

Weekly e-UU Newsletter – Friday, January 17, 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 19, 2025

Online and In Person

Starts at 10:30am



Our Small, Complex, Tragic, Amazing World Reverend Eric Meter and Reverend Mwibutsa Ndagijimana

As we welcome two new refugees to Canada, let's take the opportunity to take a clear look at what people across the globe have in common and the structures we've put in place to make the life we long for accessible.

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

2-12 Year-Olds: This Sunday, we'll start upstairs for the time for all ages, then gather in the Rainbow Room to explore Balloon Breathing and Balloon Lanterns! We'll connect with the movement of our breathing bodies and then use real balloons as molds for tissue paper lanterns.

Grade 4-5 OWL: Our pre registered participants will be starting their first workshop about values! They'll gather at 10:30 in the Chalice Room with Rita and Amy.

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.

Featured Volunteer Opportunity

Help Congregant Mobility!

Elevator operators are necessary to assist our fellow congregants with mobility issues in using the elevator to access congregation functions. **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. This would involve helping about one Sunday per month. Sunday Service schedules are arranged a monthly basis, so no commitment to an on-going specific Sunday is required. Training for operating of the elevator is provided and takes about 15 minutes. For further information, visit our [Volunteer With Us](#) page, [contact Stan by email](#) or call/text him at 613-614-3750.

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


Welcome Elvis and Landry!

On Monday, January 13th, a welcome team of seven met Burundian refugees Elvis and Landry at the Ottawa airport, with welcome placards and warm clothes. From FirstU, we had Andrew, Brent, Chuck and Eva, as well as Rev Mwibutsa (previously Fulgence), Prime (Landry's cousin, pronounced Preem), and Christian (another cousin of Prime, unrelated to Landry). Having landed safely, Elvis and Landry plan to come visit FirstU this Sunday. Thank you and un gros merci to everyone who signed the placards, and especially to those that generously donated clothes and winter gear!

The refugee team is seeking volunteers willing to drive Elvis and Landry to daytime appointments, especially if you are comfortable speaking French and driving to/around the south-east end of Ottawa (Findlay Creek, and Conroy/Hunt Club). Also, the refugee team is planning a Welcome Potluck Supper in Fellowship Hall on Saturday February 8th (all are welcome; sign-ups encouraged). You can sign up by emailing evaberringer@hotmail.com.



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

Mental Health Support and Action Group

Sunday, January 19 - 12:00pm

Hybrid: Room 6 and [On Zoom](#)

This meeting will focus on support, including check-ins on how we're doing and providing support and encouragement for those experiencing a difficult time. There will be an opportunity for those interested in planning for future meetings and activities to discuss possibilities starting at 1:00pm.



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.



Journey Groups: Connect, Reflect and Grow - Thursday, February 6 - 1:00pm - First session of six (weekly)

Join facilitators Paula Theetge and Chris Duschinsky to reflect, in a small group, on our UU values and how we live them in our daily lives. Advance registration required. Email adultlearning@firstunitarianottawa.ca to register by January 24. If you're interested but can't attend a daytime session, let us know.



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

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. To RSVP (not required, but appreciated), [email bridgehost@firstunitarianottawa.ca](mailto:emailbridgehost@firstunitarianottawa.ca) 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!



Taoist Tai Chi (Weekly) - 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) - 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) - 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.



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.](#)



After-Service Conversation (Biweekly) - Returns in January 26 - The Lounge

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



FirstU Virtual Discussion Circle (Biweekly) - Thursday, January 30 - 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 "Capitalism".



Men's Breakfast Group (Biweekly) - Friday, January 31 - 8:00am - Fellowship Hall - \$10

Gentlemen are invited to join the Men's Breakfast Group on Friday, January 31st, for coffee, socializing, and breakfast, followed by an informative and engaging talk by speaker [David Chernushenko](#) who will present on "Cycling Across Europe in Your Sixties — What is it Good For?" Expect a lively discussion to ensue. Register, no later than Monday, January 27, by [submitting this form.](#)



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.



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:



Goon / Zoogipon

Goon means "snow", while Zoogipon means "it snows". For example: "Gii-gichi-onzaamiino goon" means "There is a lot of snow", while "Ganabaj wii-zoogipon noongom" means "I think it's going to snow today".

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#nUU5>