

Weekly e-UU Newsletter

Friday, April 24, 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, April 26, 2026

[Online](#) and In Person

Starts at 10:30am



Selma Standoff

With Reverend Fred Cappuccino

The Selma, Alabama, Civil Rights Actions in 1965 were a watershed Unitarian event in American history. It had been named by Martin Luther King Jr as a place to pursue voter's rights. After the Reverend James Reeb was murdered there, several hundred Unitarian ministers descended on Selma. There was a 5-day, non-violent Gandhian stand-off between the marchers and the police. That was followed by a 50-mile March to Montgomery, Alabama.

Guest speaker, Reverend Fred Cappuccino, who was the Minister at the UU Silver Spring Maryland Congregation at the time, and a close buddy of James Reeb, was there for the stand-off and left just before the March.

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.

New: Information about Your Sunday Offering

The offerings collected each Sunday help us to live into our values within this congregation and in supporting many good works beyond our walls by highlighting a community partner organization each month to share with.

During the entire month of April, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, the Ajashki Project.

Ajashki is a land-based program hosted by the First Unitarian Congregation of Ottawa in collaboration with Indigenous communities in the city and region. Rooted in the recognition that FirstU's campus is on unceded Algonquin Anishinaabeg land, the program seeks to build relationships, practical skills, and cultural understanding through collaborative gardening, land relations, and environmental stewardship.



FirstU Annual General Meeting

***This Sunday*, April 26 - 12:30pm - Worship Hall**

The FirstU Annual General Meeting is Sunday, April 26, at 12:30pm in Worship Hall. Registration begins at 12:00pm. Childcare will be provided for ages 2 and up.

Please use [THIS LINK to the Member's Page](#) to access the Notice of Meeting as well as all necessary materials. The password for the Member's Page is **FirstU1967**. The agenda includes election of board members, approval of our financial statements, and selection of the Minister Call Discernment Task Force.

The proxy deadline has passed, but printed proxies will be accepted during the AGM registration. The proxy form can be found [HERE](#), and on the Member's Page.

- This meeting will be in person at 30 Cleary, with the option to join virtually via Zoom.
- If you cannot attend, or you choose to view via Zoom and wish to vote, you will have to select a proxy. There will be no online voting.
- [Click HERE to register for online viewing](#). Please register in advance if you wish to attend online.

Please contact Chuck Shields, Board President, at president@firstunitarianottawa.ca, if you have any questions.





Children's Religious Exploration

This Sunday, after Time for All Ages, we'll go downstairs to begin our new Spring programs.

- In the Rainbow room (ages 2-6) with Anusha, we will be reading "Earth Dance" and exploring our outdoor space.
- In the Wonder room (ages 6-12) with Esther, we will be hearing the story of "The Green and Gracious Dragon" and doing a nature scavenger hunt.

Mystery Pals: The Garden

This May, we're planting a little mystery! Garden Mystery Pals pairs a child or youth with an adult to exchange notes, drawings, puzzles, or small gifts—just like planting seeds and watching something grow.

Each week, messages are shared through the Mystery Pal Post Office, and identities stay hidden until our Mystery Pal Breakfast on June 7, when all will be joyfully revealed! If you'll be away one week, you can leave a note ahead of time or email us and we'll deliver it for you. Please make sure you can attend the June 7 breakfast—it's when the garden comes into full bloom! Email dre@firstunitarianottawa.ca if you'd like the sign-up link.



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 April

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

Marjorie Dunton - [Email](#) - 613-860-5571

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

Featured Volunteer Opportunity

Help Keep Our Gardens Growing and Blooming

Spring is in the air, which means work will be starting soon in the Meditation Gardens. Work can be done as part of work groups or independently and averages about two hours a week. If you would like to help tend the gardens, please [contact Margaret L](#) for more info.

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

Time and Talent Bidding Tutorial

Bidding starts this Sunday, April 26, for our [Time & Talent Online Auction](#). Creating an account with the online auction house *is essential* if you want to place a bid. **For those who require technical assistance, coaching will be offered by David Chernushenko and Jonathan Dench after service on April 26 just prior to the AGM.** Please bring a device (laptop, tablet, phone) if possible. **Please note:** Though the deadline has passed for donating an item, service, or experience, [contact David Chernushenko](#) now and he'll try to squeeze you in.

Remember *Spring Free from Plastic*? Get Ready for a New Challenge!

For the merry month of May, the EAG brings you **Spring Free from Plastic '26**. To the list of the **Five 'R's of Waste Management: Rethink, Refuse, Reduce, Reuse and Recycle**, we add a sixth 'R': **Replace**. Starting May 3, join our plastics

challenge, focusing on **Replace**. Visit out table in Fellowship Hall after each service to share **ideas, pictures and items** which you have found to successfully replace the many plastics in our lives. Further details on the last page!

Multifaith Housing Initiative Tulipathon 2026

The annual Tulipathon - a fundraiser for Multifaith Housing Initiative (MHI), of which FirstU is a member - will be held on Sunday, May 24. All funds raised go toward rent subsidies for low-income MHI tenants. You can donate and/or join the FirstU team at <https://give.gofundme.com/firstu>. Two MHI staff will be speaking at our May 3 Service and providing information in Fellowship Hall afterward.

Ajashki Email Change

It has come to Ajashki's attention that many emails have been set up by previous individuals running the program. These emails are no longer actively used by the program and should be deleted. Ajashki has an official email address ajashki@firstunitarianottawa.ca this is the only **official** email address that is monitored by the Ajashki program. If you have any questions, please contact Michelle at fm@firstunitarianottawa.ca.

From the Office: Printing – Only If You Need It!

A box of copy paper (5000 sheets) now costs almost \$100, up from about \$60 before the pandemic. To save the trees and our budget, please:

- Only print the minimal amount of copies that you need.
- Double-side your copies
- Extend your text to the outermost margins you can, so that fewer pages are needed when printing.
- Do a test copy and proofread it before you print multiple copies.

Prepping for the Unitarian GoGos Mother's Day Plant Sale

As the Unitarian GoGos prepare for their Annual Plant Sale in support of the Stephen Lewis Foundation, they are seeking:

1. Plant donations. Plants can be delivered to 547 Redwood Ave anytime from April 24 to May 5.
2. Volunteer diggers to collect and repot plants between April 24 and May 5. [Contact Joan Turner](#), if you can help.
3. Medium sized pots, which can be dropped off at the North side of the church.

Shelving Needed

The Food Cupboard is looking for some additional shelving that is 4 foot - 6 foot high. If you have a shelf you could donate, please contact Lisa S at sjan@firstunitarianottawa.ca.

Braille Hymnals Available

FirstU has a set of Braille hymnals available for use during Sunday Service. They can be requested from the Worship Associate or the Office Volunteer on Sunday mornings.

Rhubarb Wanted!

Fresh, frozen, lurking in your freezer since 2019. Susan B is on a mission to transform it into strawberry rhubarb pies for the TIME AND TALENT fundraiser—pies highly endorsed by at least one very enthusiastic Board member. Donate stalks, earn eternal gratitude. [Contact her](#) if you have rhubarb to donate.



Upcoming Events

FirstU Annual General Meeting – Sunday, April 26 – 12:30pm – Worship Hall

The 2026 AGM will be held on Sunday, April 26 at 12:30pm in Worship Hall. Notice of the AGM was sent by email on Thursday April 16 to all members. The agenda includes election of board members, approval of our financial statements, and selection of the Minister Call Discernment Task Force.

- Voter registration will begin at 12:00pm in Worship Hall.
- The meeting will also be viewable online by Zoom (but voting will only be available for those attending in person). [Click HERE to register for online viewing.](#)
- Meeting materials are now available on the [Members Page](#).
- If you know you can't attend in person, a proxy form can be filled out and sent to the office by Friday April 24 or presented at the AGM. Click [HERE](#) to download your proxy form.
- Childcare will be available for ages 2 and older. To register, [contact Jodi at dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca).

Time & Talent Online Auction – This Sunday, April 26 through April 30 – Online

Bidding starts this Sunday, April 26, at noon, for our [Time & Talent Online Auction](#). Items can be viewed online, which is where bidding happens. Creating an account is essential. Bidding closes at 9:00pm on Thursday, April 30. Peruse the items and activities on offer, place your bids, and support FirstU!

Women's Inclusive Pagan Circle Celebrates Beltane – Wednesday, April 29 – 7:00pm – Fellowship Hall – \$5 suggested

Trans women, cis women, and nonbinary folks are invited to take part in our Beltane Ritual!

Join us as we celebrate the blooming of the earth! 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'll be upstairs in Fellowship Hall for this ritual.

Biweekly Wednesday Community Dinner – Wednesday, May 6 – 5:00pm – \$10 suggested for adults (\$5 for kids)

Come join us every other Wednesday, for a community dinner. 5:00pm - 6:30pm in Fellowship Hall. To sign up [contact uoffice@firstunitarianottawa.ca](mailto:uoffice@firstunitarianottawa.ca). By donation (\$10 adults, \$5 kids, suggested).

Unitarian GoGos Plant Sale – May 8-10 – FirstU Parking Lot

Mark your calendars for Unitarian GoGos Annual Mother's Day plant sale starting Friday, May 8, at 9:00am and ending Sunday, May 10, at 1:30pm. Plants, bulbs, jewellery, baking and homemade preserves for sale. All proceeds go to The Stephen Lewis Foundation. For more information or to donate or volunteer please [contact Sheila G.](#)

Introduction to Nature Journaling – Sundays, May 17, 24, and 31 – 1:00pm – 3:00pm

Join Laurie Foster-MacLeod for three Sunday afternoons in May, to explore nature around FirstU and to learn the fundamentals of nature journaling. Bring a small (8"x5" or 6" square) sketchbook - mixed Media paper recommended - plus pencils, pens, and your curiosity. **More details, including location, to follow.**

Empowering Upstanders Workshop with [Around the Rainbow](#) – Wednesday, May 20 – 6:30pm-9:00pm

In this free workshop you'll learn how you can intervene effectively without compromising your safety. Learn the "5Ds" of *Upstander Intervention* and how these strategies can be used to support the 2SLGBTQI+ community. This training will equip participants with the tools to safely and effectively intervene when they witness anti-2SLGBTQI+ hate, harassment, or discrimination! To attend, contact diversity@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>



Recurring Events: Topics and Changes

- April Journey Groups Topic: "Nurturing Nature". Email adultlearningAS@firstunitarianottawa.ca for details or to request the zoom link.
- April 24 – Friday Afternoon Reading for Growth – 1:30pm. Our April book topic is *Fire Weather: The Making of a Beast*, by John Vaillant. [Contact Clea](#) for the zoom link.
- April 30 - Virtual Discussion Circle - 1:30pm on zoom. This session's discussion topic is "Consciousness". [Click here to join the discussion.](#)
- May 8 - The Men's Breakfast Group will meet at 8:00am in Fellowship Hall for breakfast and an engaging talk. [Details and registration link here.](#)
- May 28 – Thursday Evening Reading for Growth – 7:00pm. Our next book selection is *Cleopatra: A Life*, by Stacy Schiff. [Contact Ken](#) for the zoom link.

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.



Chez FirstU

Grassroots Festival - April 23-26 - Chez FirstU

The 14th edition of the festival takes place Thursday, April 23 - Sunday, April 26. All daytime performances and workshops on Saturday and Sunday are FREE for everyone to attend! Bring your friends, family, and neighbours—there's something for all ages, plus food, drinks, and plenty of fun throughout the weekend. [Full details and tickets HERE.](#)

Aella Choir Presents: In Good Company – Sunday, May 3 – 1:30pm – Chez FirstU – Pay What You Can

Aella Choir invites you to IN GOOD COMPANY, our tenth anniversary concert. With repertoire taken directly from the shows we've performed since 2016, IN GOOD COMPANY will feature some of our best-loved music -- electrifying, joyful, and moving, by turns. [Click HERE](#) for full details. [Get advance tickets HERE.](#)



Unitarian Universalist nUUs

Canadian Unitarian Council (CUC): Reciprocal Annual Mentorship Program (RAMP!)

RAMP! offers monthly Skill-Building workshops open to everyone interested. These public, online, 90-minute workshops align with the program's monthly themes and connect with other national programming such as Congregational Conversations and Dismantling Barriers. Upcoming workshops include:

- May 9, 1:00pm: [Navigating Conflict with Necessary Trouble Collective](#)
- June 27, 1:00pm: [Projects, Partnerships & Practical Wisdom from RAMP!](#)

Click the embedded links above to register for the workshop(s) of your choice!

Canadian Unitarian Council (CUC): Dismantling Barriers Series

Join the CUC online, on Thursday, May 28, 2026 at 7:00pm, for a workshop facilitated by Camellia Jahanshahi called Boundaries Are my Love Language. This session will differ from our usual Dismantling Barriers events: rather than an informal conversation space, Camellia will lead a workshop she designed specifically for activists, community workers, and artists on navigating and sustaining healthy boundaries. [Full details and registration HERE.](#) A subsequent session will run [on June 25.](#)



News from Our Friends

Unitarian House Presents: A Book Discussion with David Chernushenko

Wednesday, May 6 – 1:30pm – Founders Room (Unitarian House, 20 Cleary Ave)

Join David Chernushenko for a discussion of his book *Standing with Underdogs: A family journey, personal quest & universal story*, which begins with his roots in Ukraine.



Spring Free from Plastic – Replacing Plastics in Our Daily Lives

Do you remember the year 2022, halfway through the **Climate Action Focus**? The successes, the challenges, the outright failures of our six-week FirstU Plastics Challenge? Indeed! How could we forget **Spring Free from Plastic** - our attempt to defeat the plastic scourge? Back in '22 we were all familiar with the **3 Rs of Waste Management: Reduce, Reuse and Recycle**, and we came to know that **Reduce** is the winning 'R'! **Recycle** was the mantra of plastics industry but should be the choice of last resort. **Plastic recycling just doesn't work that well.** Our congregational evaluation pointed us to the addition of two new **R's: Rethink** to differentiate between necessity and desire; and **Refuse**, the turning away of all things plastic, which is sometimes doable, but may be difficult, if not impossible, in some situations.

This year, we've added a sixth 'R', **Replace!** The idea is to replace that unending supply of plastic with something more ecologically friendly. So, what better way to celebrate May Day than to offer you a new plastics challenge:

Spring Free from Plastic '26: Replacing Plastics in Our Daily Lives!

With that in mind, starting **May 3**, for the entire month, we will have a table set up in Fellowship Hall after service and we ask you to bring and share **ideas**. Feel free to bring post-it notes, photos, or—best of all—items you've discovered that **successfully replace and reduce the use of plastics in your daily life**. Come visit, compare, and enjoy a great conversation!



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