

# Weekly e-UU Newsletter – Friday, June 21, 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 23, 2024**

**Online AND In Person**

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



## **When the River Speaks: Indigenous People's Weekend**

**With Sylvia Smith, Lindsey Barr, and Reverend Eric Meter**

This Sunday, in honour of National Indigenous Peoples Day, we will be joined by Sylvia Smith and Lindsey Barr to be with us. Beyond reconciliation with indigenous people's, settlers are also asked to reconcile with the land on which we now live. In this light, our guests this morning have a novel idea for us all. Ms Smith is the Director of Justice for Indigenous Women founder of Project of Heart and was an Honorary Witness to Canada's Truth and Reconciliation Commission. Ms Barr is the founder of World Changing Kids and author of *Plant a Garden of Kindness*.

*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](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**

**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". Let's learn some more words in Algonquin language. **This week's Algonquin Word of the Week is:**



### Niibin

Niibin means "Summer". Summer Solstice was yesterday, June 20. Niibin has begun!



## Ushers and Greeters Wanted

Do you like running into old friends, and making new ones? We're looking for a few more people to act as Sunday morning greeters and ushers. You would need to be available one Sunday, every several weeks, depending on numbers. The only skill needed is a welcoming smile. Childcare is available before the service if you need it.

Email Barb, at [ryanbarb99@gmail.com](mailto:ryanbarb99@gmail.com), if you'd like to be involved.

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



### Genealogy Fundraiser for FirstU

Hobby-genealogist Barry Read will research your roots by using available on-line genealogy sites to go back as far as records allow and prepare for you a comprehensive and detailed report telling your own story. Once you have received and reviewed your personalized binder, please make a suitable but non tax-receiptable payment to FirstU.

[Email Barry - baread@rogers.com](mailto:baread@rogers.com) - for details. **NOTE: If you've already emailed Barry, please resend your email as there have been some technical difficulties.**



### Your Priorities for Learning and Growth

The Adult Learning and Growth Team is starting to plan its fall and winter sessions and would like to hear from you. [Please click HERE to complete a short survey](#) regarding your priorities for your personal learning and growth at FirstU. For our programs to proceed, we will need volunteers, from facilitators to someone who can keep track of registrations. [Please contact Eva B](#) if you'd like to be part of this important work.



### FirstU Wants YOU for the Landco Management Board

The FirstU Board is looking for congregation members interested in serving on the board of the new organization - Landco - being created with Theia Partners to manage the 16-story building that is part of the campus redevelopment project. Visit [the Members' Page](#), or the welcome table at the back of Worship Hall on Sunday, for details.



### Summer Services

Every summer, FirstU opens its pulpit to a series of congregants and external guest speakers. This year, we have a wonderful array of speakers for our summer services. [Click here for details.](#)



### Caring Visitors

FirstU's small team of trained Caring Visitors is available to support congregants who are experiencing challenges, transitions, and times of questioning in their lives. They visit in-person, by phone, and on Zoom, to listen, care and, if requested, assist you to clarify your feelings and thoughts. They can also make referrals to the Caring Network or our Minister. Caring Visitors do not provide counselling, driving, or appointment accompaniment. To request a Caring Visit, contact [caringvisitors@firstunitarianottawa.ca](mailto:caringvisitors@firstunitarianottawa.ca) or call the FirstU office at 613-725-1066.



### 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 10:30 a.m.. 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!



### Support our June 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. The latest proposal for gas expansion is in Napanee. Write a letter to Ontario's Auditor General asking her to conduct a value for money audit of this \$2.2 billion contract. Click over to [the Climate Action Page](#) for more information and to read June's Good News items.

## Upcoming Events

### Ajashki Pride Craft Sale

**Sunday, June 23 - 11:30am**

Members of the Ajashki Learning Centre will be selling knitted flags and coasters for Pride, this Sunday, June 23, after the service. Purchase your Pride goodies and support the Ajashki Learning Centre at the same time.



### Taoist Tai Chi

**Tuesday, June 25 - 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. Master Moy first developed Taoist Tai Chi to improve his own health, and later dedicated his life to enabling others to do the same. 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.** There is no fixed fee for these classes, a free-will donation basket will be available.



### 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.



## Online Meditation Group

**Wednesday, June 26 - 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



## 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.



## FirstU Virtual Discussion Circle

**Thursday, June 27 - 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 "Hate".

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



## 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 a lively, online discussion of this book.

*As a heads-up: In September we will discuss Freezing Order: A True Story of Money Laundering, Murder, and Surviving Vladimir Putin's Wrath, by Bill Browder (2022). Please join us!*

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



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

## Save the Date

### Ajashki Pride Craft Sale

**Sunday, June 30 - 11:30am**

Members of the Ajashki Learning Centre will be selling knitted flags and coasters for Pride, this Sunday, June 30, after the service. Purchase your Pride goodies and support the Ajashki Learning Centre at the same time.



### Drop-In Art Morning

**Wednesday, July 3 - 9:00am - Room 3**

Adults! Join us for three hours of creating and conversation! Drop in with your art supplies and pursuits. **Please no oil paints.** There is no storage so projects must go back home with you. No charge, freewill offering basket will be available.



### Mah Jongg

**Monday, July 15 - 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.



## Chez FirstU

**Tone Cluster (Quite a Queer Choir) presents: Water Is Life**

**Saturday, June 22 - 7:30pm in Fellowship Hall - \$25**

Join us on June 22nd as we celebrate 30 years of Tone Cluster while exploring transformation and interconnectedness through the theme of water. We believe that water is nourishing, wild, sacred... and queer! This concert will feature the world premiere of "Dream of Me as Water", composed by Stuart Beatch, with text by David Ly (both queer Canadian artists), as well as speakers from Ottawa Riverkeeper. Don't forget to stay for the celebratory reception after the show! [Click HERE for details and tickets.](#)





### **Music for Africa Benefit Concert**

**Sunday, June 23 - 3:00pm in Fellowship Hall - By Donation**

Join clarinetist Michael Maxwell along with friends the Despax String Quartet, tuba soloist Chris Lee, concert pianist John Kofi Depaah, and jazz singer Myrtle Thomas, for an afternoon of amazing heartfelt classical and soulful gospel music supporting a project that helps bring music education to Africa. Let's make a difference together! [Click HERE for details and tickets.](#)

## **News from Our Friends**



### **Abbotsford Garden Tour Fundraiser**

**Saturday, June 22 - Noon to 4:00pm**

**Abbotsford Seniors' Centre (950 Bank St) - \$25**

The eight gardens on the tour represent the efforts of member gardeners, located in the Glebe, at Landsdowne and in Old Ottawa South and Old Ottawa East. Tour participants will have the opportunity to ask questions, learn and get inspiration from experienced gardeners with a variety of styles who can give practical advice on what grows well in this zone and urban setting. Tickets must be purchased in person, or by phone, in advance.

[Details available HERE.](#)



### **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!

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