

Weekly e-UU Newsletter

Friday, July 31, 2026

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 2, 2026

Online and In Person

Starts at 10:30am



Sit With Me: The Power of Presence

With guest speaker Paul Julien

There is a power to listening that goes beyond words. To sit with someone while providing a presence, so that in the stillness of that space, they may tune into their own inner voices; their own inner wisdom. This practice of deep listening is at the very core of Spiritual Care, and its sacred teachings can be heard by all who are open to perceive.

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 summer, children will explore the wonder of our interconnected world through The Great Web of Life, a hands-on, outdoor Religious Exploration program for ages 3–12.

Using our gardens and outdoor spaces as a living classroom, children will spend the summer observing, creating, playing, and building connections—both with nature and with one another. Come help us strengthen the Web of Life, one strand at a time.

During our Summer Program, we will be spending a lot of time outside! Please remember sunscreen and hats to protect from the sun, and be aware that there will be a risk of ticks. Please perform a tick check when 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 July
Janet Clayton - [Email](#) - 613-733-9566
Margaret DeCorte - [Email](#) - 613-722-1424

Caring Contacts for August
Elisabeth Morrison - [Email](#) - 613-225-6702
Bill Wylie - [Email](#) - 613-761-8092

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

A Conversation on Calling and Ministry

Warm greetings from the Settled Minister Discernment Task Force: Alex Campbell, Ally Hobson, Erin Keene, Lee Rose, and Lisa Boulay.
*We invite you, as members of The First Unitarian Congregation of Ottawa, to join us on **August 16**, when we will be leading the service, “**A Conversation on Calling and Ministry.**” This service will mark the official beginning of our congregational discernment process as we listen together for the wisdom, hopes, and commitments of our beloved community and consider whether to call Rev. Lara as our settled long-term Minister.*
The August 16 service will be the first of several opportunities for reflection, conversation, and listening as we consider this important step in the life of our congregation. More details about the discernment process will be shared during the service, as well as through the e-UU and email. We hope you will join us, in person or online, as we begin this journey together. We look forward to gathering with you and hearing the voices of our community.
In service to you,
Lisa, on behalf of the Settled Minister Discernment Task Force

Featured Volunteer Opportunity

Special Event on August 19

We are hosting a Ceremonial Groundbreaking for the future Ontario Aboriginal Housing Services building on Wednesday, August 19, at our campus, which will include many special guests. We need some help with set up, parking directions, reception and clean up. If you can offer a couple of hours that morning (11:00am to 1:00pm) or afternoon (3:00pm to 5:00pm) please [contact Lisa Sharp](#).

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Main Door Church Access: Enter, Rejoice and Come In Through the Lower Level Doors

Please note that the main doors have been removed for restoration and the entrance will be closed for the next few weeks.

UU Pride - Volunteer With Us

Ottawa's Pride season is coming fast, and there are many ways to get involved!

- Our annual Pride Service is on Sunday, August 23. After the service, join us in Fellowship Hall to decorate posters for the Pride Parade and our Street Festival booth.
- Join our FirstU Marchers for the Pride Parade on Sunday August 30th! Allies are very welcome. Meet by 12:30pm at our designated spot (tbc).
- [Fill out this form](#) to volunteer for a shift at our Pride Street Festival info table on August 29 and 30. Most shifts are 2.5 hours. An optional orientation session will be held in early August.

Email diversity@firstunitarianottawa.ca to get involved or stop by our info table this Sunday, July 26!

Call to Action: Preventing Gender-Based Violence

How can we prevent boys and men from committing gender-based violence? The Men’s Breakfast Group has started an initiative to answer this question.
The mission is to foster actions within FirstU, the City of Ottawa and surroundings, and provincially and federally, that will prevent more of this violence before it happens. We hope to identify fourteen actions before the FirstU remembrance of the 1989 Polytechnique shootings that will take us from compassion to action.

The Canadian Football League star – Nathan Rourke - proudly promoted his efforts, [on CBC’s The National](#), to inspire boys to go from bystanders to interveners to prevent gender-based violence. Canada has a [National Framework on Gender-Based violence](#), which includes the prevention of dating and intimate partner violence. The Men’s Breakfast Group is exploring how to get more programs on bystander intervention.



Upcoming Events

FirstU Building Tour – *This Sunday, August 2 – 11:45am – Meet in Worship Hall*

Join our tour guide in front of the podium in Worship Hall at 11:45am. The tour will show you many aspects of our beautiful building and give you an opportunity to learn more about Unitarian-Universalism as well as the exciting plans for the future of our seven acre campus.

Pride Service 2026 – Sunday, August 23 – 10:30am – Worship Hall and Online

Join us for our annual Pride Service, as we celebrate queer joy and discuss the challenges faced by today's 2SLGBTQIA+ community.

Pride Parade Poster Party – Sunday, August 23 – 12:30pm – Fellowship Hall

After our Pride Service, we welcome you to join us in Fellowship Hall where we will be decorating posters for the Pride Parade and our street festival booth. You can also bring your own T-shirt (or hat or bag...) to decorate. Art supplies (posters, markers, fabric paints) will be provided but **please make sure you have a way to bring your items with you (T-shirts will need time to dry flat).**

Capital Pride Parade – Sunday, August 30 – 12:30pm – Designated Rally Spot TBA

The **Pride Parade on Sunday August 30th** is a great opportunity to dress festively and get to know other FirstU Marchers! Allies are very welcome. Meet by 12:30pm at our designated spot (to be confirmed), the parade starts at 1:00pm. Rainbow umbrellas act as portable shade. Mobility aids and devices encouraged, if you have them - we'll be on our feet for a long time. To keep up to date on parade logistics email diversity@firstunitarianottawa.ca and watch this space!

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

- August 5 - Drop-In Games Night - 6:30pm - Room 3 - Drop-In Games Night will continue through the Summer, happening twice a month, and will continue, twice a month (first and third Wednesdays), in September.
 - August 5 – Online Mindfulness Meditation – 7:00pm - Online – Contact adultlearning@firstunitarianottawa.ca in advance to receive the zoom link.
 - **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. *On break for the summer.* Virtual Discussion Circles will return in September.
 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month – *On break until September.*
 - **Friday Afternoon Reading for Growth** – *On break until September.* Friday Afternoon Reading for Growth, at 1:30pm on the last Friday of the month, will start again after a summer break on September 25 with a new varied list of titles. New members are very welcome. [Contact Clea](#) for full details.
- 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.