

Weekly e-UU Newsletter

Friday, July 24, 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, July 26, 2026

Online and In Person

Starts at 10:30am



Rhythm Church

With guest speaker Jodi McIntosh

This Sunday service will be filled with music. We will come together in harmony, embracing the spirit of community. Come and sing along, play along with rhythm instruments and immerse yourself in this shared experience with familiar and meaningful songs.

Please note: Our service will be less formal this Sunday, as we'll be gathering in Fellowship Hall.

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

Friends! This Sunday, July 26, our UU Kids will be spending the service in Fellowship Hall, with the rest of the congregation, taking part in Rhythm Church! Our Summer Program, The Great Web of Life: A Summer Religious Exploration Adventure, will continue next week.



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 July

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

Margaret DeCorte - [Email](#) - 613-722-1424

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

Featured Volunteer Opportunity

Special Event on August 19

We are hosting a Ceremonial Groundbreaking for the future Ontario Aboriginal Housing Services building on Wednesday, August 19, at our campus, which will include many special guests. We need some help with set up, parking directions, reception and clean up. If you can offer a couple of hours that morning (11:00am to 1:00pm) or afternoon (3:00pm to 5:00pm) please [contact Lisa Sharp](#).

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Main Door Church Access: Enter, Rejoice and Come In Through the Lower Level Doors

Please note that the main doors have been removed for restoration and the entrance will be closed for the next few weeks.

UU Pride - Volunteer With Us

Ottawa's Pride season is coming fast, and there are many ways to get involved!

- Our annual Pride Service is on Sunday, August 23. After the service, join us in Fellowship Hall to decorate posters for the Pride Parade and our Street Festival booth.
- Join our FirstU Marchers for the Pride Parade on Sunday August 30th! Allies are very welcome. Meet by 12:30pm at our designated spot (tbc).
- [Fill out this form](#) to volunteer for a shift at our Pride Street Festival info table on August 29 and 30. Most shifts are 2.5 hours. An optional orientation session will be held in early August.

Email diversity@firstunitarianottawa.ca to get involved or stop by our info table this Sunday, July 26!

Update on New Name Tags

The plastic holders with the white strings are being phased out - you will find your new smaller tag attached to your old one. Please use the new tag and leave the old plastic holder on the Welcome Table. There are also new tags attached to a few Bolo tags that were in pretty bad shape. We hope you'll like the new tag and turn in your Bolo tag to the Welcome Table. If you want to keep your Bolo tag, that's fine. But, if you would like the new tag, simply turn in your Bolo tag to the Welcome Table or leave it on the office front desk. No form required – a new tag will magically appear at the Welcome Table on Sunday.

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 5 - **Drop-In Games Night** - 6:30pm - Room 3 - Note date change due to the stat holiday on July 1. **Drop-In Games Night will continue through the Summer**, happening twice a month, on August 5 and 19, and will continue, twice a month (first and third Wednesdays), in September.
- August 5 – **Online Group Meditation** – Wednesday evenings, online at 7:00pm – [Click here to join the session](#).
- **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. *On break for the summer*. Virtual Discussion Circles will return in September.
- **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 nUUs

Unicamp Family Camps

Registration for Family Camp Weeks 1-3 - all in August - are now open! [Click here to read up](#) on what's available at Family Camp, and [click here to register](#), book meals and accommodations. Please Note: Family Camp Week 1 overlaps the August long weekend: Come a day early for the **Temple Weaving** event on August 1, or arrive on opening day and participate in the August 2 **Memorial Lantern Walk**. All details at <https://unicampofontario.ca/family-camps-2026/>



News from Our Friends

Unitarian House Accessories and Jewellery Sale – *This Thursday*, July 30 – 11:00am - 4:00pm

Founder's Room, Unitarian House (20 Cleary)

Come and peruse a wide selection of quality, gently used accessories donated by friends of Unitarian House as well as Reitman's, Northern Reflections, Cleo, and Ricki's. All proceeds support the Unitarian House Residents' Association. Unsold items will be distributed among local charities. Sandwiches and soup will be available for purchase at mid-day. **Please note:** Sales are cash only.

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