

Weekly e-UU Newsletter – Double Issue

Friday, June 27 AND Friday July 4, 2025

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, June 29, 2025

Online and In Person

Starts at 10:30am



Memory, Hope and the Flowers of Spring

Flower Ceremony 2025 with Reverend Eric Meter

This Sunday, take part in a UU Tradition with our annual, multigenerational Flower Ceremony. It's Reverend Eric's last Sunday with us, and we hope you'll attend to hear what he's learned from us during his time as our Minister.

Attending in person? Please remember to bring cut flowers to add to our congregational bouquets!

Reminder: This Sunday is our Farewell BBQ for Reverend Eric!

11:30am - Outdoors

Say "farewell" to Reverend Eric at our Summer BBQ, with grilled food, salads, and cake. A suggested donation of \$10-\$20 per adult would help us cover the costs of food. Any funds raised in excess of the food costs will be donated to the Ajashki Program.

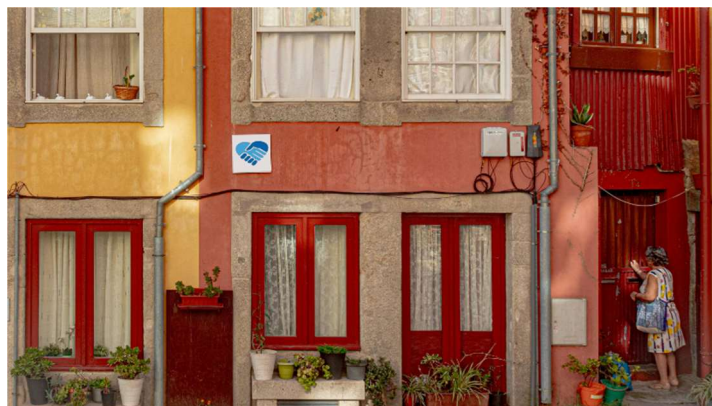


~*~

Next Sunday, June 29, 2025

Online and In Person

Starts at 10:30am



Creating Homes and Community for Mental Health

With Guest Speakers Ann Carmichael and Marina Canalejo of Ancoura

Everyone deserves a safe, dignified place to live. This Sunday, guest speakers Ann Carmichael and Marina Canalejo will introduce us to Ancoura, a supportive residence for those with severe mental health challenges, and how a consistent, supported, and reliable place to live can become a platform for other beautiful things.

Sunday Service Announcements

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at boardannouncements@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

Here's what our UU Kids will be up to this Sunday:

It's Flower Ceremony time! This Sunday, our UU Kids will be participating in our **multigenerational service!** Come ready for songs and stories, and bring cut flowers to share! Then wish our outgoing minister Reverend Eric a fond farewell at our summer barbecue!



Here's what our UU Kids will be doing this SUMMER:

Starting July 6, our UU Kids will be meeting downstairs at 10am, every Sunday, for outdoor free play. Please remember to bring a water bottle and sun screen, and to wear weather-appropriate clothes, including a hat.



Caring Contacts for June

[Alexandra Devine](#) - 613-224-5695

[Jan Glyde](#) - 613-680-0495

Caring Contact for July

[Janet Clayton](#) - 613-733-9566

Nonna MacKenzie - 613-596-1054

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.

Splinters from the Board

Here is a summary of decisions and key discussion from the Board's June 18 meeting:

- Appointed Nina Knox to chair the Embracing Diversity Committee.
- Received a report regarding the Canadian Unitarian Council's Annual General Meeting.
- Decided that net revenue from Rev. Eric's Farewell BBQ will be allocated to the Ajashki Program.
- Agreed that Brent Nicolle serve as the project manager and Lisa Sharp as the marketing/communications manager for the community bonds initiative.
- Discussed relations with Unitarian House.
- Confirmed the appointment of Janet Beauvais as the program manager for the Ajashki Program.
- Discussed the future of the Fall Fair.
- **Welcome New Members!** The board is pleased that, at our June meeting, we approved three new members: Erin Seeds and Carrie and George Buchanan. We're very pleased that they've decided to join us on their spiritual and life journeys!



2026 Budget

Leaders of Committees, Teams, and Programs with Revenues and/or Expenses can [download your 2026 Budget Form HERE](#). Please return the 2026 request forms the church office **by July 5th, 2025**.



Featured Volunteer Opportunity

Help Our Gardens Bloom

Summer's here, and the Friends of the Meditation Garden are looking for gardeners to help maintain the north and south gardens. It's possible to work in a team or independently. Most tools, gloves etc., are provided. They work about two hours per week. The time is flexible but the team usually meets on Wednesday and/or Friday mornings weather permitting. Interested? [Contact Margaret Linton](#).

Want to let the congregation know about a volunteer opportunity? [Fill out this online form](#) to let people know!

Have you already completed the FirstU Volunteering survey? If not, please click the embedded link and add your information to the volunteering data base: [Participation Survey](#)

-Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



Federal Bill C-5

A reminder to bring your plastic closure tags and your used pens to our **collection containers outside the office!** For more information see the [Climate Action Page](#).



Parsley for the People!

Ajashki's Grow Towers have an abundance of lovely, fresh, tasty parsley. Please come and help yourselves after this Sunday's Service! Available in the Food Cupboard room off Worship Hall.



Message from the Property Team

With summer upon us, please be sure to **close any windows you open**.
Let's not make things easy for any potential intruders! Thank you!



Fall Fair

Fall Fair Needs You!

Fall Fair is not only our biggest fundraiser, it's also the most fun and engaging event of the year. If you're new to the congregation, we'd love to have you volunteer. It's a great way to meet new people and build connections with our wonderful community. Volunteers are needed both during the week of November 9th and on the day of the sale, Saturday, November 15th. If you're interested in volunteering, contact [Eva Berringer, Fall Fair Volunteer Coordinator](#).

Save The Date: Fall Fair is November 15!

The First U Fall Fair will be held on Saturday, November 15th, 2025. This is our biggest fundraiser of the year. Please note it on your calendar. We Look Forward to Seeing You There!



Recurring Event Topics and Updates

- The **Wednesday Evening Mindfulness Meditation Group** will continue meeting online, weekly, until **August 6**. Following a five-week break, they'll resume meeting on September 17.
- **Evening Reading for Growth** is now on summer break and will return in September.
- **Our Online and In-Person Bridge Groups** are on Summer break and will return in September.
- [Click HERE](#) for a full list of our recurring events.

Upcoming Events

The Mess We Are In: *The Divide* - Thursdays, July 3, 17, and 31 - 6:30pm - Room 3

Our political reading group, "The Mess We Are In", will start a new book in July: *The Divide*, by Jason Hickel. They will meet **biweekly, on Thursdays at 6:30pm, in Room 3, starting on July 3rd**, and aim to cover the content of the book over three meetings (roughly 1.5 hours each). Please reach out to [Marc Brunet](#) or [Nazim Ould-Brahim](#), if you'd like to join, if you need help finding the book, or for more information.



UU Pride Social Group - Sunday, July 13 - 7:00pm - On Zoom

The [UU Pride Social Group](#) is back! This is a chance to have fun and deepen connections. All 2SLGBTQIA+ folks connected to FirstU are welcome! Email diversity@firstunitarianottawa.ca to get the link.



For weekly, biweekly, and monthly recurring events, visit our Make Friends page:

<https://www.firstunitarianottawa.ca/make-friends.html#recurring>

Visit our calendar for more upcoming events:

<https://www.firstunitarianottawa.ca/calendar.html>

Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Miigwetch" means "Thank you very much". Let's learn some more words in Algonquin language. **This week's Algonquin Word of the Week is:**



Waabigwan

Waabigwan means "flower". Waabigwaniikaa means "there are many flowers". Waabigwaniikaa at FirstU's Flower Ceremony every year!

This week is our final Algonquin Word of the Week. If you'd like to continue learning Anishinabemowin, [you can use this free resource](#) from the University of Toronto, [or this one from Ojibwe.net](#).

Anishinabemowin doesn't have a word that directly translates as "goodbye" in the sense of "never seeing someone again". Instead, there's this:

Giga-Waabaminim Minawaa

"Giga-waabaminim minawaa" means "I'll see you (pl) again". **Gichi miigwetch** to all of you for picking up some Anishinabemowin with us. **Giga-waabaminim minawaa!**

Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/connect-with-us.html#nUUs>