

Weekly e-UU Newsletter – Friday, January 10, 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, January 12, 2025

Online and In Person

Starts at 10:30am



The Game of Life

Reverend Eric Meter

Just how serious is this thing we call life? Or how serious does it need to be? This Sunday, Rev Eric reflects on the approach taken by Sonja Christopher, a Unitarian Universalist and the first person to be voted "off the island" on the television reality series Survivor.

If you know, or suspect, that you have COVID or another respiratory illness, [please take part in the service online.](#)

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

OWL Grades 4-5: Parents and Kids Session - 10:00am to Noon

Kids who have pre-registered for Our Whole Lives (OWL) Sexuality Education will gather in the **NOW Room** with Jodi, Rita, Amy, and Sarah for the first session of the program.

UU Kids: We invite our 2-12 year-olds who are not participating in OWL to join the Sunday Service at 10:30am, for Time for All Ages, then gather in **Room 4** for our Glimmer & Spark program, where we'll explore a calming way of breathing, then make hand-puppets to help us practice!

Indoor Shoes or Slippers

Now that we are well into winter, little feet may be more comfortable wearing indoor shoes or slippers (rather than just socks) during RE time. Please bring some along!

Caring Contacts for January

[David Hudson](#) - 613-402-5744

[Maureen Sly](#) - 613-728-7610

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.

Service and Hospitality Update

COVID seems to be under control so the following will now be in effect:

- Masking is optional
- A section of the right side of the sanctuary will be reserved for those wishing to social distance
- Coffee Hour and the Mia's lunch service are back!

If you are feeling ill or have tested positive for COVID, please attend the service online.



Featured Volunteer Opportunity

Grant-Writer Wanted for Ajashki

Securing grant funding for 2025-2026 remains a priority for Ajashki. If you have experience in writing grant proposals or program evaluations we'd love to hear from you. Contact ajashki@firstunitarianottawa.ca.

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

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:**



Giiwedinong

Giiwedinong means "north" as in "in, at, to, or from the north". In Ottawa, the wind usually blows from giiwedinong.

Read All About It



Refugee Update

Two refugees from Burundi, Elvis Nikiza and Landry Nizigiyimana, cosponsored by FirstU, will be **arriving in Ottawa this Monday January 13**, after a long set of flights. Rather than overwhelm them with a very large group of new faces at the airport, we are planning other ways for FirstU congregants to show they care and to welcome these two men to their new home in Ottawa:

1. Congregants are encouraged to provide their own welcome messages on large welcome placards this Sunday January 12. These placards will be brought to the airport, to be given to Elvis and Landry.
2. **Landry and Elvis will be invited to come visit FirstU at Sunday service next week, January 19.**
3. We are planning a larger Welcome Party in Fellowship Hall in a few weeks, together with the local Burundi community. Details to follow.



Journey Groups: Connect, Reflect and Grow

Reflect in a small group on our UU values and how we live them in our daily lives. Focus is on connecting, sharing and deep listening. Six sessions, monthly **beginning Thursday, February 6th from 1:00pm to 2:30pm**. Facilitators will be Paula Theetge and Chris Duschinsky. Email adultlearning@firstunitarianottawa.ca to register. If you're interested but can't attend a daytime session, let us know.



Ever wonder where to go for Zoom support?

Email zoominfo@firstunitarianottawa.ca for all of your Zoom meeting needs: booking a Zoom meeting for your online event, getting help with zoom-related problems, and questions about how Zoom works. This email address is monitored by FirstU volunteers. Standard requests will receive a reply within 24 hours. Label urgent requests with 'Urgent' in the Subject line and someone will respond as soon as possible.

Upcoming Events

Unitarian GoGos Maple Syrup Sale - Sunday, January 12 - 11:30am

The Unitarian GoGos will be selling maple syrup after the service this Sunday to raise funds for the Stephen Lewis Foundation. Prices: \$16 for a large bottle, \$4 for a small bottle. Cash, cheque and e-transfer accepted.



Save the Date

Women's Inclusive Pagan Circle Imbolg Ritual - Monday, February 3 - 7:00pm - Fellowship Hall - \$5

Trans women, cis women, and non-binary folks are invited to take part in our Imbolg Ritual. Honour Goddess Brigid and celebrate the growing daylight and the promise of Spring to come. Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar.



A Process for Moving from Despair to Inspired Activism - Saturday, February 8 - 9:30am to Noon

Join facilitators Jane Lindsay and Rev George Buchanan in a well-known process for finding our way through difficult times: The "Spiral of the Work that Reconnects", described by Joanna Macy and Chris Johnstone in their book: *Active Hope (revised): How to Face the Mess We're in with Unexpected Resilience and Creative Power*. Details and registration via the [Adult Learning and Growth Page](#).



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

Recurring Events

After-Service Conversation (Biweekly) - Returns in January 12 - The Lounge

Join us in the Lounge for coffee and a conversation about themes and insights from this morning's service.



Taoist Tai Chi (Weekly) - Returns January 7 - Tuesdays at 1:00pm - Fellowship Hall – By Donation

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. Each two-hour session is led by experienced instructors from "Friends of Tai Chi".



Knitters Group (Weekly) - Returns January 8 - Wednesdays at 1:00pm - Room 3

This group welcomes knitters and crocheters of any level who enjoy creating hand-made items in a friendly, supportive setting. Using donated yarn, we make a variety of goods to sell in support of the church, and to donate to special community projects.



Online Group Meditation (Weekly) - Returns January 8 - Wednesdays at 7:00pm - Zoom

Join us, once again, on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh. [Let Colleen know](#) if you would like to receive a friendly email reminder on Tuesday.



FirstU Virtual Discussion Circle (Biweekly) - Thursday, January 16 - 1:30pm - Zoom

Discussion circles are held biweekly, with a different topic each time. No pre-registration is required, just drop in by clicking on the link. This week, our topic is "God".



Men's Breakfast Group (Biweekly) - Friday, January 17 - 8:00am - Fellowship Hall - \$10

Gentlemen are invited to join the Men's Breakfast Group on Friday, January 17th for coffee, socializing, and breakfast, followed by a talk [by speaker Reuel Amdur](#), who will present his views on the Philosophy of International Relations. **Register, no later than Monday, January 13.**



In-Person Bridge (Monthly) - Sunday, January 19 - 2:00pm in Room 3

Join us in Room 3, on the third Sunday of every month, from 2:00pm to 4:00pm, for a fun game of bridge. [Email Barb](#) to RSVP, by the Saturday immediately before our game, so we can set up before you arrive.



FirstU Trivia Night (Monthly) - Monday, January 20 - 7:00pm - On Zoom

Join us for our monthly 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!



Thursday Evening Reading for Growth (Monthly) - Thursday, January 23 - 7:00pm - Zoom

Join us for a lively discussion of our next book on January 23, *The Valley of the Birdtail*, by Andrew Stobo Sniderman and Douglas Sanderson!! [Contact Ken for the zoom link.](#)



Daytime Reading for Growth (Monthly) - Friday, January 31 - 1:30pm - Zoom

Join us as we reflect on our new year reading of *The Book of Hope: A Survival Guide for Trying Times* by Jane Goodall in conversation with Douglas Abrams. [Contact Clea](#) for the zoom details.



Virtual Bridge (Monthly) - Friday, February 7 - 7:00pm on Zoom and Bridge Base

Join us online for a fun game of bridge, using Zoom and Bridge Base Online, on the first Friday of every month. [Email Barb R](#) to RSVP and get the links and ensure your spot, by the Thursday before our game.



Unitarian Universalist nUUs

UU Midwinter Retreat – Registration Deadline This Monday!

This year's UU Midwinter Retreat runs January 31 - February 2, and will feature keynote Dallas Bergen as well as workshops, outdoor programs, yoga, improv, and a Chocolate Communion Sunday service. Registration includes meals. \$425 for double occupancy. **Registration closes Monday January 13.** [Register HERE.](#)

Chez FirstU

Unitarian House presents: Clues and Cocktails - Friday, January 31 – 6:00pm to 9:00pm

30 Cleary Avenue - \$65 (Use coupon code MEMBERPRICE50 to get a discount)

Join us for an evening where intrigue, indulgence, and philanthropy come together! Meet and mingle over clues and cocktails while enjoying a [Slixer Murder Mystery](#) and supporting Unitarian House. **Use coupon code MEMBERPRICE50** to receive a \$15 discount on your ticket price. [Click here for details and tickets.](#)



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