

Weekly e-UU Newsletter - Friday, March 1, 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 March 3, 2024

[Online](#) AND In Person

Starts at 10:30am



The View from Down Under

With Reverend Eric Meter

Having recently returned to the Great White North from his first visit to Australia, our intrepid minister shares with us what changes of perspective can clarify in terms of geography, culture and faith.

Join us after the service for Coffee Hour in Fellowship Hall

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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

This week, in the Rainbow Room, our younger kids will explore how they move their bodies through dance. We'll have a dance party complete with party lighting!

Meanwhile, in the Chalice Room, our older kids will continue with our exploration of the seventh principle with a story about a boy and an ant. We will also share a snack that relates to the story. Can you guess what it will be?

Click the green button, below, to find out more about how to sign up for **this year's Mystery Pals event**.

(Sign-up starts this Sunday, March 3!)

Caring Contacts for March

[Clea Derwent](#) - 613-694-0505

[Karen Swinburne](#) - 613-234-4305

Caring Cards for February: Mo G, Louise and Don G, Lauren M, Beryl Hunter's brother, Family of Carol Yeaman, Margaret Z, Wendy D, Reverend Liz, and Elizabeth B.

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.

Congregational Focus 2024 Cultivating Compassionate Community

What does "Cultivating Compassionate Community" mean? Who are we supporting, and where do we start? Find out by visiting the [Cultivating Compassionate Community webpage!](#)



Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Zibi" means "Great River". Now let's learn some more words in Algonquin language.

This week's Algonquin Word of the Week is:

Wàgosh

Wàgosh means "fox" in Algonquin. A fox dens under the cedar scrub near FirstU. (Do you remember the word for Cedar from last week?)



Do You Love Fall Fair?

Apply your planning and people skills to overseeing FirstU Ottawa's biggest fundraising and community-building event by becoming Fall Fair's new Director! The new director can count on a great team of seasoned volunteers and the support of outgoing director, Carol Card. This is a suitable role for two people to share. Some experience with the Fall Fair will be helpful. Please [email Carol](#) if you'd like more information.

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



Sign up for Mystery Muufins

This year, our annual tradition of **mystery pals** has a sweet twist: It will be all muffin themed! Mystery Muufins is a fun mystery pen pal activity that runs for four Sundays in April and ends with a Discovery MUUffin Social. We pair children & youth with adults for a month of Sunday morning correspondence through our Mystery MUUffins post offices! **Sign up is from March 3-17.** Find our Mystery MUUffin bulletin board in fellowship hall with sign up forms and more information. **The event will run all 4 Sundays in April.** [Email Jodi for more information.](#)



Spirituali-Tea Time

There is a new, monthly, in person group piloting called "Spirituali-Tea Time". The group's goal is to create a spiritual space where folks of all backgrounds and beliefs can come together. to foster a mutually supportive, non-judgemental space to nurture and share our personal spiritual journeys.

Our first gathering is next Sunday, March 10 at 1:30pm, in the NOW room. Registration required and closes March 9. [Click HERE to register](#), or [contact Nina Strang](#).



Want to Explore Your UU Faith More Deeply?

Join Reverend Eric and Reverend Anne Orfald for *What Moves Us*, a seven-session program exploring the life experiences of select historic and contemporary Unitarian Universalist theologians. Participants will engage with and bring their personal experiences to bear on the very questions explored by each theologian in turn. Develop a deeper understanding of your personal theology, and of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage. Tuesdays, March 12 to April 30. Details on the [Adult Learning page](#). Limited to 12 participants. [Click HERE to register](#).



Fair Trade Goodies Available on March 3

The Justice and Equality Action Group will have fair trade chocolate and coffee available for sale outside the Sanctuary this Sunday, March 3. Pick up some tasty treats!



Feedback sessions for proposed CUC AGM motions

There are three motions proposed for the Canadian Unitarian Council (CUC) Annual General Meeting in May: [Read the motions here](#). You are invited to attend the upcoming online feedback session to have your say on these motions:

- [Wednesday, March 6](#), 12:30 pm - 2:00 pm ET

March 15 is the deadline for all feedback. See the "Save the Date" section of today's eUU for FirstU's own Feedback Session.

Upcoming Events

FirstU Online Bridge

Friday, March 1 - 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.



Introduction to the Enneagram

Saturday, March 2 - 9:30am - \$70 - Register by Monday February 26

The Enneagram framework combines wisdom, mystical and psychological teachings to help us grow both as individuals and in our relationships with others and the spirit of life. **There are still a few spots left!** [Register HERE](#) by Monday, February 26, so you have time to view 3.5 hours of pre-workshop videos.



Introducing Ourselves

Sunday, March 3 - 12:00pm

New to First Unitarian? Join us for an Introducing Ourselves session on Sunday, March 3 at noon (light lunch provided). In this casual gathering, you can share what brought you to FirstU and hear about Unitarian Universalism, our congregation, and how you can get connected here. Kate K and Reverend Eric will be your guides. Register at the Welcome Table.



FirstU Feedback Session 1 for CUC AGM Motions

Sunday, March 3 - 12:30pm

In the Lounge and Online

In addition to the CUC feedback sessions already publicized, there will be one at First on Sunday March 3rd at 12:30pm. It will be a hybrid session, with in-person participants gathering in the Lounge, and remote participants attending on Zoom.

[Click HERE](#) to read the proposed Motions.

[Click HERE to participate online](#).



Gentle Yoga

Wednesday, March 6 - 10:00am - NOW Room

\$15 per Session

Yoga is a systematic practice of physical exercise, breath control, relaxation, and positive thinking, aimed at developing harmony in the body, mind and environment. All fantastic reasons to practice! Bring your own mat and blanket. Drop-ins welcome. Led by Brenda Heming. Wednesdays from February 7 to April 10.



Meditation Group

Wednesday, March 6 - 7:00pm on 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.

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

Meeting ID: 880 7343 6250 **Passcode:** 259109



FirstU Virtual Discussion Circle

Thursday, March 7 - 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 "Parenthood".

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



Evening Reading for Growth

Thursday, March 7 - 7:00pm on Zoom

For March, we'll be reading *My Stroke of Insight: How a Brain Scientist's Own Stroke Led to Enlightenment*, by Jill Taylor. We hope you'll join us for our lively discussion of this book.

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



Breakfast Forum: ShelterBox with Ally Buck

Sunday, March 10 - 9:30am - Fellowship Hall

Ally Buck, of ShelterBox Canada, will make a presentation to a breakfast forum, as part of the adult learning and growth program. ShelterBox Canada is an international disaster relief organization, working to create a world where no one goes without shelter after disaster. [Learn more about Shelterbox HERE.](#)



Spirituali-Tea Time

Sunday, March 10 - 1:30pm in the NOW Room

Registration closes March 9

Come to our first Spirituali-Tea gathering! We meet once a month to nurture and share our personal spiritual journeys in a mutually-supportive, non-judgemental space. Registration required. [Click HERE to register.](#)



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

Save the Date

What Moves Us (first session) - Tuesday, March 12 - 7:00pm

Pre-registration required

Develop a deeper understanding of your personal theology, and of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage. With Reverend Eric and Reverend Anne Orfald. Details on the [Adult Learning page.](#)



yUuth Group - Friday, March 15 - 6:30pm

Youth ages 11 to 17 are invited to join us, on the third Friday of every month, for yUuth Group. For information contact our Director of Religious Exploration at dre@firstunitarianottawa.ca.



FirstU In-Person Bridge - Sunday, March 17 - 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!



Mah Jongg - Monday, March 18 - 10:00am - Room 3

We will play American Mah Jongg with 3-4 people per table on the third Monday of every month. We are currently using the 2023 game card. Please bring your card. If you can bring a game, please [let Barb know when you RSVP.](#) A follow-up email will be sent to players who RSVP to confirm their spot. It is important that you know how to play the game.



Trivia Quiz Night - Monday, March 18 - 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: 868 6409 2724 Passcode: 038258

Women's Pagan Circle Celebrates Ostara

Thursday, March 21 - 7:00pm in the NOW Room

Trans women, cis women, and nonbinary folks are invited to celebrate the Equinox - the balance, the sun's return, the whisperings of Spring - with ritual and an egg craft. Participants are welcomed to bring items of their choice to add to our altar. Finger foods to share after our ritual are welcome as well.



Friday Reading For Growth

DATE TBD - 1:30pm on Zoom

Please join us for a discussion of our next book, *Wired for Music: A Search for Health and Joy Through the Science of Sound* by Adriana Barton. To get the zoom link, or to ask questions, [contact Susan Mellor](#).



Unitarian Universalist nUUs



First Unitarian Burlington VT Presents:

Total Solar Eclipse Fundraiser

April 6-8, 2024

Burlington, Vermont, is in the path of totality and viewers will enjoy about 3 minutes and 15 seconds of totality. To accommodate solar eclipse enthusiasts, the First Unitarian Universalist Society of Burlington announces a Homestay Rental Program. Members are making available one or more spare rooms in their homes; in some cases entire apartments are available for April 6, 7 and/or April 8. [To see the accommodations, click HERE](#). Send questions to eclipse@uusociety.org.



Documentary on the Ajashki Project

Canadian Unitarians for social Justice (CUSJ) has posted their recent webinar on the Ajaski project to their YouTube channel! [Click HERE to watch the talk by Kayoki Whiteduck](#). You can look back through the interesting CUSJ series "Let's Connect UU Social Justice" [by clicking HERE](#).

News from Our Friends

Solidarity Through Song and Dance: A Fundraiser Supporting Ukraine

Saturday March 2 - 6:00pm - 1000 Byron Ave

Our neighbours at Assumption Of The Blessed Virgin Ukrainian Orthodox Cathedral are holding a fundraiser in support of the Canada-Ukraine Foundation, a reputable organization committed to providing crucial assistance to those affected by the ongoing conflict. Stop in for an evening of Ukrainian and Latvian food, music, and traditional dance!



Intercultural Dialogue Institute Ottawa presents:

International Women's Day Celebration

Sunday, March 3 - 2:00pm

Venue provided upon registration

Women at FirstU are invited to celebrate International Women's Day with the Intercultural Dialogue Institute. Mark your calendars for an afternoon dedicated to recognizing women's contributions and the vital role of volunteerism in enhancing our community. Bring business cards for networking and dress comfortably for dancing.

Full details [HERE](#).

[Click HERE to register](#).



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