

Weekly e-UU Newsletter - Friday, April 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 April 14, 2024

[Online](#) AND In Person

Starts at 10:30am



Dear Jane

With Reverend Eric Meter

This Sunday, our lead minister speaks with a former congregant about what he learned from her and so many others over the years: from the value of community, to conflict, to the endless work of the church, the importance of appreciation and gratitude - most everything that make up the beautifully imperfect whole of it all.

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 2-6 year-olds will continue exploring their world with crafts and a story. In the Chalice room, our 7-12 year-olds will continue making connections with our Lego Values program. This week we think about love as a bridge between each other. Come build a bridge with us.

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.



2023 Photos

If you have any photos of church events that happened in 2023, please forward (high resolution please) to omr@firstunitarianottawa.ca for consideration of inclusion in the 2023 Annual Report. **Please Note:** If there are recognizable individuals in the photos (meaning you can see their faces), please provide proof that they gave permission to have their photo taken and published.



Caring Contacts for April

[Anne Nagy](#) - 613-614-6174

[Maury Prevost](#) - 613-231-7391

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:

Namegobagonii'n

Namegobagonii'n means "trout lily" in Algonquin. With this sudden warm weather, the earliest flowers are starting to bloom, and trout lily is one of the first. The leaves are edible, but can taste like anything from snap peas to soap, and should be harvested sparingly. Slice up one or two to add to a salad or make a spring tonic of a tea with them.



Imagine FirstU Without the Fall Fair

We urgently need one or two people to step up to lead our beloved annual fundraising sale and community-building event in November. Can you help? Detailed information on the duties and time commitments is available from outgoing director Carol Card, who will be happy to provide guidance to the new director(s).

To explore this possibility, please contact Carol at [cardc0613\[at\]gmail.com](mailto:cardc0613@gmail.com)

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



Ajashki is Hiring!

The Ajashki project is hiring a **part-time** Program Developer for their Makerspace! Please share [this job description \(click to read and download\)](#) with anyone you know may be interested in this position with Ajashki.



Fair Trade Goodies Available

The Justice and Equality Action Group will have fair trade coffee and chocolate available for sale outside the Sanctuary this Sunday. Come and get some delicious treats!



Spirituali-Tea Time

There is a new, monthly, in person group called "Spirituali-Tea Time". The intention of this group is to create a spiritual space where folks of all spiritual backgrounds and beliefs can come together. As a group, we will foster a mutually supportive, non-judgmental space to nurture and share our personal spiritual journeys. Our next gathering is April 14 (see Upcoming Events for details). Registration required and closes April 13th. [Click HERE to sign up](#) or [contact Nina directly](#).



Red Dress Day 2024

Thank you to members who donated a dress last year for our Red Dress Day to honour missing and murdered Indigenous women and girls and two spirit people. Meditation Gardens volunteers will be displaying the stored collection and are hoping to expand this symbol of respect into the upper garden. **If you can donate (or loan) a red garment for this year's display, please drop it off in the office by April 30.** Questions? [Contact Susan Mellor](#).



Help FirstU Fill the Freezer!

Our Frozen Meal program provides food support to low income individuals and their families. We are looking for batches of chili, lasagna, shepherds pie or other items to freeze into individual servings. We can provide containers. If you would like to help, [please contact lisasharp@rogers.com](mailto:lisasharp@rogers.com).



Free benches

The garden team has three garden benches to give away. Made of Wrought iron and old wood, painted green. Could be repaired or iron used for art project. Benches located at far end of parking lot by picnic table. Please [contact MargaretELinton@gmail.com](mailto:MargaretELinton@gmail.com) if you want them.



Don't Throw Out Those Eclipse Glasses

Make sure your eclipse glasses are used again, by South American students on October 2, 2024, when a "ring of Fire" [annular solar eclipse](#)* passes over southern Chile and Argentina. Leave them in the box in the office foyer by Sunday April 28. The Environmental Action group will send them off!

Upcoming Events

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

Registration Closed

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 13

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](#).



Trivia Quiz Night

Monday, April 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](mailto:andrew@firstunitarianottawa.ca).

[ZOOM LINK](#) Meeting ID: 868 6409 2724 Passcode: 038258



Accessing Your Inner Knowing

Mondays, April 15-29 - 7:00pm in Room 3

Registration Closed

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. Questions? Email adultlearning@firstunitarianottawa.ca.



Taoist Tai Chi

Tuesday, April 16 - 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. 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.



Meditation Group

Wednesday, April 17 - 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, April 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 "**Nostalgia Isn't What it Used to Be**".

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



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](mailto:bridgehost@firstunitarianottawa.ca) so we can set up before you arrive. We're looking forward to seeing you!



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

Save the Date

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!



Friday Reading For Growth

Friday, May 3 - 1:30pm on Zoom

Please join us for a discussion of *Cobalt: Cradle of the Demon Metals, Birth of a Mining Superpower*, by Charlie Angus. This is the harrowing history and damaging legacy of resource extraction in Canada and the consequences of the increasing demand



for cobalt - a key ingredient for a 'green' economy. Copies available at public libraries. Please note the date change. To get the zoom link, [contact Clea Derwent](#).

FirstU Online Bridge

Friday, May 3 - 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.



Evening Reading for Growth

Thursday, May 9 - 7:00pm on Zoom

For May, we'll be reading *The Last Doctor: Lessons in Living from the Front Lines of Medical Assistance in Dying*, by Jean Marmoreo. We hope you'll join us for our lively discussion of this book.

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



Mah Jongg

Monday, May 20 - 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.



Unitarian Universalist nUUs



CUC Congregational Conversations Series

FirstU's UU Connections Team encourages everyone to participate in one or more of the upcoming conversations hosted by the Canadian Unitarian Council:

- Worship Programming & Leadership Development: Friday April 12 or Saturday June 1
- Children & Youth - Presence & Programming: Wednesday April 17 or Saturday June 15
- Financial Planning & Income Streams: Saturday April 20 or Monday May 27
- Ministry Options - Types, Availability, & Creative Alternatives: Wednesday May 1 or Friday May 10

The sessions are online by Zoom at 1:00-2:30pm Eastern except for the May 10 session, which starts at 7:00pm. [Click HERE for details and registration](#).

News from Our Friends

River Parkway AGM

Thursday, April 18 - 6:30pm

On zoom

The Annual General Meeting of The River Parkway Children's Centre Corporation, is scheduled for April 18, 2024, and will take place on zoom, at 6:30pm. All RPCC Members are urged to attend the virtual meeting. Details and zoom link will be sent to RPCC Members directly.



Chez FirstU



Spring of Hope: Piano and violin melodies from Ukrainian composers in support of children of war

TOMORROW - Saturday, April 13 - 5:00pm

We are happy to announce a unique concert of Ukrainian classical music performed by the talented Ukrainian pianist Anna Sagalova and Ottawa's own violinist Carissa Klopoushak. Use promo code "KAZKA" to get a 15% discount in addition to other special offers for seniors and students. [Details and tickets HERE](#).



Harmony Concerts Presents: The Military Wives Choir

Sunday, April 21 - 4:00pm - \$40

A special event featuring the power of women connected through the military and music. Proceeds go to the choir's

professional development. [Click HERE for tickets.](#)



Ottawa Grassroots Festival

April 25-28

The Ottawa Grassroots Festival is coming to FirstU! Swing by our place to hear artists like Charlie A'Court (April 26) and Connie Caldor (April 27). More information, including how to get tickets, [available HERE.](#)



Gil's Hootenanny

Wednesday, May 1 - 7:00pm - \$20

Gil's Hootenanny, Ottawa's annual community singalong, celebrates songs of hope and protest with exuberant audience participation. While the word "hootenanny" may not be in everyone's lexicon, Gil's Hootenanny is hell-bent on reviving this form of entertainment for folks of all ages.

[Click HERE for details and tickets.](#)



Evenchick and Hucul

Sunday, June 2 - 3:30pm - \$25

Local singer/songwriters Evenchick and Hucul will be releasing their juicy new album at The First Unitarian Congregation in Ottawa, Sunday June 2 in an effort to muster community support, raise funds and celebrate 40 years of The Ottawa Foodbank.

[Click HERE for tickets.](#)

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