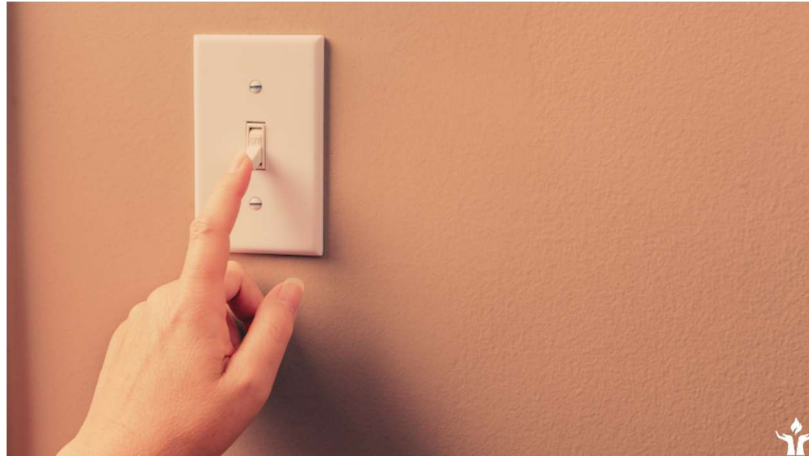


Weekly e-UU Newsletter ~ Friday, May 26, 2023

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 28, 2022
Online AND In Person (masks required)
Starts at 10:30am EDT



Accepting Uncertainty, Strengthening Faith

~ With Guest *Justine De Jaeger*

An estimated 1 in 100 Canadian adults - and at least 1 in 200 teens and kids - suffer from Obsessive Compulsive Disorder (OCD). It is a highly treatable disorder, but also a highly misunderstood one. This Sunday we will learn how accepting uncertainty can be the ultimate act of faith for a person living with OCD - or anyone.

Coffee and tea are available in Fellowship Hall after the service.
Online Fellowship is taking a break this week, but returns June 4.

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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.

~*~



Children's Religious Exploration – Messy Church!

This Sunday, kids under 8 - plus their parents and grandparents - are invited to create a church service of our very own, starting downstairs in the NOW room! This month we'll be celebrating families - in all their shapes and sizes - with family tree art projects (dress for finger painting), celebration cards, and a wholesome snack.

- 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

~*~

Congregational Focus: Climate Action



This weekend: bike with your kids; the GGGS has pollinator plants and free tree seedlings. Coming soon: petition for; create posters for; march for; be on Parliament Hill for: Affordable, Secure and Renewable electricity by 2035.

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

~*~

Caring Contacts for May

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

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

Caring Contacts for June

[Angela Beale](#) - 613-233-5420

[Jan Glyde](#) - 613-680-0495

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.

~*~

The Red Balloon – Silent Film Screening

Friday, June 2 – 8:00pm

Join us for a screening of "The Red Balloon", an award-winning silent short from 1956, with musical accompaniment by Kirk Adsett.

A boy makes friends with a seemingly sentient red balloon, and it begins to follow him. It follows him to the bus stop, to school, and to church. They play together in the streets of Paris and try to elude a gang of boys that wants to steal it.

By donation. Reception to follow. Proceeds support our Something Old, Something New fundraiser.

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

~*~

CUC Symposium Success

We did it! FirstU and UUFO successfully hosted the Canadian Unitarian Council's (CUC) AGM, Symposium, CanUUdle youth conference, and OWL facilitator training over the May long weekend.

People came from across Canada, and a few beyond, for a stimulating thought provoking program on the theme of "Living into the 8th Principle".



To the many folks from our congregation who worked as volunteers and participated in various events, sometimes in leadership roles, the Host Team thanks all of you!

~*~

Read All About It



Left in Safe

A couple of weeks ago \$100 was left in the safe with no identification. Does anyone know where this money should be allocated?



Congregation Picnic + Retirement Party

Sunday June 4, right after service! Rain or shine – bring a picnic blanket or outdoor chairs. **Bring a potluck salad or appetizer offering to share!** Burgers, hotdogs, dessert and drinks will be provided. (Vegetarian hotdogs and burgers available). **We are also collecting for a retirement gift for Reverend Ellen** – please drop of at the office or in the Sunday plate, be sure to identify as a “GIFT FOR ELLEN.”



A Fond Farewell to Lori Clarke, Facility Manager

The staff held a good bye party for Lori on Wednesday May 10. We presented her with the gift from the congregation and staff, which consisted of a year's membership to Masterclass and a gift certificate to Lee Valley. Thanks to all who donated and signed the card.



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.



Zatoun Oil is Now Available for Purchase

La Siembra Co-op Coffee and Chocolate bars, plus Zatoun soap and Za'tar will be available in Fellowship Hall after the service this Sunday. Brought to you by Justice and Equality Action Group.

~*~

Upcoming Events

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.



Mental Health Support and Action Group

Sunday, May 28 - 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 more information, [click HERE to download our brochure](#). For the Zoom link, contact: [Reverend Linda and johnnie gall](#).



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.



Gentle Yoga

Wednesday, May 31 - 10:00am in Fellowship Hall

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 31 - 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, June 1 - 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 "**The Future of Humankind**".

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

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



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. Reception to follow. [Details HERE](#).



Flower Ceremony - A Century of Flowers

Sunday, June 4 - 10:30am

Bring a cut flower - something that won't wilt easily - and join us for our annual Flower Ceremony as we celebrate one hundred years of this UU tradition.



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!



~*~

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

~*~

Save the Date

Non-Fiction Book Club

Thursday, June 8 - 7:00pm on Zoom

Our Reading for Growth non-fiction book club will meet Thursday evening, June 8, at 7pm to discuss "Finding the Mother Tree" by Canadian scientist Susan Simard. Non-members and new members are welcome! Please [email Katherine Elliott](#) or [Ken Morin](#) for the Zoom link.



Under-45s Games Night

Friday, June 9 - 7:00pm in Fellowship Hall

Are you a Millennial or elder GenZ Unitarian? Are you looking to connect with other UUs in town? Join us for an evening of board & card games, snacks, conversation, and community!



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](#).

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



Unitarian GoGos present: Stories at the Solstice

Wednesday, June 21

Stories and music, appetizers, dessert and door prizes at First Unitarian to celebrate the arrival of summer. By Unitarian GoGos and One World Grannies in support of the Stephen Lewis Grandmothers Campaign.

Tickets \$30

For more information, [email Sheila](#) or call 613-513-4056



~*~

Unitarian Universalist nUUs



Célébration Francophone chez UUFO:

S'affirmer, s'aimer, s'épanouir

Dimanche, le 28 mai à 12h30

Les recettes d'affirmation de soi pullulent. Il faut se réconcilier avec soi-même, s'accepter comme on est, s'aimer. Mais il faut savoir que les Unitariens sont passés maîtres dans le domaine de l'affirmation. Chez les UUUs l'épanouissement de l'individu dans l'affirmation se répercute sur les autres, la société, l'âme universelle d'Emerson. Maurice Cabana-Proulx animera un échange. Venez vous affirmer. [Claire](#) pourra vous en dire plus. [Lien zoom](#).



UUFO will be welcoming a refugee family from Burundi, by the end of June. In the lead-up to their arrival, UUFO 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.](#)

~*~

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.](#)



Big Soul Project Sings for Ancoura!

Saturday, June 24 - 7:30pm

Centretown United Church (507 Bank St)

Join Ancoura on Saturday, June 24, for a fundraising concert featuring Big Soul Project and Deep Groove Band, who will put on a show with an irresistible beat to entertain young, old, and everyone in between. Ancoura provides supportive housing for Ottawa residents with mental illness. FirstU has been a long-time supporter of Ancoura. Please [save the date and stay tuned](#) for ticket purchase details.

