

Weekly e-UU Newsletter – Friday, March 21, 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, March 23, 2025

Online and In Person

Starts at 10:30am



A Toolbox for Hard Times

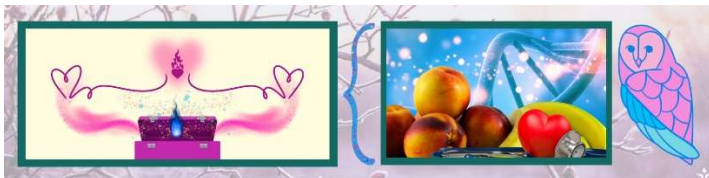
With Reverend Eric, Jodi McIntosh, and Susan McEwen

This Sunday, join us for an all-ages service exploring and celebrating the ways we support each other as families and UUs when times are tough.

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

Here's what our UU Kids and Grade 4-5 OWL participants will be up to this Sunday:

Grade 4-5 OWL: This Sunday, we resume our OWL program in Room 2 at 10:30am. Let's talk about Reproduction & Staying Healthy.

UU Kids Ages 2-12: We'll be joining everyone in the Sanctuary this Sunday to explore and celebrate how we support our friends and families during hard times!

Caring Contacts for March

[Clea Derwent](#) - 613-694-0505

[Karen Swinburne](#) - 613-234-4305

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

Help with Hospitality Hour

If you are looking for a way to meet and work in a friendly, small group environment, and get to know other congregants, please consider joining the team that prepares hot/cold beverages and snacks to be served after the service. Email Tarrel at [tarrelarmstrong\[at\]gmail.com](mailto:tarrelarmstrong[at]gmail.com) to get involved.

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



New Directory Available

FirstU members can find our updated Directory on the [Members' Page](#). Contact [the office](#) if you've forgotten the password.



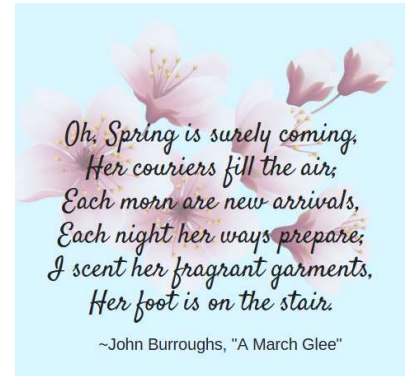
Kebaowek First Nation Success

Another exciting win for the Kebaowek First Nation in the fight against the building of a nuclear waste dump at Chalk River. [Check out the Climate Action Page for details](#). And do add to our ever-growing box of dead pens, markers, highlighters and caps in the office foyer. We have just made our first delivery to Staples!



The Time & Talent Auction is Back

After a several-year pause for global "events" the T&T Auction returns. This is an activity designed to build community while raising funds for our precious FirstU. Popular items in auctions-past have included at-home dinners, cottage visits, games nights, local tours and bike tune-ups. Also specially-baked treats, custom pottery, and more. **What can you offer? What will you bid for?** With a late-April auction date approaching, it's time to get creative. **Offers or questions can be sent to [T&T coordinator David Chernushenko](#).**



Save the Date: River Parkway Children's Center AGM

The Annual General Meeting of River Parkway Children's Centre Corporation will be held on Thursday, April 17, at 6:30pm, on Zoom. Details to follow.

Upcoming Events

Burning Passions Theatre presents: A Circle of Time - Tuesday, April 1 - 1:00pm

Fellowship Hall - Admission is Free

In collaboration with FirstU Ottawa and the Seniors Sharing Stories theatre troupe, this new play by Laurel Smith explores the lives of those entering retirement as part of the sandwich generation: women juggling the needs of adult children and elderly parents while trying to chart a course for their own lives in the post 9-to-5 world.



Save the Date

Introducing Ourselves - Sunday, April 13 - 12:00pm – NOW Room

This will be a small group, casual gathering after Sunday Service. You will share with other newcomers what brought you to FirstU, hear and ask about the basics of Unitarian Universalism and get some insight into how FirstU functions and ways you can get connected here. Brent Nicolle and Rev. Eric Meter will be your guides. A light lunch will be served and the session will last for about two hours.

For more information and to register, email_welcome@firstunitarianottawa.ca.



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

Recurring Events

yUuth Group (Monthly) - Friday, March 21 - 6:30pm

Youth ages 11-17 are invited to join our yUuth Group meetup on the third Friday of every month. We usually meet at the church (but sometimes go bowling or do something else off-site), share a meal, and play games together. Email dre@firstunitarianottawa.ca for details on this month's activity!



In-Person Bridge (Monthly) - Sunday, March 23 - 2:00pm - Room 3

Join us in Room 3, on the third Sunday of the month, from 2:00pm to 4:00pm, for a fun game of bridge. To RSVP, email_bridgehost@firstunitarianottawa.ca by the Saturday immediately before our game, so we can set up before you arrive!



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

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. Instructed by the "Friends of Tai Chi". By donation. Questions? adultlearning@firstunitarianottawa.ca.



Knitters Group (Weekly) - 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) - Wednesdays at 7:00pm - On Zoom

Join us 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, March 27 - 1:30pm - On 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. We look forward to seeing you! This week, our topic is "Patriotism".



Thursday Evening Reading for Growth (Monthly) - Thursday, March 27 - 7:00pm - On Zoom

Join us, on the fourth Thursday of every month, for a lively discussion of our next book! [Contact Ken for the zoom link and our next title!](#)



Men's Breakfast Group (Biweekly) - Friday, March 28 - 8:00am - Fellowship Hall - \$10

Gentlemen are invited to join the Men's Breakfast Group for coffee, socializing, and breakfast, followed by an informative and engaging talk by speaker [Andrew Drake](#) who will present *The Little Free Library Movement*. Expect a lively discussion to ensue. Register, no later than Monday, March 10, by [submitting this form](#).



Daytime Reading for Growth (Monthly) - Friday, March 28 - 1:30pm - On Zoom

Please join the discussion of *Laughing with the Trickster: On Sex, Death and Accordions*. Indigenous playwright, novelist, and musician, Tomson Highway compares Christian, Classical, and Cree mythologies central to Western culture. The book is available at Ottawa libraries or enjoyed on [CBC Massey](#) lecture series. [Contact Clea](#) for the zoom details [Contact Clea](#) for the zoom details.



After-Service Conversation (Biweekly) - Sunday, March 30 - 11:45am - The Lounge

Join us in the Lounge for a conversation about themes and insights from this morning's service. Grab some food from Fellowship Hall then join us in the Lounge for coffee and the conversation.



Virtual Bridge (Monthly) - Friday, April 4 - 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 immediately before our game.



FirstU Trivia Night (Monthly) - Monday, April 14 - 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! All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with friends!



Mental Health Support and Action Group (Monthly) - Sunday, April 20 - 12:00pm - Room 6 and Online

The Mental Health Support and Action Group meets on the third Sunday of every month for an hour of supportive listening and sharing. An additional thirty minutes are available after 1:00pm for those who wish to collaborate on group administration and on planning the future foci of our group.



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:**



Ziigwan

Ziigwan means "Early Spring", and refers to the time of year, at Spring Equinox, when the snow starts to melt, the geese return, and the sap starts to run.

Unitarian Universalist nUUs



CanUudle XXV: AdventUures on the High Seas - May 16-19 – Chez the Unitarian Church of Montréal

Can you believe this is our twenty-fifth CanUudle? It's true! Registration for our annual national yUuth and YA conference is now OPEN! We require a minimum of 30 participants registered by April 15 for the program to go ahead. [Click HERE for full details and registration!](#)



Unitarian Universalist Ministry for Earth - SAVE THE DATE: Earth Day Worship Celebration Tuesday, April 22 - 8:00pm - Online

As Unitarian Universalists, we are positioned to be faith leaders at this critical time in our country's history. Where do we start? This Earth Day, UU Ministry for Earth will help us deepen practices that put Love at the center of our climate justice work. [Register for the online service HERE.](#)

News from Our Friends

Spring Music for Odenak - Friday, April 11 - 7:30pm - Knox United Church (25 Gibbard Ave)

By Donation at the door (\$25 suggested)

Join us for a fundraising concert featuring Gail Gavan (Ottawa Valley Entertainer) and master fiddler and pianist, Sherryl Fitzpatrick. Proceeds benefit Multifaith Housing Initiative's Odenak Complex at Lebreton Flats. Admission is by donation at the door.



Humanist Perspectives: Men and Society

You can find the Winter Issue of Humanist Perspectives magazine by [clicking HERE](#).



Chez FirstU



Harmony Concerts presents: Chicago Transit - Saturday, April 5 - 7:00pm - Fellowship Hall - \$47.00

There are a lot of bands doing a tribute to the band Chicago, but back in the early 90's, when Powerhouse decided to put together their Chicago Transit tribute act, they were the first in the world to do so. And they remain today as the longest running Chicago tribute band. If you love classics like 'Make Me Smile', 'Saturday in the Park', and 'If You Leave Me Now', you won't want to miss this show. [Tickets available HERE](#).

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