

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



## Reflections on My Journey with Cancer

With Mary Ella Keblusek

Life presents each of us with adversity and challenges, some more life threatening than others. How do we get past the fear and grief of loss, to make peace with and embrace our new reality? Through words and music, Mary Ella reflects on her personal journey of discovery, of finding a new spiritual path.

**Reminder:** Highway 417 will be closed in both directions between Woodroffe Ave and Greenbank Rd this weekend, for the installation of a pedestrian bridge. We love to see it, but remember to plan your route to church accordingly.

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.



## Children's Summer Programming

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!

- Health checks will be conducted on site, but don't forget to [use the passive screening criteria on Sunday morning](#)
- Anyone over 12 will need to have been vaccinated
- Questions? Please email [dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca)

## 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>

## Caring Contacts for July

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

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

## Caring Contacts for August

[Alexandra Devine](#) - 613-224-5695

[Bill Wylie](#) - (613) 761-8092

*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.*

## 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)

## Read All About It



### New WiFi at 30 Cleary

Please note the old wifi networks are no longer operational. Please see the office for the password to the new network, "First-U-Guest."



### 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>



### New FirstU Directory Available

There is a new version of the FirstU Directory [on our Members' Page](#). Please check your own information and [send an e-mail to oas@firstunitarianottawa.ca](#) with any corrections that need to be made. If you choose to print it, please make sure you destroy any other versions you have or return them to the office for shredding.



### Stay Cool at FirstU

Temperatures are still soaring in Ottawa! If you need a comfortable place to escape the heat, FirstU has several air-conditioned spaces which are often available during the week. Call the office - 613-725-1066, Mon-Fri 9:30-4:00pm - to find out what rooms are available on any given day. **Bring a book, bring some cards, bring a friend for a chat. Stay cool!**



### Did You Know?

FirstU produces TWO publications:

- **The eUU weekly newsletter:** Arriving in your inbox on Fridays with announcements pertaining to FirstU events
- **The Parkway Spire quarterly magazine:** An in-depth seasonal publication where members express themselves through respectful sharing of information, views, or personal pieces. Announcements should be sent to the eUU as they are no longer included in the Spire.

Read by the broader community of Canadian Unitarians, newcomers to Ottawa, or people seeking a new church community, the Spire is published quarterly (March, June, September and December). We accept unformatted articles (maximum 450 words) along with photos (high resolution jpg format preferred). We also welcome one lengthier piece per edition, (maximum 900 words) as a feature article.

Articles may be edited if necessary. Send submissions for the fall edition to [spire@firstunitarianottawa.ca](mailto:spire@firstunitarianottawa.ca) by August 15, 2023.



### 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).

## Save the Date

### Annual Pride Service

**Sunday, August 20 - 10:30am**

Join us for our fifth annual Pride Service on Sunday, August 20, where we'll be joined by a very special guest speaker!



## Gender and Pronouns 101

**Sunday, August 20 - 12:30pm**

Facilitators Nina and Kris will answer burning questions like "What are neopronouns?" and "What to do if I accidentally misgender someone?" Snacks will be provide. Registration is not required but feel free to [use this online form](#) to let us know you're coming.



## UU Pride Parade Brigade

**Sunday, August 28**

Meet us downtown (details to follow) or come with us after church on Sunday, August 28. We'll join friends from UUFO and march together in Ottawa's annual Pride Parade! Bring a water bottle and your rainbow umbrella, and dress in your brightest colours.



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

## Unitarian Universalist nUUs



**Save the Date! Unicamp YAYA Retreat**

**Annual CUC Youth and Young Adults Retreat**

**September 8-11, 2023**

The young adult retreat at Unicamp is happening Sept 8-11 (stay two nights or three, your choice). **Open to all young adults ages 18-35.** Bring a friend! Registration info coming soon!

## News from Our Friends

**Unitarian House Presents:**

**Patio Brunch**

**Friday, August 11 - 12:00pm**

**20 Cleary**

Join us outdoors for an al fresco brunch! [Click HERE to see the poster.](#) Adults \$20, Kids \$15.



**Unitarian House Presents:**

**Beer Garden in the Courtyard**

**Friday, August 25 - 4:30pm**

**20 Cleary**

Join us in the Courtyard for a pub-style dinner with live music from Cara Q and Dai Bassett. [Click HERE to see the poster.](#)

Adults \$15, Kids \$10. Drinks extra.

