



30 Cleary Avenue Ottawa ON K2A 3A6
Phone 613-725-1066 fax 613-725-3259
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From your Minister, Rev Patricia Guthmann Haresch

“It’s all moving fast, we are really trying to stay on top of it, and we are encouraging everyone to use abundant caution, stay in communication, and care for one another.”

-Carey McDonald (Unitarian Universalist Association Vice President)

Yes. What Carey said.

As we learn more about how this coronavirus spreads and what we can currently do to reduce its impacts, we know that limiting person-to-person contact is critical. So the Board and I have decided to close the building from this Sunday, March 15 through March 30. We will reassess as we get closer to the end of the month and keep you posted.

For the time being and for your protection and the safety of others, please avoid coming to the building for any purpose. Email uuoffice@firstunitarianottawa.ca to make arrangements if you feel it is critical to enter the building. Phone calls will be monitored, but not daily.

Sunday Services – Our doors will be closed, but Deirdre and I hope to live stream services to you with the help of a sound technician. We plan to have services up on our FirstU Facebook page by 10:30am on Sunday as best we can. We will put a notice on Facebook if we are not on schedule. We hope to continue recording the sermon to be posted as usual on the FirstU webpage.

Office Hours – I have asked Staff to work remotely as much as possible and to only come to the Office as is absolutely necessary. The email above will be monitored Monday through Friday, but calls to the office will not be monitored daily. Staff are able to answer emails as they would during their regular office hours. We will send the weekly eUU as usual. Do send your messages as usual to publications@firstunitarianottawa.ca.

Meetings – Hopefully meetings needn't be canceled and can be conducted instead via phone conference or teleconference through Skype or another method. Do contact each other and work out a system that works best for your group.

Rev. Patricia Haresch, Developmental Minister ▪ Guy Belleperche, President
Deirdre Kellerman, Director of Music ▪ Neo Yaxley, Director of Religious Exploration
Rev. Ellen Bell, Spiritual Care ▪ Rev. Linda Goonewardene, Affiliated Community Minister

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Check-In Calls – This is a time when we want to isolate and contain a virus, but stay connected with each other. Isabel Burrows will be organizing a group of volunteers to make check-in calls within the congregation. Please contact Isabel or me (minister@firstunitarianottawa.ca) if you would like to be one of the callers. Please contact me as well if you might not be a member, but wouldn't mind receiving a call or if you would prefer not to be called.

Even at home, when there are two or more people together, do continue the good practices of washing hands, good cough and sneeze hygiene, avoiding contact with people and if there is contact to wash hands. Keep two meters or six feet away from others as much as possible. People may be infected for a long time without showing symptoms or perhaps never show signs of COVID-19, so we all need to remain vigilant. Please do avoid leaving home as much as possible.

Common symptoms of COVID-19 include fever, cough, and difficulty breathing; less common ones include runny nose, body aches, and sore throat. If you are experiencing flu-like symptoms, call your healthcare professional or Ottawa Public Health (613-580-6744) for guidance before heading out to a doctor's office, Emergency Room or assessment station.

While we are apart, do take care of yourself, keep up all the good practices recommended by Public Health, and be sure to seek care if you aren't feeling well.

*“May I stop long enough to find something good,
to treasure some blessing, and give thanks for it.
In that finding, in that holding, in that appreciating, in that moment of
blessing,
. . .[may my spirits be nourished, giving] me a little bit of the wonder and
joy that encourages, restores, and renews. “
(adapted from Rev. Naomi King)*

Do take care.

Rev. Pat

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