

# Weekly e-UU Newsletter ~ Friday, October 6, 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 8, 2023**

**Online AND In Person**

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



## **All We Really Need**

**With Reverend Eric Meter**

Thanksgiving - a time to focus on what we are grateful for, both in terms of the gifts of the earth and the relationships that support us all. This Sunday, all ages of our community will gather together to celebrate with a bread communion. Please bring a loaf of bread (batch of rolls, etc) to share during our Bread Communion - there will be a designated basket for gluten-free items. If you, or your kids, wish to be part of our multigenerational pick-up choir, please arrive at 9:45am for a practice-run of Raffi's "All We Really Need".

*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](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.



## **Children's Religious Exploration**

**This Sunday**, UU Kids will spend the whole service in the Sanctuary, taking part in our Thanksgiving Bread Communion. There will be quiet play activities available for those kids who need to occupy their hands now and then.

**Next Week, October 15, will be the launch of our programming year.** In our Rainbow room (ages 2-6) we will be using the aptly named program "Rainbows" where the children explore who they are and the world around them.

In our Chalice room (ages 6-12) we will be exploring through Spirit stories where the children will ponder wondering questions after experiencing a story that reflects our UU principles, values and sources.

**Our program will be kicked off with a RE meet and greet with our RE staff and Rev. Eric. We will meet in the NOW room at 9:30 with muffins and coffee.**

## **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.



## FirstU Ottawa Storage Audit 2023

Taking place the Fall of 2023 – starting now! We are undertaking this audit to:

- establish the location of stored items, who they belong to and how we can consolidate.
- going forward, reduce the doubling up of same or like items to reduce spending.
- free up space for other use



**If anyone/any group has items stored, please plan a time to come in to identify the spaces you have items.** Please clean out and organize the area. Need to confirm the church is open? Call the office at 613-725-1066. We will provide blank labels and instructions (get them from the main office). **Please endeavor to have your spaces labelled by end of October.**

The Property Team will assess the storage options after everyone has identified their space(s) and items. We encourage discarding of unnecessary items. Storage space may be re-allocated, with the permission of group(s) associated.

Questions? [property@firstunitarianottawa.ca](mailto:property@firstunitarianottawa.ca)

## Congregational Focus: Climate Action



Four years of intense focus! And to mark that four years, we are offering you a unique environmental experience! Don't miss it! **Get the details here:** <https://www.firstunitarianottawa.ca/climate-action.html>

## 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](mailto: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](mailto: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.



**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](mailto: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](mailto:archives@firstunitarianottawa.ca) and, in the case of the Board Minutes, also to [publications@firstunitarianottawa.ca](mailto:publications@firstunitarianottawa.ca).

## Upcoming Events

### Gentle Yoga

**Wednesday, October 11 – 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 11 - 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 12 - 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 "**Flights of Fancy**"

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



### 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



### Children's Religious Exploration (RE) - Meet and Greet

**Sunday, October 15 - 9:30am in the NOW Room**

Parents! Join us in the NOW Room for coffee and muffins to meet Jodi and Susan, our new RE staff. Bring any questions you have about our RE curricula or just come and say Hi! We look forward to seeing you!



### 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](mailto:bridgehost@firstunitarianottawa.ca) so we can set up before you arrive. We're looking forward to seeing you!



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

## Save the Date

### 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.



### Trivia Quiz Night

**Monday, October 23 - 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:email Andrew).

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



### Friday (Daytime) Reading for Growth Group

Friday, October 27 - 1:30pm on Zoom

For October we will be reading *Sacred Nature: Restoring our Ancient Bond with the Natural World*, by Karen Armstrong. This work explores religions and spiritual traditions that revere nature. 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. All welcome to join us on October 27 at 1:30pm.

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



### 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.



### Film Screening: "Passage to Freedom"

Wednesday, November 1 - 7:00pm at FirstU

The joint FirstU and Or Haneshamah Refugee Team are pleased to present "Passage to Freedom", a 2022 Canadian documentary directed by Sheila Petzol and produced by Hearts of Freedom. A major oral history research project based at Carleton University, the film captures the stories of those who embarked on perilous voyages from Cambodia, Laos, and Vietnam to Canada. Don't miss the opportunity to watch this powerful film! Doors open at 7:00pm. By donation (\$10/person suggested), limited silent auction.

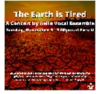


### Aella Concert: The Earth Is Tired

Sunday, November 5 - 3:00pm in Worship Hall

The Environmental Action Group and Aella vocal ensemble are thrilled to bring you a unique environmental experience to mark the culmination of First U's four year congregational focus on Climate Action. Aella hopes to speak to the collective feelings of climate anxiety and grief that have been intensifying in recent years, while leaving audience members feeling empowered, aware, and hopeful. As well, we will host a variety of environmental groups active in Ottawa before and after the concert. There will be a post-concert reception. [Click HERE for more information](#)

[Click HERE to purchase tickets \(by donation\) in advance](#) You can also make your donation at the door.



## News from Our Friends

### Campus Community Wellbeing Committee

[Click HERE to read the October CCWC Newsletter](#), highlighting committee activities over the last few months and providing information on upcoming events of campus-wide interest. We are pleased to announce in this newsletter that the committee is welcoming representatives from the Ontario Aboriginal Housing Services who are joining us as campus partners on the committee.



### Or Haneshamah and Ajashki on CBC

Robyn Bresnahan of CBC Ottawa Morning interviewed members of Or Haneshamah and the Ajashki Project about the feast they shared to mark both Sukkot and the National Day for Truth and Reconciliation.

[Click HERE to listen to the segment!](#)



### 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>