

Weekly e-UU Newsletter

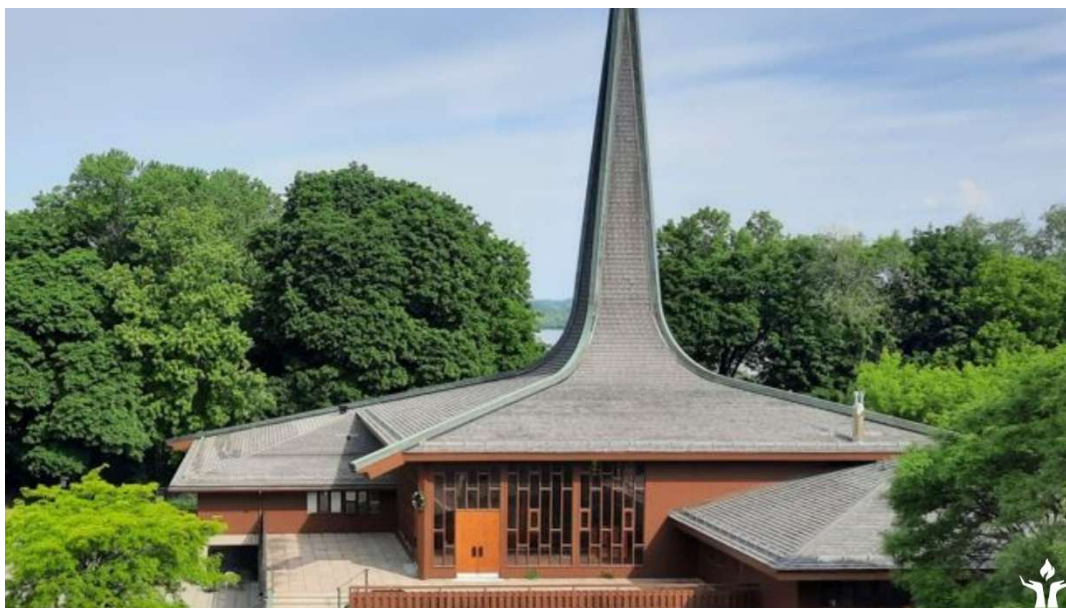
Friday, October 16, 2026

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, October 18, 2026

[Online](#) and In Person

Starts at 10:30am



Courage and Covenant

Reverend Lara Cowtan

A celebration and exploration of our shared ministry and the deep commitments that call us forward.

October Offering

Each month, we share our undesignated Sunday offertory 50/50 with a community partner. In October, our offerings support [Cornerstone Housing for Women](#). Cornerstone provides a continuum of housing and support for women and gender-diverse people that is inclusive and reduces barriers.



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, our UU Kids will go downstairs where:

In the Rainbow Room (2-6 with Rita) we will be exploring a new item shown to us by Ellery Churchmouse. If possible, please bring toilet paper or paper towel cardboard tubes for our craft.

In the Chalice Room and the Wonder Room our 7-8 and 9+ UU Kids will be one class (with Esther), where we will be reading What's New, Daniel?, and going outside to build a nature mandala.

yUUth Group: Please check the "Upcoming Events: Topics and Changes" section for information about our next yUUth Group meeting.

Next Week: On Sunday, October 25, our UU Kids will be upstairs in Worship Hall with the rest of the congregation for a multigenerational service with Jodi!

2027 Pledge Campaign

Our annual Pledge Campaign, with the theme of Strengthening Our Ties, is now underway. You can learn more about it, and find out how easy it is to pledge online at [our Annual Giving page](#), or by emailing pledge@firstunitarianottawa.ca



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 October

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

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

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

Settled Minister Discernment Process

Special Congregational Meeting: Vote to Call Settled Minister

Sunday, October 18

12:30pm

Worship Hall and Online

Members! Please make sure to attend this special congregational meeting where we will vote on the question of calling Reverend Lara Cowtan to be our settled minister. Voting will be hybrid. Meeting documents, proxy forms, and zoom link are available on [the Members' Page](#). Connect with the members of the Task Force at discernment@firstunitarianottawa.ca
Your Discernment Task Force: Lisa Boulay, Alex Campbell, Ally Hobson, Erin Keene, and Lee Rose



Special Message to Members

If you didn't get two emails from FirstU yesterday (one reminder about the Settled Minister vote on, one about the Oct 25 Fall Congregational Meeting), and they are not in your Spam folder, then you should contact the church office to see if we need to correct the contact information for you on our end.



Featured Volunteer Opportunity

Help Our Children's Programs

Our Religious Exploration program provides programming for children from age 3-17. Volunteers are needed to hang out with children, help with snacks, and supervision. All helpers must obtain a vulnerable sector check. Interested? [Contact Lisa Sharp](#).

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Canadian UU National Survey and Conversation

The Canadian Unitarian Council (CUC) is inviting Unitarian Universalists across Canada to share their experiences, hopes, and perspectives. The invitation says: "We are here to listen and learn. When we understand who we are — and who we are becoming — we can show up with greater care for the congregations and members we serve."

FirstU has signed up to have an interactive, online conversation with CUC staff and board members on Thursday, November 5 at 5:00-7:00pm. We encourage all interested congregants to join FirstU leadership for this conversation and, in advance of November 5, to complete the survey for individuals.



[The survey is available HERE.](#) Please allow 30 minutes to complete it.

Having a strong national organization is in the best interests of FirstU, so we'd like to have broad participation in the survey and conversation. FirstU people participating in the November 5 conversation will be entered in a draw for some CUC gear, such as shirts and tote bags.



Read All About It

FirstU Finance Deep Dive Sessions

Join Treasurer Guy B, and Finance Manager Michelle, for two deep dives into FirstU's finances during the week leading up to our Fall Congregational Meeting. These will be held on **Monday, October 19, at 10:00am** and on **Wednesday, October 21, at 7:00pm**. If you want to take part in a more detailed discussion of the budget than we have time for at the fall meeting, please attend the meeting of your choice. [Click here to get the zoom link for both meetings.](#)

Unitarian GoGos Fundraisers

The Unitarian GoGos have two fundraising events coming up in support of the Stephen Lewis Foundation's work for AIDS-affected Grandmothers in Africa.

* **Biagio's Italian Kitchen Dinner** - Join us for a fundraising dinner on Tuesday, October 27th, 2026, starting at 5:30pm. Cost is \$45+Donation. Your meal includes bread, salad, lasagna, and dessert. Details at the back of this document. Register by Thursday, October 22 by emailing gogos@firstunitarianottawa.ca

* **GoGos Cheese Sale** - This year, the GoGos are partnering with Abbaye de Saint-Benoit-du-Lac to bring you seven cheeses for \$45. Full details at the back of this document. Cheese makes a great host gift for any party you have coming up. The deadline for orders is Monday, November 9, 2026. Order by emailing Linda at gogos@firstunitarianottawa.ca

Fall Fair

Our fabulous Fall Fair is one month away. Lots to do!

- * There is an URGENT request for jewellery to be brought to the office now to allow time for cleaning and repairs
- * Electronics are welcome now also. Phone the front desk - 613-725-1066 - to make sure someone is available to receive them
- * A special shout out for Indigenous art that will be part of the silent art auction.
- * The CUBE storage container is almost here. As of Thursday, October 22, the CUBE will accept your donations
- * Finally, now is the time to volunteer! There are lots of specific requests to choose from. Check the volunteer section [on the Fall Fair webpage](#) or email ffvols@firstunitarianottawa.ca. You may also sign the volunteer sheet on the bulletin board outside Worship Hall or talk to Eva directly in Fellowship Hall after service. She will be wearing a yellow apron

Welcome New FirstU Members!

The FirstU Board is very pleased to welcome the following new members to the First Unitarian Congregation of Ottawa:

Approved in September: **Casey and Wren Lottman**

Approved in October: **Brandon Milk and Sandy Franklin, Emily and Jesse Belanger, Jim Freeh, Keith Marble, Angela and Justin Counter, Linda McDonald, Karen Partanen, and Ziyi Qian.**

Thank you for joining, and we look forward to getting to know you better!

Donating by eTransfer

Please be advised: eTransfers are automatically deposited into our bank account. The memo line on the eTransfer must be filled in stating what the payment is for, in order to be applied to the correct budget area. If no information is provided, it will be deposited into a general account. This means:

If it's your pledge payment you will not get credit for the payment

If it's a rental payment it will not be applied correctly

If it's a registration fee you will not be registered

Michelle receives many eTransfers per month and needs your help to make sure they get to the correct place.

Please fill out the memo line. If you are new to the congregation, please make sure the office knows your contact information for tax receipting purposes. The email address for eTransfer donations is fm@firstunitarianottawa.ca.

Call to Action: Preventing Gender-Based Violence

Provided by the Men's Breakfast Group Compassion-to-Action Initiative

Wearing [the White Ribbon](#) is a pledge to never commit, condone, or remain silent about male violence to women. It started in the aftermath of the Ecole Polytechnique massacre. It works to transform harmful social

norms, promote healthy masculinities, and build active allyship. Among its programs, it offers interactive training sessions and educational programs in schools, universities, and workplaces. It is raising awareness about misogyny on the web, through [My Friend Max Hate](#) and [Algorithm Sickness](#). How can we use their resources?



Upcoming Events

The Mess We Are In Political Study Group – Friday, October 16 – 6:00pm (pizza dinner, by donation) – 6:45pm (discussion, kids’ activities available) – Room 3

The *Mess We Are In* political study group will meet to discuss the first two parts of *End Times Fascism: And the Fight for the Living World* by Astra Taylor and Naomi Klein. Pizza will be available (by donation) beforehand at 6pm and a kids’ movie will be offered in a neighbouring room. Please [contact Marc B](#) for details and to RSVP for pizza!

UPCOMING CONGREGATIONAL MEETINGS

Sunday, October 18 - 12:30pm - Special Meeting to Call Settled Minister

Sunday, October 25 - 12:30pm - Fall Congregational Meeting

Members - Please plan to attend both of these important congregational meetings, which will both be held at 12:30pm in Worship Hall.

All meeting documents for BOTH meetings, plus registration for the October 18 zoom link (for those attending and voting online), are [available on the Members' Page](#).

Please be sure to read the official notice for each meeting carefully, as the registration, voting, online meeting access and proxy processes will be different for each meeting.

Groove Dance Fitness – Mondays, starting October 19 – 7:30pm – Fellowship Hall – \$70

Reignite your sense of play! Join other cis women, trans women, and non-binary folks aged 16+ for eight weeks of Groove Dance Fitness. Easy, low-impact steps that you do your way to great tunes, playing with boas, scarves, ribbon sticks, and light up rings. Easy-to-follow instructions - where you can't get it wrong! \$70 for the eight-week series; or \$10 for drop-in. Visit <https://www.firstunitarianottawa.ca/dance-groove> to register and get payment instructions. Net proceeds support the FirstU Food Cupboard.

Finance Deep Dive Sessions – Monday, October 19 at 10:00am AND Wednesday, October 21 at 7:00pm – [On Zoom](#)

Join Treasurer Guy B and Finance Manager, Michelle, for two deep dives into FirstU's finances during the week leading up to our Fall Congregational Meeting. Use the embedded Zoom link, above, to join the meeting of your choice at the appointed time.

Women's Inclusive Pagan Circle Samhain Ritual – Wednesday, October 28 – 7:00pm – Fellowship Hall – \$5 Suggested

Trans women, cis women, and nonbinary folks are invited to join us to celebrate Samhain, the Witches' New Year. We will be honouring our Ancestors, our Beloved and Mighty Dead, practicing the divinatory art of scrying, and feasting together! Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar.

2026 Holtom Lecture Featuring the Honourable Bob Rae: "What is the Direction for Canada Post-DAVOS?"

Tuesday, November 3 – 7:30pm – Worship Hall – Free to Attend (Donations Encouraged)

Join us for this year's Holtom Lecture, where the Honourable Bob Rae will provide his insights and perspective on Canada's direction and a peaceful, prosperous future. Further details on the [Holtom Lecture page](#). Please [register to attend HERE](#).

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

- October 16 - **Drumming Spires** - *Cancelled this month*. See you on November 20!
- October 19 - **Virtual Trivia Night** - 7:00pm - Details and zoom link [HERE](#).

- October 20 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. October's theme is "**Courage**". Additional groups will form based on demand for time, type, and frequency. Starting in October, the group will meet on the first and third Tuesday of the month. [Contact Amalilly](#) for more information.
- October 22 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month. Our next book is ***No Beast So Fierce***, by Dane Huckelbridge, about a tiger stalking and attacking humans between 1900 and 1907, and the hunter sent to kill her. [Contact Ken](#) for the zoom link.
- October 23 - **Men's Breakfast Group** - 8:30am - Fellowship Hall - Gentlemen are invited to join the Men's Breakfast Group on Friday, October 23, for coffee, socializing, and breakfast, followed by an informative and engaging talk by [Christiana Epp Duschinsky on the topic "A Historian Goes West"](#). Register no later than Tuesday, October 20, by [clicking HERE and submitting this form](#).
- October 23 - **yUuth Group** - ***Please note the date change***. Our yUuth Group will be meeting on Friday, October 23, at 6:30pm in Room 2.
- October 29 - **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. Discussion circles are held biweekly, with a different topic each time. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! [Contact Andrew](#) with any questions. Our topic will be: "**What bugs you the most?**"
- October 30 - **Friday Afternoon Reading for Growth** – 1:30pm on the last Friday of the month. Our next book is ***The Moment of Lift: How Empowering Women Changes the World*** by Melinda Gates. [Contact Clea](#) for the zoom link.
- November 1 - **After Service Conversations** - Please note that, because of the scheduled congregational meetings, there will be no After Service Conversations on October 18 or 25. The conversations will resume on November 1 (the day that Daylight Savings ends).

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.



News from Our Friends

Inspiration and Dedication: 30 Years of the Ottawa Friends of Tibet – *This Saturday*, October 17 – 10:00am (all day event) – Saint Paul University (223 Main St)

Ottawa Friends of Tibet invites members and friends of FirstU to join them as they celebrate their 30th anniversary and the hard work of founders Jurme & Angela Wangda, helpers Fred and Bonnie Cappuccino, and many committed volunteers. [Tickets and details here](#).

**Community Deathcare Expo: A Victorian Death – *This Saturday*, October 17 – 11:00am to 2:00pm
All Saints' Westboro Anglican Church (347 Richmond Rd) – Free to Attend**

Community Deathcare Ottawa invites you to a community gathering exploring death, mourning, burial, remembrance, and care through a Victorian-inspired lens. Move through demonstrations, conversations, creative activities, and spaces for quiet reflection as we connect historical practices with contemporary choices around dying, grief, burial, and remembrance. [Full details here](#).

Unitarian House Winter Clothing Sale – Thursday, October 22 – 11:00am to 4:00pm – 20 Cleary – Cash Only

Peruse a wide selection of quality, gently used clothing donated by friends of Unitarian House as well as Reitman's, Northern Reflections, Cleo and Ricki's. All proceeds support Unitarian House Residents' Association. Unsold items will be distributed among local charities. Sandwiches/soup available for purchase at mid-day.

Hearts & Crafts 613 Seeks Craft Supply Donations

Hearts & Crafts 613 is an arts program created by former patients, to bring meaningful activity and connection to mental health in-patients at the Royal Ottawa Hospital over the holidays. Donate your used craft supplies to make this initiative happen! Find [a list of most-needed items HERE](#). To arrange a pick-up, email heartsandcrafts.team@proton.me.

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

UNITARIAN GOGOS FUNDRAISER FOR

The Stephen Lewis Foundation



Join us for an enjoyable evening of delicious food, served to perfection, and some interesting conversation *or Order Take Out*

WHERE: *Biagio's Italian Kitchen*

1394 Richmond Rd, Ottawa

WHEN: Tuesday, October 27th, 2026

TIME: 5:30 PM

Contact to register gogos@firstunitarianottawa.ca

REGISTRATION NEEDS TO BE BY OCTOBER 22nd, 2026



COST

COST PER PERSON: \$45.00 (tax & gratuity included - to go to Biagio's) **plus a Donation to the Stephen Lewis Foundation.**

Donations will be collected at the event. A tax receipt will be issued for \$20 or more.

Donation Envelope: Cash, Cheque, E-Transfer, Credit Card #

MENU

- ◆ Rosemary Bread
- ◆ Garden Salad
- ◆ Meat Lasagna (beef) or Vegetarian Lasagna
- ◆ Hazelnut Chocolate Cake, Tiramisu or Crème Brûlée
- ◆ Coffee & Tea



The grandmothers in Africa have been raising millions of children orphaned by AIDS. Through sustained funding of their work, they have moved from securing their most basic needs to taking on leadership roles in the community, and starting their own programs for childcare, income generation and other support networks.

The grandmother's movement amplifies the voices and expertise of grandmothers in Africa and shows the world that leadership by older women is critical in reclaiming hope and rebuilding resilience across communities.

WE WILL NOT REST UNTIL THEY CAN REST.



Unitarian GoGos Cheese Sale

This year we are again pleased to be working with the Abbaye Saint-Benoît-du-Lac cheese factory to continue to raise funds for
THE STEPHEN LEWIS FOUNDATION

Your purchases will help to support grassroots programs in 15 countries in sub-Saharan Africa, empower women who are raising children orphaned by HIV/AIDS, and help to prevent the spread of HIV. Girls and young women are among the most vulnerable. To learn more about why we fundraise for the Foundation please visit the very informative website <https://grandmotherscampaign.org/>.

Do you like to entertain family & friends over the Christmas Holiday?

Do you have some people on your Christmas Gift list that are very hard to buy for?

We have the answer. Give them the gift of Cheese!



Seven delicious cheeses

- ✓ Attractively gift boxed, featuring the Abbey and its autumn landscape Individually vacuum-sealed, wrapped cheeses.
- ✓ Each will last up to at least three months in the refrigerator and may be frozen.
- ✓ All cheeses are lactose-free, and each cheese has its own personality and distinctive taste.
- ✓ People who received it as gifts last year gave it raving reviews.

COST: The cost is \$45 for a box of 7 Cheeses

HOW TO ORDER:

To order, simply contact Linda McDonald at gogos.fundraising@gmail.com and let her know if you wish to purchase one or more Gift Packages.

Payment instructions will be sent to you when your order is placed.

DEADLINE FOR ORDERS: Midnight, Monday November 9th, 2026.

PICK UP & DELIVERIES: Will be arranged for December 1st, 2026 or pickup can also be arranged for Sunday, December 6th, 2026, from 11:30 – 12:30pm at Fellowship Hall, First Unitarian, 30 Cleary, Ottawa, On K2A 4A1

THANK YOU SO MUCH FOR YOUR SUPPORT!