

Weekly e-UU Newsletter

Friday July 25, 2025

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, July 27, 2025

[Online](#) and In Person

Starts at 10:30am



The Seeds of Connections: Unlocking the Potential of Everyday Interactions

With Guest Speaker Martin Krajcik *in Fellowship Hall*

Join us for our annual OWL Service in Fellowship Hall.

What if every interaction held the potential to spark something meaningful? This talk explores how we can create authentic connections in our own way, anywhere and anytime. Through practical strategies and shared wisdom, discover how small, intentional actions can foster vibrant that make a lasting impact in your life and communities.

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

Here's what our UU Kids will be doing this SUMMER:

Starting July 6, our UU Kids will be meeting downstairs at 10am, every Sunday, for outdoor free play. Please remember to bring a water bottle and sun screen, and to wear weather-appropriate clothes, including a hat.

Caring Contact for July

[Janet Clayton](#) - 613-733-9566

Nonna MacKenzie - 613-596-1054

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.

Featured Volunteer Opportunity

Help Welcome Reverend Lara and Kick-Off our New Congregational Year!

September 7th will be Reverend Lara's first service with us! To help welcome her, and give a celebratory start to our new program year, we will be holding a bbq following the service. A couple of board members will be leading the organizing, but would appreciate the help of 2-3 congregants with the planning. If you'd like to help, please contact Chuck Shields president@firstunitarianottawa.ca or speak with him after the Service on Sunday.

-Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



September Spire Submissions

It's hard to believe, but the September issue of Spire is coming up. We are hoping that you'll have lots to say about your summer, our summer services and our new season at FirstU.

Send your memories, reflections and photos, **by August 15**, to spire@firstunitarianottawa.ca!



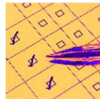
Safety and Security of FirstU Building

This is a reminder that if someone requests to enter the building without a valid reason, feel free to let them know that you're not authorized to grant access. They may return when the building is open during regular business hours and church services.

Church Access Hours:

- **Monday to Friday:** Open from 9:30 AM to 4:00 PM
- **Sunday:** Open from 9:30 AM to approximately 1:00 PM
- **All other times:** Access is limited to scheduled events, and only those participating in the event should be on-site. The admin staff and volunteers will be delighted to engage with anyone who visits during regular office hours.

Thank you for your help in ensuring the well-being of all who enter and maintaining the safety of our building!



We Want to Hear from YOU

Do you read the Parkway Spire? Why or why not? Ever sent in a submission? Why or why not?

Follow this link to fill out our short, two-question survey for readers of FirstU's quarterly magazine, The Parkway Spire: <https://www.firstunitarianottawa.ca/spire-survey.html>



Multifaith Housing Initiative's Tulipathon Results!

The final number is \$126,788, surpassing the goal of \$125,000, the most ambitious yet. The FirstU team raised about \$2,000 of this, a number we will aim to surpass in 2026. Many thanks to all of our supporters!



Announcing FirstU's Little Free Libraries

Two Little Free Libraries - one for children and one for adults – are now available under the eaves by the bench outside the lower-level church door. Thanks to Andrew Drake, Eva Berringer and Mary Ella Keblusek for making this happen, and to the Ajashki youth for beautifully decorating our libraries! Come pick up some new-to-you books and read them!



Little Free Library Donations

Our Little Free Libraries welcome donations of recent books in good condition (no textbooks or encyclopedias). **Put them in the blue 'Little Free Library Donations' bin** located near the Little Free Libraries. Andrew Drake will manage the Libraries' content to ensure they each contain a diverse variety of books without being over-stuffed. **No more than five books per donation please.**



Fall Fair

Thinking Ahead: Fall Fair 2025 Donations

Many of you may be cleaning out closets and basements this summer, so please keep in mind setting aside items for the 2025 Fall Fair which will be November 15. We've recently updated the list of donated items we can (and cannot) accept, so please [check it out HERE](#).



Recurring Event Topics and Updates

- * **Evening Reading for Growth** will host a "Bring Your Own Book" gathering on Sunday, July 27, at the home of one of the participants. [Contact Ken](#) for time and address.
- * **After-Service Discussions will continue** meeting on the second and fourth Sundays of each month.
- * **The Mental Health Support and Action Group** will continue to meet on the third Sunday of every month, at noon, in Room 6 and Online.
- * The **Wednesday Evening Mindfulness Meditation Group will continue meeting** online, weekly, until **August 6**. Following a five-week break, they'll resume meeting on September 17.
- * [Visit our Make Friends Page](#) for a full list of our recurring events.

Save the Date

Pride Events at FirstU

Ottawa's Pride festival is coming up in August, and there are a lot of ways you can get involved with FirstU!

- **Sunday August 3**, after the Service: Training for volunteers tabling at the Capital Pride Festival
- **Sunday August 17: Annual Pride Service** followed by a t-shirt-decorating and sign-making party!
- **Saturday August 23 and Sunday, August 24:** FirstU Table at the Capital Pride festival on Bank street
- **Sunday August 24**, after Sunday service: **Annual Pride Parade** downtown - march or cheer us on!

Watch the eUU for updates! For information, or to volunteer at these events, email diversity@firstunitarianottawa.ca.



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>

News from Our Friends

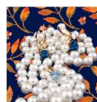
Housing for Algonquin College Student

Louise McDiarmid (formerly a member of FirstU, now residing in Perth) is looking for a room to rent for a young friend of hers, studying at Algonquin College. A room to rent in an apartment with another woman or two would be ideal. If you have any leads, please [contact Louise by email](#) or at 613-200-7810.



Unitarian House [Accessories and Jewellery Sale](#) - Thursday, July 31 - 11:00am to 4:00pm - 20 Cleary Ave - Cash Only

Drop by Unitarian House's Founder's Room to peruse a wide selection of quality, gently used accessories donated by friends of Unitarian House. All proceeds support the Unitarian House Residents' Association. Unsold items will be distributed among local charities. Soup and sandwiches will be available for purchase at mid-day.



Marking the 80th Anniversary of the Dropping of the Atomic Bombs

August 6-9 and August 11 - 9:00am - 5:00pm - City Hall

The Hiroshima Peace Memorial Museum produced thirty posters depicting the horror and devastation resulting from the bombings. These have been shown in ten cities in Canada this year. In addition, five posters depicting the relationship between Canada and nuclear weapons past and present have been created through the Carleton University Centre for Public History. The Exhibit will be at City Hall in the main corridor August 6 to 9 and 11 from 9:00am to 5:00pm. **There will be an official opening on Wednesday, Aug. 6, at 3:30pm featuring remarks by Mayor Sutcliffe and others.** For more info contact 80thcommemoration@gmail.com.



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