

# Weekly e-UU Newsletter

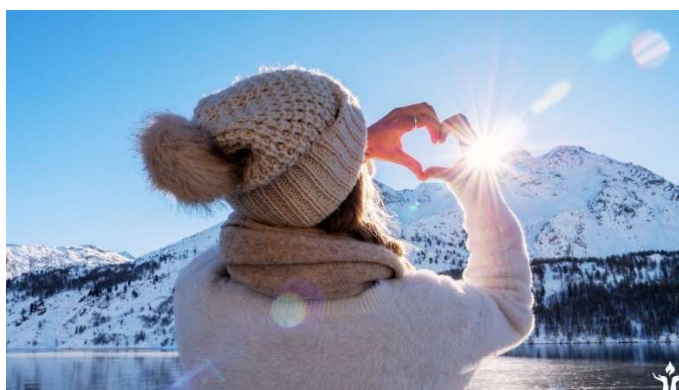
## Friday, January 16, 2026

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, January 18, 2026

[Online](#) and In Person

**Starts at 10:30am**



## We are Stardust: A Cosmic Theology of Awe and Wonder

*Rev Lara Cowtan*

Grounded in science and spirit, this service invites us to consider our place in an ever-unfolding universe, and the wonder that awakens us to belonging.

### 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](mailto: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 January, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, the Ten Oaks Project.**

*Ten Oaks Project is a grassroots charitable organization working to support 2SLGBTQ+ (two spirit, lesbian, gay, bisexual, trans, queer) children, youth and families to thrive.*

*Based in Ottawa, Ten Oaks was founded in 2004 and, after 20 years, continues to offer affirming and life-changing camp and community programming rooted in play. All youth deserve a supportive place where they can be their true and authentic selves, but for many 2SLGBTQ+ youth and families, inclusive spaces are hard to find. To help continue to deliver transformative experiences to our community, donate to Ten Oaks – so that all kids who need it have a safe space.*



### Children's Religious Exploration

This Sunday, after Time for All Ages, we'll head downstairs for the Our Unitarian Gifts program, where we'll explore our values in fun and engaging ways. This week, we're continuing with our theme of The Gifts of Love.

- Ages 5 and under in the Rainbow Room with Rita
- Ages 6-7 in the Chalice Room with Jodi
- Ages 8+ in the Wonder Room with Susie

Please bring indoor shoes or slippers, as we'll be asking the kids to leave their outdoor boots on the boot trays.

### Caring Contacts for January

[Lisa Sharp](#) - 613-608-8698

[Karen Swinburne](#) - 613-234-4305

[David Hudson](#) - 613-402-5744

*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.*

## Special Congregational Meeting

Sunday, January 25, 12:30pm

In person and on Zoom



During the October 18 Fall Congregational Meeting, the motion to authorize the mortgage or lien of the congregation's property was tabled (withdrawn to be considered later). The board has received legal advice and has revised the motion, which will be presented to the membership at a **Special Congregational Meeting on Sunday, January 25 at 12:30pm.**

The meeting will be available both in-person and on Zoom, although in case of serious inclement weather, the entire meeting may be conducted on Zoom. **Voter registration (both in-person and online) will be from 12:00 – 12:30pm.**

FirstU Members will be able to attend **and vote** both in person and via Zoom. Details regarding participating yourself or via a proxy, as well as the revised motion, were distributed to members this past week. The material is also available on the [Members' Page](#) of the FirstU website. Members and observers who wish to join online should register in advance to receive the Zoom link for the meeting [HERE](#).

**INFORMATION SESSIONS:** Note that there will also be two opportunities before the congregational meeting to discuss the motion. These will be via Zoom on Tuesday, Jan. 20, at 7:30pm ([LINK](#)) and Thursday, Jan. 22, at 3pm ([LINK](#)). Information about participating in these pre-meetings is also on the Members' Page, as well as background about the motion.

**PROXY:** If you are a member and are unable to attend the meeting in person or on Zoom, please submit a proxy to the Congregational Office **by Thursday Jan 22 at noon**. Please see the meeting materials on the Members' Page for instructions on completing your proxy, or contact the Congregation Office.

**Please join us for this important meeting.**

## Featured Volunteer Opportunity

### Back-Up Office Assistant Position

There is a need for three or four volunteers who would be able occasionally to cover the office reception desk when an Office Assistant is absent. The tasks would include: attendance from 10:00am to 3:00pm, answering the phone, directing or assisting people who come to the office and other duties. Training and familiarization will be provided. Contact [oas@firstunitarianottawa.ca](mailto:oas@firstunitarianottawa.ca) if interested.

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](mailto:volunteers@firstunitarianottawa.ca)



## Read All About It

### Aspire Riverview Homes Update

The loan program to increase our equity position in Aspire Riverview Homes is progressing well! Our 6-year term loans have been fully subscribed, and we are now accepting 11-year term loans only. These 11-year loans carry an interest rate of 4%, with a balloon payment at maturity. We are seeking to raise a total of \$1.8 million from private and institutional investors. Minimum investment is \$10,000. The program has already attracted private investment from outside the congregation. Contact [invest@firstunitarianottawa.ca](mailto:invest@firstunitarianottawa.ca) for more information.

### Thank You from Fall Fair

Fall Fair's Silent Auction has a second side that you might not know about. Generous FirstU members and friends donate jewellery and art pieces that, thanks to discounts from local auction houses, we're able to sell at auction for higher bids, some of which start as high as \$1000. If you'd like to see some of these beautiful pieces, scroll through this Brooks & Palen auction and look at the items in lots 212-220, as well as 232 and 234. The upcoming February 5 Heffel auction will include, on our behalf, 'Sea Goddess Feeding her Young' by Inuk artist Sakiassie Ragee. These beautiful items may not be seen at Fall Fair, but we're grateful to all of you who donate them.

### **NEW** - Online Journey Group Starts This Week

Join Amalilly for a new, *online* journey group on the second and fourth Sundays of the month, starting *this Sunday*, January 11! The discussion runs from 6:30pm to 8:00pm on Zoom. [Click here for the zoom link](#), and email Amalilly at [JourneyGroupAS@firstunitarianottawa.ca](mailto:JourneyGroupAS@firstunitarianottawa.ca) to receive the materials.

## After-Service Conversations Now Weekly!

Are you interested in sharing some of your insights about the morning's service, or perhaps hearing what others think about it? Our after-service conversations will now be held every Sunday and we'd love to have you join us. Grab some food in Fellowship Hall then join us in the Lounge (near the office) for a good conversation. Coffee will be available.

## Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **January 18 - Mental Health Support and Action Group** meets at **noon** on the third Sunday of every month, in **room 6 and online**. [Click here](#) to find details and to get the link.
- **January 19 - Online Trivia Night - 7:00pm**. [Click here](#) to find details and to get the link.
- **January 22 - Virtual Discussion Circle - 1:30pm** on zoom. [Click here to find the zoom link](#). This session's discussion topic is "Kinship".
- **January 22 – Thursday Evening Reading for Growth – 7:00pm**. [Contact Ken](#) for the latest book and the zoom link.
- **January 23 – The Men's Breakfast Group** will meet at **8:00am in Fellowship Hall** for breakfast and an engaging talk [by storyteller Phil Nagy](#), including some of his favourite pieces of repertoire. The talk and telling will be followed by a lively discussion. Register by this Monday, January 19 by [filling out this form](#).
- **January 23 – Our January yUuth Group event has been rescheduled** to January 23. Meet, as usual, at 6:30pm. [Contact Jodi](#) for details on our planned activity.
- **January 30 – Friday Afternoon Reading for Growth – 1:30pm**. Their book for January is *The Book of Joy: Lasting Happiness in a Changing World*, by the Dalai Lama and Desmond Tutu. [Contact Clea](#) for the zoom link.
- **February 4 - Drop-In Euchre - 6:30pm** in Fellowship Hall.
- **February 20 - Drumming Spires:** Come find your rhythm connection in this recreational community drum circle, **11:00am on the third Friday of every month**, in Fellowship Hall. Please bring a small drum, coffee canister or percussion instrument. No experience needed. Please accompany children who attend. For information and to RSVP, email: [FridaySpires@mail.com](mailto:FridaySpires@mail.com)



## Upcoming Events

### Introducing Ourselves - Sunday January 18 – Noon - NOW room

Are you feeling new? Introducing Ourselves is a casual meet-up for newcomers guided by Brent Nicolle and Rev Lara Cowtan. Share what brought you to First Unitarian, ask about the basics of Unitarian Universalism, and learn about how to get connected. A light lunch will be served. Register by email at [welcome@firstunitarianottawa.ca](mailto:welcome@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>



## Save the Date

### Special Congregational Meeting – January 25 – 12:30pm – In Person (Worship Hall) and on Zoom

The board has received legal advice and has revised the motion to authorize the mortgage or lien of the congregation's property. The revised motion will be presented to the membership at a Special Congregational Meeting. Members of the congregation will be able to participate and vote at this meeting both in person and via Zoom. Meeting materials, proxy forms, Q&A links, and zoom registration are now available on [the Members' Page](#).

### Women's Inclusive Pagan Circle - Imbolc Ritual – Monday, February 2 – 7:00pm

#### Fellowship Hall – \$5 Suggested Donation

Trans women, cis women, and non-binary folks are invited to join us as we honour Brigid, the Irish triple-goddess of smithcraft, poetry, and healing, on her feast day, February 2nd. Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar. We gather at 7:00pm and start our rituals around 7:30pm. Participation is by donation (\$5 suggested).

**Empathy: The Superpower of Connection – Tuesday Feb. 3 - 7:00pm – Room 3**

Empathy is key to creating strong relationships, reducing stress and enhancing emotional awareness. Join us to learn basic empathic skills and to distinguish these from other seemingly supportive but non-empathic approaches. Contact [adultlearning@firstunitariaottawa.ca](mailto:adultlearning@firstunitariaottawa.ca) to register.

**UU Pride Group Presents: Pal-Entines Day – Sunday, February 8 – 12:30pm – Fellowship Hall**

Join 2SLGBTQIA+ friends, their chosen family, & allies from the UU community after service for snacks & fun activities. No registration is required; kids are welcome to attend with caregivers (no childcare is available). Please feel free to bring your own favourite board game!



**Unitarian Universalist nUUs**

**Sharing Our Faith 2026: Orientation Session - Thursday, January 15 - 7:30pm - Online**

**Sharing Our Faith** is an annual opportunity for Canadian Unitarian Universalists to explore a shared spiritual theme, deepen our connections with one another, and support congregational growth across the country. Join the zoom call to learn more about the 2026 Sharing Our Faith theme: "Practicing Hope: Facing the Future with Gratitude, Imagination, Courage & Action" and how we live our values in rapidly changing times. [Details and registration HERE.](#)

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