

Weekly e-UU Newsletter – Friday, June 28, 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 30, 2024

[Online](#) AND In Person

Starts at 10:30am



OWL Sunday: How Sexuality and Relationships Can Be Part of a Spiritual Practice

With Lisa Sharp and Guy Belleperche

Whether you are 25, 55, or 75, for various reasons, you may come to a time in your life when you want to meet a new significant other. In this interactive Sunday service, Guy and Lisa will introduce participants to the Adult OWL program, including how our values and common interests can help us build new relationships. **The service will take place in Fellowship Hall**, and will include music by the FirstU House Band, the creation of a group covenant, and opportunities for fellowship with each other.

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 Outdoor Summer Program is in full swing! Open to children ages 2-12, the program a fantastic way to spend our summer Sundays. We'll **meet in the Rainbow Room at 10:30am**, then 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

Caring Contacts for July

[Janet Clayton](#) - 613-733-9566

Nonna Mackenzie - 613-596-1054 (phone only)

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:**

Gozigwàkomin

Gozigwàkomin means "serviceberry" (heavy berry). The gozigwàkominag outside Unitarian House are ripe for picking *right now!* (Note: Gozigwàkomin is animate, singular. Gozigwàkominag is animate, plural).



Help with One of FirstU's Most Valuable Resources: Our Staff!

Join the Personnel Committee to help the board monitor, review and propose policies related to the congregation's human resources. Meets two to three times a year. Please [email Chuck](#) to learn more!

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

Team, Group, and Committee Budgets

Its budget time again, if you run a team, group or committee please [expect an email form the office](#) with a budget request form attached. If you haven't received one by Friday, July 5, you can call the office, contact oas@firstunitarianottawa.ca, or pick one up in the church office. **They are due back to Michelle on Thursday, August 1, 2024.** Questions? Contact email fm@firstunitarianottawa.ca

Check Out the FirstU Food Cupboard!

Open every Sunday after church, we have non perishable food on our shelves, as well as frozen home-cooked meals are available in the deep freeze for people who need them. No registration necessary. Sign up to be added to the "fresh produce" email list.

Seeking Legal Personhood for Tenagadino Zibi (Gatineau River)

On June 23, Lindsey Barr, founder of [World Changing Kids](#), spoke about seeking the legal personhood of Tenagadino Zibi. [Visit the Climate Action page](#) for ways to support this initiative!

Finding Your Roots

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, make a suitable but non tax-receiptable payment to FirstU. [Email baread@rogers.com](mailto:baread@rogers.com) - for details.

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.

Correction

Our June 8 Plate Collection, presented to UH's Retirement Living Resident Assistance Fund, was \$1200 not \$2000.

Upcoming Events

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.



Taoist Tai Chi - Tuesday, July 2 - 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". **No advance registration needed just drop in.**



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.



Online Meditation Group - Wednesday, July 3 - 7:00pm on Zoom

Join us on Wednesday evenings for online meditation plus readings from teachers like Thich Nhat Hanh.



FirstU Virtual Discussion Circle - Thursday, July 4 - 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 "**Patriotism**".



Summer Pick-Up Choir - Sunday, July 7 - 9:45am

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 9:45am and learn an anthem to be sung in the service at 10:30am. No singing experience necessary!



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

Save the Date

Mah Jongg - Monday, July 22 - 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.](#)



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