

Weekly e-UU Newsletter

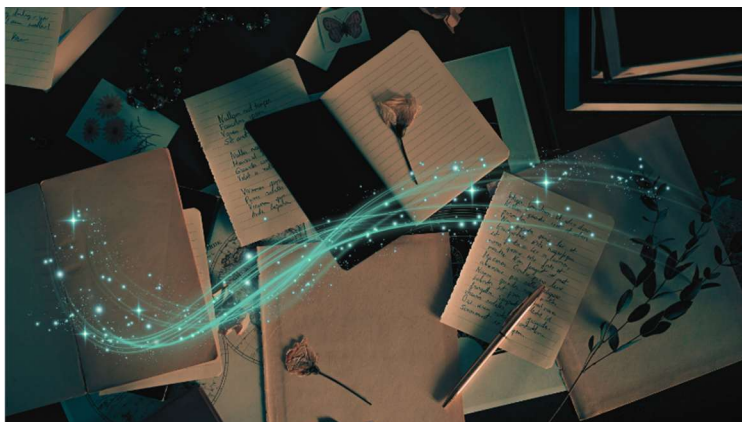
Friday August 29, 2025

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 31, 2025

[Online](#) and In Person

Starts at 10:30am



Poetry Is Divine

With Guest Speaker Lee Rose

Is poetry a divine gift, a form of spiritual truth-telling, or a way to connect with the transcendent and the eternal?

Join Lee Rose and members of the First Unitarian Congregation this Sunday

in an exploration of the divine through poems and poetry.

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 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 SUMMER:

Through the end of August, our UU Kids will be meeting downstairs at 10am, every Sunday, for outdoor free play.

Please remember to bring a water bottle and sun screen, and to wear weather-appropriate clothes, including a hat.

Caring Contacts for August

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

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

Caring Contacts for September

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

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

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.

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

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



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 by **today, August 30th**.



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>



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.



Recurring Event Topics and Updates

- **September 11 - Biweekly Virtual Discussion Group will meet at 1:30pm on Zoom. The topic is "Wellbeing"**
- **September 14 - After-Service Discussion in the Lounge; Mia's Indian Cuisine returns with hot food for sale during Hospitality Hour**
- **September 15 - FirstU Trivia returns at 7:00pm on Zoom**
- **September 17 - Wednesday Evening Mindfulness Meditation resume online.**
- **September 21 - The Mental Health Support and Action Group meets on the third Sunday of every month, at noon, in Room 6 and Online.**
- [Visit our Make Friends Page](#) for a list of our recurring events plus related zoom links

Pride Pics!

For more photos from our Street Fair booth and the Pride Parade, visit [the UU Pride page!](#)



Upcoming Events

**The Mess We Are In - Political Reading Group – Thursdays: September 4, 18, and October 2
6:30pm - 8:00pm - Room 3**

Organized by Marc, Ally, and Nazim, these three sessions focus on nine chapters of the book *Red Flags – A Reckoning with Communism for the Future of the Left* by David Camfield. It dismantles myths about “Actually Existing Socialism” and urges readers to reclaim the radical promise of classless society from below—not from the bureaucracies that betrayed it. To take part, contact: messwearein@firstunitarianottawa.ca



Ingathering and Water Ceremony - Sunday, September 7 - 10:30am

Join our new minister, Reverend Lara, for the annual UU traditions of Ingathering and our Water Ceremony. Bring a sample of water that is meaningful for you - water from your rain barrel, from the creek you live near, from your kids' favourite splash pad, your bath tub tap - and add it to our shared blessing font.



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 to ask Nina about their experience.



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

In the wake of the residential school legacy, Nelson 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

Unitarian House Beer Garden Fundraiser - Friday, August 29 - 4:30pm

Unitarian House Courtyard - \$20 + cash bar

Enjoy live music and delicious food while raising funds for Unitarian House! \$20 gets you a menu full of options, with beer available for \$5. [Full details and tickets HERE](#).



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](#).



Use "early bird" promo code **HIGHTEAF2025** to get a discount on your tickets before Sunday August 31.

Chez FirstU

A State of Passion - Film Screening and Q&A - Wednesday, September 3 - 6:30pm

Worship Hall - \$5 suggested minimum donation

Join the Ottawa Chapter of the Palestinian Youth Movement, Ottawa Healthcare Professionals for Palestine, and Labour for Palestine Ottawa on Wednesday, September 3rd, at 6:30pm for a one-night screening of *A State of Passion*, followed by a live Q&A with filmmaker Carol Mansour and Dr. Yipeng. All profits will be donated to the the Ghassan Abu Sittah Children's Fund.

[Further details and advanced tickets available HERE](#).



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