

Weekly e-UU Newsletter ~ Friday, August 12, 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, August 14, 2022

Online AND In Person (masks required)

Starts at 10:00am EST



Reconciliation? Reverend Eric Meter

During First Peoples Weekend at FirstU, Anishinabe elder Gilbert Whiteduck spoke at Unitarian House and raised the question of what reconciliation really means. The Pope's recent visit to Canada underlined the importance of that question.

This Sunday, our own Reverend Eric will offer his thoughts as we explore what reconciliation means and what it asks of us all.

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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

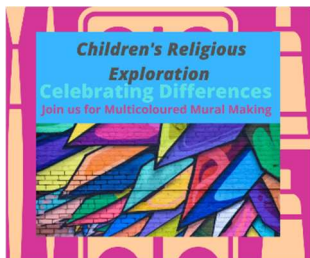
If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at bod@firstunitarianottawa.ca by Friday at 10am. Do allow for time in case there are questions with regard to the announcement. Also note that announcements may need to be edited for length 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.

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Children's Religious Exploration – Sunday at 10am



This Sunday, we'll be celebrating differences by creating a multicoloured mural together! Dress to get messy! **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

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Congregational Focus: Climate Action

Our climate actions and activities for **August** include a **Concert for the Climate**, a webinar on **Sustainable Housing**, and information on how you can **help keep beeches swimmable**. **PLUS new additions to our Recommended Reading list**. Visit FirstU's climate action page – <https://www.firstunitarianottawa.ca/climate-action.html> – to check out all the details.

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Caring Contacts for August

Alexandra Devine - 613-224-5695

Bill Wylie - 613-761-8092

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



Affordable Housing Update

The Campus Planning Committee (CPC) and FirstU Board are very pleased to inform you of their decision to choose Ontario Aboriginal Housing Service (OAHS) as our affordable housing partner for campus development. During a series of meetings in June, a broad variety of individuals – including FirstU Board members, the CPC, leaders and staff of FirstU, our campus partners and our development partners – had the opportunity for extensive in-person conversations with the OAHS Executive Director and four senior staff. The outcome was a resounding agreement that OAHS is the best fit as our affordable housing partner.

Visit <https://www.firstunitarianottawa.ca/affordable-housing.html> for details.



March with Us in 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!



Pride Week at FirstU

Two-Spirit, gay, lesbian, bisexual, trans, queer, asexual, intersex, and questioning (2SLGBTQ+) people are all part of our FirstU community, so naturally we celebrate Pride! This year we've got a week of events to share with our friends at Or Haneshama and the Unitarian Universalist Fellowship of Ottawa!

Visit <https://www.firstunitarianottawa.ca/uu-pride.html> for details!



Parkway Spire
Fall Edition
Submission
Deadline
August 15

Parkway Spire - Submissions DUE!

Last call! Parkway Spire submissions are due on **August 15!** Please send your articles to spire@firstunitarianottawa.ca. We're looking forward to hearing from you!



Friday Reading For Growth Book Club

The Friday Reading for Growth book club is a small, friendly, non-fiction book club. We meet on zoom on the last Friday of the month (1:30 - 3pm) and choose books covering a wide range of topics. This Fall's choices (available at the Ottawa Public Library) are: September: *Pastoral Song: A Farmer's Journey* (James Rebanks), October: *Caste: The Origins of Our Discontents* (Isabel Wilkerson), November: *Putin's Kleptocracy: Who Owns Russia?* (Karen Dawisha).

Drop in and try us out: [Contact Clea Derwent to join.](#)



Good Trouble, Necessary Trouble - Save the Date!

October 4th at 7pm, join us to talk about "Good Trouble, Necessary Trouble" as we try to change our world. All are invited to attend our next Leadership Council event on October 4, at 7 pm. There will be a special workshop by our Widening the Circle Rumble Group introducing a new program at First U.

What is a Rumble Group? Come Find Out! More details to come. All ages welcome.

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Upcoming Events

Mobile Hotspots 101

Monday, August 15 - 7:00pm

This will be a training on how to set up your own mobile hotspot. This process allows a smart phone with a data plan to share internet access with another device (computer, tablet). For questions, [please contact Mary Ella.](#)

[Zoom Link](#) Meeting ID: 867 2202 2702 Passcode: 040491



Wednesday Evening Mindfulness Meditation

Wednesday, August 17 - 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:
Sunday, August 14, 2022	
Hybrid Worship Service	10:00a - 11:00a
Monday, August 15, 2022	
Ajashki	08:00a - 06:00p
Tuesday, August 16, 2022	
Z-Spiritual Care Council	11:30a - 01:30p
Z-Covid Task Force	03:00p - 04:30p
Campus Planning Task Force	07:00p - 09:00p
Wednesday, August 17, 2022	
Knitters' Gtroup	01:00p - 03:00p
Z-Mindfulness Meditation	07:00p - 08:30p
Board Meeting	07:00p - 09:00p
Voyageur Men's Group	07:00p - 09:00p
Thursday, August 18, 2022	
Ajashki	08:00a - 06:00p
Saturday, August 20, 2022	
Z-Spirituality and Philosophy Group	09:00a - 12:00p
Sunday, August 21, 2022	
Hybrid Worship Service	10:00a - 11:00a

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Unitarian Universalist nUUs



Rise Up and Call Her Name: A Woman-Honouring Journey into Global Earth-Based Spiritualities Starts September 24 - 3pm

Join the Canadian Unitarian Universalist Women's Association (CUUWA) online to explore this 13-session curriculum drawing on aspects of the female divine and their connections with the processes of nature.

Focusing on goddesses and Earth-honouring aspects of spiritual and religious practices, these sessions will offer a much-needed balance to the current environmental and social crises, and opportunities for women striving for growth and change to nurture themselves and each other. For more information, [contact Margaret Linton](#).

Final date for registration is September 12.



Good news about Rev. Pat Guthmann Haresch

Rev. Pat, who served as our Developmental Minister from 2018 to 2021, has just accepted a contract to serve as Minister of the [Unitarian Universalist Church of Lancaster](#) for two years, starting August 16.

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News from Our Friends

Smile Bigger and Brighter

[The Algonquin College Dental Clinic](#) is looking for dental patients to assist their students in completing their education in their fully functional dental clinic.

[Call and take advantage of summer offers.](#)



Humanist Perspectives Magazine - Summer Edition

Humanist Perspectives magazine is delighted to announce that its summer edition, regarding the strange persistence of dubious ideas, is now available.

[Click HERE to check it out.](#)

