

Weekly e-UU Newsletter

Friday, March 20, 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, March 22, 2026

[Online](#) and In Person

Starts at 10:30am



Sing Out Love

Introducing the new UU virtual hymnal! We will explore how our hymns reflect our values and help us cultivate resilience, wonder, and wisdom.

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 March, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, the [Women's Legal Education and Action Fund \(LEAF\)](#).

Since 1985, the [Women's Legal Education and Action Fund \(LEAF\)](#), which is based in the *uOttawa Law School*, has achieved significant landmark victories in Canada by using strategic litigation and legal education to advance gender equality. LEAF has intervened in over 160 cases, strengthening the Charter of Rights and Freedoms regarding reproductive freedom, workplace discrimination, pay equity, and the prevention of gender-based violence.



Children's Religious Exploration

This Sunday, after Time for All Ages, we'll head downstairs to learn about Transformation, as part of our **Gifts of our Faith Program**.

- In the **Rainbow room** with Rita and Anusha, we will be reading a story about transformation and making and making bean seed mosaics.
- In the **Chalice room** with Esther *and* in the **Wonder room** with Jodi, we will be learning about transformation in relation to Spring Equinox and making bean seed mosaics.

Caring Contacts for March

Clea Derwent – [Email](#) – 613-694-0505

Coral Sato – [Email](#) - 613-599-8838

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.

New Members at FirstU

The FirstU Board is pleased to announce that at its meeting on Wednesday evening they approved the membership applications of Olivia Gibbs and Gay Stinson. Please join us in welcoming them to our community! We are thrilled to have them with us and look forward to their contributions to the congregation.



Featured Volunteer Opportunity

Help Raise Money and Good Cheer!

Do you love the Fall Fair? Would you consider co-leading a large, enthusiastic team of volunteers to organize FirstU's biggest annual fundraiser and community builder? We are looking for two people to succeed our outgoing Fall Fair director as soon as possible. This is an important and rewarding role with lots of support available. To learn more about what is involved, please contact [Maury Prevost](#) or [Carol Card](#). We look forward to hearing from you!

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



Read All About It

FirstU's Upcoming Annual General Meeting

Save the Date: The 2026 Annual General Meeting will be held on Sunday April 26 at 12:30pm in Worship Hall. Please mark your calendars!

Catching Phishing Scams Before YOU Get Caught

Friends, you may want to [watch this video](#) on how to spot a more complicated phishing scam than we usually get in our email at FirstU. This scam, that captures your password using a fake "window" overlaid on your real internet browser window, is apparently becoming more common. [The video](#) will show you how to spot and avoid it.

Raise Your Voice

Mark your calendars. The choirs of FirstU will be performing a concert of resistance and protest music at 1:00pm on Sunday, April 19. Refreshments available beforehand.

Get Ready for the Time & Talent Auction!

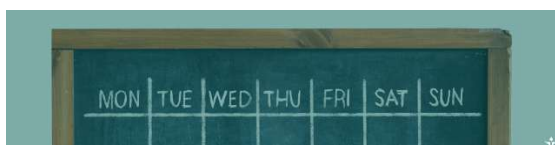
With the April **Time & Talent** Auction quickly approaching, it's time to do two things: submit your item(s) to be auctioned; and/or create an account on the web service we use. Items (and inquiries) should be [sent to David Chernushenko](#). Auction House accounts can be created/verified [HERE](#).

Celebrate a Special Moment or Honour Someone Dear

To recognize a cherished moment or pay tribute to someone beloved, you're invited to do so by providing flowers for Sunday services. Your flowers will grace the dais and your contribution will be noted in the Order of Service, and you may choose any flowers you wish. A sign-up sheet for each Sunday will be available in the office. Reserve your date today! Maybe surprise someone in the congregation!

Become a Worship Associate

Rev Lara will soon be leading a workshop for our Worship Team as they prepare for summer services. If you feel called to help shape worship — to craft words, readings, and ritual that hold our community in meaning and care — she would love to hear from you. Register for the workshop **by March 31**, by emailing minister@firstunitarianottawa.ca.



Upcoming Events

Mapmaking: Navigating your Spiritual Journey at FirstU - Tuesdays: March 24, April 7 - May 5 - 7:00pm - Room 6

Mapmaking is ideal for newish congregants, but long-time ones are very welcome. Over the course of six sessions, you'll connect with others; reflect on your concepts of spirituality, faith and our UU principles; learn about the congregation and the UU realm; consider what belonging to FirstU means; and develop your own 'credo' of who and where you are in your faith journey. To register, email adultlearning@firstunitarianottawa.ca.

FirstU Children's Choir Program Begins - Wednesdays, starting on March 25 - 5:00pm - NOW Room

FirstU is thrilled to announce that our new Children's Choir program will be starting March 25 and running through to June! Rehearsals will be Wednesdays from 5:00pm - 6:00pm, in the NOW Room. For kids ages 6+.

No musical experience necessary! [Register HERE.](#)

Biweekly Wednesday Community Dinner - Starting March 25 - 5:00pm - \$10 suggested for adults (\$5 for kids)

Come join us every other Wednesday starting March 25, for a community dinner 5:00pm - 6:30pm in Fellowship Hall. To sign up [contact nazim.ouldbrahim@gmail.com](mailto:nazim.ouldbrahim@gmail.com). By donation (\$10 adults, \$5 kids, suggested).

Women's Inclusive Pagan Circle Ostara Ritual - Wednesday, March 25 - 7:00pm - Fellowship Hall - \$5 Suggested

Trans women, cis women, and non-binary people are invited to join us as we celebrate Mother Nature, the Green Man, and the balance of the elements at Spring Equinox! Wear green and other earthy colours if you wish! Bring finger foods to share after the ritual, and anything you'd like to include on our seasonal altar.

Our Whole Lives Info Session for Kindergarten and Grade One - Sunday, March 29 - 11:45am - Room 2

We're happy to be offering the Kindergarten - Grade One Our Whole Lives (OWL) sexuality education program, starting in April and open to all 5, 6 and 7 year olds. This program supports parents in educating children about birth, babies, bodies and families. Need more information before committing? Come to our info session on March 29.

Authentic Selves Workshop - Tuesday March 31 - 6:30pm - Fellowship Hall

This workshop is based on the UU Common Read for 2024-25, *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families*. This Common Read invites UUs to deepen their understanding of how gender identity has shaped their lives, while the workshops spotlight our own true storytelling as an exercise of faith, emphasizing the crucial role of support from families and communities in the journey to living authentically. No need to register, just come take part.

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

Are you looking for the Recurring Events item that used to be in the Read All About It section? We've moved that information to our website.

- Looking for the next topic for your favourite recurring discussion or book group? [Click here.](#)
- 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

UUFO is Hiring a Children's RE Leader!

UUFO is looking for a part-time Children's Religious Exploration Program Lead to plan, administer and develop a monthly RE program for children and youth!

Do you, or someone you know, want to work (play, talk, create) with a small but growing multi-age group of kids one Sunday a month in Vanier? The position offers \$25/hour, and 3-4 hours per month. [Click here to read the job description!](#)

Canadian Unitarians for Social Justice present: *Endangered Democracy* – A Webinar with Bruce Knotts Saturday, March 28, 2026 - 1:00pm - FREE

Can Democracy Survive The Geopolitical and Environmental Crises? Join Bruce Knotts for a webinar in which he'll talk about the similarities of the 1930s and the current world order that – like the 1930s – is seeing the growth of authoritarianism, and signs of military confrontations between nations and internal unrest within many important countries. [Click HERE to register and receive the zoom link.](#)



News from Our Friends

Humanist Perspectives

[Click here to peruse the Winter 2026 edition](#) of Humanist Perspectives online magazine.

Multifaith Housing Initiative (MHI) presents: Home of Our Hearts: An East Coast Afternoon

Sunday, March 29 - 3:00pm - Woodroffe United Church (207 Woodroffe Ave)

By Donation, \$25 Suggested

Join the Atlantic Voices choir and special guest folk duo 100 Floors Above for a special concert in support of Odenak, MHI's latest housing build at Lebreton Flats. This project will build over 608 new residential rental units -- 250 of them affordable -- in two towers at 665 Albert Street, between Ottawa's future Ādisōke main public library and the Pimisi LRT station. Admission is by donation, with \$25 suggested. Doors open at 2:30pm, and parking is available on site.

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