

Weekly e-UU Newsletter ~ Friday, June 9, 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 11, 2022
Online AND In Person (masks required)
Starts at 10:30am EDT



Living the Enlightenment with Joy!

~ With guest Reverend Norm Horofker

The Enlightenment sparked the birth of modern Unitarian Universalism but it was not an event in the past. Rather, it is an ongoing process that can give us hope for the present and the future if we keep the flame burning. Join guest minister, Rev Norm Horofker, as we explore these themes.

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.

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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

This Sunday, we'll be making cards for the father-figures in our lives, and hearing a story about dads. We may also go outside, but that will depend on the air quality this Sunday. Dress for the weather, just in case.

- 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

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Congregational Focus: Climate Action



39,864 is the number; "[Unethical Oil](#)" is the topic; 7:00pm on the 15th is the time; AND discover New Good News about CEPA!
Get the details here: <https://www.firstunitarianottawa.ca/climate-action.html>

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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.

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Introducing Our Volunteer Coordinator

"Renewal" means a lot of things – updating old equipment, replacing worn out or broken building elements, but also finding new volunteers to keep FirstU a welcoming and active community. To that end, we welcome Chuck Shields as our new Volunteer Coordinator. Reach him at volunteers@firstunitarianottawa.ca

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

<https://www.firstunitarianottawa.ca/volunteer-with-us.html>

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Read All About It



Share the News About FirstU's Little Village

You already know the results of the March 27 Congregational Meeting – that FirstU voted overwhelmingly in favour of building our Little Village of mixed income housing development with partner OAHS, Theia Partners, and Cahdco – but now we're telling the world!

1. **Want to help? Here's how:**
Talk up your thoughts about the development, and what it means, on your favourite social media platform, and include the hashtag #LittleVillage when you do.
2. **Share the link to our affordable housing page** on facebook, instagram, or twitter, so that your friends can read all about it: <https://www.firstunitarianottawa.ca/affordable-housing.html>
3. **Remember to tag FirstU** by including the appropriate online handle – [@OttFirstU on facebook](#), [@firstuottawa on Instagram](#), and [@UUOttawa on twitter](#) – in your posts, so that we can find them and share your posts to our feed, too!

Thanks so much for helping us spread the word! Don't forget to tune in to CBC's All In A Day today at 4:15pm, on your radio or by [clicking this link](#), to listen to Brent Nicolle's interview with Alan Neal!



Seasonal Reminder

We are using our space more frequently since the pandemic has eased, and also the warmer weather brings the need to open windows and doors. Please remember when you leave, to close any windows you've opened, turn off lights and lock exterior doors. If there are still other groups in the building, let them know you are leaving so that someone else can take responsibility for closing up properly. Thank you!



Seeking Drivers

The Ajashki Food Security and Climate Change Learning Centre is seeking additional drivers to transport program participants. You would be making a big difference by making it easier for urban Indigenous youth to access this valuable program. Participants need to be dropped off at FirstU at 10:00 and picked up at 4:00 on Tuesdays and Thursdays. We pay your mileage!! If you can help even once or twice a week, please [contact Sharen B at sharenajashki@gmail.com](mailto:sharenajashki@gmail.com).



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!

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Upcoming Events

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!



Unethical Oil: Alberta's Secret Shame

Tuesday, June 13 - 7:00pm on Zoom

From the beginning of modern regulation of Alberta oil and gas production during the 1950s, the provincial regulator was captured by industry. As a result, there is now approximately \$300 billion of unfunded environmental liabilities, almost no security posted against those liabilities, and the prospects of oil companies earning enough revenue going forward to be able to reclaim the liabilities is slim. Alberta is on the precipice of an environmental and financial catastrophe. [Click HERE to register and get the zoom link.](#)



Gentle Yoga

Wednesday, June 14 - 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 14 - 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 15 - 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 "**All the News that's Fit to Print**".

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

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



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

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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 with a note "Stories 2023" + your email address in the memo line. For more information call Sheila: 613-513-4056.



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Unitarian Universalist nUUs



UUFO will be welcoming a refugee family from Burundi, by the end of June. They still need a few more very lightly used household items to help this family get settled in Ottawa. [Click HERE for details on needed items and how to donate them.](#)

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News From Our Friends

In Full Bloom: A Celebration of Life for Charles-Eric Laperriere

Saturday, June 17th at 7:30pm - Worship Hall

FirstU Member Lee Rose invites you to attend a resplendent celebration of life for his partner on Saturday, June 17th at 7:30pm at FirstU. Dress code: In Full Bloom Celebration of Life Realness. This celebration will include music, flash photography and a few surprises. All are welcome.



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.

