Weekly e-UU Newsletter
Friday, November 13, 2026

We acknowledge that our campus is located on traditional, unsurrendered and unceded Algonquin Anishinaabeg Territory; and that the work of reconciliation is a responsibility of our congregation, and of all Canadians.

Sunday, November 15, 2026
Online and In Person
Starts at 10:30am



The Myth of Evil

Reverend Lara Cowtan

This service explores the uncomfortable tension of the "necessary hypocrite" and the courage to refuse to let our own imperfections prevent us from acting against injustice.

Sermon topic chosen by David Gero, winner of the Time and Talent Auction.

November Offering



Each month, we share our undesignated Sunday offertory 50/50 with a community partner. In November, our offerings support Ancoura. Ancoura offers a stable, long-term home environment, and a nurturing support community, for adults living with a chronic mental illness.

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

This Sunday, after Time for All Ages, our UU Kids will go downstairs for an all ages activity. We will be reading a story, then going outside for a scavenger hunt (weather permitting).

*If your family attends the RE program but you do not receive the Weekly RE newsletter, please sign up to receive it by emailing **REA@firstunitarianottawa.ca.***

A Thank You from Jodi

I want to express a huge thank-you for all the kind words shared at my going-away party last Sunday.
I will miss you all, and I am so grateful that you entrusted me with the Religious Exploration program for the past three years. It has been a privilege and a joy to be part of the RE team and to work with all of the families.

I will be taking a break from attending First U, primarily to give myself some time and space, but also to give your new Director the opportunity to get established and find their footing. I wish them, and all of you, much happiness, joy and blessings.
Much Love,
Jodi

2027 Pledge Campagne

Our annual Pledge Campaign is a little over halfway to its financial target, but there are many people we haven't heard from yet. If you haven't pledged yet, please check out our Annual Giving page to learn more and to submit a pledge online, or email pledge@firstunitarianottawa.ca

Fall Fair is Tomorrow!

It's finally here! Join us Saturday, 9:30 a.m. to 2:00 p.m. Bring your shopping bags and a friend.
* Sunday Post-Sales: Post-sales in select rooms from 9:30 a.m. pause during the service, to end at 12:30pm.
* Help Give Leftover Books a New Home: Books will be along the wall outside Room 2. Please take whatever you can use or share.
Thank you to everyone who's helped bring this event together. Your time, energy and care make it possible!



FirstU's Caring Team

We are all interconnected, interdependent and minister to each other in many ways.
Caring Contacts are monthly volunteers who receive phone calls and emails when you wish to alert us to a need, a grief or a concern, or have a joy to celebrate. They prepare cards to be signed on Sundays, and try to ensure no one is forgotten, connecting people with appropriate help when requested.

Caring Contacts for November
Barb Ryan - Email - 613-710-3131
Stan Pope - Email - 613-614-3750

Caring Visitors are specially trained and certified FirstU Members, available to provide spiritual care and deep listening for those who seek support during a transition or challenging time. Visits can be by phone/zoom, a walk, coffee shop, in home, hospital, hospice, or wherever is comfortable.

Caring Visitors: caringvisitors@firstunitarianottawa.ca

On the Passing of Vodinh Cappuccino

We are deeply saddened to learn of the passing of Vodinh, son of Bonnie and the late Fred Cappuccino, on October 30.
On behalf of our community, we offer our sincerest condolences to Bonnie and all members of the Cappuccino family.

Featured Volunteer Opportunity

Office Assistant Position
Our office team needs help on weekdays from 10:00am - 3:00pm. Tasks include greeting visitors, answering calls, and providing admin support using computers and printers. If you would like more information, please contact Jen Brennan, our Office Administrator, at: omr@firstunitarianottawa.ca.

Lisa Sharp, Volunteer Coordinator - **volunteers@firstunitarianottawa.ca**



Read All About It

Reminder to Respect Rental Spaces

We have received reports that church members have been entering rental spaces while they are in use. Please remember that groups renting our facilities have paid for the exclusive use of their space during their scheduled time. Unless you have been invited by the renter, please do not enter rooms that are being used by rental groups. If you do enter an occupied room, please apologize and let others know that the space is currently unavailable until the rental period has ended. If you need information on when a space will be made available again, the main office can share this information. Thank you for helping us respect our renters and maintain positive relationships with our community partners.

December Spire - Submissions OPEN!

The Spire is a magazine meant for editorial comment, personal pieces (opinion articles, poetry), etc. It's read by the broader community, including other Canadian Unitarians. The deadline for the December issue has been extended to November 24. With Fall Fair in between, please consider submitting your articles ahead of time, if possible. Articles should be 450 words or fewer. We will also publish one 'Feature Article (900 words or fewer)' accepted on a first-come, first-served basis. Please, send your submissions to **spire@firstunitarianottawa.ca**

Call to Action: Preventing Gender-Based Violence

Provided by the Men's Breakfast Group Compassion-to-Action Initiative

The Manosphere is increasing male violence against women. The Lancet argues that the online manosphere should be treated as a major public health crisis—similar to the tobacco or ultra-processed food industries. Some of the algorithms used to attract folk to Instagram and Tik-tok are dangerous to positive male health. The challenge to banning them is that they generate significant advertising revenues. Nevertheless to reduce male violence, one part of the solution is to ban the use of these algorithms.

The solution must be paired with investment in social clubs and mental health services to counter isolation in boys and men. White Ribbon provides videos to help parents understand the dangers of Algorithm sickness.



Upcoming Events

2026 Fall Fair – Saturday, November 14 – 9:30am to 2:00pm

Our annual Fall Fair is here! Bring a friend and find a great selection of gift items, clothing, books, silent-auction items, toys and games, electronics, linens, knitted goods, home baking and lunch items, and much more! Cash, debit and credit cards accepted. Please bring your own shopping bags.

Environmental Action Group – Sunday, November 22 – 12:00pm to 1:30pm – Room 4

If you are interested in the political challenges and the practical solutions of climate change, its impacts, and what we can do, come join us! Contact Susan S for more information.

Mindfulness in our Daily Lives – Mondays, November 23 to December 7 – 7:00pm to 8:30pm – Room 6
Registration Required

We all know the benefits of mindfulness, but putting it into practice can be challenging. Join Alice, for three Monday evening sessions, starting November 23, to explore simple mindfulness techniques that you can easily include in your daily routine. Learn how to be more present. Learn from each other's experience. All welcome, whether new to mindfulness or looking to deepen your practice.

To register, email **adultlearning@firstunitarianottawa.ca.**

Lighting the Season: A FirstU Choral Concert – Sunday, November 29 – 1:00pm – By Donation

Join the choirs of FirstU at 1:00 p.m. on November 29 for an afternoon of seasonal music, with songs celebrating Christmas, Hanukkah, Kwanzaa, and Solstice... plus some Dolly Parton! Admission is by donation.

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



Recurring Events: Topics and Changes

- November 16 - **Virtual Trivia Night** - 7:00pm - Details and zoom link HERE
- November 17 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. October's theme is "**Healing**". Contact Amalilly for more information.
- November 20 - **Men's Breakfast Group** - 8:30am - Fellowship Hall - Gentlemen are invited to join the Men's Breakfast Group for coffee, socializing, and breakfast, followed by an informative and engaging program, **featuring a panel discussion, on the topic, Preventing Gender-Based Violence in Ottawa and Beyond.** Register no later than Monday, November 16, by **clicking HERE and submitting this form.**
- November 26 - **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. Discussion circles are held biweekly, with a different topic each time. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! Contact Andrew with any questions. Our topic will be: **"What is something you have accomplished as an adult that your younger self would be proud of?"**
- November 26 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month. Contact Ken for the zoom link and our next book selection.
- November 27 - **Friday Afternoon Reading for Growth** – 1:30pm on the last Friday of the month. Our November selection is ***In the Realm of the Hungry Ghosts,*** by Gabor Maté, a moving account of his work with addicts, and his theory of the real causes of addiction. Contact Clea for the zoom link. New members and drop-ins are very welcome.

Need to check if a weekly, biweekly, or monthly event has been rescheduled? Click here, or check our month-at-a-glance calendar. Looking for a new social group to join, or need to confirm a zoom link or locate a registration form? Click here for a full list of our recurring events, plus zoom links for those that occur online.



News from Our Friends

All Saints Anglican: Village Fair – Saturday, November 14 – 9:00am to 2:00pm – 347 Richmond Road
After you've visited our Fall Fair at FirstU, why not pop by All Saints Anglican, in Westboro, to explore their "Village Fair" church bazaar too? Full details here or check out their poster.

Interfaith Social Assistance Reform Coalition (ISARC) presents: PERSISTENT RESISTANCE: Preparing Ourselves for the Long Haul – Wednesday, November 18 – 9:00am to 2:00pm – In Toronto and Online – FREE
The cost-of-living emergency continues to deepen, while government responses fall far short of what Ontarians need. As faith communities, advocates, and community partners, we know that building a more just and equitable province requires more than short-term solutions. It calls for sustained solidarity, creative advocacy, and a commitment to keep going, even when change feels slow. ISARC religious leaders' forum is an annual event that brings social justice advocates around Ontario together to learn, and strategize around issues of justice and equity in our province. It is open to everyone—not just religious leaders! Register HERE to attend online!

Trans Day of Remembrance Service – Friday, November 20 – 7:00pm to 8:00pm
Woodroffe United Church (207 Woodroffe Ave)
Join the West End Cluster of the United Church to pause and remember those who have lost their lives to ignorance and hatred simply because they were trans or gender non-conforming. For more information contact Reverend Frank.

"We Keep Each Other Safe" Bystander Intervention Training – Wednesday, November 25 – 3:30pm – Online – FREE
November 25 is International Day for the Elimination of Violence Against Women. Join Julie Lalonde for a one-hour, interactive, virtual training to learn how to intervene when you see harassment happening. We'll talk about what harassment looks like — from microaggressions to violence - and how Right To Be's 5D's of Bystander Intervention can help: distract, delegate, document, delay, and direct.

Tone Cluster and Queer Cadence Present: "You Live, You Learn" – Saturday, November 28
3:00pm (early show), 7:30pm (evening show) – Glebe St-James United (650 Lyon St at First Ave) – $25
Nobody gets through life without a few wrong turns. We take risks, learn the hard way, and sometimes find ourselves starting all over again. Join Tone Cluster & Queer Cadence on November 28th as we embrace the messy joy of being human, with all of its beauty, hope, and unpredictability. Venue is wheelchair accessible and has gender neutral single stall washrooms. Seating options include wooden pews and cushioned chairs. Tickets HERE.

World University Service of Canada (WUSC): Volunteering Information Info Session
Thursday, December 3 – 12:00pm – Online
Are you looking to make a global impact? WUSC offers meaningful international volunteer opportunities supporting education, economic empowerment, and inclusion for youth and refugees worldwide. By volunteering, you can share your skills, foster global connections, and help build a more equitable world. WUSC covers volunteers' assignment-related expenses (airfare, work permit, required vaccinations, accommodation...) and provides comprehensive training to prepare volunteers for their assignments. Interested? Attend our online information session on December 3rd to learn more about volunteering and how you can get involved.

Protect Centre 454 this winter - Sign Letter
Now that the municipal election has past, we need to renew our efforts on this important issue. Please sign **this letter** to extend the January 2027 relocation deadline and protect Belong Ottawa's CENTRE 454 in Sandy Hill from having to relocate in the middle of the Ottawa winter, so they can continue their services that support the vulnerable and homeless in our community. Please see this Nov 10 CBC article and interview for more details.

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