

# Weekly e-UU Newsletter ~ Friday, October 20, 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, October 22, 2023**

**Online AND In Person**

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



## **Kindness: Making Everyone Feel Like a Somebody**

**With Speaker Jane Lindsay**

Some situations, like a serious accident, can elicit many acts of much-appreciated kindness. But less obvious, everyday situations also offer us opportunities – some easily overlooked - for small acts of kindness that can make more difference than we might ever imagine.

*Join us after the service, in Fellowship Hall, for Coffee Hour*

*Due to this week's Town Hall and next week's Fall Congregational Meeting, there will be no Online Fellowship Hour until Sunday November 5.*

~\*~

### **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.



## **Children's Religious Exploration**

This Sunday, our UU Kids will start in the sanctuary, where they'll hear a story about **being kind**. Afterwards, we'll head downstairs to the Rainbow Room and the Chalice Room for RE activities with Jodi and Susan.

## **Mark Your Calendars**

### **There will be a Campus Planning Town Hall on Sunday October 22, after service, at 12:15pm.**

This is a chance for congregants to find out more about our progress toward providing affordable housing on campus, and ask questions. The Town Hall will be in person in Worship Hall, with a Zoom participation option. [Click HERE to get the zoom link](#). Note that those participating on Zoom will be able to submit questions / comments via chat. If you are participating in person, you may wish to bring something to eat in Fellowship Hall between the Sunday service and the Town Hall; some limited snacks will be available. You may also wish to see the pylons in our parking lot indicating the intended corners of the new buildings. The Town Hall should begin at 12:15.



### **Two Budget Details Meetings**

There will be a brief presentation of the 2024 budget at the Fall Congregational meeting. For those who would like a more detailed discussion than we have time for at the FCM, there are additional meetings on zoom at:

**Tuesday, October 24 at 10:00am**

**Wednesday, October 25, at 7:00pm**

In both cases please use the following link to join the meeting: [ZOOM LINK](#)

**Meeting ID:** 875 4354 1841

**Passcode:** 122908



### **The Fall Congregational Meeting is scheduled for Sunday October 29th after service.**

The Fall Congregational Meeting will take place in Worship Hall on Sunday October 29th at 12:15 pm sharp.

The main purpose of the meeting is to review and approve the congregation's budget for 2024, to appoint members to the Nominating Committee as necessary, and to inform ourselves on other matters.

We suggest you bring a brown-bag lunch or snacks for before the meeting if you like. (Note there is no food allowed in Worship Hall.) If you wish, you may join the meeting virtually on Zoom (please find the Zoom registration link [HERE](#)). However, **if you are a voting member, you must select a proxy for yourself as there will be no online voting.** You can find [instructions for selecting a proxy in the meeting materials](#), which were circulated to members on October 19.

Please visit the Member Page, or contact the office, if you are a member and did not receive your package.



## **FirstU Ottawa Storage Audit 2023**

Taking place the Fall of 2023 – starting now! We are undertaking this audit to:

- establish the location of stored items, who they belong to and how we can consolidate.
- going forward, reduce the doubling up of same or like items to reduce spending.
- free up space for other use



**If anyone/any group has items stored, please plan a time to come in to identify the spaces you have items.** Please clean out and organize the area. Need to confirm the church is open? Call the office at 613-725-1066. We will provide blank labels and instructions (get them from the main office). **Please endeavor to have your spaces labelled by end of October.**

The Property Team will assess the storage options after everyone has identified their space(s) and items. We encourage discarding of unnecessary items. Storage space may be re-allocated, with the permission of group(s) associated.

Questions? [propertyteam@firstunitarianottawa.ca](mailto:propertyteam@firstunitarianottawa.ca)

## **Congregational Focus: Climate Action**



While we wait with anticipation for Aella's "The Earth is Tired", take time for a climate moment. Look at our October Enviro-Action and paste some post-it notes, or sign our new petition: We need our yellow buses to go green. **Details here:**

<https://www.firstunitarianottawa.ca/climate-action.html>

## Caring Contacts for October

[Marianne Wood](#) - 613-725-3452

[Carolyn McAndrew](#) - 613-422-8390

Caring Cards were sent in July and August to Tess F, Elizabeth B, Kirk A, Donna B-W, Werner D, Ren M-D, Alex C, families of Rod Solano Quesnel, Doug Robinson, Phyllis Eleazar and David Pohl.

In September, Caring Cards were sent to Rev Eric, Alexandra D, Sharen B, Marianne & Roy W.

*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 Pledge Campaign is Moving Right Along

Thanks to those that have already pledged. For those that have not submitted their pledge yet a volunteer will be giving you a call to check in. "Pledge as if your congregation depends on it" by [filling out your pledge form online](#), downloading [this print-at-home version](#), or picking up a paper copy in the Volunteer Room.

## Caring Network Volunteer Coordinator

Interested in a rewarding and meaningful role in First U's Caring Network? Our whole congregation forms The Caring Network, with a volunteer executive who carry out activities on a monthly or as needed basis, and meet 3-4 times a year. A replacement for that executive's retiring volunteer Coordinator is needed. For more information [contact Maryan](#).

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



### Wanted: Baking & Jam/Preserves for Fall Fair

Cookies, squares, muffins, small loaves, tarts, candy and more. Please NO nuts or large cakes. Bring to the Lower Kitchen on Friday November, 17.

For more information, [contact Evelyn](#) at 613-728-5761.



### Help Promote Fall Fair!

Fall Fair, coming up on Saturday, November 18, is our major congregational fundraiser! Pick up great posters at the back of the church to give your friends and put up around your neighbourhood. For donation criteria, see the [Fall Fair Donations page](#). And please volunteer some time. Questions? [Contact fallfair@firstunitarianottawa.ca](mailto:Contactfallfair@firstunitarianottawa.ca).



### Save the Date: FirstU's Winter Choir Concert Sunday, December 3 - 7:30pm

You'll hear everything from Christmas carols to jazz standards to beautiful contemporary classical music.

Mark your calendars today!



### Ajashki Grocery Program

We are starting to cook large batches of meals to be frozen for youth to take home every week. We are looking for: Reusable bags; Plastic yogurt, sour cream type containers (500 ml and 1 L); Cans of tomatoes, chick peas, black beans, kidney beans; Onions, carrots, potatoes, mushrooms, white rice, soup noodles, pasta; Stew beef, and chicken

Donations can be left in Grow Tower Room (Volunteer room). Place meat in freezer, veggies in fridge. We will check fridge on Sundays and Thursdays. If you are interested in helping cooking meals, please [contact lisasharp@rogers.com](mailto:contactlisasharp@rogers.com).

# Upcoming Events

## Campus Planning Town Hall

**Sunday, October 22 - 12:15pm (hybrid)**

This is a chance for congregants to find out more about progress since our historic vote last March, and ask questions. The Town Hall will be in person in Worship Hall, with a Zoom participation option.



## Trivia Quiz Night

**Monday, October 23 - 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@uuu.org).

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



## Budget Details Meeting 1

**Tuesday, October 24 - 10:00am on Zoom**

There will be a brief presentation of the 2024 budget at the Fall Congregational Meeting. For those who would like a more detailed discussion than we have time for at the FCM, join us on Zoom, on Tuesday, October 24, at 10:00am where we'll go over the budget with a fine toothed comb.

[ZOOM LINK](#) Meeting ID: 875 4354 1841 Passcode: 122908



## Gentle Yoga

**Wednesday, October 25 – 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, October 25 - 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



## Budget Details Meeting 2

**Wednesday, October 25 - 7:00pm on Zoom**

There will be a brief presentation of the 2024 budget at the Fall Congregational Meeting. For those who would like a more detailed discussion than we have time for at the FCM, join us on Zoom, on Wednesday, October 25, at 7:00pm where we'll go over the budget with a fine toothed comb.

[ZOOM LINK](#) Meeting ID: 875 4354 1841 Passcode: 122908



## FirstU Virtual Discussion Circle

**Thursday, October 26 - 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 "Money".

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



## Friday (Daytime) Reading for Growth Group

**Friday, October 27 - 1:30pm on Zoom**

For October we will be reading *Sacred Nature: Restoring our Ancient Bond with the Natural World*, by Karen Armstrong. This work explores religions and spiritual traditions that revere nature. The profound insights of these traditions can help us regain a sense of awe at the sacredness of nature, cultivating awareness to end harm inflicted on the web of life. All welcome to join us on October 27 at 1:30pm.

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



## Fall Congregational Meeting

**Sunday, October 29 - 12:15pm in Worship Hall and Online**

Mark your calendars! It's that time of year again. We'll be hosting our annual Fall Congregational Meeting on Sunday, October 29, right after Coffee (half) Hour. The zoom link will be provided via the eUU on Friday, October 27.



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

## Save the Date

### Film Screening: "Passage to Freedom"

**Wednesday, November 1 - 7:00pm at FirstU**

The joint FirstU and Or Haneshamah Refugee Team are pleased to present "Passage to Freedom", a 2022 Canadian documentary directed by Sheila Petzol and produced by Hearts of Freedom. A major oral history research project based at Carleton University, the film captures the stories of those who embarked on perilous voyages from Cambodia, Laos, and Vietnam to Canada. Don't miss the opportunity to watch this powerful film! Doors open at 7:00pm. By donation (\$10/person suggested), limited silent auction.



### New Member Breakfast

**Sunday, November 5 - 9:00am**

Meet and congratulate our new members over coffee and muffins in Fellowship Hall.



### Aella Concert: The Earth Is Tired

**Sunday, November 5 - 3:00pm in Worship Hall**

The Environmental Action Group and Aella vocal ensemble are thrilled to bring you a unique environmental experience to mark the culmination of First U's four year congregational focus on Climate Action. Aella hopes to speak to the collective feelings of climate anxiety and grief that have been intensifying in recent years, while leaving audience members feeling empowered, aware, and hopeful. As well, we will host a variety of environmental groups active in Ottawa before and after the concert. There will be a post-concert reception.

[Click HERE for more information](#)

[Click HERE to purchase tickets \(by donation\) in advance](#)

You can also make your donation at the door.



### Just Get Over It - Interactive Workshop

**Tuesday, November 7 - 6:00pm on Zoom**

Members of the First Peoples House of Learning team at Trent University facilitate this interactive story-telling workshop which explores the true historic experience of Indigenous peoples in their relationship with settlers in North America. Their engaging, non-blaming approach offers participants a meaningful way to let go of common misconceptions, stereotypes, and biases that many of us hold and to become informed partners with Indigenous people for new ways forward. [Email](mailto:adultlearning@firstunitarianottawa.ca)

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



### Evening Reading for Growth

**Thursday, November 9 - 7:00pm on Zoom**

For our November discussion, we'll be reading *When the Heavens Went on Sale*, by Ashlee Vance, which tells the remarkable, unfolding story of the "land grab" of Earth's lower orbit. Come enjoy a lively book discussion on Zoom.

[ZOOM LINK](#) Meeting ID: 890 6025 2628 Password: 845374



## Unitarian Universalist nUUs

### UU Women's Federation's (UUWF) Gender Expansive Infographic

[Click HERE to see the UUWF's infographic guide](#) to quick and easy actions that you can take to support trans and gender expansive people, designed to give you inspiration, information, and pathways to get involved in the fight to end gender-based violence.



## News from Our Friends

### Protect Trans Kids! (Again!)

**Saturday, October 21 - 11:00am**

**Human Rights Monument (Elgin at Lisgar)**

Once again, anti-2SLGBTQIA+ activists are planning to rally on Parliament Hill in Ottawa on October 21st, and once again we



plan to counter them. Join us for a rally at the Human Rights Monument, this Saturday October 21, at 11:00am. Mask up and bring flags and signs supporting trans rights.

[Click HERE for more information.](#)

### **Curb Your Carbon Diet - Potluck and Discussion**

**Featuring FirstU's Mike Fletcher**

**Saturday, October 21 - 6:30pm**

**St. Matthew's Anglican (217 First Ave west of Bank)**

Please join us to learn what you can do to live more sustainably. Bring a dish selected to reduce your carbon footprint - i.e. eating beef and lamb generate more carbon emission than eating chicken, and a vegetarian diet is best of all. Mike Fletcher will share his experiences in climate activism with Fridays for the Future and the First Unitarian Congregation of Ottawa. We look forward to welcoming you at this event. [Click HERE for details and to RSVP.](#)



### **6 Minute Memoirs Celebrates 10 Years of Stories and Fundraising**

**Saturday, October 21 - 7:30pm on Zoom**

**\$15 per household**

Twelve amazing storytellers will share their tales on the theme of "Trials and Tribulations" at the 10th anniversary of Hamilton's premier storytelling event, the 6-Minute Memoir, on Saturday, Oct. 21 at 7:30. Tickets are \$15 per household for the virtual event on Zoom. [Get your tickets HERE.](#) All profits go to support the work of The First Unitarian Church of Hamilton and [Body Brave](#), an organization assisting those with eating disorders.



### **Capital Region Interfaith Council Presents:**

**Prayers for Spiritual Healing**

**Sunday, October 22 - 3:00pm**

**St John the Evangelist (Elgin at Somerset)**

Affirming Our Faith Traditions through prayers for peace, healing, and continuing Respect for one another's faiths. This even will include our inaugural Award Ceremony.



### **Campus Community Wellbeing Committee**

[Click HERE to read the October CCWC Newsletter](#), highlighting committee activities over the last few months and providing information on upcoming events of campus-wide interest. We are pleased to announce in this newsletter that the committee is welcoming representatives from the Ontario Aboriginal Housing Services who are joining us as campus partners on the committee.



### **Or Haneshamah and Ajashki on CBC**

Rrobyn Bresnahan of CBC Ottawa Morning interviewed members of Or Haneshamah and the Ajashki Project about the feast they shared to mark both Sukkot and the National Day for Truth and Reconciliation.

[Click HERE to listen to the segment!](#)



## **Chez FirstU**



**Harmony Concerts presents: Sienna Dahlen and Roddy Ellias**

**Saturday, October 21 - 7:00pm at FirstU**

Sienna and Roddy have joined award-winning forces on a new project. Accompanied by John Geggie & Raphael Weinroth-Browne, they are touring a program of fresh new songs about rebirth, transformation and change that they have written in collaboration. [Get tickets HERE.](#)



**Harmony Concerts presents: The Fugitives**

**Saturday, October 28 - 7:00pm at FirstU**

The Fugitives are capable of achieving dizzying, Arcade Fire-ish crescendos, replete with parallel melodies, complex harmonies and brimming torrents of emotion. [Get tickets HERE.](#)



**Harmony Concerts presents: Jenie Thai**

**Friday, November 3 - 7:00pm at FirstU**

With a combination of contemporary and traditional blues piano, and a fiery passionate voice, Jenie "Thai" Nolan has been making a name for herself across the country and the world. [Get tickets HERE.](#)

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