

Weekly e-UU Newsletter

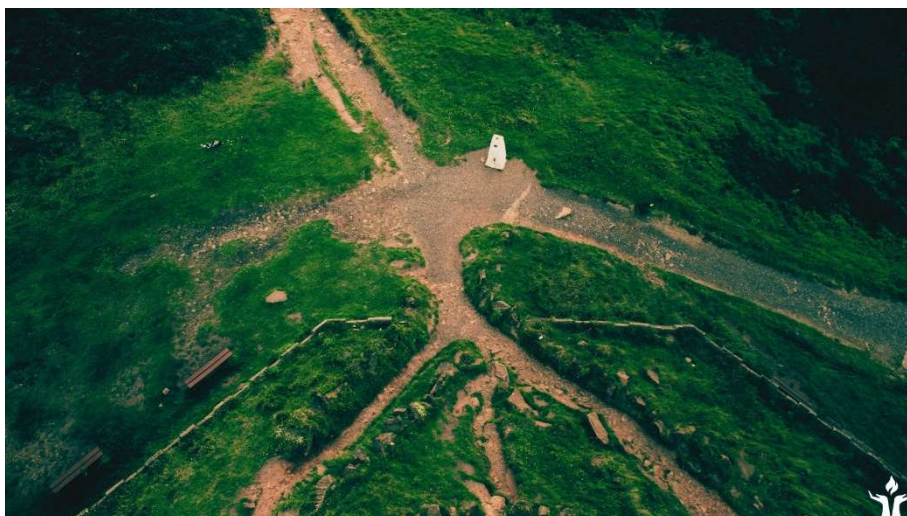
Friday, June 26, 2026

We acknowledge that our campus is located on traditional, unsurrendered and unceded Algonquin Anishinaabeg Territory; and that the work of reconciliation is a responsibility of our congregation, and of all Canadians.

Sunday, June 28, 2026

[Online](#) and In Person

Starts at 10:30am



The Adjacent Possible

With Lee Rose

As we launch into our Summer Service series, Lee Rose will share a reflection on the Adjacent Possible, exploring how life unfolds not through giant leaps, but rather through a series of incremental steps – with each experience, relationship, and act of wonder expanding the horizon of what can come next.

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.

New: Information about Your Sunday Offering

The offerings collected each Sunday help us to live into our values within this congregation and in supporting many good works beyond our walls by highlighting a community partner organization each month to share with. **During the entire month of June, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, Serenity Renewal for Families.**

Founded in 1983, to serve individuals and families in recovery from alcoholism and addictive behaviours, [Serenity Renewal for Families](#) provides hope and support in a safe environment through short-term counselling, educational workshops and programs for individuals and families affected directly or indirectly by addictions, according to their guiding philosophy: No one is turned away for financial reasons. Today, more than ever, our support as a community partner is needed to ensure Serenity Renewal will thrive in their crucial mission and commitment to the health and well-being of Ottawa.



Children's Religious Exploration

This Sunday is our last day of RE before summer programming begins!

After Time for All Ages, we'll go downstairs for an outdoor party! Join us for crafts, games, and a snack, and remember to wear sunscreen and a hat!

Notes About Summer Programming

During our Summer Program, we will be spending a lot of time outside! Please remember sunscreen and hats to protect from the sun, and be aware that there will be a risk of ticks. Please perform a tick check when possible.

FirstU Sunday Parking Survey

As the time for breaking ground and beginning to build our on-campus affordable housing approaches, we're making arrangements to ensure Sunday morning parking is available. If you attend Sunday Services, please fill out our Sunday Parking Survey by using the QR code in the image (right).



FirstU's Caring Team

We are all interconnected, interdependent and minister to each other in many ways.

Caring Contacts are monthly volunteers who receive phone calls and emails when you wish to alert us to a need, a grief or a concern, or have a joy to celebrate. They prepare cards to be signed on Sundays, and try to ensure no one is forgotten, connecting people with appropriate help when requested.

Caring Contacts for June

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

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

Caring Contacts for July

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

Margaret DeCorte - [Email](#) - 613-722-1424

Caring Visitors are specially trained and certified FirstU Members, available to provide spiritual care and deep listening for those who seek support during a transition or challenging time. Visits can be by phone/zoom, a walk, coffee shop, in home, hospital, hospice, or wherever is comfortable.

Caring Visitors: caringvisitors@firstunitarianottawa.ca

Featured Volunteer Opportunity

Interested in Working with Refugees?

The Refugee Support Action Group needs you! We'll be submitting an application to sponsor a refugee family soon and they may arrive very quickly - within 6 to 10 weeks or even sooner. We're assembling a team of people to help with settlement activities so we'll be ready when they arrive. Tasks include everything from helping find housing, driving to appointments, helping learn English to the coordination of medical appointments. If interested, please contact refugees@firstunitarianottawa.ca or talk to Brent or Eva.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Save the Date: Fall Fair 2026

Our 2026 Fall Fair will be held on **Saturday, November 14!**

As you tackle summer projects, garage sales, cottage cleanups, and flea markets, please keep Fall Fair in mind!

We need:

- Quality items in good to excellent condition
- Items with real value

For those who love thrifting, keep a judicious eye out on our behalf for undervalued treasures you spot at sales.

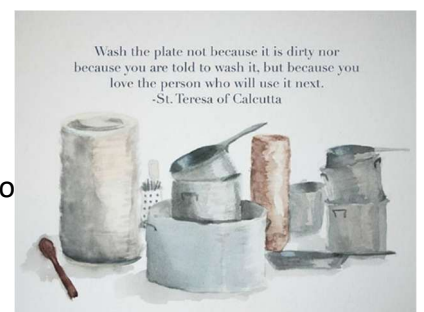
Remember:

- Jewellery (including broken) accepted anytime at the office
- All other donations accepted the week before Fall Fair only

Questions? Email directorff@firstunitarianottawa.ca

Use of Kitchens Notice - A Note from Office Jen

I feel I must advocate on behalf of some of the staff and volunteers here at FirstU. PLEASE clean up after yourselves. It's extremely disappointing to clean and prepare space for everyone to congregate in with no regard or respect for the people who do it. It is not their jobs to do your dishes. To clean out your fridges. To put food away so we can keep ants out of the building. Please help us treat every space in this building as sacred. Thank you so much.



Bravo for your great Tulipathon support!

You raised **\$6,855** to subsidize rents for Multifaith Housing Initiative (MHI) tenants through your support of FirstU's Tulipathon. This was the second highest amount among MHI member congregations. Thank you! / Merci! / Megwitch!

Budget Forms Due July 5

If you are responsible for any activity that produces revenue and/or expense for FirstU, please complete your budget form and send it to OAS@firstunitarianottawa.ca and fm@firstunitarianottawa.ca as soon as possible but **before *NEXT Sunday, July 5***. Request your budget form from the office.

Nina Strang at RAMP!

Our own Nina Strang will be presenting at the June 27 edition of RAMP's monthly skill-building workshops, "Projects, Partnerships & Practical Wisdom", where they'll be sharing about the projects that embody their UU values. The zoom workshop will be at 1:00pm. [Full details and registration here.](#)



Upcoming Events

FirstU Building Tour – Sunday, July 5 – 11:45am – Meet in Worship Hall

Gather at the lectern in Worship Hall at 11:45am, to meet your tour guide and learn the layout of our church building.

For weekly, biweekly, and monthly recurring events, visit our Make Friends page:

<https://www.firstunitarianottawa.ca/make-friends.html#recurring>

Visit our calendar for more upcoming events:

<https://www.firstunitarianottawa.ca/calendar.html>



Recurring Events: Topics and Changes

- **July 8 - Drop-In Games Night** - 6:30pm - Room 3 - Note date change due to the stat holiday on July 1. **Drop-In Games Night will continue through the Summer**, happening twice a month, on the following dates: July 22, August 5 and 19, and will continue, twice a month (first and third Wednesdays), in September.
- **Online Group Meditation** - Wednesday evenings, online at 7:00pm - **On break until Wednesday, August 5.**
- **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. **On break for the summer.** Virtual Discussion Circles will return in September.
- **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month – **On break until September.**
- **Friday Afternoon Reading for Growth** – **On break until September.** Friday Afternoon Reading for Growth, at 1:30pm on the last Friday of the month, will start again after a summer break on September 25 with a new varied list of titles. New members are very welcome. [Contact Clea](#) for full details.

Need to check if a weekly, biweekly, or monthly event has been rescheduled? [Click here](#), or check our [month-at-a-glance calendar](#). Looking for a new social group to join, or need to confirm a zoom link or locate a registration form? [Click here](#) for a full list of our recurring events, plus zoom links for those that occur online.



Unitarian Universalist nUUs

Canadian Unitarian Council (CUC): Reciprocal Annual Mentorship Program (RAMP!)

RAMP! June Skill-Building workshops: Saturday, **June 27**, 1:00pm: [Projects, Partnerships & Practical Wisdom from RAMP!](#)



News from Our Friends

Weekly Community Sing-Along – Saturdays, July 11 and through the Summer – 6:30pm

Café Miracle (141 Beechwood Ave) – Pay What You Can

Ottawa folksinger, Erin Adair, invites you to a community sing-along every Saturday (except June 27 and July 4) at Café Miracle on Beechwood. Sing family tunes, folk songs, and old favourites with other people who love to sing.

Get the eUU in your inbox: <https://www.firstunitarianottawa.ca/connect-with-us.html#nUUs>