

Weekly e-UU Newsletter – Friday, July 5, 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, July 7, 2024
[Online](#) AND In Person
Starts at 10:30am



The Little Things that Make a Difference

With Kayoki Whiteduck

The decisions we make in everyday life change the world for better or worse. From the food we eat to the things we buy to what we do in our homes, all contribute to our health and the health of our environment. This Sunday, guest speaker Kayoki Whiteduck invites us to consider the impact our everyday choices make.

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

For a list of Summer Service topics, visit: <https://www.firstunitarianottawa.ca/summer-services.html>
Starting this Sunday, July 7, you can join FirstU's summer pick-up choir. Just arrive at 9:45am to learn the anthem!

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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, 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 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:**

Ashigan

Ashigan means "bass", particularly "large mouth bass". The Ashiganag have finished spawning and the adults are hungry and hunting again, now that they're not guarding their eggs anymore.



Help the Meditation Garden Grow

The Friends of the Meditation Garden always need 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. [Email Margaret](mailto:margaret@firstunitarianottawa.ca) or visit our [Volunteer With Us](#) page for details.

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

It's budget time again, if you run a team, group or committee please expect an email from the office with a budget request form attached. If you haven't received one by Friday, July 5, you can call the office, contact cas@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. No registration necessary. Sign up to be added to the "fresh produce" email list. **Want to donate?** Visit the Welcome Table on Sunday to find a list of needed items.



Seeking Legal Personhood for Tenàgàdino Zibi (Gatineau River)

On June 23, Lindsey Barr, founder of [World Changing Kids](#), spoke about seeking the legal personhood of Tenàgàdino Zibi. [Visit the Climate Action page](#) for ways to support this initiative and to read our Good News items for July!



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 welcome table on Sunday for details.

Upcoming Events

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

Summer Choir will be running on every Sunday in July at 9:45am. This is a "drop-in" choir and everyone is welcome. Just show up at 9:45am on Sunday morning, and learn an anthem to be sung in the service that day. No singing experience necessary!



Drop-In Taoist Tai Chi - Tuesday, July 9 - 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. We welcome anyone to participate, beginners included. Each session is led by experienced instructors.



Drop-In Art Morning - Wednesday, July 10 - 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, free will offering basket will be available.



Online Meditation Group - Wednesday, July 10 - 7:00pm on Zoom

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



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.](#)



News from Our Friends

Ottawa Public Library Presents: Nurturing Mental Wellness and Resiliency

Wednesdays in July – Online - FREE

Presented for Seniors' Month, participants will increase their knowledge related to mental wellness and resiliency as they age. Useful tools and ideas will be shared to help create tangible and concrete plans to support mental wellness. Registration required: <https://bibliottawalibrary.ca/en/seniors-month-nurturing-mental-wellness-and-resiliency-virtual-1>



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