

Weekly e-UU Newsletter - Friday, May 31, 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, June 2, 2024

[Online](#) AND In Person

Starts at 10:30am



New Members' Sunday: Depth

With Reverend Eric Meter

As we welcome our newest members, let's take a good long look at the core of what calls us forward, both as individuals, and as a community of faith.

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 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 the children will explore our world of water, including water play and water painting. If the weather cooperates the water play will take place outside, so **please dress your child for outdoor play**. (No, it's not groundhog day. This is a repeat from last week: Due to staff illness the children joined into one group and did another activity last Sunday).

This week in the Chalice Room, with the help of Jetpig, and a little worm called Carl, the children will explore the value of Interdependence. We have a special sensory activity planned and, as always, a Lego challenge awaits your creativity.

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.

Caring Contacts for June

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

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

Caring Cards for May: Susan B, Kassia S and her family, Colleen G, and Jan A.

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.




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:**



Namegos

Nagamos means "lake trout". Can you see how Namegos is related to namegobagonii'n (trout lily)?



Ride Coordinator Needed

Are you Interested in helping people get rides to church or to appointments? Our Caring Network needs a person to create and manage a list of congregants who are available to provide rides. The list is to be used by our Caring Contacts when requests come to them. Contact [maryan.ohagan\[at\]rogers.com](mailto:maryan.ohagan@rogers.com) or [davidhudson2446\[at\]gmail.com](mailto:davidhudson2446@gmail.com) if you're able to coordinate rides!

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



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!



Food Sharing at FirstU

We are expanding our Food Sharing program to the entire FirstU congregation!

Having difficulty making ends meet? Sign up for our Food Sharing program, available on Sundays after church, starting June 30: [Contact Lisa S](#) with your name, phone number, and email address, so we can let you know when we have donations.

Have food to share? Drop donations off in the Grow Tower Room (meat and frozen meals go in the deep freezer; fruit and veggies into the fridge; non-perishables on the table with the sign).



Pride Planning!

Join the Embracing Diversity Committee (EDC), on Monday, June 10 at 7:00pm, for our online Pride Planning meeting, where we'll plan FirstU's involvement in this summer's Ottawa Capital Pride week (parade and/or Community Fair) as well as our own annual Pride Service. All are welcome to attend.

[Email diversity@firstunitarianottawa.ca](mailto:diversity@firstunitarianottawa.ca) for the zoom link.



Tulipathon Follow-Up

Seven people from FirstU participated in the Tulipathon walk at Dow's Lake on May 26th to raise funds for the Multifaith Housing Initiative. Our team is getting close to its \$2,500 goal. It's not too late to donate! You can [click HERE to donate online](#) until the end of June. Or you can give Maury Prevost donations by cash or cheque after the service on June 2 or June 9. Thanks to everyone who has participated and donated.



Recycle Your Obsolete Electronics

The Environmental Action Group encourages you to take the opportunity to recycle your electronic waste! [Check out the Climate Action Page](#) for dates and times.



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

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.



Taoist Tai Chi - Tuesday, June 4 - 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, June 5 - 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, June 6 - 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 "Do You Own Things or Do Things Own You?"

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



Pride Planning Meeting

Monday, June 10 - 7:00pm on Zoom

Join the Embracing Diversity Committee (EDC) for our online Pride Planning meeting, where we'll plan FirstU's involvement in this summer's Ottawa Capital Pride week (parade and/or Community Fair) as well as our own annual Pride Service. All are welcome to attend. [Email diversity@firstunitarianottawa.ca](mailto:diversity@firstunitarianottawa.ca) for the zoom link.



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

Save the Date

FirstU In-Person Bridge - Sunday, June 16 - 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, June 17 - 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.



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

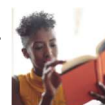
Trans women, cis women, and nonbinary folks (if this is a fit for you) are invited to celebrate and honour the abundance of Midsummer! Please bring first fruits (rhubarb, strawberries, serviceberries, etc) from your garden, neighbourhood, or favourite grocery store for blessing and to share after the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



Evening Reading for Growth - Thursday, June 27 - 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



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](#).



Canadian Unitarians for Social Justice present:

Christspiracy Film Showing and Q&A

Saturday, June 15 - 5:00pm - Online

CUSJ is sponsoring a showing of *Christspiracy*, a film that asks "Is there a spiritual way to kill an animal?" There will be a Q&A with the film producers after the showing. [Click HERE](#) for further details and to get your tickets.



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:

- 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

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>