

Weekly e-UU Newsletter ~ Friday, April 28, 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 30, 2022

Online AND In Person (masks required)

Starts at 10:30am EDT



Our Stories

~ Reverend Eric Meter

As we approach Mental Health Week, let's take some time to think about the stories each of us carry with us, and are seeking to live out. For the truth is, we are only as alone as we let ourselves be.

*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!

OWL Registrants: Meet in the NOW room at 10:00am.

There will be free play in Room 4 for siblings of OWL-K1 kids.

All other kids: Join us **upstairs** to start the service, then come down to Room 4 after the Time for All Ages. This week we will be continuing with our Earth Day activities which include planting seeds and making an earthy wormy snack. We will also be playing outside so please come prepared to do so.

- 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.

Congregational Focus: Climate Action



Earth Day has come and gone, but earthday.org is still on line. See Mike and Sam in Montreal! Theatre 12, the voice of youth, is on stage!

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

Caring Contacts for May

[Barb Ryan](#) - 613-710-3131

[Marlien Gerber](#) - 613-843-1688

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



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.

- Voting Member Registration at 1:00pm
- Meeting begins at 1:30pm (Registration closes at this time)

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.



How Can I Keep From Singing?

Spring Choir Concert

THIS 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!



Have You Registered for the Symposium?

[The Canadian Unitarian Council Symposium website](#) is the place to go for information (schedule, program, etc.) and registration for the May 19-21 Symposium, including meals and children's programming, concurrent young adult and youth conferences, and even the OWL facilitator training taking place May 21-23.

The deadline to register for the symposium and adjacent events is THIS MONDAY, May 1.

The CUC offers a range of registration fees and also offers some subsidies, so that money is not a barrier to participation. As part of the Host Team, FirstU has access to **a very limited number of free registrations** for members of Ottawa's two congregations. If you wish to be considered for one of these, please email uuconnections@firstunitarianottawa.ca **before registering**. You can send questions to the same email address.

If you haven't yet done so:

[Click HERE for how to register for the Symposium](#)

[Click HERE for how to register for OWL Training](#)

[Click HERE for how to register your Youth for CanUUdle](#)

Please note: CanUUdle is 14+ however there will be some events for under-14s. [Email Lisa for details.](#)



Financial Assistance for OWL Training

Good news! The FirstU board has agreed to cover the cost of Our Whole Lives healthy sexuality facilitator 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)!



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](mailto:contacttrag@firstunitarianottawa.ca) for further information.



A Message from the Parkway Spire Team

May 15 is the submission deadline for the June issue, and we're looking for personal essays, newsy articles, poetry and photos.

If you have any editorial content you would like to share with the congregation, please send an email (max 450 words) to spire@firstunitarianottawa.ca by **May 15**. We look forward to hearing from you!



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 to 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:emailrefugees@firstunitarianottawa.ca) to place your order. Co-sponsored by FirstU and Or Haneshamah.



Visit the bookshelf this Sunday to see a wonderful selection of new books including:

Old Babes in the Wood by Margaret Atwood, *Ducks: Two Years in the Oil Sands* by Kate Beaton, *Women Talking* by Miriam Toews, and *The Myth of Normal* by Gabor Mate.

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Upcoming Events

Friday Reading for Growth Book Group

Friday, April 28 - 1:30pm

On Zoom

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



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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.](#)

Remote, non-voting attendance available via zoom ([register here](#)).

Registration 1:00pm

Call to Order 1:30pm

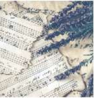


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Spring Choir Concert

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DEADLINE to REGISTER for the CUC Symposium, CanUUdle, and OWL Facilitator Training

Monday, May 1 - 4:00pm

[Click HERE for how to register for the Symposium](#)

[Click HERE for how to register for OWL Training](#)

[Click HERE for how to register your Youth for CanUUdle](#)



Mindfulness Meditation

Wednesday, May 3 - 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, May 4 - 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 "Truth".

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

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



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 - 12:30pm - 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: 75 Years of Nakba

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*. Speakers include Sarah Abdul-Karim and Omar Burgan of the Palestinian Youth Movement. Meet some of the contributors, hear their perspectives, and ask questions. Reception to follow.



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

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Save the Date

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? Emailgogos.fundraising@gmail.com.



Trivia Quiz Night

Monday, May 15 - 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



CUC Symposium

May 19-22

Algonquin College

As Canadian Unitarian Universalists, we are called to live into our 8th Principle, "to dismantle racism and systemic barriers to full inclusion in ourselves and our institutions."

This is the focus of the Canadian Unitarian Council (CUC) National Symposium in May 2023: Living into the 8th Principle. [Details HERE](#).

[Registration deadline is May 1st.](#)



CanUdle
May 19-22
FirstU (30 Cleary)

CanUdle is the annual national conference for Unitarian Universalist youth (ages 14-19) and their adult advisors (25+). It's a beautiful weekend where youth and adults create an amazing community, worship together, grow as spiritual beings, and join in multigen activities.

[Details HERE. Registration deadline May 1st!](#)



CUC National Service
Sunday, May 21 - 10:30am
Algonquin College AND Online

There will be NO Sunday Service or Children's Programming at 30 Cleary on Sunday, May 21 as we will be at Algonquin College for the CUC National Service. [Details available HERE.](#) Please join us at Algonquin College or [participate in the service online.](#)



CUUWA: Nurturing Wise Women
Sunday, May 21 - 2:00pm
UUFO (transportation provided from Algonquin College at 1:30pm)

Join the CUUWA for [a pink tea featuring dynamic speaker El Jones](#), followed by the CUUWA's Annual General Meeting. It will be a hybrid event with Zoom participation available. All are invited. Donations to cover costs gratefully accepted at the event. [Email cuuwa.cuc@gmail.com](mailto:cuuwa.cuc@gmail.com) to register and receive the zoom link.




OWL Facilitator Training
Algonquin College and FirstU
May 21-23

Become a facilitator for Our Whole Lives (OWL) sexuality education. OWL facilitator training provides theoretical and hands-on training to lead the Our Whole Lives programs for children, youth, or adults. We welcome those from outside the Unitarian Universalist tradition who would like to run OWL programs in schools, camps or other settings. This training is a requirement for using OWL curricula and materials. [Details HERE. Registration deadline May 1st!](#)





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News From Our Friends

 **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.](#)

