

# Weekly e-UU Newsletter

## Friday August 15, 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 17, 2025

[Online](#) and In Person

**Starts at 10:30am**



### **Pride Sunday: Care and Love will Set Us Free** With Guest Speaker Blue Petties

Join guest speaker Blue Petties as she shares her vision for dismantling systems of oppression by nurturing communities rooted in mutual aid, collective responsibility, and care. Together, we'll explore practical pathways for replacing isolation and scarcity with relationships built on dignity, safety, and self-determination, especially for marginalized communities, and be inspired to actively build the supportive communities we wish to see in the world. Happy Pride!

#### **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.



### **Children's Religious Exploration**

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

This Sunday, our UU Kids are invited to join in the first part of our Pride Service! After Time for All Ages, we'll head downstairs for free play! We may go outside, so remember to bring a water bottle and sun screen, and dress for the weather.

### **Caring Contact for August**

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

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

*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**

#### **Lunches for the Ajashki Center**

Help out with the Welcome BBQ for Rev. Lara!

As you will probably have seen or heard, we will be holding a Welcome BBQ for Reverend Lara on September 7, immediately after the first service she leads with us. We are looking for volunteers to help with set-up, serving, and/or clean-up tasks. If you can help with this, please email [Sept7BBQ@firstunitarianottawa.ca](mailto:Sept7BBQ@firstunitarianottawa.ca)! Thanks for helping to make the gathering a success!

-Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### RSVP for Reverend Lara's Welcome BBQ

We're hosting a welcome barbecue for Reverend Lara after her first service with us on September 7th! Want to meet the new minister and welcome her to FirstU? RSVP at: <https://www.firstunitarianottawa.ca/rsvp.html>



### Would you like to participate in a Journey Group this Fall?

Journey Groups offer the opportunity for reflection, sharing and deep listening on specific themes. They are a wonderful way to get to know fellow congregants at a deeper level. However, to make them happen, we need someone who will organize and facilitate (or cofacilitate) the sessions. If you're interested in doing this, please let us know at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) by August 30th.



### Spire Submissions from Committee Leaders

Committee leaders: your groups are doing great work. Let's hear about it in the Spire! Whether for the September issue or later in the season, take a few minutes to write a short article to bring us all up to date. Photos would be welcome too. Send your materials **by today, August 15**, to [spire@firstunitarianottawa.ca](mailto:spire@firstunitarianottawa.ca)!



### Getting Connected Guide

A new Getting Connected Guide is available for download from the website. Stop by <https://www.firstunitarianottawa.ca/getting-connected-guide.html> for your copy.



### 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.



### 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

- \* The **Wednesday Evening Mindfulness Meditation Group** is now on Summer Break. They will resume meeting on **September 17**.
- \* **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**.
- \* [Visit our Make Friends Page](#) for a full list of our recurring events.

## Upcoming Events

### Ajashki Makerspace Pride Sale - Sunday, August 17 - 11:30am

Just in time for Pride! You can pick up some colourful goodies at the Makerspace table, and support the Ajashki Centre at the same time.



### Mental Health Support and Action Group - Sunday, August 17 - 12:00pm - Room 6 and [Online](#)

The Mental Health Support and Action Group meets on the third Sunday of every month for an hour of supportive listening and sharing. An additional thirty minutes are available after 1:00pm for those who wish to collaborate on group administration and on planning the future foci of our group.



### 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 full details on parking and meet-up locations, visit <https://www.firstunitarianottawa.ca/uu-pride.html>!



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 BBQ for Reverend Lara - Sunday, September 7 – 11:30am - \$10 suggested (kids eat free)**

Join us on Sunday September 7 after the service for a Welcome Reverend Lara congregational meal featuring beef and veggie burgers, chicken sausages, salads, desserts, and more! Kids eat free.

RSVP at: <https://www.firstunitarianottawa.ca/rsvp.html>



## Unitarian Universalist nUUs



**CUC Emergent Strategy Book Club - Saturday, August 30 - 1:00pm - Online**

The Canadian Unitarian Council invites FirstU to join other congregations in engaging with adrienne maree brown's *Emergent Strategy: Shaping Change, Changing Worlds* and explore questions like "What spoke to you when you read the book?" and "What actions or ideas would be useful to integrate into your work, community building, and/or personal/group practices?" This will be the first of multiple sessions. Visit <https://cuc.ca/events/emergentstrategy/> for details and registration.

## News from Our Friends

**Capital Pride Family Picnic - Sunday, August 17 - 12:00pm - 4:00pm - Hintonburg Park (1064 Wellington St W)**

To celebrate 2SLGBTQ+ families, Capital Pride is hosting an afternoon picnic! Enjoy plenty of kid-friendly activities, including face-painting, crafts, games, and a barbecue, and discover resources shared by local organizations. Bring your friends and loved ones for a fun day filled with pride!



**Creating Cultures of Care and Consent in Organizing - Sunday, August 17 - 5:00pm - 6:00pm**

**The Grove (18 Louisa St, Unit 280) - Free, registration required**

Join our Pride Sunday guest speaker **Blue Petties**, along with co-facilitator Levi Clarkson, for a one-hour workshop on what it takes to build creative, liberatory ecosystems rooted in care, collaboration, and long-term sustainability. Presented by Ottawa Dyke March and OCTEVAW (Ottawa Coalition to End Violence Against Women).

**Masks required.** [Register HERE.](#)

**Note:** This workshop is followed, at 7:00pm, by **No Pride in Genocide:** a workshop on strategies for queers in solidarity with Palestine, and is presented by OCTEVAW and Queers for Palestine Ottawa. **Masks required.** [Details and registration HERE.](#)



**Capital Pride Advocacy in Action Panel - Wednesday, August 20 - 6:00pm - 8:00pm**

**Arts Court Theatre (2 Daly Ave) - Free, registration required**

Join Capital Pride and PFLAG Canada for a riveting panel on the history of blood donation and the 2SLGBTQ+ community in Canada. Our panel of experts includes varying perspectives on the topic. Join in this opportunity to learn, think, and reflect on our panel discussion. [Get your free tickets HERE.](#)



**Queer Flotilla on the Rideau Canal - Saturday, August 23 - 11:00am - 1:00pm - Hartwells Locks (Carleton U)**

Raise your pride flags and paddle down the Rideau Canal with other queer paddlers! Gather in your canoes and kayaks, at the bottom of Hartwells Locks (Carleton University), at 10:30am. We leave at 11:00am, paddle down the canal, past Dow's Lake, and towards the NAC and will debark at Mackenzie King West canal debarking point (NAC / Confederation Park) for a bring-your-own picnic lunch. [Full details HERE.](#)



**Queers at the Arboretum - Thursday, August 28 - 5:45pm - 8:00pm - Free, registration required**

Join Ottawa's Queer Lifting Club for an evening stroll around the Dominion Arboretum. Whether you're looking for low-impact exercise or seeking out fellow fitness-minded queers, meet us in the treed area behind **72 Arboretum**, just west of the roundabout on Prince of Wales. Feel free to bring your dogs, but keep them leashed. [Register HERE.](#)



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