

# Weekly e-UU Newsletter

## Friday September 5, 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, September 7, 2025**

**Online and In Person**

***Starts at 10:30am***



### **Ingathering Sunday: Waters that Meet and Merge**

**With Reverend Lara Cowtan**

This intergenerational Ingathering Sunday will be led by our new Lead Minister, Reverend Lara Cowtan.

For this homecoming to our new congregational year, please bring waters that are special to you to share in our service as we join together in ritual, song, story and fellowship.

We will celebrate with a traditional UU Water Ceremony, followed by a community BBQ.

#### **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**

#### **It's Ingathering!**

This Sunday, our UU Kids will join the rest of the congregation in Worship Hall to celebrate our community, and the beginning of our new church year, with a traditional UU Water Ceremony!

**UU kids, please bring a very small bottle of water that is special to you to add to our communal font.**

**Next week, September 14, our new curriculum starts!** UU kids will join the rest of the congregation for the beginning of our weekly service, then proceed downstairs after Time for All Ages for Religious Exploration with Jodi and Suzy! [Please remember to register your kids HERE.](#)

### **Caring Contacts for September**

[Sooky Dunton](#) - 613-860-5571

[Carmen Contreras](#) - 613-715-3872

**Caring Cards for August:** Mary Ella K and Andrew D, Barb R, David H, and Donna D and Family.

*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

### Co-convenor for the Fall Fair Gift Shoppe

Fall Fair's Gift Shoppe is looking for a co-convenor. One of your main tasks, particularly in October, will be reaching out to Gift Shoppe volunteers and setting up their work schedule. You'll have fun working with Joan Auden, the other co-convenor, on other tasks as well. If you're interested or would like more information, contact Eva at: [ffvols@firstunitarianottawa.ca](mailto:ffvols@firstunitarianottawa.ca).

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)

## Meet with Rev Lara!

Rev Lara would love to meet with you! For either in-person or zoom meetings, you can book a time here: <https://calendly.com/laracowtan>



## Read All About It



### FirstU Community Bonds Focus Groups

In May, the Congregation voted to pursue a Community Bond project to deepen our investment in our affordable housing project. The FirstU Bond team, led by Lisa Sharp and Brent Nicolle, is ready to present the proposed bond options (not yet ready for sale). **If you might be a potential investor, we'd like your feedback!** Please come hear one of our presentations and fill in a survey afterward:

- Thursday, September 11th at 7:00pm, [on Zoom](#)
- Tuesday, September 16th at 7:00pm, in-person in Fellowship Hall
- Sunday, September 21st at 12 noon, in-person in Worship Hall

Please RSVP by emailing [invest@firstunitarianottawa.ca](mailto:invest@firstunitarianottawa.ca) and we will send you some information to review before the meeting.



### Review Your Bookings for the New Church Season

As we begin a new season, please take a moment to check the [First Unitarian Ottawa calendar](#) to confirm that your rooms and Zoom are still listed. Bookings can expire over time, as do zoom links, so it's important to verify they're up to date. Need to make updates or submit new requests? Reach out to Jen at [omr@firstunitarianottawa.ca](mailto:omr@firstunitarianottawa.ca).



### RSVP for Reverend Lara's Welcome BBQ

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



## Recurring Event Topics and Updates

- **Virtual Bridge resumes on September 5.** They meet online on the first Friday of the month at 7:00pm. For details, contact [bridgehost@firstunitarianottawa.ca](mailto:bridgehost@firstunitarianottawa.ca).
- **September 11 - Biweekly Virtual Discussion Group** meets on the second and fourth Thursday of the month, at **1:30pm, on Zoom**, On the second and fourth Thursdays of the month. This session's topic is "Wellbeing"
- **September 14 - After-Service Discussions** resume every other Sunday, **in the Lounge**; AND **Mia's Indian Cuisine** returns with hot food for sale **during Hospitality Hour**
- **September 15 - FirstU Trivia** returns on the third Sunday of every month, at **7:00pm on Zoom**
- **September 17 - Wednesday Evening Mindfulness Meditation** resumes online, every Wednesday.
- **September 21 - The Mental Health Support and Action Group** meets on the third Sunday of every month, at noon, in Room 6 and Online.
- **September 25 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. [Contact Ken](#) for the zoom link. [Click HERE for a list of this year's books!](#)
- **September 26 - Friday Afternoon Reading for Growth** meets on the last Friday (often the 4th, sometimes the 5th) of the month, at **1:30pm, on Zoom**. This month's book is *Factfulness: Ten Reasons We're Wrong About the World and Why Things Are Better Than You Think* by Hans Rosling. [Contact Clea](#) for the link.
- [Visit our Make Friends Page](#) for a list of our recurring events plus related zoom links

## Upcoming Events

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

Join us on Sunday September 7 after our Ingathering service for a shared congregational meal to welcome Reverend Lara. Our BBQ will feature beef and veggie burgers, chicken sausages, salads, desserts, and more! Kids eat free. RSVP at: <https://www.firstunitarianottawa.ca/rsvp.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

### Women's Inclusive Pagan Circle: Autumn Equinox / Mabon Ritual

Wednesday, September 24 - 7:00pm - Fellowship Hall - \$5 Suggested

Join us as we honour the Autumn Equinox, AKA Mabon, with humour and introspection, in a ritual dedicated to Demeter and Persephone. Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar. We gather at 7:00pm and start our rituals around 7:30pm, typically in Fellowship Hall. Participation is by donation (\$5 suggested).



## Unitarian Universalist nUUs

### 2025 Unicamp Young Adult Retreat - September 12-15 - Unicamp of Ontario, Honeywood, Ontario

Join Unitarian Universalist young adults (18 – 35) for a wonderful weekend of community, conversation and outdoor adventures amidst the fall colours. Unicamp provides the perfect setting for a relaxing and rejuvenating retreat with new and old UU friends. You are welcome to stay for two or three nights, whatever works best for you. [Full details and registration HERE.](#) Interested in attending but want to know what you're getting into, or looking for a travel buddy? Contact [diversity@firstunitarianottawa.ca](mailto:diversity@firstunitarianottawa.ca) to ask Nina about their experience.



### CUC - Reclaiming Education - Wednesday, September 17 - 7:00pm - Online

In the wake of the residential school legacy, Watsenniiostha Nelson, Director of Education, Kanehsatà:ke, is working to center Indigenous voices and faces in the classroom, confront the roots of absenteeism, and create spaces where young people can thrive in their full identity. She will share her vision for transforming education from a tool of assimilation into a pathway of reclamation and empowerment. [Details and Registration HERE.](#)



### CUC - Dismantling Barriers: Engaging with Conciliation - Thursday, September 25 - 7:00pm

Join the Dismantling Barriers and Justice and Equity team in an exploration of Land Back as a faith practice and some of its intersections with barriers to full inclusion. [Details and registration HERE.](#)



## News from Our Friends

### High Tea with Bethany Hope - Saturday, September 20 - 1:00pm - 820 Woodroffe Ave

The Bethany Hope Centre (their Executive Director was our guest-speaker on June 22) invites you to attend a fall High Tea! Enjoy desserts, savoury tidbits, and live music, bid in the silent auction, and raise funds for Bethany Hope Centre at the same time. Hats and fascinators encouraged! [Tickets HERE.](#)



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