

Weekly e-UU Newsletter

Friday October 24, 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, October 26, 2025

Online and In Person

Starts at 10:30am



Sustaining Our Spirits as Our Lives Change

With Rev George Buchanan

Is it possible to sustain our spirits as our lives change, even in difficult moments? Is it possible to stay centered? As we worship together, we will gently reflect on these questions, with music and stories.

Social Justice Sunday: In the 80 years since its founding in 1945, [SeedChange \(formerly USC Canada\)](#) has grown into a global community working to build resilient, equitable food systems rooted in biodiversity and agroecology and to ensure that seeds and knowledge remain in the hands of farmers and that communities can reclaim their power as custodians of the land. A special collection will be taken up this Sunday, October 26, in support of SeedChange.

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 Sunday, after Time for All Ages, we'll head downstairs.

- Our 2-6 year-old UU Kids will be in the Rainbow Room (rm 4) with Rita and Esther, where we'll read a pumpkin story and turn pumpkins into colourful works of art.
- Our 7-12 year-olds will join Jodi and Susie in the Chalice Room (rm 2), where we'll begin a new program all about our UU values. This Sunday we'll play a fun game using a map to discover questions and scenarios that challenge us to think about our values of justice, equity, and generosity.

After RE, we'll head to **Fellowship Hall for pick-up** and connecting with everyone after the service.

Save the Date! Joe Jencks in Concert

A Musical Fundraiser for FirstU! - Sunday November 2 - 7:00pm

\$25 (advance) // \$30 (at the door) // \$15 (accessible price)

A legendary 25-year veteran of the international folk circuit, and a fellow UU, Joe blends well-crafted instrumentals and vivid songwriting and serves it all up with a lyric baritone voice that has the edgy richness of a good sea-salt caramel. (joejencks.com)

Tickets Here: <https://www.eventbrite.ca/e/in-concert-joe-jencks-tickets-1795928794369>

Tell your friends! Please share widely, invite your friends, give an early Christmas Gift!

Help make this fundraiser for FirstU a success!

We Will Need Some Assistance at the Concert: For the Joe Jencks Fundraising concert we will need ticket sellers, ushers and refreshment sellers. Please email Jen at omr@firstunitarianottawa.ca or call 613-725-1066 to volunteer!



Splinters from the Board – October Edition

The following are the key points from the October 17 meeting of the FirstU Board:

- Approved draft budget for 2026
- Approved motions for the FCM regarding generating \$1.5 million additional equity to apply towards the Aspire Riverview Homes project
- Reviewed financial statements for the 3rd quarter
- Received an update on the investigation of approaches to generate \$1.5 million to boost FirstU's equity share in Aspire Riverview Homes project
- Received an update regarding the Odayanhaway project
- Discussed how to handle board announcements
- Reviewed plans for Fall Congregational Meeting
- Discussed follow-up from the board's retreat in September and the Start-Up Workshops
- **Welcomed new members Jo-Anne Beckett and Patrice Simister to the Congregation**



Caring Contacts for October

[Maryan O'Hagan](#) - 613-729-7752

[Marianne Wood](#) - 613-725-3452

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.

Life Events

Long-time congregant **Marianne Dawes** passed away on Wednesday, October 8, just two weeks shy of her 100th birthday. Marianne was a faithful attendant at Sunday Services. And for many years part of the Woman's Discovery Group and a participant in the monthly Senior's Program. A service for Marianne will take place at 30 Cleary on Saturday Nov 22, at 2:00pm.



2026 Pledge Campaign

We're more than halfway there! Take a minute to make your pledge now at:

<https://www.firstunitarianottawa.ca/make-your-pledge---online.html>



Featured Volunteer Opportunity

Fall Fair Needs Volunteers

Fall Fair needs volunteers! It's fun and it's a great way to meet people. If you're interested, there's a sign-up sheet on the Fall Fair bulletin board in the office lobby or email ffvols@firstunitarianottawa.ca.

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

Read All About It



Phishing Scams Ahoy!

We've been hearing that people are getting emails asking them to "discreetly" purchase Amazon gift cards and similar on behalf of someone pretending to be Rev Lara (or, occasionally, other people whose names are visible on our website - e.g.: our Board President). While we're taking steps to make it harder for scammers to contact people at FirstU, you may want to refresh your memory on how to spot phishing scams and other email fraud. [Click here to learn about fraud prevention.](#)



"Meet this Moment with Love & Justice" Spiritual Journey Groups

Times are changing. How are we preparing for this moment? How is our UU commitment to love and justice lived in this time? Using our UU principles for grounding and inspiration, through reflection, sharing and deep listening, our Journey Groups will explore themes appropriate to this moment. For more information or to find a group that will meet your needs contact Amalilly at journeygroupas@firstunitarianottawa.ca



Fall Fair Updates

- **Help Us Get Posters Out the Door!** We need your help getting our posters distributed across Ottawa. Please see Susan Barker and Ken Denison after Sunday service at the poster table in Worship Hall to sign up for postering specific locations, or sign up on the volunteer list on the Fall Fair bulletin board in the church lobby, or [contact Susan](#).

- **The Fabulous Fall Fair welcomes your donations!** [Click HERE](#) to see this year's donation guidelines. Please bring them between Sunday, November 9, 12:00pm and Thursday November 13, 7:00pm. **Please note that early storage in the CUBE container is only for items which you absolutely must bring to us now.** To make arrangements, contact ffdonations@firstunitarianottawa.ca or call the church office at 613-725-1066.
- **Electronics:** Did you know that Fall Fair volunteers will make every effort to remove all information from donated electronic devices (in accordance with the Personal Information Protection and Electronic Documents Act - PIPEDA)? However, this takes time to do, so we need your donated electronics as soon as possible. To make arrangements for donation, contact: ffdonations@firstunitarianottawa.ca



Recurring Event Topics and Updates

- [Visit our Make Friends Page](#) for a list of our recurring events plus related zoom links
- **Sunday, October 26 - Our After Service Discussions** take place on the 2nd and 4th Sunday of the month, at **11:45am, in the Lounge**
- **NEW! October 31 - Singing Spires** meet every **Friday at 12:15pm** in Worship Hall. Join us in this informal weekly get-together to sing and strum folk tunes and favourites from the 60's through 90's. Bring your guitar, ukulele or other instrument, or just come to sing. Song sheets / overhead provided. This is a fun, social and relaxed group; musical skill and singing is for all levels. For information, and please confirm attending, to FridaySpires@mail.com
- **October 31 - Friday Afternoon Reading for Growth at 1:30pm, on Zoom.** The book for discussion is *The Horse: A Galloping History of Humanity* by Timothy C Winegard. [Contact Clea](#) for the link.
- **November 5 - Drop-In Euchre** meets on the first Wednesday of every month, at **6:30pm in Fellowship Hall**. Note time and location change. Everyone from novices to experts are welcome. [Contact Andrew](#) for more information.
- **November 6 - Biweekly Virtual Discussion Group** meets every other Thursday at 1:30pm on Zoom. The next topic is "Perception and Reality".
- **November 7 - The Men's Breakfast Group** will meet at **8:00am in Fellowship Hall** for breakfast and an engaging talk by a guest speaker. Register by November 3 by [filling out this form](#).
- **November 17 - Online Trivia Night.** [Click here](#) to find details and to get the link.
- **NEW! November 21 - 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 please confirm attending, to FridaySpires@mail.com
- **November 27 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. Their October book selection is *Son of Elsewhere: A Memoir in Pieces*, by Elamin Abdelmehmoud. [Contact Ken](#) for the zoom link. Please note, there will be no meeting in December.

Upcoming Events

Chosen Family Games Night - Friday, October 24 - 7:00pm - Fellowship Hall

Pot Luck - Bring Snacks to share

Join FirstU and friends on Friday, October 24, from 7:00pm to 9:00pm, for a chosen family games night in Fellowship Hall! We invite you to bring your friends and family to this fun event! **Ages 11 and up. Potluck snacks and non-alcoholic drinks!** Bring any board or party games that you like, or play one of the games brought by others! Meet new friends and deepen bonds! No registration required, just show up!



Women's Inclusive Pagan Circle: Samhain Ritual - Wednesday, October 29 - 7:00pm

Fellowship Hall - \$5 suggested

Join us as we honour Samhain and the ancestors in a ritual dedicated to our beloved dead. As part of our Samhain celebration on October 29, Jodi McIntosh will lead us in a walking meditation by Joanna Macy, called [Harvesting the Gifts of the Ancestors](#). Please bring a photo or memento for the altar that represents someone who has passed that you want to honour. Bring finger foods to share after the ritual. We also ask that folks contribute \$5 to help cover the cost of space and supplies.



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

Introducing Ourselves - Sunday November 2 - 12:00pm - 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 at the Welcome Table or by email at welcome@firstunitarianottawa.ca



Marine Mammals of Nunatsiavut: Sounds and Insight about Labrador

Sunday, November 2, at 12:30pm - Fellowship Hall

Amanda Joynt will share some marine mammal hydrophone recordings from her work with Oceans North and talk about how these fed her thinking about Inuit management and self-government. Come join her to hear - and chuckle at - the underwater world and learn about Nunatsiavut, the Inuit homeland in northern Labrador.



Joe Jencks in Concert: A Fundraiser for FirstU - Sunday, November 2 - 7:00pm

\$25 in advance // \$30 at the door // \$15 accessible price

You're invited to bring family and friends to hear folk legend, and fellow UU, Joe Jencks in a fundraising concert for FirstU! "A 25-year veteran of the international folk circuit, Joe blends well-crafted instrumentals and vivid songwriting and serves it all up with a lyric baritone voice that has the edgy richness of a good sea-salt caramel". Don't miss it! [Advanced tickets HERE](#). Accessibly-priced tickets available.



Chez FirstU



Ottawa Friends of Tibet Annual Cultural Event and Fundraiser - Saturday, October 25 - 3:30pm

Join the Ottawa Friends of Tibet for meditation, cultural performances, prayer-flag making, a silent auction and a bazaar. All proceeds go to support Ottawa Friends of Tibet's projects for Tibetan refugee children and students living in India and Nepal. Chez FirstU. [Details and tickets HERE](#).



Chamberfest presents: Quatuor Agate - Tuesday, November 4 - 7:00pm

Experience a world-class string quartet concert in Ottawa as the Paris-based, award-winning Quatuor Agate makes its Ottawa debut with an evening of musical gems. Chez FirstU. [Full details and tickets HERE](#).



Piano and Cello: A Dialogue - Saturday, November 8 - 7:30pm

Local jazz legend John Kofi Dapaah and international progrock star Raphael Weinroth-Browne team up to show off their classical sides in an intimate evening of beautiful and heartfelt conversations between the piano and cello. Chez FirstU. [Tickets available HERE](#).

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