

# Weekly e-UU Newsletter ~ Friday, July 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, July 23, 2022**  
**Online AND In Person**  
**Starts at 10:30am EDT**



## **Opportunities: Surprises! Changes! Adventures!** With Dr Suzanne Arnold

Dr Arnold is a specialist in Occupational Health Nursing with an RN and a PhD who has focused on mental health in the workplace & beyond. This Sunday, we will explore the concept of "opportunities", which are presented to all of us, from time to time, and which can lead to surprising changes in our lives and those of our families, and can also offer wonderful adventures not previously considered.

*Join us after the service, in Fellowship Hall, for Coffee Hour*  
*[Online Fellowship](#) will be available at Noon*

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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](mailto: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](mailto:spiritualcare@firstunitarianottawa.ca) by Friday at 10am.

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## **NO Children's Religious Exploration on July 9**

This Sunday, our UU kids are invited to join us outside at 10:30am for free play and a snack. Dress for the weather (it may be raining) and remember to bring a water bottle!

- 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](mailto:dre@firstunitarianottawa.ca)

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## **Congregational Focus: Climate Action**



Enjoy your summer! Peruse the Climate Action Page. Relax and refresh with a book, a podcast, a film, or a webinar. New items have been added.

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

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## Caring Contacts for July

[Janet Clayton](#) - 613-733-9566

[Fred Brown](#) - 613-728-5761

*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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## Help Unitarian House Residents Get to Activities!

Volunteers are needed to drive the Unitarian House van to take residents to outside activities. Be part of a pool of drivers to help once a month to take residents on outings that usually last 2 and a half hours.

Please visit our Volunteer With Us page for details: <https://www.firstunitarianottawa.ca/volunteer-with-us.html>

Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)

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## Read All About It



### Call for Proposals: Congregational Focus

Every two years, FirstU chooses a Congregational Focus - an area of social responsibility that reflects our UU principles and our congregation's charitable purposes, to which we collectively want to dedicate special, sustained attention. Sometimes we choose to focus on our chosen issue for longer.

In 2020, our congregation chose, overwhelmingly, to focus on Climate Action and the steps we can take, collectively and as individuals, to avert ecological disaster, reduce our carbon footprints, and build a better future for everyone.

It is now time for us to determine a new congregational social responsibility focus.

Please visit our Congregational Focus page for details on the selection process and how to submit your proposal online:

<https://www.firstunitarianottawa.ca/congregational-focus.html#FocusCall>



### Seeking a New Director of Religious Exploration

FirstU is looking for a 20 hours/week Director of Religious Exploration (DRE), starting in August 2023. The DRE plays a significant leadership and inspirational role in our congregation, to help us encourage the spiritual lives of children and youth; to explore beliefs; assist in understanding values; and to encourage responsible behaviour to strive for a just world, consistent with our Unitarian Universalist Principles. [Details available HERE.](#)



### Fall Fair 2023

Our beloved and biggest congregational fundraiser is coming up on **Saturday, November 18**, and we need your help to make the annual bazaar a success! Please gather top-condition items to donate, make some preserves to sell, tell your friends, and/or offer to volunteer. Questions? Contact Carol Card: [fallfair@firstunitarianottawa.ca](mailto:fallfair@firstunitarianottawa.ca).

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