

Weekly e-UU Newsletter

Friday, August 14, 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 16, 2026

[Online](#) and In Person

Starts at 10:30am



On Ministry and Calling

With Alex Campbell, Lisa Boulay, Ally Hobson, Erin Keene, and Lee Rose

This 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, and will mark the official beginning of our congregational discernment process as we listen together for the wisdom, hopes, and commitments of our beloved community.

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, An 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 August

Elisabeth Morrison - [Email](#) - 613-225-6702

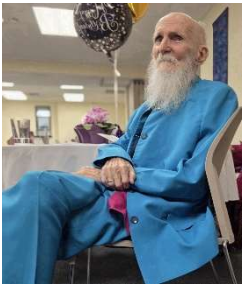
Bill Wylie - [Email](#) - 613-761-8092

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

On the Passing of Reverend Fred Cappuccino

With great sadness we have news that Reverend Fred Cappuccino died on Thursday, August 6, 2026, at the age of one hundred. There will be a celebration of Fred’s remarkable life on the afternoon of November 7, at First Unitarian. Details to follow.
You can read about Reverend Fred's life [here](#). We encourage you to think about the love and joy Fred has sent as ripples out, literally, around the world.





Odayanhaway

Groundbreaking Ceremony *(Little Village)*



Ontario
Aboriginal
Housing Services



FIRST UNITARIAN
CONGREGATION OF OTTAWA

Odayanhaway OAHS Ceremonial Groundbreaking Ceremony

Ontario Aboriginal Housing Services (OAHS) invites the community to celebrate the ceremonial groundbreaking of the new Odayanhaway six-storey building on Wednesday, August 19. Actual construction is slated to begin later this year.

The ceremony will take place outdoors, beginning at 1:00pm. and last approximately two hours. While there will be over 100 chairs, it would be wise to bring a folding chair, as it is difficult to estimate the total attendance. If there is rain, much of the event will take place in Worship Hall. Parking will be at a premium so if you can share a car or come without a car, that would be helpful.

The event will be live-streamed. If attending in person would be challenging, you are warmly invited to watch the event live online [HERE](#).

This special celebration will be led by an Indigenous elder, Grandmother Irene, and will feature a Water and Cedar Ceremony, speeches, drumming, dancing, and singing. Following the ceremony, all are welcome to gather in Fellowship Hall for a reception.

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

Submit to the Spire
The Spire is a seasonal magazine for members wishing to express themselves through respectful sharing of an editorial nature. Individual viewpoints, personal pieces of prose or poetry, and articles relating to our current issues are welcome (450 words max.) As well as one ‘Feature Article’ (900 words max.). Submissions for our September issue are now open and will be received until **August 21** (extended date). Please, send your articles to spire@firstunitarianottawa.ca. We’d love to hear from you!

Tulipathon Goal Achieved
The Multifaith Housing Initiative reached its 2026 Tulipathon fundraising goal of \$125,000 to provide rent subsidies for its tenants. The FirstU team raised \$6,955 of this amount. Bravo and thank you!

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.

FirstU Crew at Unicamp - August 2026!



Call to Action: Preventing Gender-Based Violence

The combination of adrenaline, testosterone, and alcohol is thought to increase intimate partner violence by 30% during major sporting events. Efforts failed to get funds to pay for helping men stop this violence from FIFA. However, [the City of Toronto will collect data from the sources to which victimized women went during FIFA.](#) This is an important step towards investment in prevention in the future, when combined with proven prevention strategies.



Upcoming Events

Odayanhaway OAHS Ceremonial Groundbreaking Ceremony – Wednesday, August 19 – 1:00pm
Outdoors on Campus and [Online](#)

Join us for the Ceremonial Groundbreaking for the future Ontario Aboriginal Housing Services building on the FirstU campus. Please bring a folding chair if possible, in order to ensure seating, as the ceremony will take about two hours. Carpooling, biking, and public transit are encouraged as parking will be very limited. If attending in person is challenging, you are invited to join us online, via livestream: [Click HERE on Wednesday, August 19 at 1:00pm](#), to attend.

Pride Service 2026 – "Chosen Family - Intentional Connections and Radical Acceptance"
Sunday, August 23 – 10:30am – Worship Hall and Online

Join guest speaker **Amil Reddy** 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 Street Festival – August 29-30 – 12:00pm to 8:00pm – Bank St between Nepean and Gloucester

Come visit our FirstU Info Ambassadors at our booth at this year's Pride Street Festival. We'll have kids' activities and information about FirstU. Bring a friend and come say Hi!

Capital Pride Parade – Sunday, August 30 – 12:30pm – Gather for the parade at Booth St and Vimy Pl
FirstU Staging Area B110, in the Red colour zone

The Pride Parade on Sunday August 30th is a great opportunity to dress festively and get to know other FirstU Marchers! Allies welcome! Meet by 12:30pm at our designated spot B110, in the Red Zone. Enter the staging area at Vimy Place and Wellington OR at Booth St and Wellington. Rainbow umbrellas make great portable shade. Mobility devices encouraged - we'll be on our feet for a long time. Email diversity@firstunitarianottawa.ca with questions or to join our Pride WhatsApp group for parade logistics.

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 19 – **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 19 – **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.



News from Our Friends

Unitarian House Beer and Wine Garden – Friday, August 21 – 3:00pm to 8:00pm – Courtyard, 20 Cleary - \$10

Join us for an afternoon and evening of great drinks, food, music, and community fun! Enjoy live music by The Good Enuffs and The Real Blue. Your admission fee includes a BBQ supper and a beverage, with additional drinks available for \$5. There will be a raffle and a 50/50 draw for those who want to participate. Tickets can be purchased [through the Unitarian House website](#), at Reception, or at the event. We hope to see you there!

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