

# Weekly e-UU Newsletter

## Friday, May 29, 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, May 31, 2026

[Online](#) and In Person

**Starts at 10:30am**



## Saved Alone or Freed Together

*With FirstU Community Minister Reverend Mwibutsa Ndagijimana*

Exploring the tension between personal salvation and the call to collective liberation. Behind words like community, fellowship, and world community are real, daily choices—choices that shape not only our individual lives, but the kind of world we are building together.

Is faith about securing my own well-being, or participating in the freedom of all? What does it mean to be “well” in a world where others remain bound? This sermon will invite us to wrestle with a haunting question: If I am thriving alone, am I truly free or simply comfortable?

### 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.

## 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 May, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, Flaming Chalice International.**

*Flaming Chalice International supports refugees in East Africa and community-led development in Burundi. Through education, community-building, and support for vulnerable families, FCI empowers people to shape their own futures. Your generosity directly supports community-led change and the building of hope, opportunity, and resilience.*



## Children's Religious Exploration

This Sunday, after Time for All Ages, we'll go downstairs to continue our Spring programming:

- In the **Rainbow Room** (ages 2-6) with Anusha, we will be reading “In the Tall, Tall Grass” and playing inside.
- In the **Wonder Room** (ages 7-12) with Esther, we will be learning about the story of “David and Goliath” and painting stones

### Our Whole Lives

Our fifth OWL workshop, “**How Babies Begin**”, will begin at 10:30am in the Chalice Room.



## 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 May

**Marilen Gerber** - [Email](#) - 613-848-1688

**Maury Prevost** - [Email](#) - 613-231-7391

### Caring Contacts for June

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

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

**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](mailto:caringvisitors@firstunitarianottawa.ca)

## Featured Volunteer Opportunity

### Affordable Housing

Interested in becoming involved in our Aspire affordable housing project? Join our group to develop plans for this exciting project. Interested? [Contact Lisa S!](#)

Lisa Sharp, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)



## Read All About It

### Youville Centre Toy and Clothing Drive

During our Easter program, our UU Kids voted to do a service project: Collecting donations for the young moms at the Youville Centre! If you have gently used children and infant clothing, toys, kids' books, and/or women's clothing to donate, please bring them to the RE Library (Room 16) for collection. Our donation bins will be available on Sundays: June 7, 14, and 21! Please Note: We cannot accept donations of safety gear or used hygiene related items (e.g.: car seats, cloth diapers).

### Our New Website

If you're reading the eUU online, you've already visited and **experienced [our updated website](#)**. We continue to update and fix links, and now we need YOUR help! **If you are the lead for a church group, team, or committee with a webpage** (e.g.: Volunteer coordinator; Ajashki point person, Music Director, Caring Team lead, head of Adult Learning and Growth) please check your page and **send us any updated information you'd like included before the end of JUNE**.

### Housing Subsidy Applications

If you are interested in living in our new Aspire building (expected to be ready for occupancy in 2028), but need a subsidy, you need to apply to the Ottawa Housing Registry to get on the City of Ottawa waiting list. If you would like help with your application, we can help! Please [contact Lisa S.](#)

### Wrapping Up Spring Free from Plastic '26!

This Sunday is the final day of our [Spring Free from Plastic '26](#) challenge. We hope that this exercise has been helpful in your efforts to reduce the plastics in your life. Stop by our table in Fellowship Hall on Sunday and let us know: what did you learn, and what have you changed or are in the process of changing? There's still time to support [Oceana](#), the David Suzuki Foundation's [Stop Plastic Pollution](#) initiative, and [Environmental Defence](#), by signing their petitions to our Federal Leaders asking them step up action on plastic pollution. Find more info at the Spring Free from Plastic '26 Table this Sunday.

### PFLAG Chapter at FirstU

FirstU is planning to start an Ottawa Chapter of PFLAG for 2SLGBTQIA+ communities including families, friends, allies, and loved ones. PFLAG (formerly parents, friends and families of lesbians and gays) is dedicated to creating a safe and affirming world for the 2SLGBTQIA+ community by providing peer support, advocacy and community resources. We want to create a team to work together on scheduling, promotion, and logistics. If you are interested in getting involved with this group, contact: [diversity@firstunitarianottawa.ca](mailto:diversity@firstunitarianottawa.ca)

## Capital Pride Dates for August - Mark Your Calendars

Capital Pride is taking place one week later than normal this summer - here are important dates:

- Our Pride Service will be on Sunday August 23
- The Pride Parade will be on Sunday August 30
- We intend on participating in the Pride Parade, and having a community information table again. More details to come.



## Upcoming Events

### Introduction to Nature Journaling – Sunday, May 31 – 1:00pm – Meet Outdoors, Lower Level Entrance

Join Laurie Foster-MacLeod for one last Sunday afternoon in May, to explore nature around FirstU and to learn the fundamentals of nature journaling. Bring a small ( 8"x5" or 6" square) sketchbook - mixed media paper recommended - plus pencils, pencil sharpeners, pens, and your curiosity. **No registration required.** Drop in if you're curious.

### FirstU Food Cupboard Benefit Concert – Wednesday, May 27 – 6:30pm – Worship Hall – By Donation

Join the Beacon Band for a fun evening of band music including Strauss, Mancini, Mambo Greats and Bugs Bunny's Greatest Hits – all in support of our Food Cupboard. Doors and refreshments at 6:30pm. Show starts at 7:00pm. Stay after the concert for a celebratory reception!

### FirstU Food Cupboard Fundraiser: Dance Workshop – Tuesday June 16 – 7:30-8:30pm – Fellowship Hall

Groove dance fitness class fundraiser for the food cupboard, led by Deb Thompson. Suggested \$10 donation, for cis and trans women and non-binary folks. This is a very loosely choreographed class where you can't get it wrong! You'll be led through easy low-impact steps that you do your way to great tunes. We play with boas, ribbon sticks, and light up rings. Stretching and stillness to close. Email [uuoffice@firstunitarianottawa.ca](mailto:uuoffice@firstunitarianottawa.ca) to RSVP.

### Women's Inclusive Pagan Circle: Midsummer Ritual – Wednesday, June 24 – 7:00pm – Fellowship Hall – \$5 Suggested

Trans women, cis women, and non-binary folks are invited to celebrate Summer Solstice with playfulness and gratitude. Bring any seasonal items you'd like to add to our collaborative altar, and finger foods to share after the ritual!

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

- June 3 - The *Mess We Are In* study group will meet at 7:00pm to discuss *Silicon Empires: The Fight for the Future of AI* by Nick Srnicek. [Contact Marc Brunet](#) for details.
- June 5 - The Men's Breakfast Group will meet at 8:00am in Fellowship Hall for breakfast and an engaging talk followed by a lively discussion. \$10 per person. Details and registration link [HERE](#).
- June 5 (**date change**) – Friday Afternoon Reading for Growth – 1:30pm. Our book selection is *Disorientation: Being Black in the World*, by Ian Williams. [Contact Clea](#) for the zoom link.
- June 11 - Virtual Discussion Circle - 1:30pm on zoom. This session's discussion topic is "**Success**". [Click here to join the discussion.](#)
- June 15 - Our monthly online Trivia Quiz takes place on zoom at 7:00pm. [Click HERE to join the quiz!](#)
- June 17 - The *Mess We Are In* study group will meet at 7:00pm to discuss *Silicon Empires: The Fight for the Future of AI* by Nick Srnicek. [Contact Marc Brunet](#) for details.
- June 25 – Thursday Evening Reading for Growth – 7:00pm. Our next book selection is *The Power of Guilt: Why We Feel It, and Its Surprising Ability to Heal*, by Chris Moore [Contact Ken](#) for the zoom link.

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.



## Chez FirstU

**Just Voices Spring Concert – This Saturday, May 30 – 7:00pm – Chez FirstU – \$5 to \$25 at the door**

Join the Just Voices activist choir for their spring concert, featuring special guest singer Chris MacLean. Proceeds benefit the Ottawa Food Bank. Enjoy some rousing music in support of a good cause.



## Unitarian Universalist nUUs

**Canadian Unitarians for Social Justice Annual General Meeting – Saturday, June 6 - 1:00pm – Online**

Join the Canadian Unitarians for Social Justice for their Annual General Meeting. You do not have to be a member to attend, just [register for the zoom link by clicking here](#). The AGM will take about thirty minutes. Stay on the call to attend the Keynote Address (see below). Want to vote in the AGM? Become a member of Canadian Unitarians for Social Justice [here](#).

**Canadian Unitarians for Social Justice present: "Surviving the Climate Crisis" – Saturday, June 6 – 1:30pm – Online**

Immediately following their AGM, and using the same zoom link, the Canadian Unitarians for Justice present a Keynote Address by Dr Peter Carter of the Climate Emergency Institute. He will cover how corporations and our own governments keep us fixed on fossil fuels, and how to break the addiction in order to create conversion and transformation. He will focus on what's needed globally and what we need to do personally to "survive" the climate crisis. [Register for the zoom link by clicking here](#).

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

RAMP! offers monthly Skill-Building workshops open to everyone interested. These public, online, 90-minute workshops align with the program's monthly themes and connect with other national programming such as Congregational Conversations and Dismantling Barriers: June 27, 1:00pm: [Projects, Partnerships & Practical Wisdom from RAMP!](#) Click the embedded links above to register for the workshop(s) of your choice!

**Canadian Unitarian Council (CUC): Dismantling Barriers Series**

Join the CUC online, on Thursday, **June 25, 2026** at 7:00pm, for a workshop facilitated by Camellia Jahanshahi called **Engaging Governance**: There are many different governance models to explore— each with its own strengths, limitations, and impacts on how communities function. Together, we'll look at the pros and cons of different approaches and examine the ways governance structures can create barriers or tear them down. [Full details and registration HERE](#).

**UUFO Refugee Sponsorship Fundraising**

UUFO, partnering with the Ottawa Centre Refugee Action Group (OCRA), is pursuing sponsorship of an Afghan refugee family. This is a family of six, **at high risk of harm and currently in hiding**. OCRA is a strong partner with experience over the past decade in settling more than 100 refugees in Canada. The Fellowship has conducted two successful earlier sponsorships. OCRA is spearheading the effort to get the family to a safe third country, where they can apply to come to Canada. This effort is aligned with our Unitarian social justice mission. If you would like to receive the pledge letter and information, and consider a donation, please email [treasurer@uufo.org](mailto:treasurer@uufo.org).



## News from Our Friends

**Capital Region Interfaith Council presents: The Joy of Faith – Saturday, June 6 - 1:00pm**

**St Augustine Parish (1060 Baseline Rd)**

Join the Capital Region Interfaith Council as they honour Reverend Gary van der Meer (St John the Evangelist Anglican) and Rabbi Daniel Mikelberg (Temple Israel) for their dedication to building bridges. With special guest Louise Profeit-LeBlanc, story-keeper and member of the Baha'i community. No religious activities will take place at this event.

**Humanist Perspectives: Spring Edition Available**

[Click here to read the new edition of Humanist Perspectives](#), including news about the 2026 Humanist World Congress, to be held in Ottawa, an editorial reframing of intergenerational responsibility in an age of growing distance between generations, and more. Email [jgreen@jewishottawa.com](mailto:jgreen@jewishottawa.com) with any questions.

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