

# Weekly e-UU Newsletter

## Friday, January 9, 2026

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, January 11, 2026

[Online](#) and In Person

**Starts at 10:30am**



## We are Stardust: A Cosmic Theology of Awe and Wonder

*Rev Lara Cowtan*

Grounded in science and spirit, this service invites us to consider our place in an ever-unfolding universe, and the wonder that awakens us to belonging.

### 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 January, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, the Ten Oaks Project.**

*Ten Oaks Project is a grassroots charitable organization working to support 2SLGBTQ+ (two spirit, lesbian, gay, bisexual, trans, queer) children, youth and families to thrive. Based in Ottawa, Ten Oaks was founded in 2004 and, after 20 years, continues to offer affirming and life-changing camp and community programming rooted in play.*

*All youth deserve a supportive place where they can be their true and authentic selves, but for many 2SLGBTQ+ youth and families, inclusive spaces are hard to find. To help continue to deliver transformative experiences to our community, donate to Ten Oaks – so that all kids who need it have a safe space.*

This Sunday, January 11, a representative from [the Ten Oaks Project](https://www.tenoaksproject.org/), Kymani Montgomery, will be present during our service and at a table in Fellowship Hall afterwards to share about the good work they do. <https://www.tenoaksproject.org/>



### Children's Religious Exploration

We are delighted to share that our RE program has grown steadily over the past few months! To better serve our expanding community, we are moving from two groups to three age groups starting this Sunday, January 4:

- Ages 5 and under in the Rainbow Room with Rita.
- Ages 6-7 in the Chalice Room with Jodi.
- Ages 8+ in the Wonder Room with Susie.

We are so looking forward to this new chapter and can't wait to see all the kids this Sunday!

## Caring Contacts for January

[Lisa Sharp](#) - 613-608-8698

[Karen Swinburne](#) - 613-234-4305

[David Hudson](#) - 613-402-5744

**Caring Cards for December:** Anita M, Marianne & Roy W, Erin K, Lisa B, Tarrel A, Adèle G, the family of Janice Tait.

*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.*

## Featured Volunteer Opportunity

### Help with Hospitality Hour

If you are looking for a way to meet and work in a friendly, small group environment, please consider joining our team that helps make Hospitality Hour happen. More information is available in the Sunday Mornings section of our [Volunteer With Us](#) page. [Please email Tarrel](#) if you'd like to be involved.

Want to let the congregation know about a volunteer opportunity? [Fill out this online form](#) to let people know!  
Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)



## Read All About It

### **NEW** - Online Journey Group Starts This Week

Join Amalilly for a new, *online* journey group on the second and fourth Sundays of the month, starting *this Sunday*, January 11! The discussion runs from 6:30pm to 8:00pm on Zoom. [Click here for the zoom link](#), and email Amalilly at [JourneyGroupAS@firstunitarianottawa.ca](mailto:JourneyGroupAS@firstunitarianottawa.ca) to receive the theme materials.

### After-Service Conversations Now Weekly!

Are you interested in sharing some of your insights about the morning's service, or perhaps hearing what others think about it? Our after-service conversations will now be held every Sunday and we'd love to have you join us. Grab some food in Fellowship Hall then join us in the Lounge (near the office) for a good conversation. Coffee will be available.

### Save the Date - Introducing Ourselves

Are you feeling new? Introducing Ourselves is a casual meet-up for newcomers guided by Brent Nicolle and Rev Lara Cowtan. Share what brought you to First Unitarian, ask about the basics of Unitarian Universalism, and learn about how to get connected. Our next Introducing Ourselves event will be on Sunday, January 18, at noon in the NOW Room. A light lunch will be served. Register at the Welcome Table or by email at [welcome@firstunitarianottawa.ca](mailto:welcome@firstunitarianottawa.ca)

### Save the Date - Special Congregational Meeting

During the October 18 Fall Congregational Meeting, the motion to authorize the mortgage or lien of the congregation's property was tabled (withdrawn to be considered later). The board has received legal advice and has revised the motion, which will be presented to the membership at a Special Congregational Meeting on Sunday, January 25, following the service. FirstU Members can attend **and vote** both in person and via Zoom. Details regarding participation and the revised motion will be distributed to members in early January. Mark your calendars and plan to attend.

### New Members Welcome Ceremony

On December 7th, FirstU welcomed 18 new members - and their families - in a ceremony during the Sunday service. **Those welcomed were:** Susan Barker, Carrie Buchanan, Saahil Cuccria, Calogero Cumbo and Renate Steinmetz, Lark Daigle, Briana Faubert, Barry Halden, Amanda Joynt, Paul Julien, Kim and Jon McArdle-Phipps, Nazim and Susan Ould-Brahim, Eric Ranger, Sarah Rotz and Daniel Rück, and Patrice Simister. We invite you all to read bios about each one [HERE](#), and reach out to welcome them yourself, in particular if you share common interests.

### Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **January 16 - Drumming Spires:** Come find your rhythm connection in this recreational community drum circle, **11:00am on the third Friday of every month**, in Fellowship Hall. Please bring a small drum, coffee canister or percussion instrument. No experience needed. Please accompany children who attend. For information and to RSVP, email: [FridaySpires@mail.com](mailto:FridaySpires@mail.com)



- **January 19 - Online Trivia Night - 7:00pm.** [Click here](#) to find details and to get the link.
- **January 22 - Virtual Discussion Circle - 1:30pm** on zoom. [Click here to find the zoom link.](#) This session's discussion topic is "Kinship".
- **January 22 – Thursday Evening Reading for Growth – 7:00pm.** [Contact Ken](#) for the latest book and the zoom link.
- **January 23- The Men's Breakfast Group** will meet at **8:00am in Fellowship Hall** for breakfast and an engaging talk followed by a lively discussion. Register by Monday, January 19 by [filling out this form.](#)
- **January 30 – Friday Afternoon Reading for Growth – 1:30pm.** Their book for January is *The Book of Joy: Lasting Happiness in a Changing World*, by the Dalai Lama and Desmond Tutu. [Contact Clea](#) for the zoom link.
- **February 4 - Drop-In Euchre - 6:30pm** in Fellowship Hall.



## Upcoming Events

### Introducing Ourselves - Sunday January 18 – Noon - NOW room

Are you feeling new? Introducing Ourselves is a casual meet-up for newcomers guided by Brent Nicolle and Rev Lara Cowtan. Share what brought you to First Unitarian, ask about the basics of Unitarian Universalism, and learn about how to get connected. A light lunch will be served. Register by email at [welcome@firstunitarianottawa.ca](mailto:welcome@firstunitarianottawa.ca)

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

### Special Congregational Meeting - January 25 – 12:30pm - In Person and On Zoom

The board has received legal advice and has revised the motion to authorize the mortgage or lien of the congregation's property. The revised motion will be presented to the membership at a **Special Congregational Meeting**. Members of the congregation will be able to participate and vote in this meeting both in person and via Zoom.



## Unitarian Universalist nUUs

### Sharing Our Faith 2026: Orientation Session - Thursday, January 15 - 7:30pm - Online

**Sharing Our Faith** is an annual opportunity for Canadian Unitarian Universalists to explore a shared spiritual theme, deepen our connections with one another, and support congregational growth across the country. Join the zoom call to learn more about the 2026 Sharing Our Faith theme: "Practicing Hope: Facing the Future with Gratitude, Imagination, Courage & Action" and how we live our values in rapidly changing times. [Details and registration HERE.](#)

### Celebrating Milestones! - Saturday, January 17 - 5:00pm - UUFO (400 McArthur Avenue) - \$30.00

Join the congregation at the Unitarian Universalist Fellowship of Ottawa (UUFO) for dinner, music, and stories at a joint celebration of **Reverend Fred Cappuccino's 100th birthday** and **UUFO's 30th anniversary!**

Tickets are \$30 and can be bought by eTransfer to [treasurer@uufo.org](mailto:treasurer@uufo.org).

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