

# Weekly e-UU Newsletter ~ Friday, August 25, 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 27, 2023**

**Online AND In Person**

***Starts at 10:30am***



## **Credo: This I Believe!**

**With Alex Campbell**

We all believe in something, in someone. We wouldn't be here this morning if we didn't "believe". But what we "believe" is not something static. It changes, and evolves, and the simplicity of our "belief" as young children becomes more complex as we mature and grow older. Through a series of vignettes, in the light of our six Sources and eight Principles, speaker Alex Campbell traces the evolution of the "who" and "what" of his credo over the years, with the hope that others will do the same for themselves.

*Join us after the service, in Fellowship Hall, for Coffee Hour  
[Online Fellowship](#) is taking a break, but will return in September.*

~\*~

### **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 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](mailto:dre@firstunitarianottawa.ca)



## Congregational Focus: Climate Action



### Environmental Action Group

Welcome back everyone! The EAG is easing back into action this week. Mark your calendars: Important upcoming action! **September 15, 2023 is the Global Climate Strike on Parliament Hill at 1:00pm.** Further details will follow. 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

## Caring Contacts for September

[Elisabeth Morrison](#) - 613-225-6702

[Maryan O'Hagan](#) - 613-729-7752

*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.*

## Additional Fish Fry Volunteers Needed

The Renewal Task Force needs 3-4 more volunteers for the Welcome Home Fish Fry on Thursday, September 7th. We will work in two shifts, roughly 3:30 to 5:15 and 5:15 to 7:00. [For more information, click HERE.](#) Specific tasks will be assigned once we have a full roster of volunteers. [If interested, contact Phil.](#)

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

Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### Meaning Making in Liminal Times

In this six-part series, we'll explore urgent questions such as "How does our UU faith sustain us in times of uncertainty?" and "In this polarized world...can we just talk?" The sessions, which will be held monthly beginning in October, will include a recorded talk by a Canadian UU Minister followed by a facilitated conversation. Contact [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) by Tuesday, September 12 to take part. [Check out the poster for details.](#)



### Poetry Sharing Group

We welcome poetry lovers to join us in celebrating the power of imagination and expression found in poetry, (even bad limericks). Now is the time to mark your calendars.

*We meet once a month via zoom  
To share and dispel all the gloom  
It's our poetry time  
And truly sublime  
Come join us Sept 22 after noon*  
For details [contact Clea Derwent](#).



### Delicious AND Fair Trade!

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.



### FirstU Directory

We are still finding outdated information in the church database which we correct when we're told about specific items. A new directory was published on August 16th - you can find a downloadable copy on the Members' Page. Please check your entry in the directory and [email oas@firstunitarianottawa.ca](mailto:email_oas@firstunitarianottawa.ca) with any necessary corrections.



### Fall Fair 2023

Mark your calendars for our big congregational fundraiser on Sat. Nov. 18 and tell your friends!  
Sorting jewellery? Please drop off your donations at the office beginning immediately and ongoing, so that the Jewellery Team has time to sort, repair and clean items.  
Making preserves? Consider making a few extra to donate to the sale. Questions? Want to volunteer? [Contact fallfair@firstunitarianottawa.ca](mailto:fallfair@firstunitarianottawa.ca).



### Grocery Support

The Justice and Equality Action Group has launched our grocery support program which provides some food to the Indigenous young adults participating in Ajashki in our church. We are looking for donations of these items:

- packages of ground beef
- packages of chicken
- bags of potatoes
- bags of rice
- tomato soup
- chicken noodle soup
- Kraft dinner
- cheddar cheese
- gluten free crackers and pasta

Please drop off donations in the Grow Tower room. Meat can go into freezer.



### Friday Reading for Growth

The 3 books selected for the months September through November 2023 are non-fiction titles from among those nominated by our members with the caveat that each needed to have at least nine copies available at Ottawa public libraries. The 'winning' entries received the most votes and we think that [this eclectic list will be of interest to many](#). Consider joining our Zoom discussions on the last Friday of the month. [Contact Clea for Zoom details](#).

## Upcoming Events

### UU Pride Parade Brigade Sunday, August 27

Meet us downtown (details to follow) or come with us after church on Sunday, August 27. 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.



### Meditation Group Resumes Wednesday, August 30 – 7:00pm

The Wednesday Evening Mindfulness Meditation Group returns! We look forward to meditating with you again.



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

## Save the Date

### 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!



## 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! Register by Monday September 4. [Click HERE for details and registration.](#)

## News from Our Friends

### Child Haven International - Fundraising Gala

Saturday, September 16 - 5:00pm

We are very excited to be having a person Child Haven fundraiser this year Saturday September 16 2023.

Seating/tickets are limited due to venue size at First Unitarian Congregation 30 Cleary Ave, Ottawa.

Details including ticket purchasing online at <https://childhaven.ca/fundraiser.ottawa2023.html>



### Unitarian House Walkathon Fundraiser

On September 11th at 11am the seniors and friends of [Unitarian House](#) are walking in the Grand Parade to raise at least \$50,000 for the Rent Housing Subsidy Fund, which helps residents who can no longer afford their rent. This fund, supported entirely by donations, currently supports fourteen residents. [Click HERE to read one resident's story.](#) If you haven't donated already,

[please consider doing so now.](#) No amount is too small or too big.

