

Weekly e-UU Newsletter – Friday, June 7, 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 9, 2024

[Online](#) AND In Person

Starts at 10:30am



New Members' Sunday: Depth

With Reverend Eric Meter

This Sunday we celebrate the Unitarian House of Ottawa's first forty years with its director Melanie Lefebvre-Walker joining Reverend Eric in conversation.

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

Our last regular class will be this Sunday!

To celebrate a wonderful year, the Rainbow Room and Chalice Room children will join forces for a fun-filled morning. We'll share a snack and work on a collaborative art project that will be displayed during our multigenerational service on June 16th.

Our Outdoor Summer Program kicks off on Sunday, June 23. This program is open to children ages 2-12 and will be a fantastic way to spend our summer Sundays. We'll explore our church yard and the nearby NCC land with lots of free play, art projects, and activities focused on nature.

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.



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:



Pindijikomàn

Pindijikomàn means "string bean" or "snap bean". Have you planted a pindijikomàn seed or three in your garden this year? Are they sprouting yet?



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 [MargaretELinton\[at\]gmail.com](mailto:MargaretELinton@gmail.com) 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



Food Sharing - Generosity Challenge

How can we help others? Try the 20 week generosity challenge and make a commitment to donate one item per week. If you check off all of these items, your name will go into a draw for a prize for free Harmony Concert tickets. [Click HERE to download the list](#) of needed items, or check it out at the Welcome Table this Sunday.



Summer Pick-Up Choir

Summer Choir will be running on July 7, 14, 21, and 28 at 9:45am. This is a "drop-in" choir and everyone is welcome - every Sunday in July, show up at 9:45 a.m. and learn an anthem to be sung in the service at 10:30am. No singing experience necessary!



FirstU Bridge on Hiatus!

FirstU virtual and in-person bridge groups are both taking a break for the summer!

Mark your calendars:

* **Virtual Bridge** will restart Friday September 6, 7:00pm.

* **In-Person Bridge** will restart Sunday September 15, 2:00pm.

Have a great summer!



Tulipathon Follow-Up

Our team is even closer to meeting its goal but, overall, **the Tulipathon is only at 2/3 of its \$100,000 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 9 or June 16. Thanks to everyone who has participated and donated. [Click HERE for photos of the Tulipathon Walk and to to donate directly.](#)



June Is Here!

On the Climate Action Page this week you'll find this month's new "Good News Items" to provide some summer hope AND a new Enviro-Advocacy: Ontario is looking to expand the number of gas plants in our province ostensibly to meet peak power needs despite other less expensive and cleaner options. Write a letter to Shelley Spence, Auditor General of Ontario, asking her to conduct a value for money audit of this \$2.2 billion contract.

Upcoming Events

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.



Taoist Tai Chi - Tuesday, June 11 - 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 12 - 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 13 - 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 **"This Too Shall Pass"**.

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



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

Save the Date

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.

Justice and Equality Action Group Presents:

Film Screening: *Israelism*

Tuesday, June 25 - 6:30pm in Fellowship Hall - FREE

Israelism documents how Jewish attitudes towards Israel are changing dramatically with massive consequences for the region and for Judaism itself. The 2023 film follows the changing perspectives of Simone Zimmerman, co-founder of If Not Now and Eitan, a former IDF soldier, exemplifying sweeping grassroots changes among young Jews in response to Israel's brutal treatment of Palestinian people. The screening will be followed by a panel discussion led by Professor Mira Sucharov.



Unitarian GoGos Present:

Moon Magic: A Tribute in Stories and Songs

Wednesday, June 26 – 6:15pm - \$35

Join us for a grand evening of music, storytelling, home-made treats, and door prizes in support of the Stephen Lewis Foundation's Grandmothers Campaign, that may even eclipse the magical moment we celebrated this Spring when Mother Moon blocked the face of the Sun. Featuring performers Gail Anglin, Susan Sweeney Hermon, Jack Pyl, Anne Hurley and Peggy Edwards. Reception at 6:15, show starts at 7:00pm. [Click HERE for tickets](#) or call Laura V at: 613-729-0077.



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 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.

News from Our Friends

Unitarian House 40th Anniversary Event

Thursday, June 20 at Chateau Cartier

On Thursday June 20, Unitarian House is sponsoring a terrific golf tournament / spa experience / dinner fundraising event to celebrate its 40th anniversary. The event will be held at the Chateau Cartier Resort in Gatineau. Choose between golf or a day at the Koena Thermal Experience spa. Gourmet dinner included in both packages, or available standalone. [Click HERE for more information and to register](#), or contact 613-722-6690 / retire@unitarianhouse.ca.



Urban Indigenous Ottawa/Gatineau on Facebook

Join [the Urban Indigenous Ottawa/Gatineau group](#) for a list of everything indigenous that is happening in Ottawa and area – from powwows to craft shows, there are many Indigenous events to attend.



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.](#)



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