

# Weekly e-UU Newsletter

## Friday November 28, 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, November 30, 2025**

**Online and In Person**

**Starts at 10:30am**



### **Grandmothers: Pillars of Their Communities**

A World AIDS Day Service with the Unitarian GoGos

Members of the Unitarian GoGos will share some stories about their experiences and learnings while visiting grandmothers and community-led partner organizations of the Stephen Lewis Foundation in May, 2025.

The trip was a life-changing event for the sixteen grandmothers and grand-others from across Canada and the six Stephen Lewis Foundation staff members who participated together in this incredible two-week journey to Eswatini and South Africa.

**Please Note: This is a Social Justice Sunday.** A special collection will be taken up during the Offering in support of the Stephen Lewis Foundation.

### **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**

This Sunday, after Time for All Ages, we'll head downstairs. Our **2-6 year-olds** will be in the Rainbow Room with Rita and Esther, where we'll enjoy some festive winter activities. Our **7-12 year-olds** will be in the Chalice Room with Jodi and Susie, taking a closer look at the meaning of Equity through games and discussion. After RE, we'll head to **Fellowship Hall for pick-up** and connecting with everyone after the service.

### **Caring Contacts for November**

[Barb Ryan](#) - 613-710-3131

[Stan Pope](#) - 613-614-3750

### **Caring Cards for December**

[Laurie Foster-McLeod](#) - 613-728-1916

[Paul McGinnis](#) - 613-829-7156

*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.*

### **2026 Pledge Campaign**

Friends! If you haven't done so yet, there's still time to submit a pledge for 2026.

<https://www.firstunitarianottawa.ca/make-your-pledge---online.html>



## Welcome New Members!

The board is pleased to report that this week it approved four new members: Susan Barker, Nikki Diamond, Barry Halden, Paul Julian and the return of Eric Ranger to membership. Please join us in welcoming them!



## Featured Volunteer Opportunity

### Sunday Morning AV Volunteers

Do you have AV skills (or would like to learn)? We're currently looking for volunteers to assist Julia with AV on Sunday mornings. Paid opportunities may also be available. If you're interested, please contact Julia at [av@firstunitarianottawa.com](mailto:av@firstunitarianottawa.com) or talk to her after Sunday service.

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)



## Read All About It

### Notice of Scam Email

**Reminder: If you receive emails like the scam shown below, do not respond.**

Legitimate messages from our staff will always come from an [@firstunitarianottawa.ca](mailto:@firstunitarianottawa.ca) address, and we will never ask for money, gift cards, or similar items. Asking for "discretion" is a tell-tale sign that the email is a scam. If you're unsure whether an email is genuine, start a new email, to the person's [@firstunitarianottawa.ca](mailto:@firstunitarianottawa.ca) address, or call the person directly to confirm before taking any action.

### Mitten Tree Sunday - Mittens for Sale

On Sunday, December 14, the Church Knitting Group will be selling hand-knitted mittens and some scarves and toques in the foyer outside the Lounge before Service, starting at about 9:30am. Come and purchase mitts for yourselves and family and for decorating the Mitten Tree. All proceeds go to the Congregation.

### New Protocol for Using Fellowship Hall During Hospitality Hour

If your group plans to serve food or drinks in Fellowship Hall on a Sunday morning, **please book this through Jen at [omr@firstunitarianottawa.ca](mailto:omr@firstunitarianottawa.ca)**. This helps ensure all stakeholders are informed and coordinated. A reminder as well that you may book tables in Worship or Fellowship Halls for selling, info etc. the same way.

### December 19 - Last eUU of 2025

Heads-up! The last eUU of 2025 will be sent out on Friday, December 19. If you have any events or announcements that people need to see before January 9, 2026, please make sure you send them to [publications@firstunitarianottawa.ca](mailto:publications@firstunitarianottawa.ca) by noon on Wednesday, December 17.

### Missing Salt and Pepper Shakers

Over 20 salt and pepper shakers purchased by the Men's Breakfast Group (MBG) have gone missing from the Fellowship Hall kitchen. The MBG acquired these items primarily to support its growing breakfast events and larger special events, while making them available for other events as needed. Please [contact Larry Jones](#) ASAP if you know where they. We'd like them returned by this Sunday, November 30, prior to our large December 5 event.

### Greens Available for Harvest

Bring your own container and harvest some fresh leafy greens from the Ajashki grow towers in the Community Food Resource Room just off Worship Hall.

### Family History Files

If Barry Read has prepared your Family History over the years and you have received from him a binder with paper copies, he is now offering to send you electronic files of what is in those binders. You need to have the MS Excel spreadsheet application on your computer to open the main contents of what is in your binder. The other available files are for documents also in the binder. **To receive your electronic copy**, please contact Barry Read at the email address given in the Directory or, if you don't have access to the directory, request his address through the office.

### New Directory Available

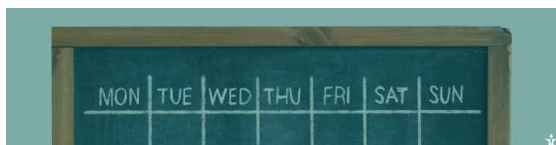
Members, there's a new directory available in the church office and for download on the Members' Page.

## December Journey Group Meetings

Everyone is welcome to join our **Journey Groups on the 1st and 3rd Tuesdays, starting December 2, at 2pm in Room 6.** December's theme is the practice of **Community Care.** We'll discuss questions like "What does it take to create a community of care and how do we fit in?" and "How does it fit into our shared values and principles?" For more information [email Amalilly](mailto:Amalilly).

## Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **December 3 - Euchre** in Fellowship Hall. Players are asked to arrive between 6:30pm and 7:00pm so that the games can start promptly.
- **December 4 - The Online Discussion Group** topic is "Good and Evil".
- **Sunday, December 14 - Our After-Service Discussions** take place on the 2nd and 4th Sunday of the month, at **11:45am, in the Lounge**
- **December 15 - Online Trivia Night.** [Click here](#) to find details and to get the link.
- **December 19 - Drumming Spires:** Come find your rhythm connection in this recreational community drum circle, **11:00am on the third Friday of every month**, in Fellowship Hall. Please bring a small drum, coffee canister or percussion instrument. No experience needed. Please accompany children who attend. For information and to RSVP, email: [FridaySpires@mail.com](mailto:FridaySpires@mail.com)
- Our **Thursday Evening and Friday Afternoon Reading for Growth groups** will not be meeting in December.



## Upcoming Events

### Elbows Up! A FirstU Choir Concert – Sunday, December 7, 2025 - 1:00pm - By Donation

Join the choirs of First Unitarian Ottawa for a memorable concert celebrating Canadian songwriters and composers from coast to coast. Music will range from folk tunes, to Oscar Peterson, to excerpts from beloved Canadian choral masterworks like Eleanor Daley's Requiem and Sarah Quartel's Snow Angel. Come early and **enjoy a light lunch** served at noon! **Childcare is available for those who register in advance:** Contact [dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca) by Friday, December 5 to ensure your child's spot.

### Beacon Community Concert Band - Wednesday, December 10 - 7:00pm (6:30 – Refreshments)

#### By Donation - Proceeds to the FirstU Food Cupboard

Join us in Worship Hall on Wednesday, December 10, for a concert by the Beacon Community Concert Band. You'll hear everything from Vaughan Williams to ABBA, plus a selection of holiday favourites from Hollywood and Broadway, all in support of the FirstU Food Cupboard! Come by at 6:30pm for refreshments, and stay after the concert to enjoy some seasonal cheer!

**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

### Carols & Cocoa - Saturday, December 20 - 1:30pm - Fellowship Hall

Bring the whole family and celebrate the season with a Christmas carol singalong! Don your best festive wear (optional, but encouraged!) and enjoy a cup of hot chocolate as we sing our favourite Christmas tunes together. This event is free and family-friendly; a great way to get in the holiday spirit!

### Waiting for the Light – Saturday, December 20 – 7:00pm – NOW Room - \$5 Suggested

Join us for an evening of contemplation as the days are shortening and the darkness is growing. We will walk a candle-lit labyrinth, share a time of quiet meditation and music, and enjoy warm apple cider together. Watch this space for registration details.

### Women's Inclusive Pagan Circle: Yule Ritual - Monday, December 22 - 7:00pm - Fellowship Hall - \$5 Suggested

Trans women, cis women, and nonbinary folks are invited to take part in our Winter Solstice Ritual! Honour the

long darkness and the coming return of the light, as we journey through the night with the Deer Mothers of Baltic and Slavic paganism to re-enchant the world and carry the sun safely through the dark.

Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar. We also ask that folks contribute \$5 to help cover the cost of space and supplies, and to bring a non-perishable donation or two to support the FirstU Food Cupboard.

### **Save the Date: Christmas Eve at FirstU - Wednesday, December 24, 5pm and 7pm**

Our annual double service for Christmas Eve is coming up. Whether you attend the earlier, kid-friendly service, the later more contemplative service, or both, we hope you'll be joining us. Watch this space for details.



## **Unitarian Universalist nUUs**

### **Fred Cappuccino turns 100!**

Friends! Our sister congregation, the Unitarian Universalist Fellowship of Ottawa, is planning a party to celebrate Rev Fred Cappuccino's 100th birthday on January 17! You're invited to attend AND you're invited to share photos and videos of Fred if you have them. Email photos and videos [to Mark M](#) by January 10.

### **Canadian UUs Read**

A panel of ministers will each pitch their book proposal. Audience members (that's you!) will be able to submit questions. At the end of the event, everyone will vote on the book that will help us meet this moment, setting the theme for 2026's Sharing Our Faith packet, and selecting the book that we will read nationally. [Click HERE to see the book selections!](#)



## **News From Our Friends**

**Aella Choir Presents: RISE UP – *This Sunday*, November 30 3:00pm - First Baptist Church (Elgin/Laurier)**

### **Pay What You Can**

Aella invites you to join them for an afternoon of music meant to inspire courage, optimism, and action in the face of adversity. The concert will feature music from the Singing Revolution in the Baltics, the Syrian revolution, and anti-apartheid music from South Africa, as well as an interactive musical segment when Aella will teach audience members different types of protest songs. [Tickets HERE.](#)

**Tone Cluster Presents: Seasons of Light - Monday, December 22 - 7:30pm  
Centretown United Church (207 Bank St) - \$20 (earlybird), \$30 at the door**

To welcome back the light, Tone Cluster and Queer Cadence choirs present music of Solstice and Yule. Harmony and hope intertwine as we honour this moment of stillness with songs of reflection, renewal, and joy.

[Earlybird tickets available HERE until December 2.](#)

### **Feminist Merch from the UU Women's Federation**

Our friends at the [UU Women's Federation](#), invite you to peruse [their online store](#), where you can find feminist-themed t-shirts, water bottles, and more, just in time for Christmas giving.

### **You Are OUR Sunshine: A Climate Change Song**

The backbone of the Climate Change movement is rooted in faith-based congregations. In every UU church there is a Climate Action / Justice, Social Action, Environmental Committee, or some group addressing Climate Change, the most critical existential threat facing us today. Climate Change is real and getting very near some critical tipping points of no return.

Rev. Lee Bluemel, the minister at North Parish Unitarian Universalist in North Andover, Massachusetts, invites you to watch [this music video](#) of their Climate Change song, as performed by musician Pat Scanlon and friends. ***Anyone working or educating on climate change, you have full permission to use the song and our music video – “You are OUR Sunshine” in any way you see fit. Its use is covered by the Fair Use Doctrine.***