

# Weekly e-UU Newsletter - Friday, January 26, 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 28, 2024**

**Online AND In Person**

***Starts at 10:30am***



## **What Holds Us?**

**Reverend Eric Meter**

As the saying goes, there are no atheists in foxholes. If that's true, what of us? True, most of us do not face enemy fire each and every day, but times of challenge, grief and even abject terror will come to us over the years. How, then, do such experiences inform our theology and beliefs?

*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](mailto: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**

This week, our UU Kids will be starting downstairs at 10:30am. Our Rainbow Room kids will continue exploring their senses by making fruit salad and learning about taste. Meanwhile, our Chalice Room kids will be starting our mixed media family portraits (this week and next) - don't forget to bring a smock or dress for making art.

## Caring Contacts for January

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

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

## Caring Contacts for February

[Evelyn Algar](#) - 613-890-5761

[Agnes Davis](#) - 613-986-6527

Next month is "Heart Month", and our Caring Network wants to thank you all for continuing to care for each other, either with a warm smile, a happy greeting or a caring phone call or visit. 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.*

## UU Connections Chair(s) Wanted

The UU Connections Team connects our congregation and its people to other UUs and their activities in Canada and around the world, especially through the Canadian Unitarian Council (CUC). The Team is in need of a new Chairperson or two Co-Chairs. A Role Description for the Chair and Terms of Reference for the Team are available for reference. If you are interested and/or would like more information, please [email Maury](#).

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

Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### Seeking delegates for Canadian Unitarian Council AGM

Active members of FirstU who may be interested in serving as one of our six voting delegates at the **online** CUC Annual General Meeting (Saturday, May 25th at 1:00-4:30pm Eastern) are invited to contact [uuconnections@firstunitarianottawa.ca](mailto:uuconnections@firstunitarianottawa.ca) by **February 18th** to receive further information. We strongly encourage delegates to serve on the UU Connections Team for 1-2 years following the AGM. Our goal is to have a slate of delegates that reflects the diversity of our congregation.



### From the Parkway Spire Team

Time to mark your calendars! February 15 is the submission deadline for the spring edition of the Parkway Spire. Early submissions welcome! Send your articles (max. 450 words) and photos to [spire@firstunitarianottawa.ca](mailto:spire@firstunitarianottawa.ca) by February 15.



### Limit Greenhouse Gas Emissions

We all know that climate change is caused by burning fossil fuels. But believe it or not, there is currently no limit on greenhouse gas (GHG) pollution from Canada's oil and gas industry. Members of the EAG are fighting for a strong emissions cap on the oil and gas industry. Help us win! [Check out this week's Enviro-Advocacy](#) to find out how.



### Books Books Books!

Check out the bookshelf this Sunday. We have many wonderful new books for you such as: *Study for Obedience*, *Moon of the Crusted Snow*, *Demon Copperhead*, and many more!



### Putting the Congregation in FirstU's Congregational Focus

It's 2024, and FirstU has a new congregational focus: Cultivating Compassionate Community. It's important that the whole congregation be involved in turning that idea into action. Join us on February 4 for a Collaborative Ideas Garage where we'll make plans together, and stay tuned for further actions we can all take to cultivate compassionate community at FirstU and beyond.



### 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](#).

## Some of Our FirstU Volunteers dressed for Robbie Burns' Day (January 25)



## Upcoming Events

### Friday Reading For Growth

**Friday, January 26 - 1:30pm on Zoom**

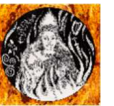
Join us for our first Friday Reading for Growth discussion of 2024! This month, we're reading *Regenesis: Feeding The World Without Devouring The Planet*, by George Monbiot. A passionate alert that our food production and distribution methods are destroying our planet's ecosystem and outlines hopeful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



### 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 nb folks are welcome and encouraged to attend. Questions? [Email Laurie](#).



### Meditation Group

**Wednesday, January 31 - 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, February 1 - 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 "**Community**".

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



### 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](mailto:bridgehost@firstunitarianottawa.ca) to RSVP and get the links and ensure your spot.



### Cultivating Compassionate Community: FirstU's Collaborative Ideas Garage

**Sunday February 4 - 12:30pm in Fellowship Hall**

We want to hear from YOU! Join us after Coffee Hour on Sunday, February 4, to share ideas about our new social justice priority, "Cultivating Compassionate Community" inside and outside FirstU. Bring your thinking caps, your open hearts, and your bright ideas to share! You are welcome to bring a lunch to eat during coffee hour as lunch is not provided.



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

## Save the Date

### Evening Reading for Growth

**Thursday, February 8 - 7:00pm on Zoom**

For our February discussion, we'll be reading *Saving Us: A Climate Scientist's Case for Hope and Healing in a Divided World*, by Katherine Hayhoe. Please feel free to join us! Please feel free to join us!

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



### The History of Protest Music Workshop

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

Join us for a workshop on the History of Protest Music. 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 mid-20<sup>th</sup>-Century pieces. In keeping with the spirit of social movements, participants will be invited to sing along. **A light lunch will be provided for those who pre-register.** Please [Email Mary Ella](#), or phone her at 613-413-8663, for more information **or to register.**



### Trivia Quiz Night

**Monday, February 12 - 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



### yUUth Group

**Friday, February 16 - 6:30pm**

Youth ages 11 to 17 are invited to join us, on the third Friday of every months, for yUUth Group. We'll be playing an escape room board game and making pizza together. For information contact our Director of Religious Exploration at

[dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca).



### FirstU In Person Bridge

**Sunday, February 18 - 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. [RSVP by emailing bridgehost@firstunitarianottawa.ca](#) so we can set up before you arrive. We're looking forward to seeing you!



## Unitarian Universalist nUUs

### 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!](#)

### UUJA Mussar Study Group

**Third Sunday of Every Month - On Zoom**

Open to any UU who wishes to learn about this ancient Jewish discipline for personal development. Lessons are free, online, occur on the third Sunday of each month for the next year, & begin Sun Jan 21. (Anyone with lived experience of a 12-step group may find it particularly interesting, but it has broader relevance too). [Register for the zoom like HERE](#). Or [click HERE](#) for course reading list.

## News from Our Friends

### MHI Dates to Remember

Mark your calendars for Multifaith Housing Initiative's largest annual events and fundraisers coming up in 2024. We are excited to welcome you into our shared spaces and collaborate on the important work we do together: The AGM on April 21; the Tulipathon on May 26; and National Housing Day on November 17.



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