottawa residents with mental illness. FirstU has been a long-time supporter of Ancoura. Please [save the date and stay tuned](#) for ticket purchase details.

