

# ]Welcome to FirstU Ottawa!

## UPCOMING SERVICE

**April 5 – 10:30am – Practicing Resurrection - A UU Easter Celebration**

*Reverend Lara Cowtan*

## COMING UP

- **Today, March 29 – 11:45am - Our Whole Lives K-1 Info Session** – Rm 2
- **Tuesday, March 31 – 6:30pm – Authentic Selves Workshop** – Fellowship Hall
- **Sunday, April 19 – 1:00pm – Raise Your Voice Concert** – Worship Hall
- **Sunday, April 26 – 12:30pm – FirstU AGM** – Worship Hall

Every month, we split our undesignated Sunday offertory collection 50/50 with a



different community partner organisation. Through March, our offerings will support 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.

**Thanks to Mona Whitaker**  
**for the contribution of flowers for today's service.** 🌸

**Celebrate a Special Moment or Honour Someone Dear:** To honour a special moment or loved one, you're invited to provide flowers for a Sunday service. Your flowers will decorate the dais, and your dedication will appear in the Order of Service. You may choose any flowers you like. A sign-up sheet for each Sunday is available in the office—reserve your date today!

Sign up to receive the eUU, our weekly e-newsletter.  
Check out our website: [firstunitarianottawa.ca](http://firstunitarianottawa.ca)



**Make a donation to FirstU**



**Read this week's eUU**

Reverend Lara Cowtan, Minister, [minister@firstunitarianottawa.ca](mailto:minister@firstunitarianottawa.ca)  
Chuck Shields, President, [president@firstunitarianottawa.ca](mailto:president@firstunitarianottawa.ca)  
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## Order of Service

**Sunday, March 29, 2026**  
**10:30am**

## Transforming Hearts

*Reverend Lara Cowtan*



*Observing Transgender Day of Visibility on March 31, we celebrate and honour the contributions of the transgender community and promote trans joy, resilience, advocacy and inclusivity.*



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.

# Order of Service

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## WELCOME CHIME

## GATHERING MUSIC

#396 *I Know This Rose will open*

Kris Cormier & Mary

Ella Keblusek (guitar)

## LAND ACK & BOARD ANNOUNCEMENTS

Guy Belleperche

## WELCOME

Rev. Lara

## CENTERING WORDS

*Blessed are the trailblazers,*  
by Mr. Barb Greve

read by Paul Julien &

Saahil Cuccria

## CHALICE LIGHTING

## CHALICE LIGHTING SONG

## TIME FOR ALL AGES

*Piggy Bunny*, by Rachel Vail

-Jodi

## SING CHILDREN ONWARDS

## OFFERING

## JOYS, SORROWS, AND SILENCE

Rev. Lara and Paul

## HYMN

#1012 *When I am Frightened*

House Band

## REFLECTIONS

Brandon Milk

Paul Julien

## HYMN

#170 *Gentle Angry People*

House Band

## REFLECTION

Nina Strang

## HYMN

*This Joy*

## EXTINGUISHING THE CHALICE &

## BENEDICTION

## HYMN

*Spirit of Life*



Please join us for Hospitality Hour following the service in Fellowship Hall - Grab a green mug if you're feeling new  
OR Join our After-Service Discussion in the Lounge for a deeper exploration of today's Service topic

