

Weekly e-UU Newsletter ~ Friday, June 30, 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, July 2, 2022
Online AND In Person
Starts at 10:30am EDT



How Free Are We? Prisons All Around

With Reverend Linda Goonewardene

Reverend Linda reviews notions of punishment, safety, community and freedom.

Join us after the service, in Fellowship Hall, for Coffee Hour
[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 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

This Sunday we'll start upstairs in the Sanctuary, then go outside (weather permitting) for free play in the Children's Area. Dress for the weather, wear sunscreen, and remember to bring your water bottle!

- 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



Enjoy your summer! Peruse the Climate Action Page. Relax and refresh with a book, a podcast, a film, or a webinar. New items have been added.

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

Caring Contacts for July

[Janet Clayton](#) - 613-733-9566

[Fred Brown](#) - 613-728-5761

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.

~*~

Help with the Meditation Garden

The garden is flourishing and the Friends of the Meditation Garden continue to look for helping hands. If you are interested in pleasant outdoor activity, please contact Susan Mellor or Margaret Linton at congregation.garden@gmail.com.

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

~*~

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.



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.



Thanks from Lori

[Click HERE to read Lori's farewell](#) and thank you letter to the congregation!



Join the FirstU House Band!

We are looking for enthusiastic singers, musicians of all kinds and of all ages to join our FirstU House Band, whose focus is to perform contemporary music. There will be opportunities to perform at Sunday services, Open Mic events, and other special events. If you are interested, please contact Lisa Sharp at owl@firstunitarianottawa.ca.



Campus Community Wellbeing Committee (CCWC)

To respond to the changing dynamics of our community as we enter the various phases of campus development, a new committee has been created. Members of this advisory group will represent the current and future campus partners by gathering, disseminating, and evaluating information and concerns regarding campus land use and community wellbeing. [Click HERE to read the introductory newsletter from the CCWC](#), which explains further the role of this new committee.



"Affairs of State" Theatre Production

Join us at Arts Court Theatre (2 Daly), on Friday, July 21 at 1:30pm for a showing of rediscovered comedy gem "Affairs of State", presented by the Classic Theatre Festival.

For each \$40 ticket sold by the Unitarian GoGos, the Classic Theatre will donate 50% of the ticket price to the Stephen Lewis Foundation. To purchase tickets, contact Lin Evans at linevans@rogers.com.



Meditation Group On Summer Holidays

Mark your calendars! There will be no online meditation group sitting on the following dates:

July 5th, 26th

August 2nd, 9th, 16th



Looking for Bikes and an Armchair

Ajashki is looking for a few items for our Future Food Warriors (program participants). First: a few adult-sized bikes for the FFWs. Any helmets, bike locks, bells, and lights would also be greatly appreciated. Second: we are looking for a gently-used armchair recliner. If you have any of these items and are ready to part with them, [please email Jen B.](#)



Sing with the Summer Choir!

FirstU's Summer Choir meets at 9:45 am on Sundays throughout the summer months to prepare the hymns and rehearse an easy anthem for the 10:30 am service. Everyone who enjoys singing is encouraged to join us!

~*~

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

~*~

News From Our Friends

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.

