

Weekly e-UU Newsletter ~ Friday, November 3, 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, November 5, 2023

Online AND In Person

Starts at 10:30am



New Members' Sunday

With Reverend Eric Meter

This Sunday, our service will include a live welcome and introduction of people who have become members since March, 2020.

The service will be followed by a special celebration of our new members and our community in Fellowship Hall

Please Note: Online Fellowship Hour until further notice.

~*~

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, we'll start in the Sanctuary, where we'll hear a story about noticing the big, small, incredible world around us. Then we'll proceed downstairs for RE with Jodi and Susan.

Splinters from the Board

Last Sunday afternoon we held our Fall Congregational Meeting (FCM). For those interested, a recording should be available from the Members Page of our website. We covered a lot of ground: We reviewed and approved a budget for 2024 despite a significant deficit. We appointed a new auditor, a task long overdue. We replenished our Nominating Committee. We agreed on a new two-year Congregational Focus "Cultivating Compassionate Communities"; you'll be hearing more about this soon. One important thing we did NOT do was proceed with a resolution to update our Charitable Purposes... at least not just yet. Our lawyer had some last-minute procedural advice for us which was too hard to address at the FCM. So we will revisit that one item at a special follow-up meeting, perhaps in late November. We regret any confusion this may have caused, but we need to get the job done correctly, and with an appropriate chance for consultation. Your comments are always welcome.

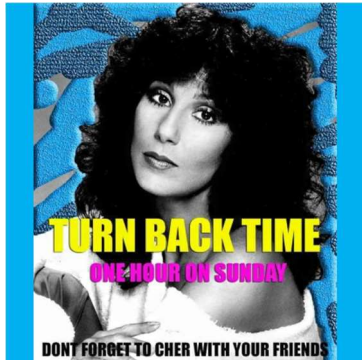


Campus Planning Town Hall Follow-Up

Whoops! Unfortunately, the recording for the Campus Planning Town Hall last Sunday failed, and is not recoverable. We apologize to those that missed it and had hoped to watch it on our YouTube channel. [Our Affordable Housing web page](#) contains the two slide packages that were presented at the meeting. If you have specific questions or concerns, you can email Terry Kimmel at campusplanning@firstunitarianottawa.ca.



Standard Time Begins This Sunday



Congregational Focus: Climate Action



Sunday is the day! Join us at 2:00 for an environmental browse; then at 3:00pm for Aella Choir's presentation of "The Earth is Tired!" Before that Paste your post-its! Share what you've learned and what you've done and will do stand against climate change! If you're not on site to do it, [email them to Donna](mailto:donna@firstunitarianottawa.ca) and she'll do it for you! **Details here:** <https://www.firstunitarianottawa.ca/climate-action.html>

Caring Contacts for November

[Marilen Gerber](mailto:marilen.gerber@firstunitarianottawa.ca) - 613-848-1688

[Stan Pope](mailto:stan.pope@firstunitarianottawa.ca) - 613-614-3750

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 Pledge Campaign is Moving Right Along

Thanks to those that have already pledged. For those that have not submitted their pledge yet a volunteer will be giving you a call to check in. "Pledge as if your congregation depends on it" by [filling out your pledge form online](#), downloading [this print-at-home version](#), or picking up a paper copy in the Volunteer Room.

Join Our Big Team Effort for Fall Fair

For our biggest annual fundraiser, the Fall Fair, having enough volunteers is key to success. Even one hour is appreciated! There are many roles available as we work toward the Saturday, November 18 sale, some of them requiring as little as one hour of your time. Help is needed for sorting and selling, setting up and taking down, baking and more. For more information, [contact fallfair@firstunitarianottawa.ca](mailto:fallfair@firstunitarianottawa.ca).

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



Fall Fair is Only Two Weeks Away!

Our Fall Fair - just two weeks away on Saturday, November 18 - is our congregation's biggest fundraiser and our city's biggest church bazaar. We need your help! Spread the word with [our Donation and Sale posters \(download them HERE\)](#), check out the updated donation criteria on the [Fall Fair Donations page](#), and volunteer some time. Jewellery donations are now welcome in the office. Questions? [Contact fallfair@firstunitarianottawa.ca](mailto:fallfair@firstunitarianottawa.ca).



Wanted: Baking and Jam/Preserves for Fall Fair

Cookies, squares, muffins, small loaves, tarts, candy and more. Please **NO nuts or large cakes**. Bring to the Lower Kitchen on Friday, November 17. For more information, [email Evelyn](mailto:evelyn@firstunitarianottawa.ca) or phone her at 613-728-5761.



Chocolate, Coffee, and Soap Available

La Siembra Co-op Coffee and Chocolate bars, plus Zaton oil, Zaton soap, and Za'tar will be available in Fellowship Hall after the service this Sunday. Brought to you by Justice and Equality Action Group



White Poppies

Again this year, Members of First Unitarian of Ottawa will be offering white poppies to congregants. As well as a red poppy, a white poppy helps us remember all killed in conflicts. With two wars now killing, now is a time to reflect for peace.



Volunteer with The Bookshelf

Volunteers need to help staff the bookshelf.

Requirements: You must like books. You must like people. And you must be willing to staff the bookshelf one Sunday per month. [Contact Marg Z](#) if you'd like to get involved.



Parkway Spire: Change in Submission Deadline

The submission deadline for the Winter edition of the Parkway Spire has been extended to November 22 to accommodate volunteers working at the Fall Fair. Of course, we always welcome early submissions.

Send your unformatted articles (maximum 450 words) and photos to spire@firstunitarianottawa.ca by November 22.



Save the Date: FirstU's Winter Choir Concert

Sunday, December 3 - 7:30pm

Christmas carols, jazz standards, and beautiful contemporary classical music. Mark your calendars today!

Upcoming Events

First Aid Course

Friday, November 3 - 9:00am (1956 Robertson Rd, Unit 205)

The Fall Fair Safety Team is planning on taking a Blended or Recertification First Aid & CPR course (Level C/AED) on Friday, November 3. The training will be at First Aid 4U on Robertson Road.



FirstU Online Bridge

Friday, November 3 - 7:00pm on Zoom

Join us online for a fun game of bridge, using Zoom and Bridge Base Online, on the first Friday of every month. Email bridgehost@firstunitarianottawa.ca to RSVP and get the links and ensure your spot.



Meditation Group

Wednesday, November 8 - 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, November 9 - 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 "**Does Time Heal All Wounds?**".

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



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 FirstU'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](#) OR make your donation at the door.



Just Get Over It - Interactive Workshop

Tuesday, November 7 - 6:00pm on Zoom

Members of the First Peoples House of Learning team at Trent University facilitate this interactive story-telling workshop which explores the true historic experience of Indigenous peoples in their relationship with settlers in North America. Their engaging, non-blaming approach offers participants a meaningful way to let go of common misconceptions, stereotypes, and biases that many of us hold and to become informed partners with Indigenous people for new ways forward. **Registration is now closed.**



Evening Reading for Growth

Thursday, November 9 - 7:00pm on Zoom

For our November discussion, we'll be reading *When the Heavens Went on Sale*, by Ashlee Vance, which tells the remarkable, unfolding story of the "land grab" of Earth's lower orbit. Come enjoy a lively book discussion on Zoom. As a heads-up: In December we will discuss *My Stroke of Insight* by Jill Taylor (How a brain scientist's own stroke led to enlightenment).

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



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

Save the Date

Fall Fair!

Saturday, November 18 - 9:30am

Come enjoy some seasonal and pre-Christmas shopping. You'll find a great selection of gift items, clothing, books, silent-auction items, toys and games, linens, knitted goods, home baking and lunch items, and much more! Please bring your own shopping bags.



In Person Bridge

Sunday, November 19 - 2:00pm in Room 3

Join us in Room 3 for a fun game of bridge, on the third Sunday of every month.

Email bridgehost@firstunitarianottawa.ca to RSVP.



Mah Jongg

Monday, November 20 - 10:00am in Room 3

Experienced Mah Jongg players are invited to join us for a fun game of Mah Jongg, on the third Monday of every month in Room 3. We are playing American Mah Jongg - with 3-4 people per table - using the 2023 game card. Please bring your own card. [Email Barb Ryan](mailto:Barb.Ryan@firstunitarianottawa.ca) or phone her (613-710-3131) by Friday, November 17, to RSVP.

If you can bring a game, please let her know when you RSVP.



Friday (Daytime) Reading for Growth Group

Friday, November 24 - 1:30pm on Zoom

Our November book selection, available at Ottawa libraries, is *Stolen Focus: Why You Can't Pay Attention and How to Think Deeply Again*, by Johann Hari. Concerned about his increasing inability to focus and after failed experiments to 'detox' from his devices, the author interviews experts on human attention to uncover what societal forces explain our attention deficit. All are welcome.

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



Trivia Quiz Night

Monday, November 27 - 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: 826 7932 3410 Passcode: 101004



Unitarian Universalist nUUs



Recording Available

A Zoom presentation from Independent Jewish Voices last Sunday is available with Q&A about Gaza, Hamas and Israel. For privacy concerns it is not being made public and will only be available to registrants and other interested parties on our mailing list. [Send your request to cusjmedia@gmail.com](mailto:Send_your_request_to_cusjmedia@gmail.com).

News From Our Friends

St Basil's "Conversations for Our Times" presents:

The Gift of Two Paths: Indigenous and Christian

Sunday, November 5 - 2:30pm on Zoom.

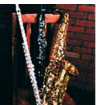
St. Basil's parish is pleased to begin another series of "Conversations for Our Times" with Dr. Rosella Kinoshameg speaking on how she walks two paths of being both Indigenous and Christian. This is a two-fold opportunity for us: first, to listen to one another's experience of faith as Pope Francis has urged, and secondly to engage in reconciliation with Indigenous people. [Click HERE to register and receive the zoom link.](#)



Ottawa Woodwind Project

Saturday, November 11 - 7:00pm at UUFO (400 McArthur Ave)

The Ottawa Woodwind Project will perform a medley of songs to fit the season - spooky tunes, songs written between 1915 and 1945 in recognition of Remembrance Day, and some old favourites inspired by Autumn. Admission is free!



Chez FirstU



Dapaah, Despax play Mozart and Schumann

Saturday, November 4 - 7:30pm at FirstU

Join us for an enchanting evening of classical and chamber music as pianist John Kofi Dapaah and the Despax String Quartet take the stage to perform the timeless compositions of Mozart and Schumann. Prepare to be transported to a world of beauty and emotion as these talented musicians showcase their virtuosity. [Get tickets HERE.](#)

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