

Weekly e-UU Newsletter - Friday, January 12, 2024

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 14, 2024

Online AND In Person

Starts at 10:30am



The Days In Between

Reverend Eric Meter

So often we focus on either the beginning or ending of things. What about all the time and space in between?

Join us after the service for Coffee Hour in Fellowship Hall

~*~

Sunday Service Announcements

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at bod@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

In the Rainbow Room our theme is "Band-aids and Chicken Noodle soup". The children will learn about taking care of those who are sick or hurt. They will take care of some poorly dollies and have a snack of chicken noodle soup.

In the Chalice Room we will continue our exploration of the interdependent web with a story called the Kapok Tree. We will continue with stories based on the 7th principle throughout January and February.

Caring Contacts for January

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

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

Caring Cards for December were sent to Clea D and the family of Joyce Beare-Rogers.

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.

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.](#)

Please visit our Volunteer With Us page for details: <https://www.firstunitarianottawa.ca/volunteer-with-us.html>

Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



Women's Pagan Circle is starting up again!

The old Women's Spirituality Group is starting up again – but with a new name: Women's Pagan Circle! We plan to meet every 6 weeks to celebrate the Sabbats and cross-quarter days. Our first circle is on Wednesday, January 31, in room 6. Gathering time: 7pm; Start time: 7:30. We will celebrate Imbolc/ Candlemas – the halfway point between winter solstice and spring equinox. A group for trans women, cis women, and non-binary folks. [For information, email Laurie.](#)



Fair Trade Deliciousness

The Justice and Equality Action Group will have Fair Trade coffee and chocolate will be available for sale this Sunday, January 14.



Environmental Action Group

The New Year is here! We have some [new "Good News" items to share with you](#), and remember: [Our waste avoidance efforts are ongoing](#). Boxes to collect flexible coffee bags for TerraCycle recycling and capped and clean pill bottles for reuse by disaster relief organizations are in the hall in front of the office. Thanks to the Office Staff for the classy new collection boxes!



FirstU Online Auction – Donations Intake

FirstU will be having a limited online auction in Spring 2024. Now is the time to downsize (and receive a charitable donation receipt at the same time!) and donate your:

- high end items (items expected to go for over \$250)
- gold items , silver items , precious stone jewellery
- art objects signed by known artists
- objects with appraisals

Please email_auction@firstunitarianottawa.ca with photo(s) and description of any item you would like to donate to the auction. Intake will end in early February.



Ajashki Food Support Program

Thanks to all who have contributed meals for our Ajashki youth and their families. We are now in need of reusable grocery bags and plastic takeout containers. They can be left in the grow tower room near Fellowship Hall.

Upcoming Events

Trivia Quiz Night

Monday, January 15 - 7:00pm on Zoom

Join us for our 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 a partner or two! For more information, [email Andrew](#).

[ZOOM LINK](#) Meeting ID: 826 7932 3410 Passcode: 101004



Meditation Group

Wednesday, January 17 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.

[Click HERE to join the meditation session](#)

Meeting ID: 880 7343 6250 Passcode: 259109



FirstU Virtual Discussion Circle

Thursday, January 18 - 1:30pm on Zoom

Discussion circles are held weekly, with a different topic each week. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! This week, our topic is "Censorship".

[ZOOM LINK](#) Meeting ID: 847 7145 7780 Password: 350030



Poetry Sharing Group

Friday, January 19 - 12:00pm on Zoom

We welcome poetry lovers to join us in celebrating the power of imagination and expression found in poetry.

[Email Susan M](#) with any questions and to get the zoom link.



yUUth Group

Friday, January 19 - 6:30pm

Youth ages 11 to 17 are invited to join us on Friday, January 12, for yUUth Group. We'll be playing an escape room board game and making pizza together.



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

Save the Date

Friday Reading For Growth

Friday, January 26 - 1:30pm on Zoom

Join us for our first Friday Reading for Growth discussion of 2024! This month, we're reading *Regenesi: Feeding The World Without Devouring The Planet*, by George Monbiot. Deeply researched, this book is a passionate alert that our food production and distribution methods are destroying our planet's ecosystem and outlines hopeful new technologies. Want to join us? To get the zoom link, [contact Clea Derwent](#).



Women's Imbolc / Candlemas Celebration

Wednesday, January 31 - 7:00pm in Room 6

Join FirstU's Women's Spirituality group to celebrate Imbolc / Candlemas – the halfway point between winter solstice and spring equinox. Trans women, cis women, and non-binary folks are welcome and encouraged to attend. [Please email Laurie if you have questions](#).



FirstU Online Bridge

Friday, February 2 - 7:00pm on Zoom

Join us online for a fun game of bridge, using Zoom and Bridge Base Online, on the first Friday of every month. Email bridgehost@firstunitarianottawa.ca to RSVP and get the links and ensure your spot.



Cultivating Compassionate Community: Brainstorming

Sunday February 4 - 12:30pm

Sharing ideas about our new social justice priority, "Cultivating Compassionate Community" inside and outside FirstU.



Evening Reading for Growth

Thursday, February 8 - 7:00pm on Zoom

Please feel free to join us for our February discussion!

[ZOOM LINK](#) Meeting ID: 890 6025 2628 Password: 845374



The History of Protest Music Workshop

Sunday, Feb 11 - 1:00pm in Worship Hall

Presented by the Adult Education Group

Join us for a workshop on the History of Protest Music, with main focus on 20th century social movements. The event will be led by Maurice Cabana-Proulx from UUFO, and will feature performances by members of FirstU and the Fellowship. It will include traditional songs, as well as pieces from Pete Seeger, Joan Baez, Buffy Ste-Marie and many others. In keeping with the spirit of social movements, participants will be invited to sing along with some of the songs. Lunch will be provided Please [Email Mary Ella](#), or phone her at 613-413-8663, if you have any questions.



Unitarian Universalist nUUs



UU Midwinter Retreat

February 2-4, 2024 at the YMCA Cedar Glen Outdoor Centre

[Registration is Live](#) for the 33rd UU Midwinter Retreat! All UUs are invited to join us for a weekend of games, workshops, and worship, along with a cabaret and a chocolate communion. Keynote Speaker Linda Thompson will speak on "Such a Time as This" and together we'll ask questions about how we rebuild and strengthen our community. [Click HERE for all the details.](#) Earlybird rates apply until December 29. [Click HERE to register.](#)

News From Our Friends

Canadian Unitarians for Social Justice present

A Sexual Orientation and Gender Inclusion Webinar

Saturday, January 27 - 1:00pm on Zoom

Vancouver primary school teacher and Unitarian Universalist, Liam Patterson-Morris invites you to a webinar that makes Sexual Orientation and Gender Inclusion (SOGI) as easy as 1, 2, 3. [Click HERE for details and registration!](#)



St. Basil's Conversations for Our Times presents

"Social Isolation and Loneliness among Older Adults: Let's Connect!"

Sunday, January 14 - 2:30pm on Zoom

Social isolation is a problem that is becoming increasingly recognized as a major issue in our society today. We look to Dr. Conn to help us understand how isolation happens and to help us find ways to overcome the gaps that keep many seniors cut off and feeling alone. [Click HERE to register and get the zoom link.](#)



Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/communications.html>