

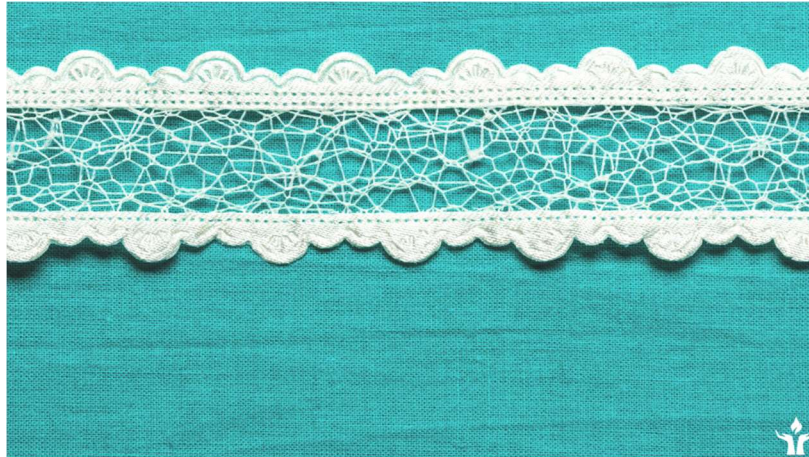
# Weekly e-UU Newsletter ~ Friday, March 3, 2023

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, March 5, 2022

Online AND In Person (masks required)

Starts at 10:30am EST



## The Strength and Vulnerability of Lace

~ Reverend Eric

To begin our month-long focus on The Path of Vulnerability, this Sunday we'll explore just why the topic is, well, such a vulnerable one.

**NOTE:** This Sunday, we return to offering coffee and tea in Fellowship Hall after the service at 11:30am.

Online Fellowship will continue in a more casual, online-only manner, beginning at 11:45am.

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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](mailto: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](mailto:spiritualcare@firstunitarianottawa.ca) by Friday at 10am.

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## Children's Religious Exploration and OWL-K!

There will be no "Time for All Ages" during the March 5 service. OWL-K1 participants will meet in the NOW Room at 10am. Children not registered in OWL are invited to Room Four. Room four will open at 10:25am, five minutes before the service starts.

- 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](mailto:dre@firstunitarianottawa.ca)

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## Congregational Focus: Climate Action



## Environmental Action Group

Have you read up on the ZEV Regs yet? What did you say? What's this about the city and Bill 23? Seedy Saturday is really close. And Mike has relented...you still have a chance.

Get the details here: <https://www.firstunitarianottawa.ca/climate-action.html>

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## Caring Contacts for March

[Carmen Contreras](#) - 613-565-3613

[Coral Sato](#) - 613-599-8838

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



### Donations for Overbrook Fire Victims

53 people lost their homes and everything in them to a fire on 21 February. We are looking for donations to assist them.

[Contact Tess Frost](#) (613-700-7631). Furniture and larger household items can't be accommodated at this time, so please [donate to the furniture bank at Matthew House Ottawa](#), 340 Legget Drive, who will ensure the goods go to people in need.



**This Sunday, please sign the postcard** at the back of Worship Hall, to be sent to PM Trudeau, urging him to use his power and **refuse another extradition of Hassan Diab** to France. Hassan was accused of a 1980 bombing in Paris (France) and eventually extradited to France in 2014. French Investigative judges cleared his name - Hassan returned to Canada in 2018 - but the Appeal Court is hearing his case in Paris in April 2023. [More information HERE.](#)



### Reading for Growth book group

Our Friday Afternoon book club choice for March is *Magdalena: River of Dreams*, by Wade Davis. "... the wellspring of Colombian music, literature, poetry and prayer the Magdalena has served in dark times as the graveyard of the nation. And yet it returns as the river of life." Copies available at Ottawa libraries. All welcome to Zoom discussion on March 31st, at 1:30pm. [Contact Clea for more information.](#)



### Young Fun! Leaders Needed

**Saturday May 20 - Sunday, May 21, 2023**

The 2023 CUC symposium children's program for 0-12 year-olds will celebrate how what makes us different makes us special! Through stories, songs, games, and times for sharing, Young Fun will explore the beauty in our uniqueness and how to lift up the specialness, beauty we see in those around us. We need adult helpers to make this program shine! [Sign up with Sarah Baxter.](#)



### Fair Trade Goods Available this Sunday!

La Siembra Co-op Coffee and Chocolate bars, plus Zatoun soap and Za'tar will be available in Fellowship Hall after the service this Sunday. Brought to you by Justice and Equality Action Group.



### Seeking Prospective Home Hosts for CUC National Symposium

**Friday, May 19 - Sunday, May 21, 2023**

In May, the First Unitarian Congregation of Ottawa and the Canadian Unitarian Council, in collaboration with the Unitarian Universalist Fellowship of Ottawa, will be hosting the CUC National Symposium 2023. We are seeking individuals willing to serve as local home hosts and offer a free billet to event participants from around Canada. For more information or to sign up, [contact Chase McGowan.](#)



### Come Pick Your Own Delicious Fresh Greens

Enjoy some delicious fresh greens - lettuce, kale and other delights - grown by Ajashki in aeroponic towers. The greens are available after the service in the Volunteer Room. Come, pick your own salad, and learn more about the towers and about Ajashki, our Green Sanctuary climate justice initiative.



### Mental Health First Aid Course

**Registration Full – to be added to the waiting list, email [mhsag@firstunitarianottawa.ca](mailto:mhsag@firstunitarianottawa.ca).**

Many in our congregation, our friends, and loved ones have mental health challenges. Mental health first aid provides support to a person experiencing mental distress or who is in crisis. A 12-hour **Mental Health First Aid** course will be offered at FirstU on Saturdays, April 1st and 15th, from 9:00am to 4:00pm.

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## Upcoming Events

### Under 45s Games Night

**Friday, March 3 - 7:00pm**

**Fellowship Hall**

Are you a Millennial or elder Gen Z UU? Are you looking to connect with others at FirstU? Please join us for an evening of board games, card games, conversation and community in Fellowship Hall on Friday, March 3rd at 7pm. If you have any questions or need more information, please [email Guy Belleperche](#) (elder Gen X). Looking forward to seeing you there.



### Virtual Bridge

**Friday, March 3 - 7:00pm**

**On Zoom (and BridgeBase)**

Join us for a round of Online Bridge (using Zoom and BridgeBase.com) this evening! New members are always welcome! Contact [bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) for details and to sign up for future online bridge games.



## Mindfulness Meditation

Wednesday, March 8 - 7:00pm

### On Zoom

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

[ZOOM LINK](#) Meeting ID: 838 9009 2017 Passcode: 597606



## FirstU Virtual Discussion Circle

Thursday, March 9 - 1:30pm

### On Zoom

Discussion circles are held weekly, with a different topic each week. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! This week, our topic is "Grief". If you have ideas for future discussion topics, please [email Andrew](#).

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



## Evening Non-Fiction Group

Thursday March 9 - 7:00pm

### On Zoom

This month, our evening non-fiction "reading for growth" group will be discussing *Stolen Focus: Why You Can't Pay Attention - and How to Think Deeply Again*, by Johann Hari, which reveals how little control we have over our lives in this modern world. Even if you have not read the book, you are invited to attend to be part of the lively discussion or to just listen. For more information, or if you wish to attend, [contact Katharine Elliott](#) (613-864-8881) to be sent the link for the meeting.



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Visit our calendar for more upcoming events: <https://app.espace.cool/ClientApi/FullMonth/16284?cc=False&calendarId=1176>

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## Save the Date

### yUuth Group - Sushi Night! - Friday, March 17 - 6pm in Room 6

If you're 11-17, come play Tokaido (a Japanese board game) and eat Sushi with us! If you have a severe (parts per million / smell-based) shellfish or shrimp allergy, you may want to sit this one out. Veggie sushi will be available for those who can't eat fish/shellfish or are veg/an. [Email us to let us know whether you want fish or vegetarian - OR if you need a ride.](#)



### UU Pride - March Hangout - Friday, March 17 - 7pm on Zoom

Get together with other 2SLGBTQIA+ UUs for some social time! Contact [pride@firstunitarianottawa.ca](mailto:pride@firstunitarianottawa.ca) to get the zoom link.



### In-Person Bridge - Sunday, March 19 - 2pm in Room 3

Join us on the third Sunday AFTERNOON of the month for some friendly rounds of bridge in Room Three. Beginners and experts welcome! **RSVP if you'd like to participate:**

Contact [bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) for details and to sign up for the game!



### Messy Church - "Exploring Outer Space" - Sunday, March 26 - 10:30am in Room 4

Kids under 8, plus their parents and grandparents, are invited to create a church service of their very own at Messy Church! Join us for space-themed story-time, songs, and crafts with friends, plus snacks that will be "out of this world"!



### Trivia Quiz Night – Monday, March 27 - 7pm on Zoom

Join us for our Trivia Quiz! Questions are diverse, fun, and taken from several sources, and there is no need to feel embarrassed about getting an incorrect answer: players score themselves! All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with a partner or two! For more information, [email Andrew](#).

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



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## News From Our Friends



### A New Dawn

Saturday, April 1 - 9:30am to 3:30pm at Kitchissippi United Church (630 Island Park Dr)

Suggested donation: \$25/workshop

Take part in morning and afternoon workshops (registration required) to help you learn, reflect and take action on Reconciliation. The day will feature traditional Algonquin teaching, readings, Inuit games and a cultural presentation, music, a red dress beading workshop and more. Special guests include Albert Dumont, Krystin Dumont, Jackie & Hillory Tenute, Kevin Schofield, Aalla, and Roberta Anderson. [Click HERE for the schedule and registration details.](#)

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## Chez FirstU

### Harmony Concerts presents: Gathering Sparks with special guest Kristen Martell

Saturday, March 11 - 7:00pm at FirstU

Gathering Sparks' inclusive musical approach embraces folk, pop, blues and gospel influences, while Kristen Martell's hazy folk pop songs embrace life's challenges and quiet moments of beauty. Stop by FirstU on March 11 for an evening you won't forget.

[Details and tickets available HERE.](#)

