

Weekly e-UU Newsletter - Friday, March 22, 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 24, 2024

[Online](#) AND In Person

Starts at 10:30am



Sharing Our Faith

With Reverend Eric Meter

We are not alone. Really. It may sound overly simple, even trite. And still, the truth that we are siblings in faith among others across our nation and world is cause for gratitude, celebration and even pride.

This Sunday, we'll dedicate our offering to the Canadian Unitarian Council's Sharing Our Faith Fund. The fund supports projects that enhance ministry, growth, and outreach for congregations and for the Unitarian Universalist movement in Canada. It's designed to encourage greater associational awareness in our congregations, the fostering of relationships, and a sense of community and connection among and between our member congregations and communities.

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 Sunday, after Time for All Ages in the Sanctuary, kids age 2-12 will go downstairs to explore our UU values through art and play.

Annual Report Submissions



If you are chair of a Committee or Team, or a group that would like to participate, your submissions are due by **Friday April 12**. Your report should consist of information and events that happened in 2023 only. Please [click HERE to download the form for 2023](#). If you have any questions, contact Jen: omr@firstunitarianottawa.ca OR 613-725-1066 x221.

Caring Contacts for March

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

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

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.

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:



Adjidamo

Adjidamo means "squirrel" in Algonquin. How many squirrels have you seen today?

Are You Fall Fair's New Director?

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



Save the Date! FirstU AGM on May 5!

Save the date! The 2024 Annual General Meeting will be held on Sunday May 5 after the Sunday service. Meeting materials will be sent out to members in advance. The agenda will include election of board members.



March is Fraud Awareness Month - Tip 2

It's always good to remind ourselves how easy it is to be scammed, and those who commit these crimes are getting better at it every day. [Click HERE for info on steering clear of invoice redirection scams.](#)



Family Tree Fundraiser

In return for a non-tax-receiptable donation to FirstU, hobby-genealogist Barry Read will research your family tree using available on-line genealogy sites for civil and church records of family births, marriages and deaths and census entries to create a picture of your own unique ancestry. He'll provide you with a comprehensive report including records, photographs, and historical information. Interested? Have questions? [Email Barry to learn more.](#)



First You Drum! Connecting with Ourselves and Each Other

Join Jan Davis at noon on **Sunday, April 14**, for an introduction to hand drumming that focuses on fun over form. Learn basic hand drumming rhythms and share in the joy of group drumming! Bring your own rhythm maker, drum, or empty coffee canister. Extra drums and rhythm instruments will be available. This workshop is for adults and teens 13+ who are new to drumming. [Register by April 7 by filling out this form.](#)



Accessing Your Inner Knowing

Ever wish you had an intentional way to tap into your inner knowing for insights and possibilities that your mind may miss? Join Jane Lindsay at this three-session workshop, where you'll learn and practice a whole-being method for accessing your inner knowing with respect to many aspects of your life and growth. Sessions will run on **Tuesday, April 16-30**, and each session is two hours long. [Click HERE to register.](#) Send questions to adultlearning@firstunitarianottawa.ca.



We have another step in our advocacy to reverse Bill 165.

The government is receiving comments concerning this Bill until April 7. Send a note to The Environmental Registry of Ontario expressing your thoughts. We want the Government of Ontario to take the advice of the Ontario Energy Board and to revoke Bill 165. There is a link to the Registry and links to several sample letters [on the Climate Action Page.](#)

Upcoming Events

Mental Health Support and Action Group

Sunday, March 24 - 12:30pm

Room 6 and on Zoom

The Mental Health Support Group will be meeting this Sunday, after the service. Those with lived experience of mental health challenges and those who support someone with their mental health are all welcome. [Click HERE to join the meeting online.](#)



Taoist Tai Chi

Tuesday, March 26 - 1:00pm in Fellowship Hall

Led by Friends of Taoist Tai Chi, Ottawa

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. Many have found their health greatly improved by regular practice. Master Moy first developed Taoist Tai Chi to improve his own health, and later dedicated his life to enabling others to do the same. We welcome anyone to participate, beginners included. Each two-hour session will be led by experienced instructors from "Friends of Tai Chi" and will include a break for tea. **No advance registration needed just drop in.** Email adultlearning@firstunitarianottawa.ca with any questions.



Gentle Yoga

Wednesday, March 27 - 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 27 - 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 28 - 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 "**Crime and Punishment**".

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



Friday Reading For Growth

Friday, April 5 - 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. Combining science, philosophy, and memoir the book reveals music's profound effect on the human body and brain. Copies at Ottawa libraries. Please note the date change. To get the zoom link, [contact Susan Mellor](#).



FirstU Online Bridge

Friday, April 5 - 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.



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

Save the Date

Evening Reading for Growth

Thursday, April 11 - 7:00pm on Zoom

For March, we'll be reading *Bearing the Unbearable* by Dr Joanne Cacciatore (2017), on love, loss and the heartbreaking path of grief. We hope you'll join us for our lively discussion of this book.

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



2023 Annual Reports DUE!

Friday, April 12 - 4:00pm

Team, Committee, and Group chairs, [click HERE to download the form](#), and email your annual reports to the office by 4:00pm on Friday, April 12.



First You Drum! Connecting with Ourselves and Each Other

Sunday, April 14 - 12:00pm in the NOW Room

Register by April 7

Adults and teens (13+) are invited to a beginner-level introduction to hand drumming that focuses on fun over form. Bring your own rhythm maker, drum, or empty coffee canister. Extra drums and rhythm instruments will be available. [Fill out this form to register](#).



Spirituali-Tea Time

Sunday, April 14 - 1:30pm in the NOW Room

Registration closes April 12

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-judgmental space. Registration required. [Click HERE to register](#).



Accessing Your Inner Knowing

Tuesdays, April 16-30 - 7:00pm in Room 3

Pre-Registration Required

Ever wish you had an intentional way to tap into your inner knowing for insights and possibilities that your mind may miss? Join Jane Lindsay at this three-session workshop, where you'll learn and practice a whole-being method for accessing your inner knowing with respect to many aspects of your life and growth. [Click HERE to register](#). Questions? Email adultlearning@firstunitarianottawa.ca.



yUuth Group

Friday, April 19 - 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, April 21 - 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, April 22 - 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, April 22 - 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



FirstU Spring Concert

Sunday, April 28 - 7:00pm in Worship Hall

By Donation

The choirs of FirstU present a concert on the many forms that love takes in our lives, celebrating family ties, friendship, partnership, self-love, and community. There will be singalongs and a guest appearance by the FirstU House Band!



Unitarian Universalist nUUs



Canadian Unitarians for Social Justice Present:

A Better Tent City with Nadine Green

Saturday, March 23 - 1:00pm on Zoom

Our speaker, Nadine Green, who once experienced homelessness, now works tirelessly to support others in similar situations. Evicted from her convenience store shelter in January 2020, she was invited by Ron Doyle to help establish and live in A Better Tent City (ABTC). Nadine manages life at ABTC, while also organizing and training volunteers to assist her in providing nightly care for hundreds of unsheltered individuals in the community. [Click HERE to register and get the zoom link.](#)

News from Our Friends

Unitarian House Spring Clothing Sale

Thursday, April 11 - 11:00am to 4:00pm

Founders' Room (20 Cleary Ave)

Save the date and come join us at the Unitarian House Annual Spring Clothing Sale! We will be selling a wide selection of women's clothing, including many donations of brand-new clothing from Northern Reflections, Reitman's, Ricki's, and friends & family of Unitarian House. All proceeds go to the Unitarian House Residents' Association and unsold clothes will go to local charities. Support community seniors and dress for less!



Chez FirstU



Harmony Concerts Presents:

Andrea Ramolo

Friday, April 5 - 7:00pm - \$35

As a singer-songwriter, Ramolo draws inspiration from chaos and often misery, transforming her experiences into beautiful music. Her latest masterpiece, Quarantine Dream, is a testament to her artistry and creativity. [Click HERE for tickets.](#)

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