

Weekly e-UU Newsletter ~ Friday, July 8, 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 10, 2022
Online AND In Person!
Starts at 10:00am EST



In the Age of MAID, what does "helping" mean from a nursing perspective? Mélanie Lefebvre

When she graduated from high school in Ontario, Mélanie was expected, along with other graduates, to make important life decisions at the tender age of eighteen. Like many other teenagers, full of life, ambition and drive, she felt the need to “save the world”. For her, the best way to do this was to become a nurse. For four years at University she was taught to react fast, take the lead, and save lives...to be ready with responses to help others, to make good decisions for people to become their better selves, and to provide optimal health. But, what about those people much older and much wiser, who no longer want to be helped? What about those who choose to die? Who will help them?

In the course of her career, Mélanie has moved from acute care to chronic care, and finally to senior housing. This past year she took over the reins as Executive Director at Unitarian House. She believes that the promotion of cooperation and collaboration between FirstU and Unitarian House is an important part of her mission.

*

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

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

~*~

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 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 by Friday at 10am.

Children's Religious Exploration – Sunday at 10am

This Sunday, the Ajashki Project will join CRE in the children's playground. We will start planting our summer garden together AND learn about plants and how they grow! **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

~*~

Caring Contacts for July

[Maury Prevost](#)

[Janet Clayton](#)

Caring Cards sent in June: Jane Perry, Isabel Burrows, Sharmila Khare, and Paula Theetge.

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.

~*~

Read All About It



Summer Discussion Circle

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



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 20st.**



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!

~*~

Happening This Week

Event Name:	Event Time:
Friday, July 8, 2022	
O.W.L Summer Camps	09:00a - 04:00p
Saturday, July 9, 2022	
Z-Spirituality and Philosophy Group	09:00a - 12:00p
Sunday, July 10, 2022	
Hybrid Worship Service	10:00a - 11:00a
Monday, July 11, 2022	
Ajashki	08:00a - 06:00p
z-Monday Reading for Growth	01:00p - 03:00p
Wednesday, July 13, 2022	
Knitters' Gtroup	01:00p - 03:00p
Z-Mindfulness Meditation	07:00p - 08:30p

Thursday, July 14, 2022

Ajashki 08:00a - 06:00p

Friday, July 15, 2022

Z- Reading for Growth 01:30p - 03:00p

Sunday, July 17, 2022

Hybrid Worship Service 10:00a - 11:00a

~*~

Social Justice

Environmental Action Group

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!

~*~

Unitarian Universalist nUUs

Canadian Unitarian Council



Inclusivity Forums

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.](#)

~*~

News from Our Friends

Elder Albert Dumont presents: *Bloodline*

Christ Church Cathedral

Wednesday, July 20 - 7pm

You are invited to join us for this special event with Albert Dumont, Spiritual Teacher in Residence at the Cathedral and Ottawa's poet laureate, performing *Bloodline*, his one-person play.

Tickets are \$20 - or \$10 if you wear your New Dawn orange shirt (available for purchase at the play AND from <https://www.healingbeginsnow.ca/orange-shirts>).

Contact Pamela at pnaymark@gmail.com to book your tickets.

More information about Bloodline available at <https://www.healingbeginsnow.ca/bloodline>

