

Weekly e-UU Newsletter ~ Friday, March 24, 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 26, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



Caring Is...

~ Reverend Eric Meter and Lauren Foster McLeod

This Sunday, we explore what it means to care for each other as a community.

*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: Messy Church!

Kids under 8, plus their parents and grandparents, are invited to create a church service of their very own at Messy Church (the fourth Sunday of every month)!

On March 26, join us in room 4, for space-themed story-time, songs, and crafts, plus snacks that will be "out of this world"!

- 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](#)
- Questions? Please email dre@firstunitarianottawa.ca

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Congregational Focus: Climate Action



April 1st is coming up fast! Will you mark "fossil fools day"? Seek out a "sip and shop" with OREC! Experience a "Tar Sands Songbook". Who exactly is on thin and melting ice? Pet parents are excited about insect farming!
Details here: <https://www.firstunitarianottawa.ca/climate-action.html>

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Caring Contacts for March

[Carmen Contreras](mailto:carmen.contreras@firstunitarianottawa.ca) - 613-565-3613
[Coral Sato](mailto:coral.sato@firstunitarianottawa.ca) - 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

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. We will also use the time before the meeting to practice voting and address any technical issues. So if you haven't voted before on the device you will be using on Monday, please be sure to join early so we have enough time before the meeting begins. Materials related to the meeting are on the Member page of the website. Non-members are welcome to attend the meeting as observers. Pre-registration is required for all attendees. [Click HERE to pre-register](#). 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

Visit the Renewal page to tell us, in the survey, what activities at FirstU are important to you. You can also post a "help wanted" ad, or look through the available volunteer opportunities. [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 is HERE!

Our elevator is a unit that is supposed to be used only when manned with an attendant. 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.

[Click Here for a simple online training that you can complete to enable you to use the elevator at will.](#) Please [email the office when you've completed the training](#) so we can add you to the list.

Please contact the office at omr@firstunitarianottawa.ca if you have any further questions.

**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.*



[Earth Speaks: What's Growing On with Ajashki?](#)

Join us for our next Earth Speaks on Tuesday, April 14 at 7:00pm. Kayoki Whiteduck, Ajashki's Food and Climate Educator, will be sharing Ajashki's plans for the growing season. Kayoki will also be talking about how the Ajashki program itself has grown to include an emphasis on the steps to mental wellness. Details to follow.



Overbrook Fire: Call for Volunteers

FirstU has partnered with Rideau Rockcliffe Community Resource Center (RRCRC) to distribute the donations to those who were affected. Over the next two weeks, we need:

- Volunteers to oversee the RRCRC room where displaced tenants choose from donated items (on St Laurent Blvd)
- Volunteer drivers to bring tenants to and from the Centre if they don't have their own transportation

If you can help, [please email Mary Ella.](#)



Overbrook Community Dinner

On Tuesday April 4, the Overbrook Community Association, RRCRC. and Councilor Rawlston Kings office are sponsoring a community dinner for the displaced tenants and those who have provided them support immediately after the fire. This event will need a variety of volunteers.

If you can help, [please email Mary Ella.](#)



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](#) 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!](#)

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Upcoming Events

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.



Mindfulness Meditation

Wednesday, March 29 - 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 30 - 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 "Nostalgia".

If you have ideas for future discussion topics, please [email Andrew](#).

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



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](#).



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Visit our calendar for more upcoming events: <https://www.firstunitarianottawa.ca/calendar.html>

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Save the Date

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.



Virtual Bridge

Friday, April 7 - 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 for details and to sign up for future online bridge games.



"Just Get Over It" Workshop

Wednesday, April 12 - 3:00pm

On Zoom

The Truth and Reconciliation Action Group invites you to a thought-provoking, **participatory**, online workshop - "Just Get Over It" - developed and led by Indigenous storytellers and facilitators from the First Peoples House of Learning at Trent University in Peterborough. Participants will actively participate, so a mic and camera are required. Registration is limited to 70 participants. [Click HERE for details and to register](#). Contact trag@firstunitarianottawa.ca with any questions.



Trivia Quiz Night

Monday, April 24 - 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



FirstU's Annual General Meeting (AGM)

Saturday, April 29 - 1pm at 30 Cleary

Members review our annual report, vote on our audited financial statements, elect new board members, and consider other business. In a return to tradition, this AGM will be in-person in Worship Hall, BUT in a break from tradition, it will be on Saturday afternoon: Registration at 1:00pm, Call to Order at 1:30pm.



Spring Choir Concert

Sunday April 30 - 4pm in Worship Hall

All three FirstU choirs - Chalice, Fusion and Three Rivers - will join together to present an exciting program of music on Sunday April 30 at 4pm. Reception to follow. Admission by donation. Please invite your friends!



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Unitarian Universalist nUUs



Registration Now Open for CUC Symposium!

[The Canadian Unitarian Council Symposium website is now live!](#) It is the place to go for information (schedule, program, etc.) and registration for the May 19-21 Symposium, including meals and children's program, concurrent young adult and youth conferences, and even the OWL facilitator training taking place May 21-23. The CUC offers a range of registration fees and also offers some subsidies, so that money is not a barrier to participation. The Host Team also has access to **a very limited number of free registrations** for members of the two Ottawa congregations; if you wish to be considered for one of these, please email uconnections@firstunitarianottawa.ca **before registering**. You can send questions to the same email address.



Canadian Unitarians for Social Justice Present:

Caterina Lindman – A Better Food System

Saturday, March 25 - 1:00pm on Zoom

Caterina Lindman, retired actuary, grandmother, and activist, will explore questions about our food system. Getting to a different way that is better for ourselves and the planet is actually quite easy as there are so many issues with our current system! The talk will explore how we got here, and where to go next.

[Register now for this presentation.](#) The webinar is part of the Let's Connect series of the [Canadian Unitarians for Social Justice](#).

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News From Our Friends

Humanist Perspectives - Winter 22/23 Edition:

Ecohumanism

The latest edition of Humanist Perspectives is now available. [Click HERE to read.](#)



A New Dawn

Saturday, April 1 - 9:30am to 3:30pm

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.](#)



River Parkway Children's Centre Corporation

Annual General Meeting

Thursday, April 13 - 6:30pm on Zoom

All members of the River Parkway Children's Centre Corporation are welcome to attend our online AGM on the evening of April 13. Registration, Agenda details and Zoom access will be available closer to the Meeting date. Email rp@rpcc-rhcc.com with any questions.



Multifaith Housing Initiative - 2023 AGM

Sunday April 23 - 2:15pm

Kehillat Beth Israel (1400 Coldrey Ave)

The *in-person only* Annual General Meeting of Multifaith Housing Initiative is scheduled for Sunday April 23 at Kehillat Beth Israel. There is no need for any guests to register in advance, just arrive at 2:15 pm on Sunday April 23, 2023, to complete your registration before the meeting begins. Kosher snacks will be provided. [Further details available HERE.](#)

