

Weekly e-UU Newsletter ~ Friday, July 22, 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 24, 2022

Online AND In Person (masks required)

Starts at 10:00am EST



A Most Unusual Individual The Honourable John Reid

In 1968, Len Marchand defeated high profile PC candidate David Fulton to become the Liberal member for the federal riding of Kamloops-Cariboo. In doing so, Len became the first indigenous person of status under the Indian Act to be elected to Parliament. In his lifetime, Len created a number of firsts for indigenous peoples in Canada: in politics (as the first MP, first cabinet minister and second senator); in academics, in research; and as administrator of a tribal council made up of several first nations in the Kamloops area. His autobiography is entitled "Breaking Trail", a very good description of a life in the vanguard of first nations.

John Reid has been the Information Commissioner for Canada, political advisor to the Chief Electoral Officer of the UN Transitional Administration in Eastern Slovenia, a senior member of the Provisional Election Commission for Bosnia and Herzegovina, President of the Canadian Nuclear Association, Executive Director of the Forum for Young Canadians, Minister of Federal-Provincial Affairs in Pierre Trudeau's government, MP for Kenora-Rainy River, and member of several House of Commons committees. He has often been asked to speak and advise several new governments on infrastructures and processes for a functioning democracy as well as advice on systems to establish meaningful access to information.

*

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, through a story, we'll learn what plants need to grow and what happens when their needs go unmet. **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

Coming of Age at FirstU

We are in the early stages of planning Coming of Age (CoA) in the new church year. For this to happen, we need your help! If you are interested in being a facilitator or acting as a mentor to one of the youth, please contact Neo at dre@firstunitarianottawa.ca

~*~

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.

~*~

Read All About It



Campus Planning Committee Update

Please visit <https://www.firstunitarianottawa.ca/affordable-housing-presentations.html> for an update on the Campus Planning Committee's decision to partner with Ontario Aboriginal Housing Services for our affordable housing development.



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.



Parkway Spire - Call for Submissions

Summer days are passing by quickly, and it's time to start thinking about the Fall issue of the Parkway Spire. We're happy to accept editorial content, personal essays, newsy articles, poetry, committee reports and photos for the September issue (max 450 words). If you have a longer piece (max. 900 words) for our Feature Article, send it along for consideration.

Send submissions by August 15 to spire@firstunitarianottawa.ca.



Mobile Hot Spots 101

Was your internet access affected by the recent Rogers outage? Would you like to learn how to use a 'mobile hotspot' to avoid problems like this in the future, and expand your wifi capability to anywhere you have cell coverage? It's much easier than you think - even if you are a 'techno phobe'! If you are interested in participating in a group Zoom session on how mobile hot spots work, [email Mary Ella](#).



Join Our Summer Pick-Up Choir

Every Sunday in August, we will be having a Summer Choir. Come to the service early (9:00 a.m.), rehearse a piece of music, and perform it during the service! Jenn will be sending out recordings to choristers in advance. If you are interested and NOT already on the choir mailing list, [please email Jenn](#) and ask to be kept in the loop about summer choir!

~*~

Upcoming Events

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](mailto:andrew.drake@firstu.ca).

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



Wednesday Evening Mindfulness Meditation

Wednesday, July 27 - 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.](#)



Event Name:

Event Time:

Saturday, July 23, 2022

Z-Spirituality and Philosophy Group 09:00a - 12:00p

Sunday, July 24, 2022

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

Monday, July 25, 2022

Ajashki 08:00a - 06:00p

Z-FirstU Trivia Night 07:00p - 08:30p

Z-Finance Committee 07:00p - 09:00p

Wednesday, July 27, 2022

Knitters' Group 01:00p - 03:00p

Z-Mindfulness Meditation 07:00p - 08:30p

Thursday, July 28, 2022

Ajashki 08:00a - 06:00p

Sunday, July 31, 2022

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

~*~

News from Our Friends

Unitarian GoGos and the Classic Theatre Festival present: *The Fourposter* by Jan de Hartog

Arts Court Theatre

Thursday, August 11 - 1:30pm

Tickets: \$40

Join the Unitarian GoGos for a tony-award winning musical while supporting the Stephen Lewis Foundation!

This enduring, comedic musical, which chronicles the details of a marriage during era of world-shaking technological and social changes, is being presented as part of the Classic Theatre Festival. **For every ticket sold, \$20 will be donated to the Stephen Lewis Foundation.** The Unitarian GoGos have been allocated 20 tickets in Rows A, B and C for this fundraiser.

[Contact the GoGos to reserve your tickets.](#)

[More information about *The Fourposter* available HERE.](#)



Ottawa Friends of Tibet Bazaar

Saturday, July 23 - 9am to 4pm

396 & 400 Piccadilly Ave N (off Wellington W)

Support the Ottawa Friends of Tibet by visiting our fundraising bazaar. Choose from a variety of Pashmin shawls, Indian silk and wool scarves, unique jewelry, inlay boxes, singing bowls, flags, and Buddhist artifacts from Tibet, India, Nepal, and Japan. You can also [donate online if you can't attend](#).

Ottawa Friends of Tibet was founded in 1996 and is a non-political charity dedicated to improving the health, education, and economic conditions of Tibetans and Tibetan refugees.

