

Weekly e-UU Newsletter ~ Friday, March 10, 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 12, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



Prayer: What Is It Good For?

~ Reverend Linda Goonewardene

Inspired by the discovery of many versions of the Lord's Prayer, we will vulnerably address notions of divinity, recovery, and spiritual practice.

NOTE: The clocks spring forward this Saturday night.

Coffee and tea will be available 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 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

This Sunday, the kids will start in the Sanctuary, then move downstairs after the Time For All Ages, where we'll be doing March Break Fun activities in Room Four.

- 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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Congregational Focus: Climate Action



Only a few days left to comment on the ZEV Regs: If you need help, find Mike and Donna in the volunteer lounge after church Sunday. In the meantime, we've got some new Good News items for you, plus: Should we know Madison Dyck? Is 4RG a robot or what?!

Find out 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

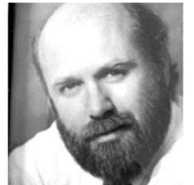
We are all interconnected, interdependent and minister to each other in many ways. Our monthly Caring Contacts take your phone calls and emails when you wish to alert us to a need or a concern or have a joy to celebrate. We try to ensure no one is forgotten and that appropriate help is provided when requested.

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Reverend Brian Kopke

As many of you already know, Reverend Brian Kopke, who served the FirstU community from 1985 to 2007, died on Saturday, December 31st following a long illness. His was a passionate voice for social justice, and if you've seen some of his intricate pencil sketches, you have an idea as to how detailed his vision and thinking could be.

[His obituary is available here.](#)



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Read All About It



Special Congregational Meeting and VOTE

There will be a special congregational meeting on **Monday March 27** to vote on the Master Concept Plan for campus development. The meeting will be at **7pm on Zoom**, and will open at 6:30 for registration and fellowship.

Materials related to the meeting and instructions for pre-registration will be made available to FirstU members on Monday March 13. You can find the full Master Concept Plan, and the recording of the February 13 Zoom Town Hall, on the FirstU [Affordable Housing](#) page.



FirstU Board Candidates

There are three upcoming vacancies to fill on the Board at FirstU's Annual General Meeting on April 29. Serving on the Board is a rewarding opportunity to engage with and serve the Congregation, and to help shape how FirstU succeeds in our mission. If you think this opportunity might interest you - or if you have an idea for a good candidate - you can speak to any Board member, or email the Nominating Committee at nominating@firstunitarianottawa.ca.



Renewal Task Force Wants Your Thoughts

FirstU's newly-formed Renewal Task Force invites you to visit our brand new web page! We want to hear how YOU participate in congregational life, and to learn about any barriers you face to taking part!

[Click HERE to check out all the details.](#)



Updated Church Directory

The latest version of the Church Directory (updated March 6) is now available on **the Members' Page**. Contact Jen, in the office, if you need to be reminded of the password.



Elevator Training

Our elevator is a unit that is supposed to be used only when manned with an attendant. We have allowed self-serve use for a long time, and have recently been informed that we need to be operating it as intended – we can no longer leave the keys in the key slots on each door and inside the elevator car.

What this means: No longer will the keys be left in the key slots in the doors or the inside of the elevator car. There will be keys given to all staff, and anyone who operates the elevator on a regular basis, eg: Sunday morning ushers. There will be keys kept in magnetic key boxes out of the reach of children, affixed to the elevator frames. These can be used by anyone who has been trained* to use the elevator. When we have events, we will have to ensure we have a volunteer dedicated to running the elevator.

Training: Stay tuned for a simple online training that you can complete to enable you to use the elevator at will. Thanks for your patience as we roll out this new protocol. If you have any questions or concerns, please contact the office at: omr@firstunitarianottawa.ca.

**This is a requirement of the Technical Standards and Safety Authority (TSSA) for the type of elevator/lift that we have. Failure to comply could result in our losing our licence to operate the elevator.*



Seeking CanUUdle Volunteers for the CUC conference here May 19-21, 2023

Lisa Sharp is seeking Volunteers for the following positions - on our campus - for the CUC conference's CanUUdle youth program:

- **Meal Helpers:** They would help with serving and cleaning up of meals on Saturday, Sunday and Monday up to lunch time),
- **Overnight Supervisors:** We need at least four per night (between midnight to 8:00am): Two people for the first shift - midnight to 4:00am - and then two more for the second shift - 4:00am to 8:00am.

If you are interested or have any questions please [email Kathy Yach](mailto:kathy@firstunitarianottawa.ca) or call her at 613-224-6835.



Good News for Our Refugee Sponsorship!

We've received word that the Syrian family we're sponsoring has had their initial interview in Jordan. This means they should arrive in Canada sometime in the next 4 to 6 months!

We'll keep you posted, but in the meantime, **mark your calendar for Sunday, May 28 for our Swinging for Syrians concert** featuring music by the Silver Swing Band and Rabbi Elizabeth Bolton, plus a silent auction *and* Syrian treats. This event will help us raise the remaining funds for our sponsorship! If you're interested in refugee work, please join our team! [Contact Eva for details!](#)



The Bookshelf is BACK!

Grand Reopening of the Bookshelf this Sunday March 12. All Books Half Price! Come and enjoy browsing your favourite bookshelf! Many bargains to be had.



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.](#)



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.](#)

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Upcoming Events

Mindfulness Meditation – Wednesday, March 15 - 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 16 - 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 "Shame". If you have ideas for future discussion topics, please [email Andrew](#).

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



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 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 for details and to sign up for the game!



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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

Trivia Quiz Night – Monday, March 20 - 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



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"!



Special Congregational Meeting and Vote – Monday, March 27 - 7pm on Zoom

There will be a special congregational meeting on **Monday March 27** to vote on the Master Concept Plan for campus development. The meeting will be at **7pm on Zoom**, and will open at 6:30 for registration and fellowship.



Reading for Growth Book Group – Friday, March 31 - 1:30pm on Zoom

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 to get the link.](#)



Curious about OWL Training Q&A – Monday, April 3 - 7:00pm on Zoom

[Our Whole Lives \(OWL\) provides healthy sexuality training for people of all ages](#) on a variety of topics including: communication skills, STIs and birth control, online dating, adoption, fertility issues, gender identity, sexual orientation, mental health issues, separation, and much more! Join our OWL team on Zoom, this coming April 3rd at 7:00pm, to hear answers to frequently asked questions about the OWL program and ask us any other questions you may have.



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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.](#)

