

Weekly e-UU Newsletter - Friday, May 10, 2024

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 May 12, 2024

[Online](#) AND In Person

Starts at 10:30am



Where Credit is Due: Dr. Lotta

With Reverend Eric Meter

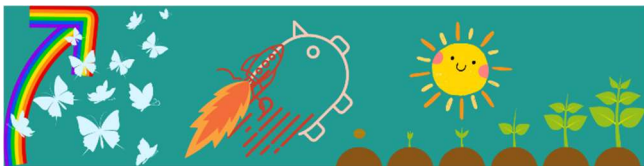
This Mother's Day Sunday we kick off an occasional sermon series on those whose legacy made the paths we walk upon possible. Who better to begin with than our own Dr. Lotta Hitschmanova?

Please join us for Coffee Hour following the service. Grab a green mug to let us know it's your first time visiting!

~*~

Sunday Service Announcements

If you would like an announcement made during the livestreamed Sunday Service, please email the Board of Directors at boardannouncements@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 week in the **Rainbow room**, our **2-6 year-olds** will be celebrating Mother's day by honoring the people who care for us. We recognize that families come in different shapes and sizes, so we broaden our focus to those who play a mothering role in the children's lives, regardless of gender or relationship.

Meanwhile, in the **Chalice room**, our **7-12 year-olds** will dive a little deeper into the value of Transformation. We will also have a special craft in honour of Mother's day, to celebrate those in the children's life who care for them.

FirstU AGM Follow-Up

Last Sunday, at our Annual General Meeting, the Congregation approved our Financial statements, learned a bit about our financial future and passed a resolution to formally support the Repudiation of the Doctrine of Discovery. We also officially elected two new directors, Nancy Cloutier and Chuck Shields, and appointed Chuck (replacing Brent) as the President for the year ahead. Contact Chuck by email: president@firstunitarianottawa.ca. Thanks to those who attended!



Caring Contacts for May

[Carmen Contreras](#) - 613-565-3613

[Marilen Gerber](#) - 613-848-1688

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.

Celebration of Life for Jane Perry

A service for Jane will be held on Saturday May 11, 2024 at 2pm (Noon in Ottawa time). Information to join remotely is in the following link, as is her 'Obituary in Six Movements': <https://calgaryunitarians.ca/jane-perry/>



Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Zibi" means "Great River". Now let's learn some more words in Algonquin language.

This week's Algonquin Word of the Week is:

Memengwe

Memengwe means "butterfly". How many butterflies have you seen during Minookimi?



Help the Meditation Garden Grow

The Friends of the Meditation Garden always needs gardeners. We work cooperatively to maintain the north and south gardens; a weekly list of tasks is shared along with suggested work dates for group work. Independent work occurs at any time. Most tools are provided. You can work independently or with group. We work about two hours per week in the summer. The time is flexible but we usually meet on Wednesday and/or Friday mornings weather permitting.

[Contact Margaret L](#) for more information.

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

Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



Canadian Unitarian Council AGM May 25

The Annual General Meeting of the CUC, of which FirstU is a member, will take place by Zoom Saturday, May 25th at 12:30-4:00pm Eastern. FirstU's voting delegates for this meeting are Carl Sonnen, Carmen Contreras, Lisa Sharp, Chuck Shields, Nancy Cloutier, and Caycee Price. Observers are also welcome, but need to register in advance. [Click HERE for registration and other AGM information.](#)



Build Our Adult Learning and Growth Program

The Adult Learning and Growth team is hosting a meeting on Monday, May 13th at 7:00pm, to begin planning the fall session. If you have ideas for programs and events that you would like to see offered, or if you would like to join the Adult Learning and Growth team, please join us. The meeting will be held on zoom; email adultlearning@firstunitarianottawa.ca for the zoom link.



Spire Submissions Due!

Time is running out! Your submissions for the June Parkway Spire are due next week. Please send your articles (max 450 words) and photos spire@firstunitarianottawa.ca by **Wednesday, May 15.**



Justice and Equality Info Table on Healthcare

Please visit the info table in Fellowship Hall this Sunday to learn more about how private clinics over-charge OHIP while also charging individual patients. **Find out what we can do about it!**



Spirituality and Philosophy Reading Group

The Spirituality and Philosophy group will be reading and studying a new book together! Starting Saturday, May 18 we'll be studying *Lighting the Seventh Fire: The Spiritual Ways, Healing and Science of the Native American* by F David Peat. Want to join us? [Contact Paula Theetge](#) at 613-260-1709 for further information.



Interested in working with refugees?

Our Syrian family (mom, dad, 6 children, and their grandmother) is expected to arrive in Ottawa on the next 2 to 3 months. We need someone to help with overall coordination of settlement efforts, from arranging medical and dental appointments to enrolling the kids in school, to driving. **Find out more** at a short meeting being held following the service **on Sunday, May 12 at 12:00pm, in the Lounge.** If you can't make it, contact Eva at evaberringer@hotmail.com to volunteer or to find out more.



Sponsor FirstU's MHI Tulipathon Team

Our congregation has a long history of supporting MultifaitH Housing Initiative and, this year, we're participating in the Tulipathon - their annual fundraiser that raises money for tenant subsidies for folks living in MHI-owned housing communities. [Join the team with Maury and Kathy or make a donation HERE.](#)



House Plants and Plant Pots

The Ajashki program is going to learn about plant propagation of tropical house plants! We are looking for donations of clean plant pots of all sizes (with drainage holes or not) as well as house plants or cuttings that can be easily rooted. Please drop off in the Grow Tower Room on the table by May 12th. Lisa Sharp is the contact person for this project.



A Caring Visitors Team for FirstU Congregants

We are happy to announce that we now have a small team of trained, Caring Visitors to support congregants who are experiencing challenges, transitions and times of questioning in their life journeys. For more information, please visit [the pastoral care section of our Ministry Team page.](#)



Possible Support Group for Parents of Adult Trans Children

Do you have a child, university-age or older, who recently came out as trans? Would you like to talk to other parents of gender-diverse adults? [Contact Lisa](#) if this is something you'd find helpful.



Fair Trade Treats Available This Sunday

The Justice and Equality Action Group will have fair trade coffee and chocolate available for sale after the service, this Sunday, May 12.



Lackluster Global Plastics Treaty

The Global Plastics Treaty produced a disappointing result for many environmentalists. See this week's Enviro-Bit on [the climate action page.](#) Have you tried out our tongue twisting "new wide-ringed, basic black bike rack" at the south side of the church?

Upcoming Events

Unitarian GoGos 2024 Plant Sale

May 10-12 (full weekend event)

Join the Unitarian GoGos for their annual pay-what-you-wish plant sale in support of the Stephen Lewis Foundation. Peruse a variety of perennials plus home-baking, preserves, honey, and jewelry while helping to raise money for people affected by HIV/AIDS in north Africa. [Click HERE for all the details.](#)



yUuth Group

Friday, May 10 - 6:30pm

Youth ages 11 to 17 are invited to join us, on the third Friday of every month, for yUuth Group. For information contact our Director of Religious Exploration at dre@firstunitarianottawa.ca.



Women's Recycled Jeans Sale

Saturday May 11 - 9:00am-1:00pm - in the NOW Room

Come find a bargain, try it on for size and leave happy! Plus: shop for plants and baking in the Go-Go Grannies' sale.



Refugee Volunteers' Information Meeting

Sunday, May 12 - 12:00pm in the Lounge

Interested in volunteering to help get our Syrian family settled when they arrive in a couple of months? Find out what they'll need and ask any questions you have, this Sunday after the service.



Spirituali-Tea Time

Sunday, May 12 - 1:30pm in Room 6

Join us for our latest Spirituali-Tea gathering! We meet once a month to nurture and share our personal spiritual journeys in a mutually-supportive, non-judgmental space. The theme this week is "Questions". Questions have purposes, doubts lead to resolution. Go ahead and ask us anything (Us being the group of people gathered here for Sunday afternoon teatime).



Trivia Quiz Night

Monday, May 13 - 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 friends! For more information, [email Andrew](#).

[ZOOM LINK](#) Meeting ID: 868 6409 2724 Passcode: 038258



Taoist Tai Chi

Tuesday, May 14 - 1:00pm in Fellowship Hall

Led by Friends of Taoist Tai Chi, Ottawa

Tai Chi is a series of gentle movements that improves circulation, strengthens the bones, and develops good balance. Many have found their health greatly improved by regular practice. We welcome anyone to participate, beginners included. Each two-hour session will be led by experienced instructors from "Friends of Tai Chi" and will include a break for tea. **No advance registration needed just drop in.** By donation. Email adultlearning@firstunitarianottawa.ca with any questions.



Online Meditation Group

Wednesday, May 15 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh. [Let Colleen know](#) if you would like to receive a friendly email reminder on Tuesday.

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

Meeting ID: 880 7343 6250 Passcode: 259109



FirstU Virtual Discussion Circle

Thursday, May 16 - 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 "**Disappointment**".

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



FirstU In-Person Bridge

Sunday, May 19 - 2:00pm in Room 3

Join us in Room 3, on the third Sunday of every month, from 2:00pm to 4:00pm, for a fun game of bridge. [RSVP by emailing bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca) so we can set up before you arrive. We're looking forward to seeing you!



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

Save the Date

Mah Jongg

Monday, May 20 - 10:00am - Room 3

We will play American Mah Jongg with 3-4 people per table on the third Monday of every month. We are currently using the 2023 game card. Please bring your card. If you can bring a game, please [let Barb know when you RSVP](#). A follow-up email will be sent to players who RSVP to confirm their spot. It is important that you know how to play the game.



Friday Reading For Growth

Friday, May 31 - 1:30pm on Zoom

You are welcome to join the discussion of *All The Frequent Troubles of Our Days: The True Story of the American Woman at the Heart of the German Resistance to Hitler*, by Rebecca Donner. Newly married into a prominent German family, the heroine of this real story is witness to, and is ultimately executed for her role in fighting against, fascism. Copies available at public libraries. To get the zoom link, [contact Clea Derwent](#).



Evening Reading for Growth

Thursday, June 13 - 7:00pm on Zoom

For June, we'll be reading *Trust the Plan: The Rise of QAnon and the Conspiracy that Unhinged America* by Will Sommer (2023). We hope you'll join us for our lively discussion of this book.

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



Unitarian Universalist nUUs



Unitarians Seeking Rooms (Ottawa Peace Caravan)

I am a member of the Vancouver Unitarians and I will be travelling with the On to Ottawa Peace Caravan, arriving in Ottawa on May 27th. The Caravan is organized by the Women's International League for Peace and Freedom and the Canadian Voice of Women for Peace. [The attached letter details our broad purpose](#). We will be a party of six, one couple and four singles - singles will very gratefully and happily share a room with twin beds - all in need of places to stay. We recognize this is a very big ask. **Our travels and scheduled events will have us needing billets in Ottawa for May 27-30**. Please contact me - Debra - at debrasutherland8@gmail.com or 778-322-5921, if you can offer a room or two. Many thanks for any assistance you are able to provide.



International Convocation of UU Women's

Fourth International Convocation

September 5-8, 2024 – Cluj-Napoca/Kolozsvár, Romania

The International Convocation of Unitarian Universalist Women would like to invite your members to attend our 4th International Convocation in the historic UU region of Transylvania! The theme is "Weaving a Tapestry of Peace and New Perspectives". [Click HERE for all the details!](#)



CUC Congregational Conversations Series

FirstU's UU Connections Team encourages everyone to participate in one or more of the upcoming conversations hosted by the Canadian Unitarian Council:

- Ministry Options - Types, Availability, & Creative Alternatives: Friday May 10
- Financial Planning & Income Streams: Monday May 27
- Worship Programming & Leadership Development: Saturday June 1
- Children & Youth - Presence & Programming: Saturday June 1

The sessions are online by Zoom at 1:00-2:30pm Eastern except for the May 10 session, which starts at 7:00pm. [Click HERE for details and registration](#).

News from Our Friends

Capital Region Interfaith Council presents:

Joy of Faith: A Musical Gathering

Sunday June 13 - 3:00pm - At Haven Community Room (435 Via Verona Ave, Barhaven) and Online

Joy of Faith is an annual Interfaith Musical Celebration. We are pleased to feature the soulful performances of 10 faith groups, videos that reflect the need for social distancing with family performers, a reflection on art, the Summer Solstice Powwow as it has been celebrated and Ramadan this 2024. [To access this event online through ZOOM, click HERE.](#)



Maple Syrup Fundraiser

As a fundraiser, Children's International Summer Village (CISV) Canada is offering 540ml tins of pure Quebec, Amber Maple Syrup for \$10.00 each. To order your 540ml tin of Quebec Maple Syrup and organize for pickup/delivery contact congregation member Judy Dunlop at judy_dunlop@sympatico.ca.



CISV Canada, founded over 60 years ago, is a non-profit organization for international children's and youth gatherings. CISV believes that we can help change the world by providing life-changing experiences and building friendships that last a lifetime.

News on Dr Hassan Diab and a Parliamentary Petition

On 21 April 2023, the Special Court of Assize in Paris unjustly declared Canadian citizen Dr. Hassan Diab guilty, based on unfounded allegations and flawed intelligence. This, while his case was thrown out by the two assigned French judges who worked on his case for three years! He was sentenced in absentia to life in prison for the 1980 bombing outside a Paris synagogue. Our Congregation has been very supportive of Hassan. [Please sign the parliamentary petition](#) calling upon the Government of Canada to formally declare that Canada will neither accept nor agree to any second request from the French Government for the extradition of Dr. Hassan Diab in connection with the 1980 Paris attack.



Chez FirstU



Evenchick and Hucul

Sunday, June 2 - 3:30pm - \$25

Local singer/songwriters Evenchick and Hucul will be releasing their juicy new album at the First Unitarian Congregation of Ottawa, Sunday June 2, in an effort to muster community support, raise funds and celebrate 40 years of The Ottawa Foodbank. [Click HERE for tickets.](#)

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