

Weekly e-UU Newsletter

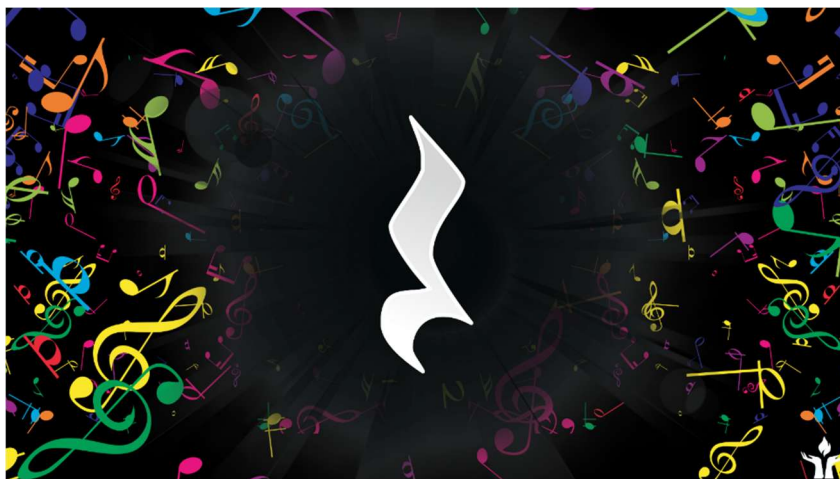
Friday August 1, 2025

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, August 3, 2025

Online and In Person

Starts at 10:30am



On Rest: Essential for Music, Life, and Health

With Guest Speaker Kris Cormier

Kris Cormier (MSW RSW) combines their experience as a Choir Director and psychotherapist to connect the metaphor of musical rest symbols to the importance of rest for life balance, social harmony, and mental health. You will be invited to participate, as a group, in experiential exercises involving music, singing, and mindfulness.

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

Here's what our UU Kids will be doing this SUMMER:

Starting July 6, our UU Kids will be meeting downstairs at 10am, every Sunday, for outdoor free play. Please remember to bring a water bottle and sun screen, and to wear weather-appropriate clothes, including a hat.

Caring Contact for August

[Evelyn Algar](#) - 613-728-5761

[Bill Wylie](#) - 613-761-8092

Caring Cards for July: Nonna M, Sue W.

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.

Sad News

Betty Campbell died peacefully at the Civic Hospital on July 30th, six weeks shy of her 100th birthday. Betty was a long-time member of FirstU, a resident of Unitarian House, and one of the team that designed our Meditation Gardens.

Until a few years ago, she was an active volunteer gardener, and she continued to provide her expertise and considerable financial support for various garden projects. Two years ago, the Friends of the Meditation Gardens decided to honour Betty with a bench plaque (see photo), which Reverend Eric presented to her at a celebration at Unitarian House.



Elsa Lessard, who passed away peacefully, at the age of 103, on July 22, 2025, at home with loved ones by her side, has been interred at the National Military Cemetery at Beechwood Cemetery. Family and friends will gather at the Canadian War Museum beginning at **6:00pm on Monday, August 11, 2025** for the Celebration of Life with the program beginning shortly after. Although not required, please [click HERE to indicate your intention to attend](#), to help us estimate the number of attendees. You can read Elsas's [full obituary HERE](#).



Featured Volunteer Opportunity

Lunches for the Ajashki Center

The Ajashki project is looking for volunteers help prepare lunches on a weekly basis, Tuesdays and Thursdays from 11am to 1pm, and to help shop for food. Helping with either or both of these needs would be appreciated. Contact ajashkicenter@gmail.com to get involved.

-Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



Ridesharing at FirstU

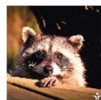
Occasionally a congregant will need a ride to and from the church for a Sunday morning service. We would like to build a roster of **volunteer drivers** spread out across the city, for each compass direction from the church: North, South, East and West. If you need a ride for an upcoming service, or if you are interested in offering the occasional ride to a fellow congregant, please [email Andrew Drake](mailto:Andrew.Drake@firstunitarianottawa.ca), or call him at: 613-608-7157.



September Spire Submissions

It's hard to believe, but the September issue of Spire is coming up. We are hoping that you'll have lots to say about your summer, our summer services and our new season at FirstU.

Send your memories, reflections and photos, **by August 15**, to spire@firstunitarianottawa.ca!



Safety and Security of FirstU Building

This is a reminder that if someone requests to enter the building without a valid reason, feel free to let them know that you're not authorized to grant access. They may return when the building is open during regular business hours and church services.

Church Access Hours:

- **Monday to Friday:** Open from 9:30 AM to 4:00 PM
- **Sunday:** Open from 9:30 AM to approximately 1:00 PM
- **All other times:** Access is limited to scheduled events, and only those participating in the event should be on-site. The admin staff and volunteers will be delighted to engage with anyone who visits during regular office hours.

Thank you for your help in ensuring the well-being of all who enter and maintaining the safety of our building!



We Want to Hear from YOU

Do you read the Parkway Spire? Why or why not? Ever sent in a submission? Why or why not?

Follow this link to fill out our short, two-question survey for readers of FirstU's quarterly magazine, The Parkway Spire: <https://www.firstunitarianottawa.ca/spire-survey.html>



Fall Fair

The [Fall Fair section of the website](#) has been reactivated - you can find it under 'Make Friends' on the main menu. From there, you can click directly on the information you need about [donating items](#) and [volunteering](#).



Recurring Event Topics and Updates

- * **Mia's Indian Cuisine**, which serves food to us on Sundays during Fellowship Hour, is taking a break for the rest of the summer. They **will rejoin us on Sunday September 14**.
- * **The Mental Health Support and Action Group** will continue to meet on the third Sunday of every month, at noon, in Room 6 and Online.
- * **After-Service Discussions will resume on Sunday, September 14**.
- * The **Wednesday Evening Mindfulness Meditation Group will continue meeting** online, weekly, until **August 6**. Following a five-week break, they'll resume meeting on September 17.
- * [Visit our Make Friends Page](#) for a full list of our recurring events.

Upcoming Events

Volunteer Training: Pride Street Fair - **This Sunday** August 3 - 12:00pm - The Lounge

Volunteers who have signed up to staff our family-friendly information table at the Pride Street Fair will learn the ropes with Nina in the Lounge.



Annual Pride Service - Sunday, August 17 - 10:30am

Join guest Blue Petties to explore practical pathways for replacing isolation and scarcity with relationships built on dignity, safety, and self-determination, and get inspired to actively build the supportive communities you wish to see in the world!



UU Pride T-Shirt Decorating Party! - Sunday, August 17 - 12:00pm

Our UU Pride social group is hosting an allies-welcome, open-to-all, festive **Pride shirt decorating and sign making party!** Pay-what-you-can t-shirts will be available or bring your own to decorate while we socialize over snacks! Let's make some Pride swag together!



Pride Street Fair - FirstU Table - August 23-24 - Bank Street

FirstU will have a table at the Capital Pride Street Festival on Bank street! Pop on by or stay for a while to help introduce folks to FirstU through our family-oriented table!



2025 Pride Parade! - Sunday August 24 - Downtown

After the Sunday service, join Uni the Unicorn downtown for Ottawa's **Annual Pride Parade!** March with FirstU and UUFO or join Nina for a FirstU viewing/cheering party along the route! Either way, bring water and snacks, and wear sunscreen along with your most fabulous outfits!



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>

Save the Date

Welcome Reverend Lara - Sunday, September 7 – 11:30am

Join us on Sunday September 7 after the service for a Welcome Reverend Lara congregational meal! Watch the eUU for details and how to RSVP.



News from Our Friends

Housing for Algonquin College Student

Louise McDiarmid (formerly a member of FirstU, now residing in Perth) is looking for a room to rent for a young friend of hers, studying at Algonquin College. A room to rent in an apartment with another woman or two would be ideal. If you have any leads, please [contact Louise by email](#) or at 613-200-7810.



Marking the 80th Anniversary of the Dropping of the Atomic Bombs

August 6-9 and August 11 - 9:00am - 5:00pm - City Hall

The Hiroshima Peace Memorial Museum produced thirty posters depicting the horror and devastation resulting from the bombings. These have been shown in ten cities in Canada this year. In addition, five posters depicting the relationship between Canada and nuclear weapons past and present have been created through the Carleton University Centre for Public History. The Exhibit will be at City Hall in the main corridor August 6 to 9 and 11 from 9:00am to 5:00pm. **There will be an official opening on Wednesday, Aug. 6, at 3:30pm featuring remarks by Mayor Sutcliffe and others.** For more info contact 80thcommemoration@gmail.com.



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