

Weekly e-UU Newsletter

Friday, August 21, 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 23, 2026

[Online](#) and In Person

Starts at 10:30am



Chosen Family: Intentional Connections and Radical Acceptance

With guest speaker Amil Reddy

For generations, 2SLGBTQIA+ communities have been modelling the co-creation of support systems that move beyond biology. What started as vital bonds for those rejected by families of origin has bloomed into networks of friends, partners, mentors, and often ex-lovers, that challenge us all to think bigger and feel deeper when we consider the word: family.

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

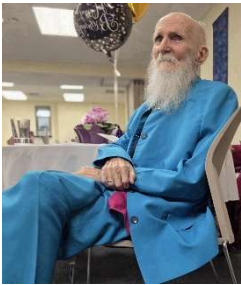
Bill Wylie - [Email](#) - 613-761-8092

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 OAHS Ceremonial Groundbreaking Ceremony

On Wednesday, August 19, about 100 people gathered to celebrate a ceremonial ground-breaking of the Ontario Aboriginal Housing Services (OAHS) building that will provide 66 affordable and deeply affordable units on the FirstU campus.



In addition to the ceremony, which was conducted by elder Grandmother Irene Compton, there were speakers drawn from project partners, local dignitaries and cultural performances. A large number of community partners attended as well.

Rev. Lara and Cathy Connor, the project lead from OAHS, were [interviewed for All in A Day](#), with [additional print](#) and [video coverage](#) provided by CBC News.

[Photos from the Ceremony can be viewed here.](#)

If you weren't able to attend the Ceremony, you can [re-watch the full livestream here](#).

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Thank You to All Who Made the Groundbreaking Ceremony Possible!

The FirstU board wants to thank the many people who worked tirelessly to make the OAHS Ceremonial Groundbreaking event on Wednesday a success - despite many challenges with weather and logistics. In particular, we want to thank these volunteers:



- Chuck Shields (huge thanks!) who has worked for months planning, organizing and coordinating the many moving parts of the event;
- Tarrel Armstrong and Evelyn Algar and the others on the Hospitality team, as well as the Go Go Grannies, who baked and donated many treats for us to serve during the reception;
- Kris Cormier and the FirstU Choir who took many hours to learn an Indigenous song of gratitude that was shared at the event;
- Lisa Sharp and the parking volunteers who managed the various parking spaces and special permits for off-campus parking;
- Office Assistants, especially Bob Armstrong who sent many of the invitations; and
- All the attendees who parked off-campus so there would be plenty of room for our guests to park on campus.

And thank you to our staff, who really stepped up under pressure:

- Operations Manager Jen Brennan, who provided broad support, including campus coordination, food, staff oversight, and being the media contact;
- Lead Custodian Dee Molena, who managed the project to get our newly repaired front doors replaced just hours before the ceremony began so our guests could enter the church using the main stairs AND with other custodial staff put in many hours in set up and take down both on the grounds and in the building; and
- AV Coordinator Julia Defalco, who planned and managed the AV for this outdoor event so that we could have quality audio as well as live stream the entire event from our parking lot.

This really was a team effort, and I was very proud with the way our entire FirstU community supported and participated in this event.

Thanks again,
Mary Ella Keblusek,
FirstU Board President

Settled Minister Discernment Process



For those of you who were unable to attend the launch of the Settled Minister Discernment Process (in-person or online) at the August 16 service, [here is a link to the service](#).

Stay tuned for an online survey which will be available within the next week. Paper copies of the survey will be available at the service.

Your Discernment Task Force: Alex Campbell, Ally Hobson, Erin Keene, Lee Rose, and Lisa Boulay

Featured Volunteer Opportunity

Help Make Our Sundays Run Smoothly

Each Sunday morning, it takes a team of about ten volunteers to run our service. Volunteers act as Worship Associates, singing in the choirs, sell books and do other fundraising. We need people to help with coffee hour, operate the elevator, support our children’s programing, and act as greeters. There's a place for everyone and, with Ingathering coming, we'd love to have you join us.

Please [contact Lisa S](#) if you are interested.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Pride Rides

Are you planning to drive from FirstU to the Pride staging grounds near Lebreton Flats after the service on August 30? Can you offer one or more fellow Pride Parade marchers a ride from church? If yes, please contact diversity@firstunitarianottawa.ca to let us know how many people you can carry.

What's a Journey Group?

Journey Groups are small, intentional gatherings where participants explore monthly congregational themes and life's big questions together. They offer a moving and meaningful way to connect with others and yourself while deepening clarity and commitment on your spiritual path. FirstU's Journey Groups will be starting soon, with first meetings scheduled for September 8 and 22 (see Recurring Events). Everyone is welcome to register: [Just print out and submit this form](#). The September Theme information is [available here](#).

For more information contact Amalilly at JourneyGroupAS@firstunitarianottawa.ca

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!

Call to Action: Preventing Gender-Based Violence

Sexual assault charges against 5 players from Canada’s 2018 world junior team were not proven beyond a reasonable doubt (as happens with such charges). Hockey Canada punished the players for breach of code of conduct. Importantly, Hockey Canada is focusing on prevention of sexual assault through training for players, parents and officials in [The Shift Forward: Evolving Hockey Culture](#), which includes education on consent, bystander intervention, and cultural accountability.



Upcoming Events

Pride Parade Poster Party – *This 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 to decorate. Art supplies (posters, markers,

fabric paints) will be provided but **make sure you have a way to bring your items home 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 no later than 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. Bring water bottles. 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, ride requests, 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 26 - **Online Mindfulness Meditation** - 7:00pm - Online - Contact adultlearning@firstunitarianottawa.ca in advance to receive the zoom link.
- September 2 - **Drop-In Games Night** - 6:30pm - Room 3 - Drop-In Games Night happens on the first and third Wednesdays of the month. Join us for euchre, chess, backgammon and other games.
- September 3 - **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. The topic for our first discussion of the year will be: "**Grouphink**".
- September 8 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. September's theme is "**Beginning**". Additional groups will form based on demand for time, type, and frequency. For more information. Starting in October, the group will meet on the first and third Tuesday of the month. [Contact Amalilly](#) for more information.
- September 21 - **Virtual Trivia Night** - 7:00pm on the third Monday of every month. Join us for our monthly Trivia Quiz! All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with friends! [Contact Andrew](#) with any questions. [Click here to get the link.](#)
- **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.



Unitarian Universalist News

CUC Young Adult Retreat at Unicamp! – September 11-13 – Unicamp

Join Unitarian Universalist young adults (19 – 40) for a wonderful weekend of community, conversation and outdoor adventures amidst the fall colours. Unicamp provides the perfect setting for a relaxing and rejuvenating retreat with new and old UU friends. You're welcome to stay for two or three nights, whatever works best for you. [Information and registration can be found here.](#) Questions can be directed to the CUC Youth and Young Adult Coordinator, Summer at summer.christiansen@cuc.ca.

If you want to talk to someone local who's going, please contact Nina at diversity@firstunitarianottawa.ca



News from Our Friends

Unitarian House Beer and Wine Garden – *Today*, 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!

Write a Letter in Support of Centre 454

Last summer, Shauna Young – Executive Director of Belong Ottawa – came to speak with us about the important work of her organization through its day programs, which include [Centre 454](#) in Sandy Hill.

Recently the City of Ottawa decided to cease funding the operations of Centre 454, unless they relocate, by January, to [a new location outside of Ward 12](#). Relocating would have a significant, and dangerous, impact on the people they serve, so they are asking for more time to find a suitable location.

Please consider contributing to their letter-writing campaign by [clicking here and adding your voice](#).

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