

# Weekly e-UU Newsletter ~ Friday, September 15, 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, September 17, 2023**

**Online AND In Person**

***Starts at 10:30am***



## **All Creatures Great and Small – A Blessing of the Animals Service**

**With Reverend Eric Meter**

Science and industry have led many humans to see ourselves as separate from the rest of creation. And while this is understandable, it is both unfortunate and illogical. This Sunday we will seek to remedy this situation by taking part in a blessing of the animals, which, of course, includes humans as well. Departing from past custom, we'll do so in Worship Hall, which is mostly concrete, after all.

**Bring your leashed or caged, fed, watered and toileted animal friends to Worship Hall.**

Any species welcome! The blessing will take place near the beginning of service.

*Join us after the service, in Fellowship Hall, for Coffee Hour and Ice Cream Sundaes*

OR

*Join our online Fellowship Hour at 12:00pm - [Click HERE at Noon to join the call!](#)*

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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 Religious Exploration**

This week, our UUkids will be staying in the sanctuary for the entire Blessing of the Animals service. Everyone is encouraged to bring a pet or a favorite stuffy to be blessed by Reverend Eric. There will be activities in the lounge available for children who want to partake.

## **Congregational Focus: Climate Action**



Today was Climate Strike Day! Hope you made it to the Hill! Collective Action works!

Lots of local action this week. How can municipalities contribute to climate action?

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

## Caring Contacts for September

[Elisabeth Morrison](#) - 613-225-6702

[Maryan O'Hagan](#) - 613-729-7752

*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.*

## Memorial for Reverend Rod

A Celebration of Life for Rev. Rod Solano-Quesnel will be happening on **Saturday, September 23 at 5:00pm** in the sanctuary of Neighbourhood Unitarian Universalist Congregation, at 310 Danforth Ave, Toronto. Donations to the Unitarian Universalist Church of Olinda (where Rod had been the settled minister for 5 years) can be made in Rod's honour - via cheque or by eTransfer to [uuolinda@gmail.com](mailto:uuolinda@gmail.com).

**The memorial will be livestreamed on zoom:**

<http://tinyurl.com/neighbourhoodservice> Password: nuuc

Phone connections: 647 374 4685 / 647 558 0588

Meeting ID: 749 188 739 & Phone password: 632634



## Help With Hospitality

Now that we're offering coffee and tea after services again, our team would like a few more people to (a) help with set-up before each Sunday service (b) help serve tea/coffee and assist with clean-up afterwards. Click here for more information. [Email Tarrel if you'd like to be involved.](#)

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



### Jewelry Donations for Fall Fair

Do you have jewelry you want to donate to Fall Fair? Our Jewelry team would love to receive it from you asap! Cleaning, sorting and repairing asks time. Please leave items at the Office. Thank you!



### Jenn is excited to be resuming choir this fall!

If you are interested in trying out choir, we will be doing a drop-in performance this Sunday (September 10). Just arrive at 9:45am on Sunday morning; no need to be able to read music, just bring your voice and your enthusiasm!

Choir start dates are as follows: **Fusion** at 1:00pm, Monday afternoons, starting Sept 11; **Three Rivers** at 1:00pm, on Wednesday afternoons, starting Sept 13; **Chalice Choir** at 7:00pm, Thursday evenings, starting Sept 14.

Please email Jenn at [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca) to be added to the choir list, or come see her on Sunday morning!



### From the 2024 Pledge Team

You can be an Early Bird. Submit your pledge for 2024 online through the website or on paper in the volunteer room. Get ahead of the crowd!



### Drop In and Sing with the FirstU House Band

Join us to sing contemporary music - think folk, blues, and soft rock - during Sunday services. Rehearsals the 4th Wednesday of the month. Want to check us out or join the band for a Sunday? Stop by the Sanctuary at 9:15am on the Sunday, September 17 or Sunday, October 1 to find out what we're singing. All ages welcome to join us. For more information, contact [Lisa](#).



### Is Your Garden Overflowing?

Are you a successful gardener with more fruit and vegetables than you can eat? Have you run out of friends and neighbours to give it all to? The Ajashki program would gratefully accept any donations and pass this healthy food on to Indigenous youth facing food insecurity. Please drop off donations in the Grow Tower room.

## Upcoming Events

### FirstU In Person Bridge

**Sunday, September 17 - 2:00pm in Room 3**

We are back!! This Sunday, September 17th we'll meet at FirstU in room #3 from 2:00pm to 4:00pm. RSVP by emailing [bridge@firstunitarianottawa.ca](mailto:bridge@firstunitarianottawa.ca) so we can set up before you arrive. We're looking forward to seeing you for fun bridge games!



### Trivia Quiz Night

**Monday, September 18 - 7:00pm on Zoom**

Trivia Night is back on Monday the 18th! 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:

**Stephen Lewis Foundation Fundraising Dinner**

**Tuesday, September 19 - 5:00pm**

**Biagio's Italian Kitchen - 1394 Richmond Rd**

Join us for a fundraising meal at Biagio's ([click HERE to see the menu and other details](#)) on September 19! Dine indoors with us, or collect your meal as take-out. Cost is \$42 per person and includes dinner, dessert, coffee/tea, taxes, tip. Donations for the Stephen Lewis Foundation will be collected at the event.

Contact [gogos@firstunitarianottawa.ca](mailto:gogos@firstunitarianottawa.ca) to register.

For further information contact Jo at 613-829-1604.



**Gentle Yoga**

**Wednesday, September 20 – 10am in the NOW Room**

Come to the NOW room on Wednesday mornings at 10am, from September 20 to Oct 25, for an hour of gentle yoga. \$72.00 for six sessions (\$120.00 for couples), or \$15.00 for drop-ins.



**Meditation Group**

**Wednesday, September 20 - 7:00pm on Zoom**

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.

[Click HERE to join the meditation session](#)

Passcode: 259109



**FirstU Virtual Discussion Circle**

**Thursday, September 21 - 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 "Censorship".

[ZOOM LINK](#) Meeting ID: 847 7145 7780 Password: 350030



**Poetry Sharing Group**

**Friday, September 22 - 1:30pm on Zoom**

We welcome poetry lovers to join us in celebrating the power of imagination and expression found in poetry (even bad limericks). For details and to get the zoom link, [contact Clea Derwent](#).



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

## Save the Date

**Friday (Daytime) Reading for Growth Group**

**Friday, September 29 - 1:30pm on Zoom**

The September book, *Sacred Nature: Restoring our Ancient Bond with the Natural World*, by Karen Armstrong, explores religions and spiritual traditions that regard nature with reverence. The profound insights of these traditions can help us regain a sense of awe at the sacredness of nature. Please join us on September 29 at 1:30pm. [Contact Clea Derwent](#) for with any questions.

[ZOOM LINK](#) Meeting ID: 848 6931 2703 Passcode: 002396



**Justice and Equality Action Group presents:**

**Book Launch: *The Wall Between***

**Wednesday, October 18 – 7:00pm**

This book is a call to justice that challenges the status quo of Zionism while at the same time dealing directly with the complex histories that have created the situation today. The book is both realistic and hopeful—a guide for anyone who is open to new possibilities within the Israel-Palestine discourse in the West. Join authors Raja G. Khouri and Dr Jeffrey J. Wilkinson, on Wednesday, October 18, at 7:00pm, for a reading and Q&A to launch this excellent book.



## News from Our Friends

**Unitarian House Walkathon Fundraiser**

**Monday, September 16 – 11:00am**

On September 11th at 11am the seniors and friends of [Unitarian House](#) are walking in the Grand Parade to raise at least \$50,000 for the Rent Housing Subsidy Fund, which helps residents who can no longer afford their rent. If you haven't donated already, [please consider doing so now](#). No amount is too small or too big.



**Child Haven International - Fundraising Gala**

**Saturday, September 16 - 5:00pm**

We are very excited to be having an person Child Haven fundraiser this year Saturday September 16 2023.

Seating/tickets are limited due to venue size at First Unitarian Congregation 30 Cleary Ave, Ottawa.

Details including ticket purchasing online at <https://childhaven.ca/fundraiser.ottawa2023.html>



**Ancoura Gala Dinner**

**Thursday, October 12 - 6:00pm at St. Elias Banquet Centre**

**\$94.00/person**

Tickets are officially on sale for Ancoura's annual Gala Dinner! The event will be happening October 12th, 2023, at the St. Elias Banquet Centre (750 Woodridge Ave) and will include a live auction and a trivia contest! [Click HERE to get your tickets online](#).



Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/communications.html>