

## Welcome to FirstU Ottawa!

### NEXT SUNDAY'S SERVICE

May 24 at 10:30 Loving Care – Tending our Gardens of Life and Community, Rev Lara Cowtan

### COMING UP

- **Monday May 18** – Victoria Day, church is closed
- **Sunday, May 17, 1pm** – Introduction to Nature Journaling
- **Wednesday May 20, 5 pm** – Community Dinner, Fellowship Hall
- **Wednesday May 20, 6:30 pm** – Empowering Bystanders Workshop, Room 3
- **Wednesday May 27, 7pm** **The Beacon Band in Concert, Fundraiser for First U**

For details about these event and more, visit our website!

### MAY OFFERING

Each month, we share our undesignated Sunday offering 50/50 with a community partner. In May, our offerings support Flaming Chalice International (FCI).

FCI, founded by Rev. Mwibutsa Ndagijimana, supports refugees and community development in East Africa. Through education, community-building, and aid for vulnerable families, FCI empowers people in Burundi and the region to create opportunity, resilience, and lasting change.



This Sunday's flowers courtesy of Ally Hobson, in honour of her son Nico's Child Dedication



Make a donation to FirstU Ottawa



Read this week's eUU

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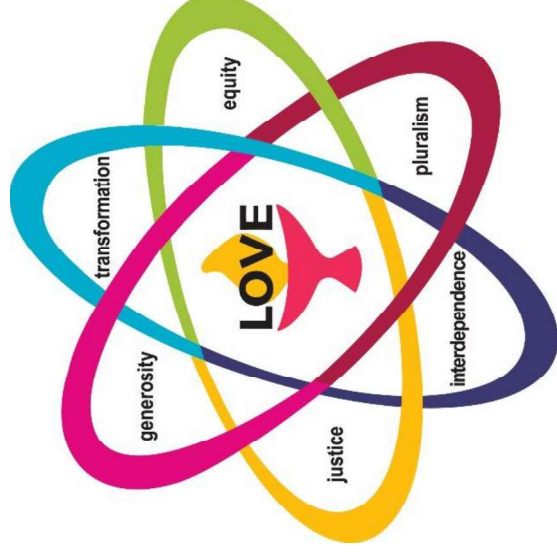
## Order of Service

Sunday, May 17, 2026

10:30am

## Love at the Center: UU Values in Words and Actions

-Rev Lara Cowtan



We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love. What does this mean for us as a community and as individuals?



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.

## Order of Service

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WELCOME CHIME	OFFERING
GATHERING SONG <i>Lead with Love</i>	JOYS, SORROWS AND SILENCE ANTHEM <i>Let My Love Open the Door, by Pete Townshend</i>
BOARD ANNOUNCEMENTS	READING What Brings Us Together, by UUA Board
WELCOME	SERMON Love at the Centre
CENTERING WORDS* Love Is the Center and Foundation, by Shari Woodbury	HYMN Love is at the Center, by Emily Joy Goldberg
CHALICE LIGHTING	BENEDICTION
CHALICE LIGHTING SONG	EXTINGUISHING THE CHALICE
TIME FOR ALL AGES Child Dedication Ceremony	SUNG POSTLUDE STLT #123 <i>Spirit of Life</i>
SING THE CHILDREN ONWARDS	

*\*please see screen for responsive reading*



Please join us for Hospitality Hour in Fellowship Hall after the service. Grab a green mug if you're feeling new,  
or join our After-Service Discussion in the Lounge for a deeper exploration of today's service topic.

