

Weekly e-UU Newsletter - Friday, December 1, 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, December 3, 2023

[Online](#) AND In Person

Starts at 10:30am



Roses as Far as the Eye Can See

Reverend Eric Meter

As we have on the first Sunday in December for some time now, this morning we will focus on devoting our attention to the social prevalence of violence against women, and the lives lost on December 6, 1989 at the Ecole Polytechnique in Montreal.

Join us after the service for Coffee Hour in Fellowship Hall

~*~

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 week we will be combining our Rainbow room and Chalice room children for a special activity: Making mitten decorations for our upcoming mitten tree service! We'll use several art techniques to create beautiful mittens to hang in the sanctuary.

Note: Our Chalice Room children we will return to our spirit stories program in the new year.

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

Caring Contacts for December

[Paul McGinnis](#) - 613-829-7156

[Laurie Foster-MacLeod](#) - 613-728-1916

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.

Counting Down: The Final Days...

The annual pledge drive is coming to a close. Help FirstU to continue to make a difference in the world. Pledge forms are on-line or in Worship Hall. Pledge as if your congregation depends on it. Submit your pledge today! You can [fill out your pledge form online](#), download [this print-at-home version](#), or 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



Enviro-Action for December: Reusing Pill Bottles

We are collecting plastic pill bottles to send to disaster relief organizations. Let's keep plastic out of landfills! **Note: Pill bottles must be capped, clean, and unlabeled.** Use a hair dryer to remove labels that don't peel off easily. It's magic! There is a cost to mail the pill bottles to where they are needed: **Please put a dime in each bottle.** For detail [see the Climate Action Page](#).



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).

Upcoming Events

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.



Meditation Group

Wednesday, December 6 - 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, December 7 - 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 Contagion of Ideas**".

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



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.



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

Save the Date

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



Waiting for the Light

Saturday, December 16 - 7:00pm

Join us for an evening of contemplation as the days are shortening and the darkness is growing. We will walk a candle lit labyrinth, share a time of quiet meditation and music, and enjoy warm apple cider together. All are welcome. Admission is \$5.00 or pay-what-you-can.



In Person Bridge

Sunday, December 17 - 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, 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](mailto:Barb.Ryan@firstunitarianottawa.ca) or phone her (613-710-3131) by Friday, December 15, to RSVP. If you can bring a game, let her know.



Trivia Quiz Night

Monday, December 18 - 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



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](#).



UU Midwinter Retreat

February 2-4, 2024 at the YMCA Cedar Glen Outdoor Centre

[Registration is Live](#) for the 33rd UU Midwinter Retreat! All UUs are invited to join us for a weekend of games, workshops, and worship, along with a cabaret and a chocolate communion. Keynote Speaker Linda Thompson will speak on "Such a Time as This" and together we'll ask questions about how we rebuild and strengthen our community. [Click HERE for all the details](#).

Earlybird rates apply until December 29. [Click HERE to register](#).

News From Our Friends

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.](#)



Harmony Concerts: Six13

Sunday, December 17 - 7:00pm

Juxtaposing the traditional and the contemporary, Six13 is a groundbreaking, six-man a cappella vocal band that is bringing an unprecedented style and energy to Jewish music, with nothing but the power of the human voice. [Get tickets HERE.](#)

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