

# Weekly e-UU Newsletter - Friday, May 24, 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 26, 2024**

**[Online](#) AND In Person**

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



## **Being Unitarian: The Gift of Herding Cats**

**With Mary Ella Keblusek**

This Sunday, join Mary Ella Keblusek as she talks about how being Unitarian conveys, or maybe requires, the gift of "herding cats".

***Please note: This weekend is [Ottawa Race Weekend](#)! Concerned about planning your route? [Click HERE to find a list of road closures.](#)***

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

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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 [boardannouncements@firstunitarianottawa.ca](mailto: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 explore our world of water, including water play and water painting! Weather permitting, the water play will take place outside, so **please dress for outdoor play**.

This week in the Chalice Room, our 7-12 year-olds, with the help of jetpig and a friendly witch and her flying broom, will explore the value of pluralism. As always the children will be able to further their exploration with lego and creative activities!

**A friendly reminder for parents:** Please check in before service at the RE table, located to the right of the main doors as you come in so we can greet you and check your child in for the morning.

## Data Breach at FirstU



Yesterday, May 23, we received an email from a 'board member' asking for a PDF of the FirstU Directory. Unfortunately, this info was provided to the scammer.

### How this Happened

The scammer retrieved the Board of Director's name and the general office email address from the FirstU website.

### What were the tip offs:

1. the sending email was NOT their actual address.
2. The expression in the request was not indicative of this person's writing style.

### Actions We are Taking

- We have removed the names and bios of the Board and placed them on the Member's Page, which is password protected.
- On the Contact Us Page, only FirstU emails for Board members are present, without names. Staff contact info remains, however:
- Staff are in the process of adding the FirstU logo and corporate colour (green) to their signatures. Staff signatures will appear at the bottom of all emails sent.
- We have already been working to remove all personal email addresses from the website and eUU. We do this by using a forwarding FirstU email address, or embedding your address in a link.

### Going Forward

If you have questions or concerns, we will hold a Q & A session in the Lounge immediately after service this Sunday, May 26, or please contact Chuck Shields at [president@firstunitarianottawa.ca](mailto:president@firstunitarianottawa.ca) and/or Jen Brennan, our Operations Manager, at [omr@firstunitarianottawa.ca](mailto:omr@firstunitarianottawa.ca) or by phone at 613-725-1066 ext. 221.

There is a page on the website dedicated to Fraud Prevention, it can be accessed via [our Member's Page](#), or downloaded [here](#). We encourage you to visit or download and read this information.

## Caring Contacts for May

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

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

## Caring Contacts for June

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

[Jan Glyde](#) - 613-680-0495

*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.*

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## 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:**

### Zhigàgominzh

Zhigàgominzh means "wild garlic" - also known as "lawn chives", "garlic chives", and *Alium Canadense*. Do you have Zhigàgominzh growing in your yard or garden?



## Keep Ajashki Afloat

FirstU's Ajashki youth employment program relies on grant funding to keep afloat. If you have experience in writing grant proposals or program evaluations - or even a talent for writing persuasively - we would welcome you in our Circle of Support. To find out more about this opportunity, email [ajashki@firstunitarianottawa.ca](mailto:ajashki@firstunitarianottawa.ca).

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



### Springtime Reminder

Ants and other Insects have been awake for a while – and **are appearing inside the church**, especially in kitchen areas. Please make sure all food is kept sealed and in closed cupboards to avoid infestations. Thank you!



### 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.](#)



### 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.](#)



### The Religious Exploration Story Garden is BACK!

Jodi and Susan invite kids of all ages to take a walk through the Meditation Gardens to enjoy the return of our story garden! Follow the images through the flowers and dappled shade to learn about our UU values!

## Upcoming Events

### FirstU In-Person Bridge - Sunday, May 26 - 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](#) so we can set up before you arrive. We're looking forward to seeing you!



### Mah Jongg - Monday, May 27 - 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.



### Taoist Tai Chi - Tuesday, May 28 - 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](mailto:adultlearning@firstunitarianottawa.ca) with any questions.



### Online Meditation Group - Wednesday, May 29 - 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 30 - 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 **The Decline of Civility**".

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



### 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](#).



### Spirituality and Philosophy Reading Group - Saturday, June 1 - 10:30am on Zoom

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.



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

## Save the Date

### 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



### Trivia Quiz Night - Monday, June 17 - 7:00pm on Zoom

Join us for our last Trivia Quiz before we break for the Summer! 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



### Trans Inclusive Women's Pagan Circle Celebrates Summer Solstice - Thursday, June 20 - 7:00pm in Fellowship Hall

Trans women, cis women, and nonbinary folks (if this is a fit for you) are invited to celebrate and honour the abundance of Midsummer! Please bring first fruits (rhubarb, strawberries, serviceberries, etc) from your garden, neighbourhood, or favourite grocery store for blessing and to share after the ritual. We welcome cash donations to cover supplies and to give to FirstU for hosting us.



## Unitarian Universalist nUUs



### Canadian UU Women's Association

#### Annual Tea and General Meeting

Sunday, June 2 - 4:30pm - Online

The CUUWA invites all interested persons to [their yearly meeting](#) on Zoom. Dr Denise Cloutier will be speaking on 'Income Precarity for Older Women', sharing insights from her recent research with older women who have experienced housing insecurity, discussing the pathways that have led women to be precariously housed and recommendations for system improvements. [Click HERE to join the meeting.](#)



### 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](mailto: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:

- 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. [Click HERE for details and registration.](#)

## News from Our Friends

**MHI Tulipathon**

**Sunday, May 26 - 2:00pm**

**Commissioners Park (Dow's Lake)**

See you on Sunday May 26 for our at Commissioners Park (Dow's Lake) for our Tulipathon Celebration Walk! Registration starts at 2:00pm and the opening ceremonies are set to start at 2:30pm. The Walk itself starts at 3:00pm. [Click HERE for what you'll need to bring!](#)



**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.](#)



## 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>