

# Weekly e-UU Newsletter ~ Friday, September 8, 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 10, 2023**

**Online AND In Person**

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



## **As Love Shows Us How – Our Annual Ingathering Service**

**With Reverend Eric Meter**

As we gather at the start of a new church year let us honour both the gifts we bring with us, as well as what we receive from being part of a community that celebrates life with all its challenges, opportunities and moments of pristine beauty. Note: we'll be literal with both giving and receiving this morning. **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.**

*Join us after the service, in Fellowship Hall, for Coffee Hour and Ice Cream Sundaes*  
*OR*

*Join our online Fellowship Hour at 12:00pm - [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](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 Religious Exploration**

This Sunday, our UU kids will 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](mailto:dre@firstunitarianottawa.ca)

## **Congregational Focus: Climate Action**



### **Environmental Action Group**

Lots this week! Check out Kidical Mass and other coming events. Enjoy new Good News Items! Bring those flexible coffee bags in. Be on the Hill on the 15th (look for the banner and the tall hat).

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

# 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.*

## Sad News

Martha Louise (Warren) Pohl, 90, passed away peacefully on Monday, August 14, 2023, at her 1889 family homestead surrounded by her loving family. She was the beloved wife of and is survived by the Reverend Dr. David C. Pohl, Minister of the First Unitarian Congregation of Ottawa from 1961 to 1971. Martha's internment was held privately at Pine Ridge Cemetery on August 21, 2023 conducted by the Reverend Gary E. Smith, minister emeritus of the First Parish in Concord.



The public is invited to a Memorial Service to be held on Sunday, October 8, 2023 at 2 PM at the First Parish in Concord, 20 Lexington Road, Concord, MA. A reception will follow.

## Ushers and Greeters Wanted

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](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### Jenn is excited to be resuming choir this fall!

If you are interested in trying out choir, we will be doing a drop-in performance this Sunday (September 10). Just arrive at 9:45am on Sunday morning; no need to be able to read music, just bring your voice and your enthusiasm!

Choir start dates are as follows:

- Fusion: 1:00pm, Monday afternoons, starting Sept 11
- Three Rivers: 1:00pm, on Wednesday afternoons, starting Sept 13
- Chalice Choir: 7:00pm, Thursday evenings, starting Sept 14

Please email Jenn at [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca) to be added to the choir list, or come see her on Sunday morning!



### From the 2024 Pledge Team

You can be an Early Bird. Submit your pledge for 2024 online through the website or on paper in the volunteer room. Get ahead of the crowd!



### Donate to Fall Fair

Fall Fair, FirstU's annual bazaar and major fundraiser, is coming up on Saturday, November 17! [We've just updated our Donation Page](#) to list the accepted donations for this year's sale.

And [please volunteer](#). There are tasks for everyone, from baking and set-up to promotion and intake, and we do have fun!

Contact [Fall Fair director Carol Card](#) or [volunteer coordinator Eva Berringer](#).



### Drop In and Sing with the FirstU House Band

Join us to sing contemporary music - think folk, blues, and soft rock - during Sunday services. Rehearsal is on the 4th Wednesday of the month. Want to check us out or join the band for a Sunday? Stop by the Sanctuary at 9:15am on the Sunday, September 17 or Sunday, October 1 to find out what we're singing. All ages welcome to join us. For more information, contact

[Lisa](#).



### Gentle Yoga Returns for the Fall

Come to the NOW room on Wednesday mornings at 10am, from September 20 to Oct 25, for an hour of gentle yoga. \$72.00 for six sessions (\$120.00 for couples), or \$15.00 for drop-ins.



### 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](mailto: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.



### 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.



### 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:oas@firstunitarianottawa.ca) with any necessary corrections.

## Upcoming Events

### Meditation Group

**Wednesday, September 13 - 7:00pm on Zoom**

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.

[Click HERE to join the meditation session](#)

Passcode: 259109



### Evening Reading for Growth

**Thursday, September 14 - 7:00pm on Zoom**

Join us online to discuss *The Premonition - A Pandemic Story*, by Michael Lewis. This book describes several medical visionaries, starting with a 13-year-old U.S. schoolgirl entering the Science Fair who learned and modelled how viruses like COVID-19 spread, and including others like Dr. Charity Dean, a determined Public Health Officer. The book chronicles their efforts to educate powers like the Center for Disease Control and the Trump administration. [Contact Ken for the Zoom Link](#).



### FirstU Virtual Discussion Circle

**Thursday, September 14 - 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 "**Censorship**". If you have ideas for future discussion topics, [please email](#)

[Andrew](#).

[ZOOM LINK](#)



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

## Save the Date

### Trivia Quiz Night

**Monday, September 18 - 7:00pm on Zoom**

Trivia Night is back on Monday the 18th! 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 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](mailto:gogos@firstunitarianottawa.ca) to register.

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



# News from Our Friends

## Unitarian House Walkathon Fundraiser

**Monday, September 11 – 11:00am**

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.



## Unitarian House Fall Clothing Sale

**Thursday, September 14 - 2:30pm**

Join us at Unitarian House for our Fall Clothing Sale, where you'll find a wide selection of women's clothing, including donations of new clothing from Northern Reflections & Reitmans. If the weather is less than ideal, we will be in The Founders' Room on the 1st floor. All proceeds go to the Unitarian House Residents' Association and unsold clothes will go to local charities. Support community seniors and dress for less!



## 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>



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