

Weekly e-UU Newsletter

Friday August 22, 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.

Sunday, August 24, 2025

Online and In Person

Starts at 10:30am



On Trust: How Do You Spell Trust

With Guest Speakers Alex Campbell and Lisa Boulay

Trust is a big concept! Who, what, when and how we trust is an individual act of curiosity, exploration and discernment, and so essential to building a rich and full life. What are the elements of trust and how do we come to trust ourselves, others and the world? Join former Lay Chaplain Alex Campbell and current Lay Chaplain Lisa Boulay this Sunday as they reflect on these questions and more.

This Sunday, a special collection will be taken up to benefit Unitarian House.

Heads Up! Please DO NOT use the Kichi Zibi Mikan parkway to access the FirstU campus this weekend. It's come to our attention that Google Maps is presenting incorrect directions once again. Please take Richmond Rd or Byron Ave, and turn north at Cleary/Redwood as usual.

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 will be doing this SUMMER:

Through the end of August, our UU Kids will be meeting downstairs at 10am, every Sunday, for outdoor free play. Please remember to bring a water bottle and sun screen, and to wear weather-appropriate clothes, including a hat.

Caring Contact for August

[Evelyn Algar](mailto:Evelyn@firstunitarianottawa.ca) - 613-728-5761

[Bill Wylie](mailto:Bill@firstunitarianottawa.ca) - 613-761-8092

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.

Featured Volunteer Opportunity

Help out with the Welcome BBQ for Rev Lara!

As you know, we will be holding a Welcome BBQ for Reverend Lara on September 7, immediately after our Ingathering service. We're looking for volunteers to help with fruit cutting in advance, set-up, serving, and/or clean-up tasks. RSVP to let us know you can help: <https://www.firstunitarianottawa.ca/rsvp.html>

Read All About It



RSVP for Reverend Lara's Welcome BBQ

We're hosting a welcome barbecue for Reverend Lara after our Ingathering service on September 7th! Want to meet the new minister and welcome her to FirstU? RSVP at: <https://www.firstunitarianottawa.ca/rsvp.html>



Would you like to participate in a Journey Group this Fall?

Journey Groups offer the opportunity for reflection, sharing and deep listening on specific themes. They are a wonderful way to get to know fellow congregants at a deeper level. However, to make them happen, we need someone who will organize and facilitate (or cofacilitate) the sessions. If you're interested in doing this, please let us know at adultlearning@firstunitarianottawa.ca by August 30th.



Getting Connected Guide

A new Getting Connected Guide is available for download from the website.

Stop by <https://www.firstunitarianottawa.ca/getting-connected-guide.html> for your copy.



Recurring Event Topics and Updates

- * The **Wednesday Evening Mindfulness Meditation Group** is now on Summer Break. They will resume meeting on **September 17**.
- * **Mia's Indian Cuisine**, which serves food to us on Sundays during Fellowship Hour, is taking a break for the rest of the summer. They **will rejoin us on Sunday, September 14**.
- * **The Mental Health Support and Action Group** will continue to meet on the third Sunday of every month, at noon, in Room 6 and Online.
- * **After-Service Discussions** will resume on **Sunday, September 14**.
- * [Visit our Make Friends Page](#) for a full list of our recurring events.

Upcoming Events

Pride Street Fair - FirstU Table - August 23-24 - Bank Street

FirstU will have a table at the Capital Pride Street Festival on Bank street! Pop on by or stay for a while to help introduce folks to FirstU through our family-oriented table!



2025 Pride Parade! – Sunday, August 24 - Downtown

After the Sunday service, join Uni the Unicorn downtown for Ottawa's **Annual Pride Parade!** March with FirstU and UUFO or join Nina for a FirstU viewing/cheering party along the route! Either way, bring water and snacks, and wear sunscreen along with your most fabulous outfits! For full details on parking and meet-up locations, visit <https://www.firstunitarianottawa.ca/uu-pride.html>!



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

Ingathering and Water Ceremony

Sunday, September 7 - 10:30am

Join our new minister, Reverend Lara, for the annual UU traditions of Ingathering and our Water Ceremony. Bring a sample of water that is meaningful for you - water from your rain barrel, from the creek you live near, from your kids' favourite splash pad, your bath tub tap - and add it to our shared blessing font.



Welcome BBQ for Reverend Lara - Sunday, September 7 – 11:30am - \$10 suggested (kids eat free)

Join us on Sunday September 7 after our Ingathering service for a shared congregational meal to welcome Reverend Lara. Our BBQ will feature beef and veggie burgers, chicken sausages, salads, desserts, and more! Kids eat free. RSVP at: <https://www.firstunitarianottawa.ca/rsvp.html>



Women's Inclusive Pagan Circle: Autumn Equinox / Mabon Ritual

Wednesday, September 24 - 7:00pm - Fellowship Hall - \$5 Suggested

Join us as we honour the Autumn Equinox, AKA Mabon, with humour and introspection, in a ritual dedicated to Demeter and Persephone. Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar. We also ask that folks contribute \$5 to help cover the cost of space and supplies. We gather at 7:00pm and start our rituals around 7:30pm, typically in Fellowship Hall. Participation is by donation (\$5 suggested).



Unitarian Universalist nUUs



CUC Emergent Strategy Book Club - Saturday, August 30 - 1:00pm - Online

The Canadian Unitarian Council invites FirstU to join other congregations in engaging with adrienne maree brown's *Emergent Strategy: Shaping Change, Changing Worlds* and explore questions like "What spoke to you when you read the book?" and "What actions or ideas would be useful to integrate into your work, community building, and/or personal/group practices?" This will be the first of multiple sessions. Visit <https://cuc.ca/events/emergentstrategy/> for details and registration.



2025 Unicamp Young Adult Retreat - September 12-15 - Unicamp of Ontario, Honeywood, Ontario

Join Unitarian Universalist young adults (18 – 35) for a wonderful weekend of community, conversation and outdoor adventures amidst the fall colours. Unicamp provides the perfect setting for a relaxing and rejuvenating retreat with new and old UU friends. You are welcome to stay for two or three nights, whatever works best for you. [Full details and registration HERE.](#) Interested in attending but want to know what you're getting into, or looking for a travel buddy? Contact diversity@firstunitarianottawa.ca to ask Nina about their experience.

News from Our Friends

Ottawa Trans March - TODAY, August 22 - 6:00pm - Bank St at MacLaren Ave

When trans rights are under attack, what do we do? We organize, we rally, we march! Together, we'll make our voices heard, reject hate and advocate for trans liberation - for freedom, equality and human rights!



Queer Flotilla on the Rideau Canal - Saturday, August 23 - 11:00am - 1:00pm - Hartwells Locks (Carleton U)

Raise your pride flags and paddle down the Rideau Canal with other queer paddlers! Gather in your canoes and kayaks, at the bottom of Hartwells Locks (Carleton University), at 10:30am. We leave at 11:00am, paddle down the canal, to Dow's Lake, for a bring-your-own picnic lunch in Commissioner's Park near the NCC Summer Zone. [Full details HERE.](#)



Ottawa Dyke March - Saturday, August 23 - 1:00pm - Minto Park (Lewis St at Elgin St)

All sapphic-minded cis and trans women, plus our kids, partners, and pals, are invited to join in Ottawa's dyke-centred, anti-capitalist Pride event! Meet at Minto Park at 1:00pm for the rally and the march OR join us back at Minto Park at 2:30pm for a community hang-out and picnic!



Queers at the Arboretum - Thursday, August 28 - 5:45pm - 8:00pm - Free, registration required

Join Ottawa's Queer Lifting Club for an evening stroll around the Dominion Arboretum. Whether you're looking for low-impact exercise or seeking out fellow fitness-minded queers, meet us in the treed area behind **72 Arboretum**, just west of the roundabout on Prince of Wales. Feel free to bring your dogs, but keep them leashed.



[Register HERE.](#)

Unitarian House Beer Garden Fundraiser - Friday, August 29 - 4:30pm

Unitarian House Courtyard - \$20 + cash bar

Enjoy live music and delicious food while raising funds for Unitarian House! \$20 gets you a menu full of options, with beer available for \$5. [Full details and tickets HERE.](#)



High Tea with Bethany Hope - Saturday, September 20 - 1:00pm - 820 Woodroffe Ave

The Bethany Hope Centre (their Executive Director was our guest-speaker on June 22) invites you to attend a fall High Tea! Enjoy desserts, savoury tidbits, and live music, bid in the silent auction, and raise funds for Bethany Hope Centre at the same time. Hats and fascinators encouraged! [Tickets HERE.](#)



Use "early bird" promo code **HIGHTEAF2025** to get a discount on your tickets before Sunday August 31.

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