

# Weekly e-UU Newsletter ~ Friday, July 1, 2022

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, July 3, 2022**  
**Online AND In Person!**  
**Starts at 10:00am EST**



## All You Really Need to Know... You Learned in Kindergarten Jackie Holzman

Jackie Holzman shares a reflection on the basics - remember to share, be kind, clean up after yourself and live a balanced life of work, play and learning - as found in the well-known book by Robert Fulghum. Do we remember The Basics? How are they relevant to our faith community?

Throughout her long career of volunteer activities - ranging from supporting medical research and services for the disabled and as co-founder of Compassionate Ottawa - **Jackie Holzman** has been sure to "be there at the beginning" of many initiatives that have improved life in our city. This, in addition to her political career as city councillor and later mayor of Ottawa in the 1990's. She continues "giving back and making a difference" as resident and now Chair of the Board of Unitarian House.

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## Online Summer Hospitality Hour 11:30am – 1:00pm

Use the link on our website to join our Hybrid Hospitality Hour

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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 [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.

### Joys and Sorrows

If you would like a stone placed in the water for you during the Joys and Sorrows portion of an upcoming Sunday Service, please email [spiritualcare@firstunitarianottawa.ca](mailto:spiritualcare@firstunitarianottawa.ca) by Friday at 10am.

## Children's Religious Exploration – Sunday at 10am

This Sunday, Neo and the CRE gang will be STAYING COOL. We'll be making smoothies, playing water games, and building connections! Dress to get wet and get ready to have some fun! **See you Sunday morning at FirstU!**

- Anyone above 12 will need to have been vaccinated
- Health checks will be conducted on site, but don't forget to [use the passive screening criteria on Sunday morning](#), to ensure that everyone who wants to attend is able to do so
- If you have any questions please email [dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca)

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## Caring Contacts for June

[Maury Prevost](#)

[Janet Clayton](#)

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.

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## Read All About It



**Great news! Our recent auction raised over \$18,000 for FirstU!**

Thanks to all who donated items or participated in bidding and to our auction team, including Paula Theetge, Jane Buchan and Joe and Jill Westra of Bytown Auctioneers.

A special thank-you to Margaret Linton and David Hudson, who worked tirelessly to make this fundraiser a great success.



### Summer Discussion Circle

Our Discussion Circle will be slowing down over the summer. Join us again for our July Discussion, in a few weeks!



### COVID Task Force Update

The COVID Task Force met on June 14 and have made the following recommendations:

- Singing in the pews will now be allowed!
- Everyone must remain masked in indoor congregational events, such as Sunday Service, Hospitality Hour in the Lounge, and Earth Speaks-type events.
- Smaller on-campus meetings/classes can be conducted "mask optional", so long as everyone attending agrees that they are comfortable with this.
- Capacity limits will remain at 75%.

If you have any questions, contact [covid@firstunitarianottawa.ca](mailto:covid@firstunitarianottawa.ca)



### Meditation Break

The Wednesday Evening Mindfulness Meditation Group wishes everyone nourishment and refreshment during our short summer break: June 29th, July 7 & 14.

SEE YOU ALL AGAIN at **7 pm on JULY 21st.**



### Fierté Capital Pride 2022

Save the date! FirstU will be marching in this year's **Ottawa Pride Parade on August 28th.** We will be meeting downtown at 11am at our designated rally spot (to be confirmed), and the parade itself starts moving at noon. Dress Up, Have Fun, and Show Your Pride! Allies are very welcome!

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## Happening This Week

Event Name:	Event Time:
<b>Sunday, July 3, 2022</b>	
Hybrid Worship Service	10:00a - 11:00a
<b>Monday, July 4, 2022</b>	
Ajashki	08:00a - 06:00p
O.W.L Summer Camps	09:00a - 04:00p
Z-Women's Personal Growth Group	07:00p - 09:00p
<b>Tuesday, July 5, 2022</b>	
O.W.L Summer Camps	09:00a - 04:00p
<b>Wednesday, July 6, 2022</b>	
O.W.L Summer Camps	09:00a - 04:00p
Knitters' Group	01:00p - 03:00p
Z-Mindfulness Meditation	07:00p - 08:30p
Voyageur Men's Group	07:00p - 09:00p
Z-Social Responsibility Coordinating Team	07:00p - 09:00p
<b>Thursday, July 7, 2022</b>	
Ajashki	08:00a - 06:00p
O.W.L Summer Camps	09:00a - 04:00p
<b>Friday, July 8, 2022</b>	
O.W.L Summer Camps	09:00a - 04:00p
<b>Saturday, July 9, 2022</b>	
Z-Spirituality and Philosophy Group	09:00a - 12:00p
<b>Sunday, July 10, 2022</b>	
Hybrid Worship Service	10:00a - 11:00a

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## Social Justice

### Environmental Action Group

#### Enviro-Advocacy

We will put our advocacy on pause for the summer. Rest up for new campaigns in the fall. We include some updates below:

- At the municipal level, Ottawa City Council voted to support Councillor Catherine McKenney's motion; the City of Ottawa will now join over 50 other municipalities in support of the global Fossil Fuel Non-Proliferation Treaty.
- At the federal level, Bill C-226, the Environmental Racism and Environmental Justice Act passed second reading 177 to 146 and will proceed to committee. This is mixed news because it did not receive the hoped for unanimous consent and all party support.

Thank you to those of you who sent letters to your MPs and to members of the City of Ottawa's Environment Committee.

#### Enviro-Action

#### Nourish Yourself This Summer!

Visit the climate action page on our website – <https://www.firstunitarianottawa.ca/climate-action.html> – to check out our new series of Personal Enrichment pages, featuring recommended podcasts, webinars, and novels, and non-fiction!

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## Unitarian Universalist nUUs

Canadian Unitarian Council



The CUC Social Justice Team is making documentary-style videos for the next two Inclusivity Forums, featuring interviews with UUs who have experienced exclusion due to age, gender identity, or gender expression. One forum will focus on welcoming folks of all gender identities and expressions, while the other will look at welcoming people of all ages. [Find out how to participate HERE.](#)

Inclusivity Forums