Welcome to FirstU Ottawa!

UPCOMING SUNDAY SERVICES, 10:30am

November 15: The Myth of Evil
November 22: Seasons of Shared Ministry (Reverend Debra Faulk and Reverend George Buchanan)

HAPPENING SOON

- **November 9 to 12** – Fall Fair Donations Intake
- **Saturday, November 14** – 9:30am to 2:00pm - Fall Fair!

For details about these events and more, visit our website!

NOVEMBER OFFERING

Each month, we share our undesignated offertory 50/50 with a community partner. In November, our offerings support Ancoura. Ancoura offers a stable, long-term home environment, and a nurturing support community, for adults living with a chronic mental illness. They empower residents to live meaningful lives in communion with their housemates and the broader community.

Make a donation to FirstU Ottawa

Read this week's eUU

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.

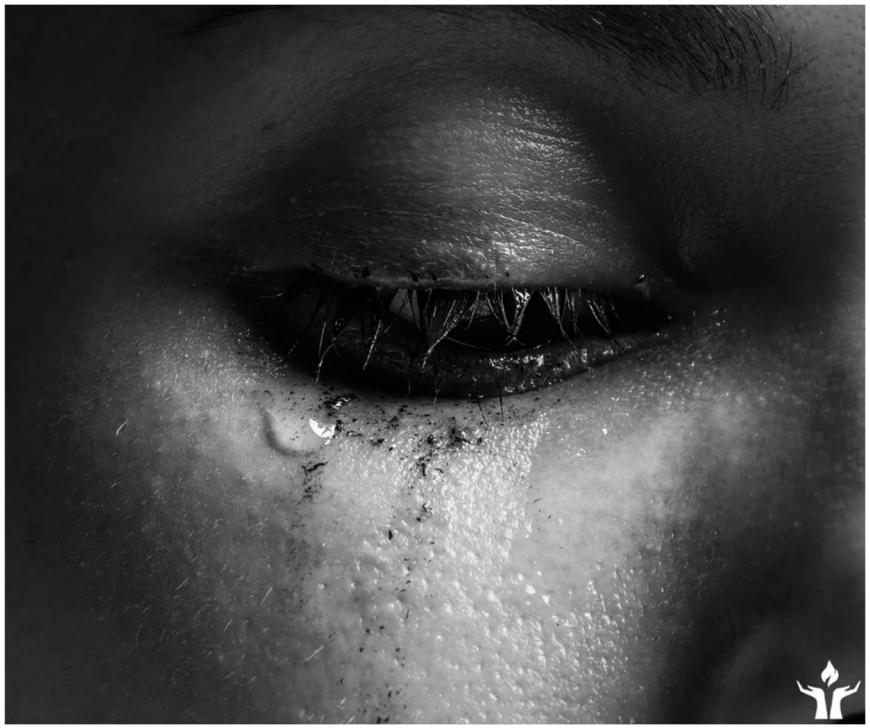
Reverend Lara Cowtan, Minister, minister@firstunitarianottawa.ca
Mary Ella Keblusek, President, president@firstunitarianottawa.ca
Office: 613-725-1066 ***firstunitarianottawa.ca***

Order of Service

Sunday, November 8, 2026
10:30am

The Tracks of Our Tears

Reverend Lara Cowtan



A contemplative service on holding the deep blessings of grief in our lives.

FIRST UNITARIAN CONGREGATION OF OTTAWA

Order of Service

WELCOME CHIME

GATHERING SONG — Jenn Berntson
Loosen

BOARD ANNOUNCEMENTS — Jane Lindsay

WELCOME — Reverend Lara Cowtan

HYMN
Comfort Me, by Mimi Bornstein-Doble

CENTERING WORDS — Paul Julien
Come Into This Circle, by Rev. Scott Tayler

CHALICE LIGHTING

CHALICE LIGHTING SONG

TIME FOR ALL AGES — Jodi McIntosh
Kisa Gotami and the Mustard Seed - A Buddhist Tale

OFFERING

JOYS AND SORROWS AND SILENCE

ANTHEM — Chalice Choir
Anthem, by Leonard Cohen

READING
Blessing for the Brokenhearted, by Jan Richardson

REFLECTIONS
The Gap Between
The Tracks of Our Tears

HYMN
Hold Fast to Love, by Lynn Harrison

BENEDICTION AND EXTINGUISHING THE CHALICE

SUNG POSTLUDE
Spirit of Life



Please join us for coffee after the service in Fellowship Hall
Or, for a deeper dive into our service topic,
take part in our After Service Conversation in the Lounge

