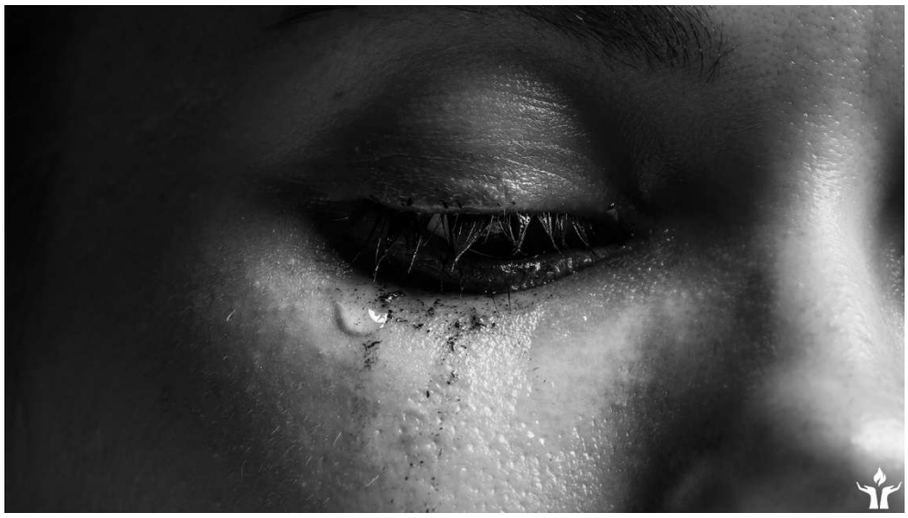
Weekly e-UU Newsletter
Friday, November 06, 2026

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 8, 2026
Online and In Person
Starts at 10:30am



The Tracks of Our Tears

Reverend Lara Cowtan

A contemplative service on holding the deep blessings of grief in our lives.

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 to continue our "Woven Faith" curriculum:

- In the **Rainbow Room** (ages 2-5, with Rita) we will be exploring a new item shown to us by Ellery Churchmouse.
- In the **Chalice Room** (ages 6-8, with Esther), we will be reading "Jamie is Jamie" and helping our community by cleaning some of our toys.
- In the **Wonder Room** (ages 9+, with Jodi), we will be learning about the history of the UU Covenant and making a collage.

*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.***

2027 Pledge Campagne

Our annual Pledge Campaign is about 40% of the way 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



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

Featured Volunteer Opportunity

Fall Fair Needs You!

Join the fun and help with this important fundraiser. There are still a number of volunteer opportunities available. We're particularly looking for:

- For the day of the sale (November 14), people who know how to use, or are willing to learn, Square for electronic payments.
- Bakers! Cookies, squares or small loaves for our "Baking & Jam" booth, and muffins for the Lunch Room - all welcome and appreciated.

Check out the Fall Fair page for details and more opportunities. Or contact Eva at ffvols@firstunitarianottawa.ca.

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



Read All About It

Congregational Meetings

Thank you to all our members who participated in the Special Congregational Meeting on October 18 and the Fall Congregational Meeting on October 25. We had an excellent turnout for both meetings, especially given that there were two meetings so closely scheduled together! For those who were unable to participate, we thought you might like to see the minutes of both meetings so that you will be up to date:

Please **click HERE** for the October 18 Special Congregational meeting minutes

Please **click HERE** for the October 25 Fall Congregational meeting minutes

Please **click HERE** for the recording of the October 25 Fall Congregational Meeting and **use the 54:56 jump link in the description** to hear an important update about our Odayanhaway Campus Development project.

Please Note: The minutes and recordings of both meetings are accessible from **the members' page.**

Settle Minister Discernment Process

We are very pleased and excited to announce that on October 18, the members of the First Unitarian Congregation of Ottawa voted overwhelmingly to call Reverend Lara Cowtan as our settled minister, and she has joyously accepted! We are all thrilled to be moving forward in shared ministry together. **You can view a recording of the whole meeting HERE.** Reverend Lara begins speaking at **40:26.**

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**

Unitarian GoGos Fundraiser
The Unitarian GoGos have a fundraising event coming up in support of the Stephen Lewis Foundation's work for AIDS-affected Grandmothers in Africa: **GoGos Cheese Sale:** This year, the GoGos are partnering with Abbaye de Saint-Benoit-du-Lac to bring you seven cheeses for $45. **Full details at the end of this document.** Cheese makes a great host gift for any party you have coming up. The deadline for orders is Monday, November 9, 2026. Order by emailing Linda at **gogos@firstunitarianottawa.ca**

Little Free Libraries
FirstU has two Little Free Libraries - one for adults and one for children. Located outside the west (elevator) door, they operate on a leave-a-book / take-a-book basis. There is currently a need, in particular, for more children's books. If you have some (fiction or non-fiction) books available to donate, please place them in either of the Little Free Libraries, or in the donation tubs beneath them. If you have a larger number of books to donate, please **contact Andrew** to arrange a pickup.

Fall Fair
We are here! **It is donation week** leading up to Fall Fair day.
* Please, everybody, get your things together and bring to the church from Monday to Thursday between 10:00am and 7:00pm, daily. There will be volunteers at the west door to receive your offerings.
* We are looking specially for works by Canadian artists or First Nations artists. Let's have a good selection for the art auction.
* And please pick up **or print** a poster to post in a place near you. Send out an email to friends and family, inviting them to come on Saturday. Let's build a great Fall Fair!

Call to Action: Preventing Gender-Based Violence
Provided by the Men's Breakfast Group Compassion-to-Action Initiative
One in seven women who graduate from post-secondary education **experience sexual violence during their academic career.** In 2022, student leaders from Canada's post secondary institutions **agreed to a ten-point action plan** for universities and provincial and federal governments. These included workshops throughout academic careers on active bystander intervention and comprehensive consent education - which have been scientifically proven to diminish perpetration among young men.



Upcoming Events
Celebration of Life for Fred Cappuccino – Saturday, November 7 – 4:00pm – Worship Hall and Online
A celebration of Fred's life will take place at 4:00pm, on Saturday, November 7, in Worship Hall. In lieu of flowers, memorial donations in Fred's memory may be made to the Fred Fund for Education, a part of the Child Haven International Endowment Fund. Click HERE to attend the service online.

Fall Fair Donations Intake – November 9 to 12 – 10:00am to 7:00pm Daily
You've been setting aside your Fall Fair donations for months, and now it's time to bring them in. Click here for the Fall Fair's donations wish list, and **don't forget to help promote the fair** by sharing our Facebook event and hanging up a print-at-home poster in your lobby, office building, or favourite coffee shop!

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.

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

- **Groove Dance Fitness** for women on Monday nights **cancelled** until further notice.
- November 12 - **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: **" If you could have a fictional character for a friend, who would it be?"**
- 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 talk. Register no later than Monday, November 16, by **clicking HERE and submitting this form.**
- 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!



Unitarian GoGos Cheese Sale

This year we are again pleased to be working with the Abbaye Saint-Benoît-du-Lac cheese factory to continue to raise funds for
THE STEPHEN LEWIS FOUNDATION

Your purchases will help to support grassroots programs in 15 countries in sub-Saharan Africa, empower women who are raising children orphaned by HIV/AIDS, and help to prevent the spread of HIV. Girls and young women are among the most vulnerable. To learn more about why we fundraise for the Foundation please visit the very informative website https://grandmotherscampaign.org/.

Do you like to entertain family & friends over the Christmas Holiday?

Do you have some people on your Christmas Gift list that are very hard to buy for?

We have the answer. Give them the gift of Cheese!



Seven delicious cheeses

- ✓ **Attractively gift boxed, featuring the Abbey and its autumn landscape Individually vacuum-sealed, wrapped cheeses.**
- ✓ **Each will last up to at least three months in the refrigerator and may be frozen.**
- ✓ **All cheeses are lactose-free, and each cheese has its own personality and distinctive taste.**
- ✓ **People who received it as gifts last year gave it raving reviews.**

COST: The cost is $45 for a box of 7 Cheeses

HOW TO ORDER:
To order, simply contact Linda McDonald at gogos.fundraising@gmail.com and let her know if you wish to purchase one or more Gift Packages.

Payment instructions will be sent to you when your order is placed.

DEADLINE FOR ORDERS: Midnight, Monday November 9th, 2026.

PICK UP & DELIVERIES: Will be arranged for December 1st, 2026 or pickup can also be arranged for Sunday, December 6th, 2026, from 11:30 – 12:30pm at Fellowship Hall, First Unitarian, 30 Cleary, Ottawa, On K2A 4A1

THANK YOU SO MUCH FOR YOU SUPPORT!