

Weekly e-UU Newsletter ~ Friday, July 15, 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 17, 2022

Online AND In Person (masks required)

Starts at 10:00am EST



What We Learned At OWL Summer Camp

Lisa Sharp and Guy Belleperche

FirstU recently offered its first ever sexuality education day camp for 10-11 and 12-13 year olds, based on the UUA Our Whole Lives (OWL) curricula. Lisa and Guy will share some of their observations from this event, and some of the Pride themed art work of the participants.

Lisa Sharp and Guy Belleperche, both Past Presidents, are trained Youth Advisors and OWL facilitators. They have been working in sexuality education for almost 20 years.

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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 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, we'll be learning tips on how to take care of our new garden! **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

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Caring Contacts for July

[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



We Are Entering the 7th Wave of the Pandemic

As a result the 7th wave, which is apparently extremely transmissible, and which has led the Government of Ontario to open 2nd booster doses to all Ontarians 18+, the Task Force has agreed that **masks are now required for all Congregational activities that occur indoors** at the church, and **all Congregational food and beverage-related indoor activities be moved outside or postponed until further notice**. Keep safe everyone. We are eager to reverse this as soon as we feel it is safe enough to do so again.



Summer Discussion Circle

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

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Upcoming Events

Wednesday Evening Mindfulness Meditation

Wednesday, July 20 - 7:30pm

We support our individual and group practice of meditation, sharing perspectives and together intentionally cultivating attitudinal behaviours like beginners' mind, loving kindness, compassion, trust, patience and letting go ~ *all keys to mindfulness*. All are welcome.

[Click for Zoom link to join.](#)



FirstU Trivia Night

Monday, July 25 - 7pm

Please join us for an evening of trivia on Zoom! Questions are diverse, fun, and taken from several sources. All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with friends!

For more information, [email Andrew Drake](#).

[ZOOM LINK](#) Meeting ID: **841 2565 4674** Password: **222371**



Event Name:

Friday, July 15, 2022

Z- Reading for Growth

Event Time:

01:30p - 03:00p

Sunday, July 17, 2022

Hybrid Worship Service

10:00a - 11:00a

Monday, July 18, 2022

Ajashki

08:00a - 06:00p

Tuesday, July 19, 2022

Z-Spiritual Care Council

11:30a - 01:30p

Wednesday, July 20, 2022

Knitters' Gtgroup

01:00p - 03:00p

Z-Mindfulness Meditation

07:00p - 08:30p

Voyageur Men's Group

07:00p - 09:00p

Thursday, July 21, 2022

Ajashki

08:00a - 06:00p

Z-GoGo Grannies

01:30p - 03:30p

Saturday, July 23, 2022

Z-Spirituality and Philosophy Group

09:00a - 12:00p

Sunday, July 24, 2022

Hybrid Worship Service

10:00a - 11:00a

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Chez FirstU

La Più Bella Musica Italiana with Trygve John

July 16 - 2pm

Chez FirstU (30 Cleary)

Join operatic tenor Trygve John for an afternoon of Italian favourites from Napoli and beyond.



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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 and t-shirts will be available from Pamela, at the back of Worship Hall at our Sunday service on July 17!

Tickets = \$20. Shirts = \$30-\$40. Payment by cash, e-transfer, cheque, and credit card using PayPal.

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

