

Weekly e-UU Newsletter ~ Friday, August 4, 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, August 6, 2022

Online AND In Person

Starts at 10:30am



Reflections on Liminality in Life

With Lee Rose

What is life but a series of transitions? Lee will share reflections and insights from his experiences of a range of transitions in his life, some significant and others seemingly insignificant, and the beauty, joy, grief, frustration and hilarity we might experience during these moments – the spaces in between what was, and what is yet to come.

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.



Children's Summer Programming

This Sunday, our UU kids are invited to join us outside at 10:30am for free play and a snack. Dress for the weather (it may be raining) and bring a water bottle!

- Health checks will be conducted on site, but don't forget to [use the passive screening criteria on Sunday morning](#)
- Anyone over 12 will need to have been vaccinated
- Questions? Please email dre@firstunitarianottawa.ca

Congregational Focus: Climate Action



Environmental Action Group

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 August

[Alexandra Devine](#) - 613-224-5695

[Bill Wylie](#) - (613) 761-8092

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 Unitarian House Residents Get to Activities!

Volunteers are needed to drive the Unitarian House van to take residents to outside activities. Be part of a pool of drivers to help once a month to take residents on outings that usually last 2 and a half hours.

Please visit our Volunteer With Us page for details: <https://www.firstunitarianottawa.ca/volunteer-with-us.html>

Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



New WiFi at 30 Cleary

Please note the old wifi networks are no longer operational. Please see the office for the password to the new network, "First-U-Guest."



Call for Proposals: Congregational Focus

Every two years, FirstU chooses a Congregational Focus - an area of social responsibility that reflects our UU principles and our congregation's charitable purposes, to which we collectively want to dedicate special, sustained attention. Sometimes we choose to focus on our chosen issue for longer.

In 2020, our congregation chose, overwhelmingly, to focus on Climate Action and the steps we can take, collectively and as individuals, to avert ecological disaster, reduce our carbon footprints, and build a better future for everyone.

It is now time for us to determine a new congregational social responsibility focus.

Please visit our Congregational Focus page for details on the selection process and how to submit your proposal online:

<https://www.firstunitarianottawa.ca/congregational-focus.html#FocusCall>



About the Online Photo Directory

Some of you will remember that we tried out an online photo directory that allowed members to upload their own information and photos. Unfortunately, the response was too little to justify the cost, so we discontinued our subscription. We are now looking into using our existing database to produce a photo directory. We already have head pictures of many members. If the project is feasible we'll develop a version we can print and put on the Members' Page of the website.



Stay Cool at FirstU

Temperatures are still soaring in Ottawa! If you need a comfortable place to escape the heat, FirstU has several air-conditioned spaces which are often available during the week. Call the office - 613-725-1066, Mon-Fri 9:30-4:00pm - to find out what rooms are available on any given day. **Bring a book, bring some cards, bring a friend for a chat. Stay cool!**



From the Parkway Spire

Submission deadline for the fall edition of our quarterly magazine is fast approaching. Articles should be sent by **August 15, 2023** to spire@firstunitarianottawa.ca. **All submissions should be sent to this address** rather than the Spire editor's personal address or the eUU submissions address.



New FirstU Directory Available

There is a new version of the FirstU Directory [on our Members' Page](#). Please check your own information and [send an e-mail to oas@firstunitarianottawa.ca](#) with any corrections that need to be made. If you choose to print it, please make sure you destroy any other versions you have or return them to the office for shredding.

Save the Date

Annual Pride Service

Sunday, August 20 - 10:30am

Join us for our fifth annual Pride Service on Sunday, August 20, where we'll be joined by a very special guest speaker!



Gender and Pronouns 101

Sunday, August 20 - 12:30pm

Facilitators Nina and Kris will answer burning questions like "What are neopronouns?" and "What to do if I accidentally misgender someone?" Snacks will be provided. Registration is not required but feel free to [use this online form](#) to let us know you're coming.



Meditation Group Resumes

Wednesday, August 23

The Wednesday Evening Mindfulness Meditation Group returns from Summer Vacation on August 23rd. We look forward to meditating with you again.



UU Pride Parade Brigade

Sunday, August 28

Meet us downtown (details to follow) or come with us after church on Sunday, August 28. We'll join friends from UUFO and march together in Ottawa's annual Pride Parade! Bring a water bottle and your rainbow umbrella, and dress in your brightest colours.



Welcome Home Fish Fry

Thursday, September 7 - 4:00pm to 6:30pm

\$20 per person

Save the date! It's Thursday of the first week of school

and you don't have to cook, because it's the day of the Welcome Home Fish Fry. Mike Mundell, the "fish friar" from Kingston, is coming back with his delicious suppers. Eat in or take out. A welcome back treat for the whole family. Meals are \$20 per person, and include a drink. Purchase your meal tickets at the Fish Fry. See you soon!



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

Unitarian Universalist nUUs



Save the Date! Unicamp YAYA Retreat

Annual CUC Youth and Young Adults Retreat

September 8-11, 2023

The young adult retreat at Unicamp is happening Sept 8-11 (stay two nights or three, your choice). **Open to all young adults ages 18-35.** Bring a friend! Registration info coming soon!

News from Our Friends

Unitarian House Presents:

Attic Treasures and Book Sale

Thursday, August 10 - 2:00pm

20 Cleary

Come to the Attic Treasures and Book Sale, this Thursday, August 10 from 2:00pm to 7:00pm in the Unitarian House Courtyard. Includes collectibles, kitchenware, housewares, fine china. Cash only. [Click HERE to see the poster.](#)



Unitarian House Presents:

Patio Brunch

Friday, August 11 - 12:00pm

20 Cleary

Join us outdoors for an al fresco brunch! [Click HERE to see the poster.](#) Adults \$20, Kids \$15.



Unitarian House Presents:

Beer Garden in the Courtyard

Friday, August 25 - 4:30pm

20 Cleary

Join us in the Courtyard for a pub-style dinner with live music from Cara Q and Dai Bassett. [Click HERE to see the poster.](#)

Adults \$15, Kids \$10. Drinks extra.

