

Weekly e-UU Newsletter ~ Friday, June 16, 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 18, 2022
Online AND In Person
Starts at 10:30am EDT



Father and the Blessings of Imperfection

~ With Reverend Eric Meter

This Fathers Day we celebrate the imperfect fathers in our lives (by which we mean them all) for their dreams and persistence and the lessons they pass on.

Join us after the service, in Fellowship Hall, for Coffee Hour
[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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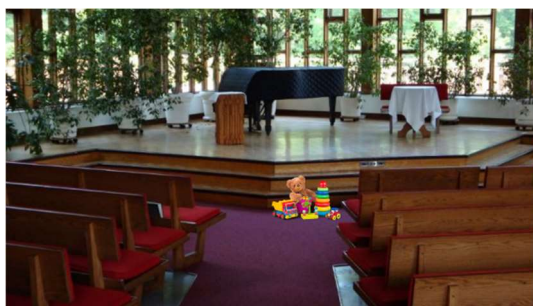
Children's Religious Exploration

There is no CRE this Sunday.

Instead, we'll be upstairs in the Sanctuary for the whole service. Toys and colouring pages will be available for kids who need something to occupy their hands, and we'll have Time For All Ages with Jodi.

NEXT week, June 25, we'll be having a summer party outside including freezies and water balloon fun.

- 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



So much to talk about - Climate Resiliency, climate policy's fateful crossroads, regenerative agriculture! But summer is near: From all of us in the EAG, wishing you an abundant summer and a Happy Solstice!

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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Volunteering at FirstU

The Ajashki Project is looking for drivers. For details, click here.
Haven't completed the FirstU Participation Survey? Please click here to take part!

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

Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

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Read All About It



Masking Now Optional in All Church Events

The Board, on the recommendation of the COVID task force, has decided the time has come to make masks optional in all church events, including Sunday services, effective immediately. A section of the sanctuary will be designated as mask required for Sunday services as long as it seems necessary to do so. We appreciate everyone's patience and willingness to follow regulations in the name of safety for so long. Further to this, the COVID task force is thanked for their three years of service to the congregation. Your guidance and willingness to consider contentious issues has been most appreciated.



Budget Requests Due

It's that time of year again. As the church calendar year comes to a close the finance calendar starts to get ready for the new year. Some of you will have received the budget request form for 2024 this week.

If you have not received it and you are requesting budget inclusion through revenues, expenses, or plan to access funds, please visit <https://www.firstunitarianottawa.ca/budget-form.html> to submit your form online. **Budget requests must be submitted by July 15, 2023 in order for your team/committee to be included.** The budget process is an integral part to the calendar planning in a given year. Any questions or concerns please contact Michelle Jackson, Finance and Human Resource Manager, at fm@firstunitarianottawa.ca.



Seasonal Reminders

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.

For Zoom Requests - June 13-26, please send your requests for a zoom link to zoominfo@firstunitarianottawa.ca. Thank you!



FirstU's Little Village in the News

Our "Little Village" has been getting some press! Check out these items, and - if you want to - share them with your friends!

- "Indigenous Group, Church Aim to Create 'Little Village' of Affordable Housing": <https://www.cbc.ca/news/canada/ottawa/affordable-housing-indigenous-people-ottawa-1.6872537>
- Brent and Cathy's All In A Day interview: <https://www.cbc.ca/listen/live-radio/1-92-all-in-a-day/clip/15990339-first-unitarian-congregation-creating-indigenous-affordable-housing>
- Our press release, as it appears on our affordable housing page: <https://www.firstunitarianottawa.ca/affordable-housing.html>

Remember to tag FirstU by including the appropriate online handle – [@OttFirstU on facebook](#), [@firstuottawa on Instagram](#), and [@UUOttawa on twitter](#) – and **use the #LittleVillage hashtag** in your posts, when you share these links online. That way, we can find them and share your posts to our feed, too! **Thanks so much for helping us spread the word!**



Councillor Kavanaugh's Town Hall

On Wednesday, June 28, Join us online for Councillor Kavanaugh's Town Hall. Come find out what the neighbours think, and show your support for the proposed Little Village on our campus. This online town hall is being held by the City Councillor. [Click HERE to register and receive the zoom link.](#)



Fair Trade Goodies Available for Purchase

La Siembra Co-op Coffee and Chocolate bars, plus Zatoun oil, 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.



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).

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Upcoming Events

In Person Bridge – Sunday, June 18 - 2:00pm in Room 3

Join the FirstU Bridge Club, at the church, for a friendly game, this Sunday, June 18 from 2:00pm to 4:00pm. To play, please RSVP by this evening (Friday, June 16) by emailing Barb R.



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](mailto:andrew@firstunitarianottawa.ca).



[ZOOM LINK](#) Meeting ID: 841 2565 4674 Passcode: 222371

Gentle Yoga - Wednesday, June 21 - 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!



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 Uchechi Ogbonna, as well as music from the Three Rivers Choir, Sheila Green, and Thomas McKegney! All in support of the Stephen Lewis Grandmothers to Grandmothers Campaign. Tickets are \$30. [Click HERE to order them online](#) OR 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.



Mindfulness Meditation - Wednesday, June 21 - 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 22 - 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 "Courage".

If you have ideas for future discussion topics, please [email Andrew](mailto:andrew@firstunitarianottawa.ca).

[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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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.



Student Housing Sought for September

Hannah Lee Poy-Paxman, a UU who moved to Ottawa from Montreal to study Neuroscience and Mental Health at Carleton University, is looking for a short-term place to stay September-November of 2023. Having been to FirstU for CanUUdle, and having met some of the congregation, she's hoping someone has a room to rent to her. Her budget for rent (inclusive) is \$800. Email her at: hannahlpp1126823@gmail.com if you have a room available.



Big Soul Project Sings for Ancoura!

Saturday, June 24 - 7:30pm

Centretown United Church (507 Bank St)

On Saturday, June 24 at 7:30 pm, Big Soul Project will sing their hearts out for Ancoura, at Centretown United Church. Over the past three years, this charity has struggled to survive with minimal fundraising. Let's give them a boost! [Click HERE to purchase your tickets!](#) Can't come and want to donate tickets? Purchase tickets online using the link (above) then [email johnnie gall](mailto:johnnie@ancoura.ca) to let him know that your tickets are for donation.

