

Weekly e-UU Newsletter – Friday, April 11, 2025

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.

Introducing Reverend Lara Cowtan

The Board of the First Unitarian Congregation of Ottawa is very pleased to announce that the [Reverend Lara Cowtan](#) has accepted its offer to serve as the congregation's next minister! She will begin serving in this role in early August this year. For the complete announcement, please visit the Our Ministry Team page.



On Sunday, April 6, members of the Search Committee (Mary Ella Keblusek, Chair, Guy Belleperche, Carmen Contreras, Sharmila Khare and Lee Rose) held a Q&A session for the congregation, chaired by Board president Chuck Shields, to answer questions about Reverend Lara and the search process. [Click HERE to watch the recording of the session.](#)

Sunday, April 13, 2025

[Online](#) and In Person

Starts at 10:30am



The Promise of Community

With Reverend Eric Meter

Join us for a music-filled service as we formally welcome our New Members into the FirstU community.

If you know, or suspect, that you have COVID or another respiratory illness, [please take part in the service online.](#)

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 and Grade 4-5 OWL Participants will be doing this Sunday:

Grade 4-5 OWL: This Sunday, Our Whole Lives participants will meet at 10:30am in Room 2, to talk about Consent and Peer Pressure.

UU Kids Ages 2-12: This Sunday, after Time for All Ages in the Sanctuary, we'll head down to Room 4, where we'll open into Being the Sky. Then, we'll use some soapy paint and our long, slow breaths, to create sky-themed bubble paintings!

Caring Contacts for April

[Sooky Dunton](#) - 613-860-5571

[Anne Nagy](#) - 613-614-6174

Caring Cards for March: Barry R, Christine and Joe S, Vodinh C, and Agnes D.

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.

Beware of Weird Email Issue

While this is not a FirstU email issue, there have been members this week attempting to mail each other and having the recipient email show up as 'stanmar @ bell.net'.

If you notice this, please call the person or let them know via a different email address if they have one. You can consult your email provider for assistance, or block the email address from being delivered to you. Apologies that we have no additional wisdom or advice to share, other than watch what email addresses pops up when you are sending messages.



It's Annual Report Time!

If you are a Committee, Team, or Social Action Group, please submit your Annual Report on the attached form. If you are any other Active Group in the church, please feel free to do so as well! If you have some high-resolution photos of events (**and permission has been given for use**) do send them as well for possible inclusion. **Deadline for submitting is Friday, April 18.**

[Click HERE to open and download the fillable Report form.](#)

Contact Jen at omr@firstunitarianottawa.ca with any questions you may have.



Featured Volunteer Opportunity

Backup for 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. If interested, email oas@firstunitarianottawa.ca.

Want to let the congregation know about a volunteer opportunity? [Fill out this online form](#) to let people know!

Have you already completed the FirstU Volunteering survey? If not, please click the embedded link and add your information to the volunteering data base: [Participation Survey](#)

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

Read All About It

Time and Talent PREVIEW

The Time & Talent Auction 2025 is now [available for previewing](#). Be tempted. Set your budget. Then get ready to bid when the auction goes "live" on **April 19 at 9:00am!** If you donated items, please confirm all information looks correct. If you plan to bid, familiarize yourself with the site and check out the Help section for answers to questions about bidding and paying. You don't need an account to browse, but you will to bid. For questions not answered on the site, [contact David C at david@davidc.ca](mailto:david@davidc.ca).

Fall Fair Will Be Here Sooner Than We Think

Our annual fundraising bazaar, the Fall Fair, will be held on November 15 BUT we're starting to prepare for it now. We are looking for your help with the following three items:

1. **Storage for puzzles:** Do you have any room to store puzzles for the Fall Fair this year? If so, contact Lena Jones at lena.k.jones@gmail.com to make arrangements.
2. Have you got any **space where you can keep some general donations** between now and the Fall Fair? If you have space for just a few boxes it would be a help. We can arrange to transport them. If so, please contact Katherine Gunn at fallfairdonations@firstunitarianottawa.ca
3. Looking for a **Fall Fair Co-Director** to work with Catherine Pope. FF Director, Catherine Pope is having knee surgery in April and will need support to carry out the requirements of the position this year. If you can help, please contact cathrnpope@gmail.com or 613-864-5645 to discuss the very clear job description.

The Nominating Committee is currently seeking people to serve on the board of directors as members at large. The primary responsibilities include attending monthly board meetings, and periodically assisting with congregational meetings or town halls. This is an essential role in the running of FirstU, and makes all of the things that happen within our organization possible. Any member of the congregation is welcome to apply, and mentorship is available. If interested, email Mike at: fletchmo2@gmail.com.

CPR Strip Gravel Parking Lot

The Upper Lot is rented to constructions workers from **6:00am - 6:00pm WEEKDAYS** for the next few months while building on the Dental Building on Richmond is taking place. You may still use the lot in the evenings and on weekends if the temporary fencing has been taken down.





Recurring Event Topics

- The next online discussion circle will be on Thursday, April 24. The topic will be **"Exploitation"**. [Get the zoom link HERE.](#)
- On April 25, the **Men's Breakfast Group** will hear an engaging talk by [Bruce Tsuji](#) who will present his topic, *Colourblind: A Particularly Polite Breed of Racism*. [Click HERE to register](#) by **Monday, April 21**.
- On April 25, the **daytime Reading For Growth group** will discuss *Pathogenesis: a History of the World in Eight Plagues* by Jonathan Kennedy, on how disease has shaped human history. Copies are available at public libraries. [Contact Clea](#) for the Zoom link.
- For a full list of FirstU's recurring events, [click HERE.](#)

Upcoming Events

Unitarian GoGos Baking and Jewelry Sale - Sunday, April 13 - 11:30am - Fellowship Hall

The Unitarian GoGos will be holding a bake sale and jewelry sale to support the Stephen Lewis Foundation during these exceptional times. Bring cash and support people impacted by the withdrawal of USAID funding in sub-Saharan Africa, while picking up tasty treats, including local maple syrup, for yourself and your friends!



Introducing Ourselves - Sunday, April 13 - 12:00pm – NOW Room

This will be a small group, casual gathering after Sunday Service. You will share with other newcomers what brought you to FirstU, hear and ask about the basics of Unitarian Universalism and get some insight into how FirstU functions and ways you can get connected here. Brent Nicolle and Rev. Eric Meter will be your guides. A light lunch will be served. To register, email_welcome@firstunitarianottawa.ca.



Save the Date

FirstU Finance Details Meetings - Online

Meeting 1: Monday, April 28 - 10:00am

Meeting 2: Wednesday, April 30 - 7:00pm

As is our custom, there will be two Zoom meetings leading up to our AGM for those who would like a more detailed discussion of FirstU's finances. Each meeting will last about two hours. **Zoom registration details to come.**



Women's Inclusive Pagan Circle: Beltane Ritual - Tuesday, April 29 - 7:00pm - Fellowship Hall (\$5 Suggested)

Trans women, cis women, and nonbinary folks are invited to join our Beltane Ritual. Celebrate the blooming of true spring and the impending heat and light of summer! Bring anything you'd like to include on our altar and some finger food to share after the ritual.



FirstU Annual General Meeting - Saturday, May 3 - 4:00pm to 5:30pm - Worship Hall

The 2025 AGM will be held Saturday, May 3, at 4:00pm in Worship Hall. The meeting will also be viewable online by Zoom (but voting will only be available for those attending in-person). Meeting Material will be available by Wednesday April 23. If you know you can't attend in-person, a proxy form can be filled out anytime and sent to the office. [Click HERE](#) to download your proxy form.



Singing Our Principles: A Choral Celebration - Sunday, May 4 - 1:00pm - Worship Hall - By Donation

Join the choirs of FirstU as they present *Singing Our Principles* – a musical celebration of our UU values. They will sing music that connects with each of our 8 UU principles in turn and will explore the ways music inspires and supports us in our faith. Admission is by donation. **Come early to enjoy a light lunch** provided by our choristers before the concert. **Childcare is available for anyone who pre-registers by May 2.** To register, email dre@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>

Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Miigwetch" means "Thank you very much". Let's learn some more words in Algonquin language. **This week's Algonquin Word of the Week is:**

Waabooz

Waabooz means "rabbit" (and also "snowshoe hare"!) Maybe you've seen the spirit rabbits - the manidoo-waabooz - with their white cotton tails around the FirstU campus as they've started waking up with the spring.



News from Our Friends

Ontario Aboriginal Housing Services: Paths to Housing Newsletter

OAHS is excited to introduce their Paths To Housing newsletter, all about the 'For Indigenous, By Indigenous' housing movement to create safe, affordable, and culturally appropriate housing across Ontario. [Sign up HERE!](#)



It's Tulipathon Time!

Multifaith Housing Initiative is excited to officially start the fundraising for this year's Tulipathon, scheduled for Sunday, May 25th. As always, 100% of all Tulipathon proceeds go toward MHI's rent subsidies program in support of MHI tenants. There are some exciting new initiatives for this year's event:



- This year, **we have raised our goal to \$125,000.**
- Tulipathon 2025 will feature up a **Family Fun Zone** for younger participants, plus live music!
- [We are offering sponsorship opportunities](#) for corporations and local groups to support Tulipathon!

Unitarian House Clothing and Jewelry Sale - Thursday, April 10 - 11:00am to 4:00pm – 20 Cleary

Stop by Unitarian House to find a wide selection of quality, gently used ladies' wear donated by Reitman's, Ricki's, Northern Reflections and friends of Unitarian House. All proceeds support Unitarian House Residents' Association. Unsold clothing will be distributed among local charities.



Spring Music for Odenak - **Tonight, April 11 - 7:30pm - Knox United Church (25 Gibbard Ave) - \$25 at the door**

Join us for a fundraising concert featuring Gail Gavan and master fiddler and pianist, Sherryl Fitzpatrick. Proceeds benefit Multifaith Housing Initiative's Odenak Complex at Lebreton Flats. Admission is by donation at the door.



River Parkway & River Heights Children's Centres AGM - Thursday, April 17 - 6:30pm - On Zoom

Membership in the Corporation is available for \$5.00 per person per year and allows you to vote at the meeting. E-transfer is the preferred method of payment: office-rh@rpcc-rhcc.com. Email Caterina Pace - director@rpcc-rhcc.com - to **RSVP by TODAY, April 11**. Zoom Meeting link will be e-mailed Monday, April 14.



Chez FirstU



Ottawa Grassroots Festival - April 24-27

The Ottawa Grassroots Festival is dedicated to cultivating community at the local level through a vibrant annual festival of concerts and participatory workshops. Join them at FirstU, April 24-27, for performances and workshops by the likes of Barrow Gang Buskers, Tony Turner, the Womensong Collective, Lynn Miles, Ray Harris, Evangeline Gentle, and Knock On Wood. Find out more at ottawagrassrootsfestival.com!



Gil's Hootenanny - Wednesday, April 30 - 7:00pm

Musician, activist, song writer and song interpreter extraordinaire Rebecca Campbell will headline the 16th annual Gil's Hootenanny, along-side friend of FirstU, Tony Turner. Gil's Hootenanny is delighted to welcome both Rebecca and Tony back to Ottawa to bring the audience together to "speak truth to power".

[Get tickets](#) at Eventbrite. [Further Details available HERE.](#)

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