

Weekly e-UU Newsletter ~ Friday, May 19, 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, May 21, 2022

CUC National Service

Online AND In Person (masks required)

Starts at 10:30am EDT



Bringing Promises to Life

~ Reverend Eric Meter and a Cast of Thousands

***There is NO service at 30 Cleary on May 21
See you at Algonquin College for the CUC National Service!***

We will gather from across the nation to celebrate what has brought us to this moment in making manifest our new principle: promoting “individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions.” This is a promise worthy of this time and the fullness of our creative energies.

In Person: Theatre, Robert C. Gillett Student Commons
1385 Woodroffe Ave, Room E104

[Online on the CUC's YouTube Channel](#)

*Coffee and tea will **NOT** be available in Fellowship Hall after the service at 11:30am this week
Online Fellowship will **NOT** be available at Noon this week*

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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

There is no children's programming at 30 Cleary this Sunday, May 21. Please join us at Algonquin College for the CUC National Service (multigenerational).

- 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



Time to commit to 100% clean electricity across the country by 2035!

Remember IESO...they're back in the spotlight again. How can we address the shortfall in funding to those contributing least to climate change but suffering most?

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

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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

Friends, we are SO CLOSE to the half-way point of our goal! We've raised \$25,400.00 to date!

<https://www.firstunitarianottawa.ca/renewal.html>

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CUC Symposium FAQ

The CUC Symposium is **HERE!**

Join us all weekend - starting TODAY - for [a slew of open-to-the-public \(no registration required\) UU events](#) in the Robert C Gillette Student Commons at Algonquin College:

1385 Woodroffe Ave

Building E



[Find detailed information on transportation, parking, and directions by clicking HERE.](#)

Warning: There is NO free parking on campus. Options include:

- Bring your credit card (no cash or debit) to Visitor Parking Lot #7 (\$4/hr, max \$18) if you wish to park on campus
- Share a taxi with friends and get dropped off at the North Access Road entrance to Building E
- Take the #74 or #75 transit way bus to Baseline Station and cross the street to reach the campus. Use the [campus map](#) to find your way from there. (Building E is near the centre of the map)
- Use the ["Honk" mobile parking app](#) on a smart phone or tablet to register and pay for parking in all student lots, including Lot #8 (closest to Building E). There is a \$5 flat rate for parking on evenings and weekends. **It's best to install the free app before you go.**

Want to know more?

[Click HERE to see the schedule-at-a-glance for registered Symposium participants](#)

OR

[Click HERE to see events that are open to the public](#)

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Read All About It



Part-Time Head Custodian Needed

We are looking for a Head Custodian to be responsible for the upkeep, maintenance and cleanliness of our facility.

You will be responsible for managing and scheduling the custodial staff, the purchasing of supplies and ensuring the facility equipment is maintained. **Deadline to apply is Monday, May 22**

Details, including hours and wage, available at: <https://www.firstunitarianottawa.ca/jobs.html>



Ajashki Highlighted by Ottawa Community Foundation

We're please to see the Ajashki project highlighted in the Ottawa Community Foundation's most recent newsletter.



Volunteerin' for Syrians

The Refugee Committee is looking for a few volunteers to help out at our Swingin' for Syrians concert and silent auction coming up on May 28. [Contact Kathy by email](#) OR by calling 613-224-6835 to volunteer.

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Upcoming Events

CanUUdle

May 19-22 - FirstU (30 Cleary)

CanUUdle - the annual national conference for Unitarian Universalist youth (ages 14-19) and their adult advisors (25+) - will be filling 30 Cleary with youth and young adults. Typical on-site FirstU events will not be happening during this period.



CUC Annual General Meeting - Observers

Friday, May 19 - 12:30pm - Algonquin College and on Zoom

The AGM is open to all and free of charge, and observers may attend in-person or online. The AGM will be held on the campus of Algonquin College in Ottawa; Zoom will be used for virtual participants. You do not need to be registered for the Symposium to attend the AGM as an observer BUT, whether you plan to attend on zoom or in person, you MUST REGISTER as attending the AGM.

[Details on AGM Registration HERE.](#)



CUC Symposium Opening Ceremony

Friday, May 19 - 6:30pm - Algonquin College and on YouTube

Join for a lively ceremony as we open our weekend together with music, reflection, and community!

The Symposium Team, CUC Board of Trustees, and UU Ministers of Canada (UUMOC) are looking forward to welcoming you with our traditional banner parade, and messages of love and faith. You do not need to be registered for the Symposium to attend the Opening Ceremony. Attend in person - Robert C. Gillett Student Commons - or [click HERE to join us online.](#)



CUC Confluence Lecture: Open Minds / Closed Doors

Friday, May 19 - 7:45pm - Algonquin College and on YouTube

Unitarian Universalism is "the church of the open mind" but: each new idea or concept can threaten our sense of security and identity, causing us to close down and shut our doors. In this year's Confluence Lecture, Rev. J Stoneberg asks: "Can we be the people who risk our comfort to create the life-changing realities that are needed to bring a world of love and justice into being?" You do not need to be registered for the Symposium to attend the Confluence Lecture.

Join us in person at Algonquin College OR [click HERE to join us online.](#)



Symposium Open Mic

Saturday, May 20 - 8:00pm

Obs (The Observatory student bar and café in Building E)

The Saturday evening, in-person-only social event organized by the Host Team will take the form of a talent show interspersed with a few rounds of speed trivia. The event features talents in the form of music, storytelling, poetry, spoken word, and jokes from UUs of all ages. The sky is the limit! Got something to share? This is the place! Want to practice your talent? This is the place! [Click HERE for details and to sign-up!](#)



CUC Multigenerational 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!](#)



Gentle Yoga

Wednesday, May 24 - 10:00am - In Fellowship Hall

Starting May 10, join Barb Ryan in Fellowship Hall for an hour of Gentle Yoga on Wednesdays, at 10am. 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! [Click HERE for details and registration.](#)



Mindfulness Meditation

Wednesday, May 24 - 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 25 - 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 "Circles of Acquaintance".

If you have ideas for future discussion topics, please [email Andrew](mailto:andrew@firstunitarianottawa.ca).

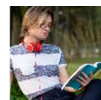
[ZOOM LINK](#) Meeting ID: 638 009 136 Password: 897007



Friday Reading for Growth Book Group

Friday, May 26 - 1:30pm - On Zoom

Our May book choice is *Born in Blackness, Africa, Africans, and the Making of the Modern World*, 1471 to the Second World War by Howard W. French. In this unconventional history, French examines how African resources in the form of gold and slavery gave rise to European capitalism and modernity. Copies are available at Ottawa libraries. All welcome to what should be a lively discussion on May 26 at 1:30pm. [Contact Clea](#) for the Zoom link.

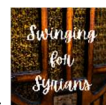


Swingin' for Syrians

Sunday, May 28 - 6:00pm - 30 Cleary

Join us for 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 opens at 6pm (so come early), and the music kicks off at 7pm. Tickets are \$35/person. [Get your tickets online by clicking HERE](#) OR buy tickets in person after service on Sunday. Co-sponsored by FirstU and Or Haneshamah.



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

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Save the Date

The Red Balloon - Silent Film Showing

Friday, June 2 - 8:00pm

We'll be showing a silent film with piano accompaniment by Kirk Adsett, with proceeds supporting our Something Old, Something New fundraiser. By donation. Details at: <https://www.firstunitarianottawa.ca/social-life.html>



Congregation Picnic and Retirement Party for Reverend Ellen Bell

Sunday, June 4 - 11:30am

Bring your potluck contribution to share with all as we celebrate summer and Rev. Ellen Bell's many years of service!



Trivia Quiz Night

Monday, June 19 - 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](mailto:andrew@firstunitarianottawa.ca).

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



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Unitarian Universalist nUUs



UUFU will be welcoming a refugee family from Burundi, by the end of June. In the lead-up to their arrival, UUFU is holding a donation drive for very lightly used household items to help them get settled in Ottawa. [Click HERE for details on needed items and how to donate them.](#)

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News From Our Friends

Cleaning the Capital: Arboretum Edition

Saturday, May 27 - 10:00am - Prince of Whales Dr

Capital Region Interfaith Council and JustServe.org invite you to bring the family, and help collect a winter's worth of litter from the Arboretum. Meet in Parking Lot #1, just off Prince of Whales Drive at the traffic circle. Gloves and garbage bags will be supplied. BYO picnic lunch. **Note to high school students:** This can count towards your mandatory community service hours.



Multifaith Housing Initiative Tulipathon 2023!

Sunday, May 28 - 2:00pm - Dow's Lake

It's that time of year again! Sponsor our FirstU Team as they walk the Tulip Festival grounds at Dow's Lake to raise money for the Multifaith Housing Initiative.

[Click HERE for more information.](#)

[Click HERE to donate.](#)

