

Weekly e-UU Newsletter – Friday, February 7, 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, February 9, 2025

Online and In Person

Starts at 10:30am



A Road Map for All This?

With Reverend Eric Meter

The pace of so much has increased exponentially of late. How, then, can we plan our next steps, let alone the years to come?

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 Room 4 where we'll practice a Loving Kindness meditation and make a Valentines' Day craft!

Grade 4-5 OWL: Our pre-registered OWL participants will gather at 10:30 in Room 2 to talk about the changes that come with puberty.

Charitable Tax Receipt Announcement

The 2024 charitable tax deadline has been extended until Feb 2025! Donors can choose to include donations from Jan 1 to February 28, 2025 on their income tax.

If you would like to receive an income tax receipt for donations already sent in and post marked on or before February 28, 2025 [please email Michelle.](#)

If you plan to send in donations to be included before Feb 28, 2025, please ensure it's **received or postmarked** by February 28, 2025. **Requests must be sent by email.**

Note: All 2024 Tax receipts will be mailed by February 28, 2025. **The extended donations period of January – February 28, 2025 will be mailed on an individual bases if I have received an email request.**

Please [contact Michelle at fm@firstunitarianottawa.ca](mailto:fm@firstunitarianottawa.ca) with any questions.

Caring Contacts for February

[Agnes Davis](#) - 613-737-6527

[Carmen Contreras](#) - 613-715-3872

January Caring Cards: Kate K, Katharine E, Eleonore B, Betty C, Nancy Cloutier and family, Barbara B, and Galaxy W.

In February the Caring Network Executive hosts a hospitality hour near Valentine's Day in honour of "Heart Month" and Caring. We look forward to hosting "coffee hour" after Sunday service on February 9, when we will have some special treats to enjoy and we also look forward to chatting. We appreciate the continuing commitment and thoughtful work by so many to keep our Caring Network strong. Caring is for everyone!

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

Backup for Office Assistant Position

There is a need for three or four volunteers who would be able occasionally to cover the office reception desk when an Office Assistant is absent. The tasks would include: attendance from 10:00am to 3:00pm, answering the phone, directing or assisting people who come to the office and other duties. Training and familiarization will be provided. [Click here](#) for more information, or contact.oas@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

Read All About It



RSVP for the Potluck!

Still spaces available! Join us for a potluck this Saturday, February 8, from 5:00pm to 8:00pm, to welcome Elvis and Landry from Burundi. Enjoy delicious food and a sing along with the House band. [Email refugees@firstunitarianottawa.ca](mailto:refugees@firstunitarianottawa.ca) to let us know you're coming.



Giving From the Heart

Congregants who have the financial flexibility to do so are invited to donate some or all of their \$200 Ontario Rebate Checks to the Ajashki program, the FirstU Food Cupboard, or other FirstU social justice programs that could use a financial boost.



2025 Pledge Report Available.

Thank you again for your 2025 pledges! Members can find a detailed report on our 2025 Pledge Campaign, for download, [on our Annual Giving](#) page.



Concerned About Tariffs at the Grocery Store?

If you're worried about rising grocery costs being made worse by tariffs on brands imported from the US, you can [click here for a compiled list of Canadian alternatives](#).



Mapmaking: Navigating Your Spiritual Journey

This series of group discussions begins Thursday March 27, and runs for six biweekly sessions, from 7:00pm to 9:00pm. Contact adultlearning@firstunitarianottawa.ca if you'd like to claim the last spot available.



Introducing Ourselves

If you are fairly new to FirstU, please consider attending February's "Introducing Ourselves" on Tuesday the 11th, at 7pm. It's a casual way to learn more about Unitarian Universalism and for us to learn about you. You can find out more at the Welcome Table. To register, [email welcome@firstunitarianottawa.ca](mailto:email.welcome@firstunitarianottawa.ca).



We Need Your Help Getting to the Campus!

Navigating to Cleary can be tricky due to detours that aren't updated promptly on navigation apps. We suggest that **when driving to Cleary over the next while, we all use Google Maps, even though you know the route**. If enough of us rate the directions poorly, it might expedite the updates.



Did You Misplace Your Water Bottle?

We have quite a selection of water bottles in our Lost & Found. If you see yours, pick it up in the church office. [Click here to see our collection!](#)



Spring Spire - Submissions Open

It's not too soon to think about the next edition of the Spire! We want your personal essays, news articles, poetry and photos to share. Email submissions (450 words) to spire@firstunitarianottawa.ca by February 15.



It's February: Take Action!

[Sign the petition](#) asking the developer lobby group to drop the legal challenge against the City of Toronto's successful Green Development Standards. Visit the [Climate Action Page](#) to find out why the last day for flexible coffee bag collection is February 16. [Vote for the environment](#) in the February 27 provincial election!

Upcoming Events

Welcome Elvis and Landry! - Saturday, February 8 - 5:00pm - Fellowship Hall

Join us for a fun Congregational Potluck to welcome Landry and Elvis to Canada! We'll gather in Fellowship Hall on Saturday, February 8, at 5:00pm. There will be a "Canadiana" sing-along led by the House Band. Please bring a main course or dessert to share, labelled with ingredients. Email refugees@firstunitarianottawa.ca to RSVP.



Ajashki Maker Space Valentines' Day Sale - Sunday, February 2 and 9 - 11:30am

Stop by the Maker Space table and choose from paintings, greeting cards, and other beautiful gifts for any special someones in your life. All in support of Ajashki!



Save the Date

Introducing Ourselves - Tuesday, February 11 - 7:00pm - Fellowship Hall

This will be a small group, casual gathering on a weeknight evening. 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. [Email welcome@firstunitarianottawa.ca](mailto:email_welcome@firstunitarianottawa.ca) to register.



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

Recurring Events

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](mailto:Email_Barb_R) to RSVP and get the links and ensure your spot, by the Thursday before our game.



After-Service Conversation (Biweekly) – Sunday, February 9 - 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) - 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 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, February 13 - 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 "Spontaneous Adventures".



Men's Breakfast Group (Biweekly) - Friday, February 14 - 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 [Michael Porter](#), about one of the really big theories of science: Big Bang Theory. Register by Monday, February 10, by [submitting this form](#).



In-Person Bridge (Monthly) - Sunday, February 16 - 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:email_bridgehost@firstunitarianottawa.ca) by the Saturday immediately before our game, so we can set up before you arrive.



FirstU Trivia Night (Monthly) - Monday, February 17 - 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, February 27 - 7:00pm - Zoom

Join us for a lively discussion of our next book. [Contact Ken for the zoom link and our next title!](#)



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

Join us in a discussion of *The River of Consciousness* by neurologist Oliver Sacks. Published posthumously, this eclectic collection of ten essays includes some dedicated to specific figures such as Darwin, Freud, and William James. Copies are available at public libraries. [Contact Clea](#) for the zoom details.



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:**



Aadizookaan

Aadizookaan refers to "a Sacred Story, a myth or legend". Can you see how this is where the name of the Ottawa Public Library's new central branch, Ādisōke, comes from?

Unitarian Universalist nUUs



The CUC is looking to fill two different positions: An Eastern member to join the CUC Nominating Committee AND an Eastern member to join the Eastern CUC Board. Both for three-year terms. If you'd like to volunteer at the national level, and would like to know more about these positions, please [contact Cindy Dunning](#).

New From Our Friends

National Gallery of Canada Presents: Online Studio – Mending on Knitwear - Wednesday, February 12 6:30pm to 8:00pm – Online - No Cost to Register

Everybody has a well-loved sweater that they would never get rid of – no matter how baggy, worn, or threadbare it may be. Join the movement against throw-away culture and fast fashion, by picking up a needle and thread and rediscovering forgotten techniques and the joy of mending. [Details and registration here.](#)



Climate Justice Ottawa presents: Warm Your Heart, Not the Planet - February 13 - 6:30pm to 9:00pm Rainbow Bistro (76 Murray St in the Market) - \$11.30 in advance (online ticket) OR \$15 cash at the door

Looking to meet new friends to go winter biking with? Wondering how to find an eco-minded cutie off the apps? Climate Justice Ottawa invites you to a speed dating/friending event!

Get to know new people IRL, dance the night away, and learn about how you can take action against oil and gas companies locally! Whether you're looking for long-term leftist love or just want a social hang with some like-minded folks, they've got you covered! [Details and tickets here.](#)



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