

Weekly e-UU Newsletter

Friday, June 12, 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, June 14, 2026

[Online](#) and In Person

Starts at 10:30am



A Cracked Cup

Reverend Lara Cowtan

This Sunday, we explore the perils of perfection and delve into the power of repair.

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.

New: Information about Your Sunday Offering

The offerings collected each Sunday help us to live into our values within this congregation and in supporting many good works beyond our walls by highlighting a community partner organization each month to share with. **During the entire month of May, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, Serenity Renewal for Families.**



Founded in 1983, to serve individuals and families in recovery from alcoholism and addictive behaviours, [Serenity Renewal for Families](#) provides hope and support in a safe environment through short-term counselling, educational workshops and programs for individuals and families affected directly or indirectly by addictions according to their guiding philosophy: No one is turned away for financial reasons. Today, more than ever, our support as a community partner is needed to ensure Serenity Renewal will thrive in their crucial mission and commitment to the health and well-being of Ottawa.



Children's Religious Exploration

This Sunday, after Time for All Ages, we'll go downstairs to continue our Spring programming:

- In the **Rainbow Room** (ages 2-6) with Anusha, we will be telling the story "I love you Sun, I love you Moon" and playing indoors.
- In the **Wonder Room** (ages 7-12) with Esther, we will be hearing a story about the unlikely friendship between a hippo and a tortoise and making a habitat mural.

Our Whole Lives

Our seventh OWL workshop, "**Babies**", will begin at 10:30am in the Chalice Room.

Mystery Pals

Don't forget! This Sunday, at 9:30am, is our Mystery Pals Reveal Breakfast! Come and meet your Mystery Pal at last!

Congregational BBQ - Let Us Know You're Coming!

Our June 21 Congregational BBQ sign-up deadline has been extended to *this Sunday, June 14*. Please RSVP [by submitting this online form](#) - or by stopping in at the Office to fill out a paper RSVP form - so we can plan on quantities of food and drink.

Hope to see you there!



FirstU Sunday Parking Survey

As the time for breaking ground and beginning to build our on-campus affordable housing approaches, we're making arrangements to ensure Sunday morning parking is available. If you attend Sunday Services, please fill out our Sunday Parking Survey by using the QR code in the image (right).



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 June

Alexandra Devine - [Email](#) - 613-224-5695

Jan Glyde - [Email](#) - 613-680-0495

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

Featured Volunteer Opportunity

Ajashki Volunteers

Are you looking to take action in support of advancing Reconciliation? The recently re-centred Ajashki program is looking for volunteers. Tasks will include but are not limited to taking turns watering the gardens and doing grow tower maintenance this summer. See Ray (Rachelle) after service, or email ajashki@firstunitarianottawa.ca, to express your interest.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Budget Forms Due July 5

If you are responsible for any activity that produces revenue and/or expense for FirstU, please complete your budget form and send it to OAS@firstunitarianottawa.ca and fm@firstunitarianottawa.ca as soon as possible but **before July 5**. [Click here to download the form as a word document](#). For a printable PDF, [click HERE](#), OR request your budget form from the office.

Seeking Items for Our Refugee

Do you have a used laptop or cell phone you are no longer using? We are trying to equip our new refugee friend who is in job search mode here in Ottawa. We can erase what's on old devices. Please [contact Lisa S](#) if you can help.

Connect with Our Congregation!

The FirstU Ottawa Community Group on Facebook is a great way to share requests, ask questions and share thoughts with other congregants in a private space. [Visit the page](#) to request to be added and then start connecting!

Orange Parking Flags

You will notice orange flags in front of some parking spaces on the campus. The flags on the south border are rented to the construction company of the Dentech building during the week from 6am-6pm only. **They can be**

used by the congregations any other time. The flags beside the garden are for Unitarian House staff as they do not currently have access to their spaces on the CPR strip. **These spaces can be used by the congregation on Sundays.**

Reverend Mwibutsa's May 31 Sermon Text Available

Last Sunday, May 31, we welcomed our new community minister, Reverend Mwibutsa, to officiate. We received many requests for a written copy of his sermon, "Saved Alone or Freed Together". Reverend Mwibutsa has kindly shared it with us: [You can access it HERE.](#)

News from the Board

- New members: We are very pleased to welcome 3 new FirstU members who were approved at the April and May board meetings: **Joe Duschinsky**, **Nicole Forbes**, and **Saphia Ould-Brahim** (youth member). To learn more about membership in FirstU, click [HERE](#).
- Committee chair appointments: **John Emond** has been appointed as the chair of the Governance Committee, and **Brent Nicolle** will be chair of the 2027 Pledge Campaign. Thank you, John and Brent, for stepping up into these important roles.
- Thank you **Guy Belleperche** for your years of service leading the Governance Committee, and Phil Nagy for leading the 2026 Pledge Campaign. Bravo!
- Bulletin Board in the Lobby: You'll find a new bulletin board in the lobby outside the office that will make it easy to find board-specific information. Currently it contains pictures and bios for each board member. Come check it out, and say hello when you see us!

Nina Strang at RAMP!

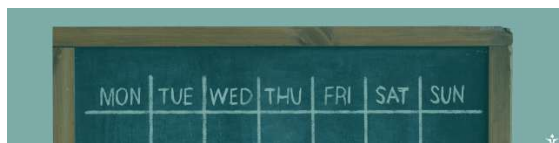
Our own Nina Strang will be presenting at the June 27 edition of RAMP's monthly skill-building workshops, "Projects, Partnerships & Practical Wisdom", where they'll be sharing about the projects that embody their UU values. The zoom workshop will be at 1:00pm. [Full details and registration here.](#)

Youville Centre Toy and Clothing Drive

During our Easter program, our UU Kids voted to do a service project: Collecting donations for the young moms at the Youville Centre! If you have gently used children's and infant's clothing, toys, kids' books, and/or women's clothing to donate, please bring them to the RE Library (Room 16) for collection. Our donation bins will be available on Sundays: June 7, 14, and 21! Please Note: We cannot accept donations of safety gear or used hygiene related items (e.g.: car seats, cloth diapers).

FirstU on Social Media

In addition to our congregation's facebook group - for connecting with other congregants socially - FirstU also has two staff-run social media accounts. Our [Facebook Page](#) and [Instagram Account](#) are how we spread the word about upcoming events, Services, and activities and how YOU can easily share our upcoming events - like Flower Communion, Food Cupboard Fundraisers, Fall Fair, and more - with your friends. Give us a follow!



Upcoming Events

UU Pride Virtual Games Night – **This Sunday, June 14 – 7:00pm – Online**

2SLGBTQIA+ folks are invited to join us online for some virtual games and chit chat. You'll need a tech set-up that allows you to see a shared screen and respond to prompts (answer trivia questions, draw funny pictures, etc.) at the same time. Laptops, tablets, and smart phones all work well. RSVP to diversity@firstunitarianottawa.ca to get the link.

FirstU Food Cupboard Fundraiser: Groove Dance Workshop!

Tuesday June 16 – 7:30-8:30pm – Fellowship Hall – By Donation – \$10 Suggested

Groove dance fitness class fundraiser for the food cupboard, led by Deb Thompson. Suggested \$10 donation, for cis and trans women and non-binary folks. This is a very loosely choreographed class where you can't get it wrong! Similar to Body Groove by Misty Tripoli, you'll be led through easy low-impact steps that you do your way to great tunes. Play with boas, ribbon sticks, light up rings, and more. Stretching and stillness to close. To RSVP, email uuoffice@firstunitarianottawa.ca by Monday, June 15.

Flower Communion – Sunday, June 21 – 10:30am

Join us for a UU Tradition! Bring cut flowers to share with the congregation as we celebrate the beauty of early Summer and the connections we share as a community!

Congregational BBQ – Sunday, June 21 – 11:30am

Join us after our Flower Communion service for a celebration! Please bring salads and desserts to share. A donation basket will be available to help cover the cost of burgers and hotdogs. [RSVP by filling out this form](#), or stopping in at the office, by **this Sunday**, June 14.

Women's Inclusive Pagan Circle: Midsummer Ritual – Wednesday, June 24 – 7:00pm – Fellowship Hall – \$5 Suggested
Trans women, cis women, and non-binary folks are invited to celebrate Summer Solstice with playfulness and gratitude. Bring any seasonal items you'd like to add to our collaborative altar, and finger foods to share after the ritual!

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

- **June 15** - Our monthly online Trivia Quiz takes place on zoom at 7:00pm. [Click HERE to join the quiz!](#) This will be the last Trivia Quiz of the Church Year. Online Trivia Quizzes will return in September.
- **June 17** - Biweekly Community Dinner - 5:00pm - Fellowship Hall - This will be our last Biweekly Community Dinner before taking a break for the Summer. \$10 for adults, \$5 for kids. [Email uuoffice@firstunitarianottawa.ca](mailto:uuoffice@firstunitarianottawa.ca) to register. We'll resume again in September.
- **June 17** - Drop-In Games Night - 6:30pm - Room 3 - Note date-change. Please note, Drop-In Games Night will continue through the Summer, happening twice a month, on the following dates: July 8 and 22, August 5 and 19, and will continue at twice a month (first and third Wednesdays) as the new Church Year begins.
- **June 17** - The *Mess We Are In* study group will meet at 7:00pm to discuss *Silicon Empires: The Fight for the Future of AI* by Nick Srnicek. [Contact Marc Brunet](#) for details.
- **June 18** – Thursday Evening Reading for Growth – 7:00pm. Note date change. Our next book selection is *The Power of Guilt: Why We Feel It, and Its Surprising Ability to Heal*, by Chris Moore [Contact Ken](#) for the zoom link.
- **June 25** - Virtual Discussion Circle - 1:30pm on zoom. This session's discussion topic is "Tradition". [Click here to join the discussion.](#) This will be the last Discussion Circle of the church year. Virtual Discussion Circles will return in September.
- **June 26** – Friday Afternoon Reading for Growth – 1:30pm. Our book selection is a work of fiction: *The Promise*, by Damon Galgut. [Contact Clea](#) for the zoom link.

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.



Unitarian Universalist nUUs

Canadian Unitarian Council (CUC): Reciprocal Annual Mentorship Program (RAMP!)

RAMP! offers monthly Skill-Building workshops open to everyone interested. These public, online, 90-minute workshops align with the program's monthly themes and connect with other national programming such as Congregational Conversations and Dismantling Barriers: June 27, 1:00pm: [Projects, Partnerships & Practical Wisdom from RAMP!](#)
Click the embedded links above to register for the workshop(s) of your choice!

Canadian Unitarian Council (CUC): Dismantling Barriers Series

Join the CUC online, on Thursday, **June 25**, 2026 at 7:00pm, for a workshop facilitated by Camellia Jahanshahi called **Engaging Governance**: There are many different governance models to explore— each with its own strengths, limitations, and impacts on how communities function. Together, we'll look at the pros and cons of different approaches and examine the ways governance structures can create barriers or tear them down. [Full details and registration HERE.](#)

UUFO Refugee Sponsorship Fundraising

UUFO, partnering with the Ottawa Centre Refugee Action Group (OCRA), is pursuing sponsorship of an Afghan refugee family. This is a family of six, **at high risk of harm and currently in hiding**. OCRA is a strong partner with experience over the past decade in settling more than 100 refugees in Canada. The Fellowship has conducted two successful earlier sponsorships. OCRA is spearheading the effort to get the family to a safe third country, where they can apply to come to Canada. This effort is aligned with our Unitarian social justice mission. If you would like to receive the pledge letter and information, and consider a donation, please email treasurer@uufo.org.



Chez FirstU

Afro Jazz (vol. 3) with the John Dapaah Quintet – *This Saturday, June 13* – 7:00pm – Chez FirstU

The John Dapaah Quintet will be bringing their unique blend of African, Caribbean and Jazz music to the stage, guaranteeing a memorable experience for all music lovers. Get ready to groove to the sounds of Africa mixed with Jazz influences in a live concert that will leave you wanting more. [Details and tickets HERE.](#)



News from Our Friends

**CoSA and OTJC Present: “Facing Our Messy Lives” - *This Saturday, June 13* – Noon – UUFO (400 McArthur Ave)
Free, Registration Required**

Join Circles of Support and Accountability (CoSA) and the Ottawa Transformative Justice Collective for a free screening and panel discussion of “Facing Our Messy Lives”. This film shows how community-based reintegration works for people returning to society after serving sentences for sexual offences. It highlights a proven example of what truly makes communities safer. [Reserve your spot HERE.](#)

Humanist Perspectives: Spring Edition Available

[Click here to read the new edition of Humanist Perspectives](#), including news about the 2026 Humanist World Congress, to be held in Ottawa, an editorial reframing of intergenerational responsibility in an age of growing distance between generations, and more. Email jgreen@jewishottawa.com with any questions.

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