

Weekly e-UU Newsletter – Friday, January 3, 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.

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!

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



Sunday, January 5, 2025

Online and In Person

Starts at 10:30am



Active Hope

Guest Speaker Reverend George Buchanan

The journey ahead of us is uncertain and may be difficult. Can we find and sustain hope in these challenging times? We will explore this gently as we worship together.

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

This Sunday, after Time for All Ages, join us for an all-ages group activity where we will create enchanting suncatchers made of ice. We may go outside to gather some natural supplies for our activity so please have your child dress warmly enough to be outside for a short while.

Caring Contacts for January

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

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

Caring Cards for December: Marc B, Catherine P, Eric R & Lisa S, Matilda S, Liz RC and David C, Carolyn M, and Louise Buchanan's family.

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.

Featured Volunteer Opportunity

Lift Operators Needed

Lift operators are necessary to assist our fellow congregants with mobility issues in using the elevator. There are currently four Designated Lift Operators and we are seeking two more volunteers to act as Operators for Sunday services and on special occasions such as Christmas services, concerts, Fall Fair, etc. Click here for additional information. To sign-up, and for further information, [contact Stan P.](#)

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:**



Miskobineshiinh

Miskobineshiinh means "red bird" and refers to the bird we call "cardinal" in English.

Have you seen any miskobineshiinh, with their cheerful red and pink feathers, in your neighbourhood?

Read All About It



Want to Join One of Our Choirs?

Jenn is excited to be resuming choir this spring! We are looking for new members for Three Rivers (1:00pm, Wednesday afternoons) and Chalice Choir (7:00pm, Thursday evenings). To be added to the choir list, [email music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca)



Pill Bottle Collection No More

There is no longer a pill bottle collection box at FirstU! Earthub is reluctantly discontinuing their collection of pill bottles for Matthew5 Ministries. For more info, check the [Climate Action Page!](#)

Recurring Events

Virtual Bridge (Monthly) - Friday, January 3 - 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.



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

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" and includes a tea break. There is no fixed fee for these classes, a donation basket will be available. Questions? Contact adultlearning@firstunitarianottawa.ca.



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

This group welcomes knitters and crocheters of any level, from beginner to expert, who enjoy creating hand-made items in a friendly, supportive setting. Using donated yarn, we make a variety of goods to sell at Fall Fair, Mitten Tree, and other events 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.



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

We're taking a break over the holidays, but plan on joining us in the new year for a conversation about themes and insights from that morning's service. Grab some food from Fellowship Hall then join us in the Lounge for the conversation. Coffee will be available in the Lounge.



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 **(note date change)**, for coffee, socializing, and breakfast, followed by a talk [by speaker Reuel Amdur](#), who will present his views on the Philosophy of International Relations. Expect a lively discussion to ensue. **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.



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! [Contact Ken for the zoom link](#) and to find out our next book selection.



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. Stories of human ingenuity and resilience are evidence that hope is a call to action, and a human trait meant to ensure our survival. Copies are available at public libraries. [Contact Clea](#) for the zoom details.



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

Save the Date

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

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.



Unitarian Universalist nUUs

UU Midwinter Retreat

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

News from Our Friends

Request for Housing from Rainbow Haven (RH) Refugee Sponsor Group

Our friends at Or Haneshamah are sponsoring a 23-year-old queer refugee from Afghanistan who has been in Ottawa one year and is looking for housing to begin no later than March 2025.



Do you have a guest room or other empty bedroom? Would you be willing to offer housing at a reduced rate and/or in exchange for home tasks (eg: light house-keeping, dog walking)? She is currently taking English classes daily, actively pursuing work and navigates the bus system with ease. Right now she is living with a family near Britannia, though this arrangement will end no later than April 1, 2025.

If you'd like to further discuss, please contact Lisa Webne-Behrman with Rainbow Haven at 613-863-1656 or [via email lhmediate@gmail.com](mailto:lhmediate@gmail.com).

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