

Weekly e-UU Newsletter - Friday, November 24, 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 26, 2023

[Online](#) AND In Person

Starts at 10:30am



In Covenant

Reverend Eric Meter

As a non-credal faith tradition, it is not our religious beliefs that hold us together. Instead, we move together toward with shared values, and covenants to hold us accountable to one another along the way. So, what are covenants, and why do we need things that sound so formal anyway?

Join us after the service for Coffee Hour in Fellowship Hall

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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, our UU Kids will start upstairs where Rev Eric will share the story of *The Angry Monk and the Fly*, before heading downstairs. In the **Rainbow Room**, we'll explore hibernation, including a walk in the garden, to search for good hibernation spots (so dress for the weather). In the **Chalice Room**, we'll hear a story about our Unitarian sources.

Special Congregational Meeting

Sunday December 3 at Noon
Worship Hall (or attend online)



There will be a Special Congregational Meeting on Sunday December 3 at 12:00pm to approve a Resolution updating our Charitable Purposes. The meeting will take place in Worship Hall; voting registration will take place both before and after the service, beginning at 10am. If you wish, you may join the meeting virtually on Zoom (please find the [Zoom registration link HERE](#)).

If you cannot attend this meeting in person, *please arrange for a proxy; there will be no online voting.*

As circulated to members on November 23rd, you can find the meeting materials, including the proxy form, [on the Member Page](#). Due to the limited business on the agenda, we expect this meeting to be relatively short.

Note: there will be two informational sessions before the meeting:

Sunday Nov 26 at 12:00pm (In Person)

Wednesday Nov 29 at 5pm on zoom – [ZOOM LINK](#) Meeting ID: 869 6612 1442 Passcode: 052404

Fall Fair Says Thank YOU!



A big THANK YOU to all who helped with last Saturday's Fall Fair fundraiser, whether by volunteering their time, donating goods or bringing lunch food or baking.

The bazaar was a great success, with sixteen busy sales areas and hundreds of keen shoppers. Along with raising a significant amount for our congregational activities, we had fun working together and dispersed lots of leftover goods into the community.

Mark your calendars now for next year's Fall Fair: Saturday, November 16, 2024!

Congregational Focus: Climate Action



Thank you to those of you in the congregation who have encouraged and supported us over this past four years. We welcome your further participation. <https://www.firstunitarianottawa.ca/climate-action.html>

Caring Contacts for November

[Marilen Gerber](#) - 613-848-1688

[Stan Pope](#) - 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.

Not A Square To-It, But A...

If you've been thinking about pledging, or if you planned to do it right after the Fall Fair, now is the time. Pick up a paper copy in the Volunteer Room.

Help Keep the Congregation Mobile

The person in the Ride Coordinator role helps congregants participate fully in services and other events and to get to important personal appointments. Contact [Maryan](#) or [David](#) for more information or to get 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 new version of the directory is available for download [from the FirstU Members' Page](#). Please [email the office](#) if you've forgotten the password.



Food Support Program

In the past month, we have provided about 50 frozen meals to take home for participants in the Ajashki program.

If you are able to donate a container of lasagna, soup, stew or chili, or Christmas baking, [please contact Lisa S.](#) We are also accepting donations of plastic containers (yogurt containers and take out containers are great), as well as chicken, hamburger and cheese to be dropped off in the Grow Tower Room (meat and cheese to go in freezer).



Want to know your ancestral roots? Want to raise funds for FirstU? Why not do both?

Hobby-genealogist, Barry Read, has prepared over 50 family trees for members and friends of FirstU. He will research your roots using civil and church and census entries, and provide you with a comprehensive three-ring binder with your detailed ancestral and family trees. What does it cost? Upon receiving and reviewing your personalized binder, simply make a suitable (but non-tax-receptable) donation to FirstU according to your means. If you are interested in finding out more or to ask questions, please email Barry at baread@rogers.com or call 613-592-3369

Upcoming Events

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 welcome!

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



Informal Discussion of Charitable Purposes

Sunday, November 26 - 12:00pm (In Person)

Join us for an informal, in-person discussion of the proposed Resolution to update our charitable purposes in advance of the vote on Sunday, December 8. Bring any questions you have.



In Person Bridge

Sunday, November 26 - 2:00pm in Room 3

Join us in Rm 3 for a fun game of bridge, on the third Sunday of the month. Email bridgehost@firstunitarianottawa.ca to RSVP.



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](#).

[ZOOM LINK](#) Meeting ID: 826 7932 3410 Passcode: 101004



Informal Discussion of Charitable Purposes

Wednesday Nov 29 at 5:00pm (On Zoom)

Join us for an informal, online discussion of the proposed Resolution to update our charitable purposes in advance of the vote on Sunday, December 8. Bring any questions you have.

[ZOOM LINK](#) Meeting ID: 869 6612 1442 Passcode: 052404

Meditation Group

Wednesday, November 29 - 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](#)

Meeting ID: 880 7343 6250 Passcode: 259109



FirstU Virtual Discussion Circle

Thursday, November 30 - 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 "**The State of the World**".

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



Poetry Sharing Group

Friday, December 1 - 12:00pm on Zoom

We welcome poetry lovers to join us in celebrating the power of imagination and expression found in poetry. [Email Clea Derwent](#) with any questions and to get the zoom link.



FirstU Online Bridge

Friday, December 1 - 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.



Special Congregational Meeting

Sunday, December 3 - 12:00pm (Hybrid)

Join us for a Special Congregational Meeting to approve a Resolution updating our Charitable Purposes. Voting registration will take place both before and after the service, beginning at 10am. If you wish, you may join the meeting virtually on Zoom. *If you cannot attend this meeting in person, please arrange for a proxy; there will be no online voting.* If you wish to attend online please [click HERE to register for the zoom link](#).



FirstU's Choirs Present:

"What's In A Name" Winter Choir Concert

Sunday, December 3 - 7:30pm

Each of our choirs will perform music that is inspired by the name of their group - Chalice Choir music of hope and light, Three Rivers Singers music about water, and Fusion music from a mix of genres and times. You'll hear seasonal selections, pop, folk, and classical; between sections of the program, you will also hear brief reflections about names and the meanings they hold for people. Concert is at 7:30 p.m. on Sunday, December 3 and admission is by donation.

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



Save the Date

Mitten Tree Service

Sunday, December 10 - 10:30am

Join us for our annual Mitten Tree service, Don't forget to bring some winter woolies (and winter boots of all sizes!) to add to our tree!



Unitarian GoGos Bake Sale

Sunday, December 10 – 11:30am – Fellowship Hall

Lots of tasty treats to choose from – squares, tarts, cookies, muffins, breads, biscuits, and specialty items! All in support of the Stephen Lewis Foundation. Cash, cheques, and eTransfers accepted.



Evening Reading for Growth

Thursday, December 14 - 7:00pm on Zoom

For our December discussion, we'll be reading *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



Mah Jongg

Monday, December 18 - 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](#) or phone her (613-710-3131) by Friday, December 15, to RSVP. If you can bring a game, let her know.



Unitarian Universalist nUUs



Remembering Sarah Adams

Friday, December 8 - 5:00pm (Hybrid)

FirstU members and friends are invited to join Kingston Unitarian Fellowship's grieving circle for people to share stories about Sarah Adams and to share in our grief at her passing. Because Sarah requested no public memorial service we are holding an informal circle to hold our shared experience at this time. [Click HERE to join the circle online.](#)

News From Our Friends

Theatre of the Beat presents:

"I Love You and It Hurts"

Saturday, November 25 - 7:00pm - 1830 Kilborn Ave

This show is comprised of three short plays that reflect lived experiences of elder abuse, healthy masculinity, and intimate partner violence in youth relationships, with a focus on how to recognize the subtle early signs of abuse. [Click HERE for more information.](#) Admission is by donation at the door.



The 8th Annual Human Rights Learning Forum: A Journey of Healing and Restoration

Thursday, December 7 - 8:00am (all day event)

Hellenic Reception Centre (1315 Prince of Wales Dr)

The Ottawa Police Service (OPS) in partnership with the Canadian Institute for Conflict Resolution (CICR) and ForGiving ForRestoring Canada, is pleased to bring you leading experts and community leaders who will share their expert knowledge on the journey of healing for the purpose of restoring trust and building a stronger community together. [Click HERE to register.](#)



Chez FirstU



Harmony Concerts: Lynn Miles' "A String of Lights"

Saturday, December 2 - 7:00pm

Lynn's seasonal show reflects all the beauty of this crazy time of year. You won't want to miss this one, it will have you ready for anything the season brings your way. [Get Tickets HERE.](#)



Harmony Concerts: Anna Ludlows Christmas Kitchen Party

Saturday, December 9 - 7:00pm

A down-home East-Coast Christmas with Anna and Ottawa Valley Country Music Hall of Fame inductee Gail Gavin, fusing the traditional Cape Breton music of the Scottish Gàidhealtachd with a modern percussive vibe. [Get tickets HERE.](#)



Harmony Concerts: A Miss Emily Christmas

Friday, December 15 - 7:00 pm

"An angelic voice with just a hint of sultry devilishness. This gal is a rocket ready to take-off!" (Rob Baker). [Get tickets HERE.](#)

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