

Weekly e-UU Newsletter – Friday, January 24, 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 26, 2025

Online and In Person

Starts at 10:30am



In the Image of God

Reverend Eric Meter and Kymani Montgomery

This Sunday, we begin a new practice of monthly Social Justice Special Offerings. Today, we welcome Kymani Montgomery from Ottawa's [Ten Oaks Project](#), which supports children, youth and families from 2SLGBTQ+ communities through camps and programming rooted in play. As we do so, let's take the opportunity to explore our need to live as authentically as possible, and the artificial barriers that get in the way of doing so.

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 for a Mountain Meditation and making pastel portraits of ourselves as mountains!

Grade 4-5 OWL: Our pre-registered Our Whole Lives participants will gather at 10:30 in Room 2 to talk about images in pop culture.

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

Ushers and Greeters Wanted

Do you like running into old friends, and making new ones? We're looking for a few more people to act as Sunday morning greeters and ushers. You would need to be available one Sunday every several weeks, depending on numbers. The only skill needed is a welcoming smile. Childcare is available before the service if you need it. Email Barb R if you'd like to be 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



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.**



Workshop Spots Still Available - Register Now

Email adultlearning@firstunitarianottawa.ca to register for our upcoming workshop, **The Work that Reconnects (Saturday, February 8)**, led by Rev George Buchanan and Jane Lindsay. [Details here.](#)



New Year's Greetings from the EAG

May we supporters of the planet be able to recognize and celebrate the environmental achievements amongst the apparent challenges we seem set to face in the coming year. Check [the Climate Action Page](#) for new updates and a chance to catch up on your petition signing. Look for more environmental news and action in the coming weeks.



Drivers Needed for Elvis and Landry!

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). You can sign up by emailing refugees@firstunitarianottawa.ca.



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

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.



Save the Date

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 **today, 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](#).



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! All ages welcome. Please bring a dish to share, labelled with ingredients. To **RSVP**, email refugees@firstunitarianottawa.ca by February 6.



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

Recurring Events

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.



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.



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 for coffee, socializing, and breakfast, followed by an informative and engaging talk by [David Chernushenko](#) who will present on "Cycling Across Europe in Your Sixties — What is it Good For?" **Register by 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.



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!



yUUth Group (Monthly) - Friday, February 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!



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!](#)



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:**



Mitigomizh

Mitigomizh means "oak". For example: "**wiisagi-mitigomizh**" means "Bitter Oak" (aka Red Oak), while "**wiishkobi-mitigomizh**" means "Sweet Oak" (aka White Oak), which is the one you want to use to make acorn flour.

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)

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#nUUs>