

Weekly e-UU Newsletter ~ Friday, April 21, 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, April 23, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



The Hyphenated-Unitarian??

~ *With guest speaker Alex Campbell*

Buddhist-Unitarians, Christian-Unitarians, Jewish-Unitarians, Pagan-Unitarians, Atheist-Unitarians...
We're all Unitarians. So what does that mean?

*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.*

Note: If you attended our service online last week, and were unable to hear the interview with Fred and Bonnie, please visit our YouTube channel to see the interview as a stand-alone video: <https://www.youtube.com/c/OttawaFirstU>

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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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Messy Church Celebrates Earth Day!

Join us for Messy Church at 10am! We'll be getting the garden ready for planting, and celebrating Earth Day with stories and snacks! Dress for the weather and prepare to get messy!

- 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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Ecology Ottawa Eco Awards

We are so happy to announce that both the Ajashki Food Security and Climate Change Learning Centre and the late Sherri Watson, Co-Chair of FirstU's Environmental Action Group, have been awarded Climate Champion Awards by Ecology Ottawa! [Click here for details!](#)

On top of this, we're please to announce that Ajashki has also received a Crime Prevention Ottawa Grant for their work with youth who face systemic barriers.

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Congregational Focus: Climate Action



TOMORROW IS EARTH DAY! Applause and support for those heading to Montreal!
More Ottawa Earth Day Activities added under Action. Missed the joy of in-person Kayoki?
Second best, catch him on Earth Speaks YouTube.
Get the details here: <https://www.firstunitarianottawa.ca/climate-action.html>

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Caring Contacts for April

[Anne Nagy](#) - 613-614-6171

[Maury Prevost](#) - 613-231-7391

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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Something Old, Something New

Want to support our Something Old, Something New fundraiser in support of renewing the AV equipment in Worship Hall and replacing the old railing on the patio?

To find out how, visit: <https://www.firstunitarianottawa.ca/renewal.html>

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Volunteers still needed for May CUC Events

Here is the list of tasks and time slots we still need to fill as of April 20:

For the Symposium at Algonquin College May 18-21

- 2 people to help with various tasks Thursday (May 18) in the 11am-3pm time frame
- 1 Floater with car to run errands, 3 shifts on Friday (May 19) between 10am and 8pm, 3 shifts Saturday between 9am and 7pm, and 3 shifts Sunday between 9am and 7pm
- 1 additional Floater, no car required, for the shifts on Friday and Sunday
- 2 people to help David Hudson with congregational banners Friday 2-5pm and 6-8pm and Sunday 2-5pm
- 1 Meal ticket taker for dinner Friday and all 3 meals on Saturday and Sunday
- 1 Greeter for Friday social event, 8:30-10pm
- 3 people to help with Saturday evening social event (talent show), 8-11pm
- 1 person to help collect the offering at the Sunday morning National Service, 10:30-12noon



For the CanUUDle youth event at 30 Cleary Ave May 19-22

- 1 Meal helper (prep, serving, cleanup) for each meal, all 3 meals on Saturday (May 20), Sunday breakfast & dinner, and Monday breakfast. Approximate times are 8-9:30am for breakfast, 11:30am-1pm for lunch, and 4:30-6pm for dinner.
- 1 Overnight (awake) adult supervisor Friday night (11pm-3am or 3-7am Saturday) and Sunday night (11pm-3am or 3-7am Monday)

To volunteer for any of these positions, send an email to uuconnections@firstunitarianottawa.ca or speak to Kathy Yach or Maury Prevost before or after the Sunday service.

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Read All About It



A special announcement for fans of our annual audit

At the AGM on April 29, there will be an overview of the 2022 audit of FirstU finances. For those who are interested in more detail or in a fuller discussion, there will be two additional meetings on Zoom: Tuesday April 25th at 10:00am, and Thursday April 27 at 7:00pm. Visit the Members' Page to get the links.



FirstU In-Person AGM will Include Remote Viewing Via Zoom

FirstU's Annual General Meeting (AGM)

Saturday, April 29 - 1:00pm at 30 Cleary (and remotely on Zoom)

Members review our annual report, vote on our audited financial statements, elect new board members, and consider other business. [Meeting materials are available on the FirstU Member page.](#)

In a return to tradition, this AGM will be in-person in Worship Hall – and also available on Zoom for those who can't make it in person - BUT in a break from tradition, it will be on Saturday afternoon. (replace colon with period)

Only those attending the AGM in person will be able to vote.

Those who wish to view the AGM on Zoom are asked to [register in advance HERE](#). Members viewing on Zoom should plan to **assign their proxy for voting**, as explained in the AGM materials on the Member page.



Join Us for the 'Swinging For Syrians'

Join us on Sunday, May 28, for Swinging for Syrians! A fun night of Big Band hits performed by the Silver Swing Band, plus a silent auction and delicious Syrian treats! Funds from the event will support our Syrian refugee family, who are expected arrive in 4-6 months. Silent Auction viewing starts at 6pm, and the music kicks off at 7pm.

Tickets are \$35/person. [Get your tickets online by clicking HERE](#) OR [email refugees@firstunitarianottawa.ca](mailto:refugees@firstunitarianottawa.ca) to place your order.

Co-sponsored by FirstU and Or Haneshamah.



Financial Assistance for OWL Training

Good news! The FirstU board has agreed to cover the cost of OWL Training so, if you want to become an OWL Facilitator but find the cost prohibitive, now's your chance! [Email Lisa Sharp ASAP](#) to get registered (only a few spots remain)!



Gentle Yoga is Back!

Join Barb Ryan for 8 Wednesdays beginning May 10th until June 21. Cost is \$84 for 7 classes or \$12 per class. Yoga is a systematic practice of physical exercise, breath control, relaxation and positive thinking, aimed at developing harmony in the body, mind and environment. All fantastic reasons to practice!



Friday Reading for Growth Book Group

Our April book is *The Warmth of Other Suns: The Epic Story of America's Great Migration* by Isabel Wilkerson (available at Ottawa Libraries). Using personal narratives, Wilkerson examines the exodus of almost six million people from the Jim Crow South and how this changed the face of America. No membership needed to join the discussion on April 28, at 1:30pm.

[Contact Clea](#) for the Zoom link.



May 5 is Red Dress Day

You are encouraged to participate in a display of empty red dresses in our Meditation Gardens, this May 5, to evoke a presence by marking absence. Bring a red dress (borrowed or thrifted is fine) to the FirstU office **before May 3rd** for hanging in our Gardens. The goal is to honour the spirits of missing and murdered Indigenous women and girls MMIWG2S+ across Canada and to speak to the gendered and racialized nature of violent crimes. The Truth and Reconciliation Group (TRAG) will facilitate a sharing circle in the Gardens, after Coffee Hour on May 7th. [Contact trag@firstunitarianottawa.ca for further information.](mailto:contacttrag@firstunitarianottawa.ca)

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Upcoming Events

yUuth Group Meetup

Friday, April 21 - 6pm in Room 6

If you're 11-17 years old, come hang out with us!

[Email Lisa if you need a ride.](#)



[Mental Health First Aid Part 2](#)

Saturday, April 22 - 9:00am-4:00pm

The Mental Health First Aid course has been rescheduled to Saturdays, April 15th and 22nd (from 9:00 am to 4:00 pm). There are still a few spaces open for registration. \$60 for registration and materials. [Contact johnnie gall and Reverend Linda to register.](#)



Breakfast Forums

Prisoner Exchanges with China: Transactional Justice

Sunday April 23 – 9:30am - Fellowship Hall

We're excited to announce our first in-person Breakfast Forum since before the pandemic! Join us in Fellowship Hall, an hour before the Sunday Service, for coffee, muffins, and a talk by guest speaker Reuel Amdur, hosted by Lisa Sharp and the Justice and Equality Action Group. [Details HERE.](#)



Mental Health Support and Action Group

Sunday, April 23rd - 12:30pm on Zoom

We offer a listening presence and mutual support for each other. We welcome you if you have mental health challenges, are a caregiver, or have an interest in mental health awareness. This Sunday, we will be continuing our discussion of the book: *Held: Showing Up for Each Other's Mental Health* by Barbara F. Meyers. For details and to get the zoom link, [contact johnnie gall and Reverend Linda.](#)



Trivia Quiz Night

Monday, April 24 - 7:00pm 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

Mindfulness Meditation

Wednesday, April 26 - 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, April 27 - 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 "**Oligopoly**". If you have ideas for future discussion topics, please [email Andrew](#).

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



FirstU's Annual General Meeting (AGM)

Saturday, April 29 - 1:00pm 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 in a break from tradition, it will be on Saturday afternoon:

Registration 1:00pm

Call to Order 1:30pm



How Can I Keep From Singing?

Spring Choir Concert

Sunday April 30 - 4:00pm 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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Visit our calendar for more upcoming events: <https://www.firstunitarianottawa.ca/calendar.html>

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Save the Date

Virtual Bridge - Friday, May 5 - 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.



Red Dress Sunday Sharing Circle - Sunday, May 7 - 12:30am - In the Gardens

Join the Truth and Reconciliation Group (TRAG) in the Gardens, after Coffee Hour on Sunday, May 7, for a sharing circle on the subject of missing and murdered Indigenous women, girls, and 2-Spirit people, across Canada and on the gendered and racialized nature of violent crimes.



Book Launch: Advocating for Palestine

Sunday, May 7 - 2:00pm - Fellowship Hall

FirstU's Justice and Equality Action Group, and Octopus Books, invite you to the launch of *Advocating for Palestine in Canada: Histories, Movements, Action*. Meet some of the contributors, hear their perspectives, and ask questions. Reception to follow.



Unitarian GoGos Plant Sale - May 12-14 at FirstU

Pick up new garden plants - plus baked goods, preserves, and even jewelry - at the GoGo's annual plant sale, happening Friday May 12 through Sunday, May 14. [Click HERE to download the details!](#) Pay What You Wish. Proceeds to Stephen Lewis Foundation. Got questions? [Email gogos.fundraising@gmail.com](mailto:gogos.fundraising@gmail.com).



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Unitarian Universalist nUUs

Célébration francophone

En présentiel à UUFO et hybride

23 avril à midi 30 - [Lien zoom](#)

C'est quoi en avoir assez? La réponse n'est peut-être pas évidente. Ce dimanche, nous aurons l'opportunité d'interagir avec des membres de l'équipe ACORN Ottawa-Gatineau qui partageront leurs objectifs à ce sujet. ACORN est une association d'organisations communautaires dont le but est l'atteinte d'une plus juste société. Le travail se fait sur une multitude de problématiques, enracinées au sein des communautés locales de personnes à faible et moyen revenu. L'objectif de ce syndicat populaire est de redonner le pouvoir à ces derniers, en leur permettant de faire entendre leurs voix de façon plus efficace.



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.

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News From Our Friends

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.](#)



Nepean Choir Presents: Songs of the Land

Sunday, May 7 - 3pm - At Woodroffe United Church (207 Woodroffe Ave)

\$25

Join the Nepean Choir for a celebration of First Nations choral composers, featuring special guests Aurora Finkle and David Finkle, and a new composition by Beverley McKiver. Tickets are \$25 at the door.



Ancoura welcomes new volunteer members to its Board of Directors.

Ancoura provides stable and affordable housing to individuals with mental health challenges (<https://ancoura.ca>). FirstU has been a long-time supporter of this wonderful charity. Please see [the attached job description](#) for details and contact information.



Piano Available

A Hobart M Cable piano (length of keyboard 58" inches, height 40", depth 24"), with a bench seat, is available from Neville Grant. The piano was tuned about a year ago. [Contact Neville by email if interested.](#)



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Chez FirstU



Harmony Concerts presents:

Martyn Joseph

Friday, April 28 - 7:00pm at FirstU

Called "One of acoustic music's most original voices" by CBC's Q, Martyn creates a performance with a huge far-reaching sound that is energetic, compelling and passionate. [Details and tickets available HERE.](#)



Harmony Concerts presents:

Rebecca Campbell

Saturday, May 6 - 7:00pm at FirstU

Rebecca Campbell has performed alongside countless artists and ensembles for over three decades, on stages large and tiny across Canada, the US, and the world. [Details and tickets available HERE.](#)