

Weekly e-UU Newsletter ~ Friday, September 1, 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, September 3, 2023

Online AND In Person

Starts at 10:30am



A Labour Day Reflection

With Justine de Jaeger

On this Labour Day weekend, guest speaker Justine De Jaeger reflects on the philosophical links between the trade union movement and communities of faith. Workers have long struggled for fair compensation and benefits, and have also at times bargained for a broader common good. How can we as a faith community ensure a thriving congregation while also looking beyond our sanctuary walls?

Join us after the service, in Fellowship Hall, for Coffee Hour
Online Fellowship is back! [Click HERE at Noon to join the call!](#)

~*~

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 remember to bring a water bottle. **This will be our last "free play" Sunday.** Next week, on September 10, we'll start in the Sanctuary and celebrate Ingathering together, then move downstairs for Religious Exploration with Jodi!

- 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

Mark the unofficial new year of climate action! Join with Fridays for Future on Friday, **September 15** at 1:00 pm on Parliament Hill for this year's **Global Climate Strike**. Look for the Banner. And coffee drinkers! Keep those flexible coffee bags out of the landfill. Take part in THE ETHICAL BEAN COFFEE Free Recycling Program.

Get the details here: <https://www.firstunitarianottawa.ca/climate-action.html>



GLOBAL CLIMATE STRIKE 2023 GRÈVE CLIMATIQUE MONDIALE

**TIME
TO END
FOSSIL
FUELS**

BE THERE!

Friday • September 15
1:00 pm • Parliament Hill



**METTONS
FIN AUX
ÉNERGIES
FOSSILES**

SOYEZ LÀ!

Vendredi • 15 septembre
13h00 • la Colline du Parlement



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

Do you like running into old friends, and making new ones? We're looking for a few more people to act as Sunday morning greeters and ushers. For more info click here. [Email Barb if you'd like to be involved.](#)

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



A Big Thank You From Ajashki

The folks at [Ajashki](#) would like to say a heartfelt "thank you" to the many members of the FirstU community who support the program with financial and in-kind donations. We had a great response to our recent requests for donations of bicycles, furniture, and food. We also now have Friendly Agreements with several groups at FirstU outlining how we can work together. Your support is so appreciated! Miigwetch/Nakurmiik/Thank you/Merci.



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 by Tuesday, September 12 to take part. [Check out the poster for details.](#)



Friday Reading for Growth Group

The September book, *Sacred Nature: Restoring our Ancient Bond with the Natural World*, by Karen Armstrong, explores religions and spiritual traditions that regard nature with reverence. The profound insights of these traditions can help us regain a sense of awe at the sacredness of nature, cultivating awareness to end harm inflicted on the web of life. Please join us on September 29 at 1:30pm. [Contact Clea Derwent](#) for Zoom details.



Is Your Garden Overflowing?

Are you a successful gardener with more fruit and vegetables than you can eat? Have you run out of friends and neighbours to give it all to? The Ajashki program would gratefully accept any donations and pass this healthy food on to Indigenous youth facing food insecurity. Please drop off donations in the Grow Tower room.



No Meditation Group This Week

Please note, there is no online Group Meditation this Wednesday, September 6. We'll be back again on September 13, and we hope you'll join us then.



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](#).*



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](#).

Upcoming Events

FirstU Virtual Discussion Circle

Thursday, September 7 - 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 "**What I Did This Summer**". If you have ideas for future discussion topics, [please email Andrew](#).

[ZOOM LINK](#)



Welcome Home Fish Fry

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

\$20/adult and \$10/kid

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 adult, \$10 per kid, and include battered cod, French fries, coleslaw, and a drink. Purchase your meal tickets at the Fish Fry. See you soon!



Ingathering 2023!

Sunday, September 10 - 10:30am

Our church year begins again! On Sunday, September 10, **please bring a small amount of water from a place that is meaningful**



to you, to be part of a common font we create and use in to mark our joys and sorrows. Our kids will be with us for the beginning of the service, then starting their own RE year with our new DRE, Jodi! Don't forget: **There will ice cream sundae makings for everyone during Coffee Hour!**

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

Save the Date

Unitarian GoGos present:

Stephen Lewis Foundation Fundraising Dinner

Tuesday, September 19 - 5:00pm

Biagio's Italian Kitchen - 1394 Richmond Rd

Join us for a fundraising meal at Biagio's ([click HERE to see the menu and other details](#)) on September 19! Dine indoors with us, or collect your meal as take-out. Cost is \$42 per person and include dinner, dessert, coffee/tea, taxes, tip. Donations for the Stephen Lewis Foundation will be collected at the event.

Contact gogos@firstunitarianottawa.ca to register.

For further information contact Jo at 613-829-1604.



Trivia Quiz Night

Tuesday, September 19 - 7:00pm on Zoom

Trivia Night is back! 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](#)



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 an 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.



Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/communications.html>