

Weekly e-UU Newsletter – Friday, January 31, 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 2, 2025

Online and In Person

Starts at 10:30am



Truth and Meaning: Examining Our Fourth Principle with Integrity

With Guest Speaker Alex Campbell

As a faith tradition, Unitarian Universalism makes sacred the right to engage in a free and responsible quest for truth and meaning as an act of religious devotion. Institutionally, we have left open the questions of what truth and meaning are, acknowledging that mindful people will, in every age, discover new insights. This Sunday, guest speaker Alex Campbell delves into what it means to undertake this quest with integrity.

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 to explore a tree movement meditation and create our own paper twirling trees!

Grade 4-5 OWL: Our pre-registered OWL participants will gather at 10:30 in Room 2 to talk about body-image.

Caring Contacts for January

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

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

Caring Contacts for February

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

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

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



Introducing Ourselves

If you are fairly new to FirstU, then please consider attending the upcoming session of Introducing Ourselves on Tuesday February 11th, 2025 starting 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, or by [clicking here](#). To register, [email welcome@firstunitarianottawa.ca](mailto:welcome@firstunitarianottawa.ca).



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'd love to have your personal essays, news articles, poetry and photos to share. Email your submissions (max 450 words) to spire@firstunitarianottawa.ca by February 15.



It's February: Take Action!

The City of Toronto has the longest running and some of the most successful Green Development Standards in Ontario. These standards improve the efficiency and resiliency of new homes and buildings while decreasing both pollution and monthly energy costs. A developer lobby group is suing the city of Toronto challenging these standards. The result could impact [more than a dozen Ontario municipalities](#) with Green Development Standards. [Join Stand.Earth](#) and the EAG and tell developers to drop this legal challenge.



Thank you to all from the 2025 Pledge Team.

Our main campaign raised \$341,300, about \$13,000 more than the target. As well, there was a Special Help Staff Help Us campaign, intended to allow us to limit staff cuts to only 5% for the salaried staff, with no cuts for the hourly staff. **We succeeded!** Raising \$24,500, \$1500 more than the target. **A more detailed report will be on the website soon.**

Upcoming Events

Ajashki Maker Space Valentines' Day Sale - Sundays, 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!



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. Please note: Doors close at 7:30pm.



Save the Date

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](#).



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.



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:welcome@firstunitarianottawa.ca) to register.



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

Recurring Events

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.



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.



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.



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. **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 as we reflect on our next book (copies are available at public libraries). [Contact Clea](#) for the zoom details and book title.



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:**



Ishkode

Ishkode means "fire". Can you see the root *ishkode* in the word "ganawishkodawe" which means "they tend the fire"?

Chez FirstU

 Unitarian House presents: Clues and Cocktails - **TONIGHT**, January 31 – 6:00pm to 9:00pm
30 Cleary Avenue - \$65 (Use coupon code MEMBERPRICE50 to get a discount)

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.](#)

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](#).



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