

Weekly e-UU Newsletter ~ Friday, September 29, 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, October 1, 2023

Online AND In Person

Starts at 10:30am



Holding One Another in Care

With Reverend Eric Meter

How often does a sense of what is “normal” get in the way?
How well do the strands of our relationships hold those who might not fit in such a category?
At the start of Mental Health Awareness Week, this morning some who have faced mental health challenges share with us what they’ve learned along the way.

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

OR

Join our online Fellowship Hour at 12:00pm - [Click HERE at Noon to join the call!](#)

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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.



Children’s Religious Exploration

This Sunday, UU Kids will start in the Sanctuary, then move downstairs for an activity that reflects our Principle "Be Kind in all we do".
Plus! You'll get to meet Susan, our new DRE Assistant!

Susan McEwen was previously our DRE from 2005-2008, 2011-2015 is returning in the roll of DRE assistant. With her wealth of knowledge and experience she will be a great asset to the program assisting Jodi McIntosh in her role of DRE and assisting in the RE program. We gratefully welcome her back.



Please note: NEXT week is our Thanksgiving service! Please bring a loaf of bread (or batch of rolls) that reflects your heritage or uses a favourite recipe, to share as part of our Bread Communion AND kids are invited to come sing Raffi's "All We Really Need", as part of our multi-generational choir!
To join in, just arrive for church early at 9:45am.

Mark Your Calendars

There will be a Campus Planning Town Hall on Sunday October 22nd after service 12:15pm.

This is a chance for congregants to find out more about progress since our historic vote last March, and ask questions.

The Town Hall will be in person in Worship Hall, with a Zoom participation option.



The Fall Congregational Meeting is scheduled for Sunday October 29th after service.

The main purpose of the meeting is to review and approve the congregation's budget for 2024, to appoint members to Nominating Committee as necessary, and to inform ourselves on other matters.

This meeting requires voting and registration; details with an agenda will be circulated to members before the meeting.



Congregational Focus: Climate Action



Does the reversal of Ontario's greenbelt policy signify a new environmental direction for the province?

Find out here: <https://www.firstunitarianottawa.ca/climate-action.html>

Caring Contacts for September

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

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

Caring Contacts for October

[Marianne Wood](#) - 613-725-3452

[Carolyn McAndrew](#) - 613-422-8390

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.

The Pledges Are Rolling In

The pledges are starting to roll in. Don't leave yours to the last minute! Support your community by [filling out your pledge form online](#), downloading [this print-at-home version](#), or picking up a paper copy in the Volunteer Room.

Caring Network Volunteer Coordinator

Interested in a rewarding and meaningful role in First U's Caring Network? Our whole congregation forms The Caring Network, with a volunteer executive who carry out activities on a monthly or as needed basis, and meet 3-4 times a year. A replacement for that executive's retiring volunteer Coordinator is needed. For more information [contact Maryan](#).

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



Bread Communion at Our Thanksgiving Service

Do you have a bread from your heritage or a favorite bread recipe that you would like to share? Please bring some to service on October 8 for our Thanksgiving Bread Communion. Homemade or store bought are equally accepted. Please email Jodi to let her know what you're bringing: DRE@firstunitarianottawa.ca



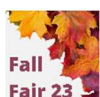
Thanksgiving Service Multigenerational Choir

Children, youth and their families (if they would like to join in) are invited to come sing Raffi's "All We Really Need", as part of our multi-generational choir at our Thanksgiving service on October 8. To join in please arrive at 9:45 for a pre-service practice.



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.



Fall Fair, FirstU's annual bazaar and major fundraiser, is coming up on Saturday, November 18! We've 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 FallFair@firstunitarianottawa.ca for more information.



You're Invited to Our Story Garden

Explore FirstU's gardens, and discover a story that reflects one of our eight UU Principles. Enjoy it with your child and continue the conversation at home! New stories every two weeks!



Get Your Minutes In

Reminder to the committees and the Board to send in the minutes of meetings to date. They need to be sent to: archives@firstunitarianottawa.ca and, in the case of the Board Minutes, also to publications@firstunitarianottawa.ca.



Jewelry Donations for Fall Fair

Do you have jewelry you want to donate to Fall Fair? Our Jewelry team would love to receive it from you asap! Cleaning, sorting and repairing takes time. Please leave items at the Office.

Upcoming Events

Friday (Daytime) Reading for Growth Group

Friday, September 29 - 1:30pm on Zoom

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](#) with any questions.

[ZOOM LINK](#) Meeting ID: 848 6931 2703 Passcode: 002396



Your Right to Read: The Impact of Book Banning

Tuesday, October 3 - 7:30pm

In Worship Hall and [Livestreamed on YouTube](#)

Attempts to challenge or ban books in US school and public libraries have started to happen in Canada as well. These actions strike at the heart of having an informed citizenry, which is essential for a functioning democracy.

Join moderator Justine de Jaegher, and panelists Sonia Bebbington (Ottawa Public Library) and Mick O'Leary (Frederick Community College) for a discussion of the current situation in Canada and the US and steps that have been, and can be, taken to reduce the damage that can be caused by book-banning attempts.



Gentle Yoga

Wednesday, October 4 – 10am in the NOW Room

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.



Meditation Group

Wednesday, October 4 - 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



FirstU Virtual Discussion Circle

Thursday, October 5 - 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 Happens After We Die?"

[ZOOM LINK](#) Meeting ID: 847 7145 7780 Password: 350030



Mapmaking: Navigating Your Spiritual Journey

Thursdays, October 5 to November 2 - 7:00pm

If you are a newish congregant, or even a long-time one, Mapmaking will involve making connections with others; reflecting together on your concepts of spirituality, faith and our Unitarian Universalist Principles; learning more about the congregation and its linkages with the broader world; considering what it means to belong to the FirstU community of faith and what you can bring to it; and sharing with others your "credo" of who you are and where you are in your faith journey. [Email adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) to sign up (registration is required).



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

Save the Date

Evening Reading for Growth

Thursday, October 12 - 7:00pm on Zoom

This month, we'll be discussing *Lives of the Stoics: The Art of Living from Zeno to Marcus Aurelius*, by Ryan Holiday. A new book that explores the teachings of Stoic philosophers by telling the stories of their lives. Come enjoy a lively discussion on Zoom.

[ZOOM LINK](#) Meeting ID: 890 6025 2628 Password: 845374



FirstU In Person Bridge

Sunday, October 15 - 2:00pm in Room 3

Join us in room #3, on Sunday, October 15, from 2:00pm to 4:00pm for a fun game of bridge. RSVP by emailing bridgehost@firstunitarianottawa.ca so we can set up before you arrive. We're looking forward to seeing you!



Trivia Quiz Night

Monday, October 16 - 7:00pm on Zoom

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](mailto:andrew@firstunitarianottawa.ca).

[ZOOM LINK](#) Meeting ID: 841 2565 4674 Passcode: 222371



Justice and Equality Action Group presents:

Book Launch: *The Wall Between*

Wednesday, October 18 - 7:00pm

This book is a call to justice that challenges the status quo of Zionism while at the same time dealing directly with the complex histories that have created the situation today. The book is both realistic and hopeful—a guide for anyone who is open to new possibilities within the Israel-Palestine discourse in the West. Join authors Raja G. Khouri and Dr Jeffrey J. Wilkinson, on Wednesday, October 18, at 7:00pm, for a reading and Q&A to launch this excellent book.



Campus Planning Town Hall

Sunday, October 22 - 12:15pm (hybrid)

This is a chance for congregants to find out more about progress since our historic vote last March, and ask questions. The Town Hall will be in person in Worship Hall, with a Zoom participation option.



Fall Congregational Meeting

Sunday, October 29 - 12:15pm in Worship Hall and Online

Mark your calendars! It's that time of year again. We'll be hosting our annual Fall Congregational Meeting on Sunday, October 29, right after Coffee (half) Hour. The zoom link will be provided via the eUU on Friday, October 27.



News from Our Friends

Ottawa Friends of Tibet 27th Annual Fall Fundraiser

Sunday, October 1 - 4:00pm at FirstU

Join us for an in-person inspirational heartwarming gathering including

- Delicious Tibetan food, of course momos
- Tibetan dancers in traditional clothing
- A silent auction and a Himalayan bazaar
- Recent slides from OFT's projects



[Advanced tickets \(\\$50\) available HERE.](#)

Climate, Conflict, Gender: Women of Courage

Thursday, October 5 - 7:00pm at Christ Church Cathedral (4114 Sparks St)

Join us as representatives from KAIROS' global women, peace, and security partners share their experiences in helping women survivors of war and gender-based violence regain dignity and reclaim rights to become critical agents for peace and resiliency in the face of a rapidly changing climate. Don't miss this golden opportunity to hear from representatives from Colombia, Palestine, South Sudan, and the Democratic Republic of the Congo about their life-changing work. [Details HERE.](#)

[Click HERE to register.](#)



Ancoura Gala Dinner

Thursday, October 12 - 6:00pm at St. Elias Banquet Centre

\$94.00/person

Tickets are officially on sale for Ancoura's annual Gala Dinner! The event will be happening October 12th, 2023, at the St. Elias Banquet Centre (750 Woodridge Ave) and will include a live auction and a trivia contest! [Click HERE to get your tickets online.](#)



6 Minute Memoirs Celebrates 10 Years of Stories and Fundraising

Saturday, October 21 - 7:30pm on Zoom

\$15 per household

Twelve amazing storytellers will share their tales on the theme of "Trials and Tribulations" at the 10th anniversary of Hamilton's premier storytelling event, the 6-Minute Memoir, on Saturday, Oct. 21 at 7:30. Tickets are \$15 per household for the virtual event on Zoom. [Get your tickets HERE.](#) All profits go to support the work of The First Unitarian Church of Hamilton and [Body Brave](#), an organization assisting those with eating disorders.



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