

Weekly e-UU Newsletter ~ Friday, December 30, 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, January 1, 2023
Online AND In Person (masks required)
Starts at 10:00am EST



Beginning Anew **~ Reverend Eric Meter**

The start of anything is always an important time. The start of a new calendar year is no exception. But beginning anew can be fraught. Sometimes we have to let go of one thing in order to make room for something new. This Sunday, as the new year begins, we come together in anticipation and hope to make space in our lives for what we need the most.

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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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Welcome New Year

This Sunday, children will start in the Sanctuary and then move downstairs where we'll welcome the new year.

- 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
- Questions? Please email dre@firstunitarianottawa.ca

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Religious Exploration and Lifelong Learning

For YOUTH - Coming of Age at FirstU

Know someone, age 12-14, who's interested in [Coming of Age](#)? Have them [email Neo at dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca)



Mystery Pals in 2023

Mystery Pals is a fun, intergenerational group activity composed of pairs of pals - one young person and one adult. The idea is to get to know each other by exchanging notes, crafts, cards, riddles, puzzles and books. This is a great way to connect with our congregation's younger members. Exchanging will begin in February. In the end, we will have a Discovery Breakfast, where you meet your Pals face to face.

If you know kids who would like to take part, they can [sign up for Mystery Pals HERE](#).



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Congregational Focus: Climate Action



From the EAG:

We wish you a Christmas that is both merry and sustainable, and a New Year where we find the courage to take action individually and communally to walk more lightly on our planet, and to share more justly with those who have less than we do. We'll see you in the New Year.

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Caring Contacts for December

[Paul McGinnis](#) - 613-829-7156

[Maryan O'Hagan](#) - 613-729-7752

Caring Contacts for January

[Maureen Sly](#) - 613-728-7610

[David Hudson](#) - 613-402-5744

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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Upcoming Events

FirstU Virtual Discussion Circle

Thursday, January 5 - 1:30pm

Discussion circles are held weekly, with a different topic each week. This week, we plan to discuss:

"**Objectivity and Subjectivity**". No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! If you have ideas for future discussion topics, please [email Andrew](#).

[ZOOM LINK](#) Meeting ID: 638 009 136 Password: 897007



Messy Church

Sunday, January 8 - 10:00am

Normally, Messy Church happens on the first Sunday of every month but, in light of New Year's Day, we'll be holding Messy Church a week later.

Kids under eight - plus their parents and grandparents - are invited to attend Messy Church on January 8 for stories, songs, crafts, and breakfast as we create our own church service.

If you've participated in Messy Church before, [please take our feedback survey, available HERE](#).



Sunday, January 1, 2023	
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Fellowship Hour	11:30a - 01:00p
Wednesday, January 4, 2023	
Knitters' Group	01:00p - 03:00p
Z-Social Justice Action Group	07:00p - 09:00p
Thursday, January 5, 2023	
Ajashki	08:00a - 06:00p
Friday, January 6, 2023	
Z-FirstU Bridge Group	07:00p - 09:00p
Saturday, January 7, 2023	
Z-Spirituality and Philosophy	10:30a - 12:15p
Sunday, January 8, 2023	
Kindergarten OWL	09:00a - 12:00p
Religious Exploration for Children and Youth	09:00a - 12:00p
Hybrid Worship Service	10:00a - 11:00a
Fellowship Hour	11:30a - 01:00p
Membership Task Force	11:30a - 02:00p