

Weekly e-UU Newsletter

Friday December 5, 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, December 7, 2025

Online and In Person

Starts at 10:30am



Building a Caring Community

Rev Lara Cowtan

"To provide care in our communities together, we need to feel with those who need care and then we need to put that feeling into action." ~ Ilara Stefaniuk-Gaudet

This Sunday, we'll explore how we can build caring communities at FirstU and beyond.

Please note: This Sunday, we'll be welcoming our New Members with a light lunch and cake after the service. Please stay on to enjoy the choir concert at 1:00pm.

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, we'll head downstairs. Our **2-6 year-olds** will be in the Rainbow Room with Rita and Esther, where we'll enjoy some festive winter holiday activities, including making ornaments for our tree. Our **7-12 year-olds** will be in the Chalice Room with Jodi and Susie, where we'll continue our UU values exploration with a fun challenge and making paper snowflakes.

Caring Cards for December

[Laurie Foster-McLeod](#) - 613-728-1916

[Paul McGinnis](#) - 613-829-7156

Caring Cards for November: Glenys E, Kate K, Isabel B, Reuel A, Roxanne M, Meghan D, Gary C, and the family of Judy Lishman

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.

2026 Pledge Campaign

Friends! If you haven't done so yet, there's still time to submit a pledge for 2026.

<https://www.firstunitarianottawa.ca/make-your-pledge---online.html>



Featured Volunteer Opportunity

Sunday Morning AV Volunteers

Do you have AV skills (or would like to learn)? We're currently looking for volunteers to assist Julia with AV on Sunday mornings. Paid opportunities may also be available. If you're interested, please contact Julia at av@firstunitarianottawa.ca or talk to her after Sunday service.

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

Welcome New Members!

The board is pleased to report that it has approved an additional 9 new members: Calogero Cumbo, Renate Steinmetz, Rachelle (Ray) Gendron, Jonathan Dench, Saahil Cuccria, Kim and Jon McArdle-Phipps, and Nazim and Susan Ould-Brahim. Please join us in welcoming them to the congregation!

Preserves for Sale

One of our star preservers Joan Auden was unable to provide her fantastic wares in time for Fall Fair, however they are ready now! Available on Sundays Dec 7 and 14, they make great gifts!

Aspire Riverview Homes - Investment Opportunity

After careful review, FirstU has stepped away from the Community Bond project in favour of private investment from congregants and friends of FirstU, and from institutional investors. This new approach will be much simpler and have far less administrative cost. The investments will increase FirstU's equity stake in Aspire Riverview Homes, the affordable housing project on our campus, creating more revenue for FirstU and increased support for subsidized housing. The minimum investment will be \$10K. This investment opportunity will combine financial returns with profound social impact. Stay tuned for more details next week.

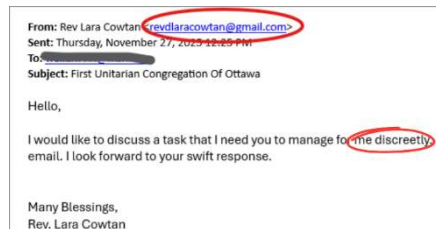
Spire Correction

For those of you who subscribe to the Spire, the next deadline for Spire articles is February 15, 2026.

Notice of Scam Email

Reminder: If you receive emails like the scam shown below, do not respond.

Legitimate messages from our staff will always come from an @firstunitarianottawa.ca address, and we will never ask for money, gift cards, or similar items. Asking for "discretion" is a tell-tale sign that the email is a scam. If you're unsure whether an email is genuine, start a new email, to the person's @firstunitarianottawa.ca address, or call the person directly to confirm before taking any action.



New Protocol for Using Fellowship Hall During Hospitality Hour

If your group plans to serve food or drinks in Fellowship Hall on a Sunday morning, **please book this through Jen at omr@firstunitarianottawa.ca**. This helps ensure all stakeholders are informed and coordinated. A reminder as well that you may book tables in Worship or Fellowship Halls for selling, info etc. the same way.

December 19 - Last eUU of 2025

Heads-up! The last eUU of 2025 will be sent out on Friday, December 19. If you have any events or announcements that people need to see before January 9, 2026, please make sure you send them to publications@firstunitarianottawa.ca by noon on Wednesday, December 17.

Greens Available for Harvest

Bring your own container and harvest some fresh leafy greens from the Ajashki grow towers in the Community Food Resource Room just off Worship Hall.

Family History Files

If Barry Read has prepared your Family History over the years and you have received from him a binder with paper copies, he is now offering to send you electronic files of what is in those binders. **To receive your electronic copy**, please contact Barry Read at the email address given in the Directory or, if you don't have access to the directory, request his address through the office.

New Directory Available

Members, there's a new directory available in the church office and for download on [the Members' Page](#).

Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **Sunday, December 14** - Our After-Service Discussions take place on the 2nd and 4th Sunday of the month, at 11:45am, in the Lounge
- **December 15** - Online Trivia Night. [Click here](#) to find details and to get the link.
- **December 16** - Journey Groups meet at 2pm in Room 6. December's theme is the practice of **Community Care**.
- **December 18** - The **Online Discussion Group** topic is "The Angels of Our Better Natures".
- **December 19** - **Drumming Spires**: Come find your rhythm connection in this recreational community drum circle, **11:00am on the third Friday of every month**, in Fellowship Hall. Please bring a small drum, coffee canister or percussion instrument. No experience needed. Please accompany children who attend. For information and to RSVP, email: FridaySpires@mail.com
- Our **Thursday Evening and Friday Afternoon Reading for Growth groups** will not be meeting in December.



Upcoming Events

Elbows Up! A FirstU Choir Concert – Sunday, December 7, 2025 - 1:00pm - By Donation

Join the choirs of First Unitarian Ottawa for a memorable concert celebrating Canadian songwriters and composers from coast to coast. Music will range from folk tunes, to Oscar Peterson, to excerpts from beloved Canadian choral masterworks like Eleanor Daley's Requiem and Sarah Quartel's Snow Angel. Come early and **enjoy a light lunch** served at noon! **Childcare is available for those who register in advance**: Contact dre@firstunitarianottawa.ca by Friday, December 5 to ensure your child's spot.

Beacon Community Concert Band - Wednesday, December 10 - 7:00pm (6:30 – Refreshments)

By Donation - Proceeds to the FirstU Food Cupboard

Join us in Worship Hall on Wednesday, December 10, for a concert by the Beacon Community Concert Band. You'll hear everything from Vaughan Williams to ABBA, plus a selection of holiday favourites from Hollywood and Broadway, all in support of the FirstU Food Cupboard! Come by at 6:30pm for refreshments, and stay after the concert to enjoy some seasonal cheer!

FirstU Mitten Tree Service - Sunday, December 14 - 10:30am

Our all-ages service will include songs, stories, and a chance to decorate our tree with mitts, gloves, hats, scarves and - under the branches, around the trunk - coats and boots as well! Bring winter woolies and other winter gear in all sizes to add to our tree, or make a donation to the Ottawa Snowsuit Fund if you're attending online. Let's help our friends and neighbours stay warm this winter!

Unitarian GoGos Bake Sale - Sunday, December 14 - 11:30am - Fellowship Hall

Stock up on cookies, squares, and other holiday treats to share with friends and loved ones while supporting the Stephen Lewis Foundation. Cash, Cheques, and eTransfers accepted.

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

Carols & Cocoa - Saturday, December 20 - 1:30pm - Fellowship Hall

Bring the whole family and celebrate the season with a Christmas carol singalong! Don your best festive wear (optional, but encouraged!) and enjoy a cup of hot chocolate as we sing our favourite Christmas tunes together. This event is free and family-friendly; a great way to get in the holiday spirit!

Waiting for the Light – Saturday, December 20 – 7:00pm – NOW Room - \$5 Suggested

Join us for an evening of contemplation as the days are shortening and the darkness is growing. We will walk a candle-lit labyrinth, share a time of quiet meditation and music, and enjoy warm apple cider together.

Women's Inclusive Pagan Circle: Yule Ritual - Monday, December 22 - 7:00pm - Fellowship Hall - \$5 Suggested

Trans women, cis women, and nonbinary folks are invited to take part in our Winter Solstice Ritual! Honour the long darkness and the coming return of the light, as we journey through the night with the Deer Mothers of Baltic and Slavic paganism to re-enchant the world and carry the sun safely through the dark.

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, and to bring a non-perishable donation or two to support the FirstU Food Cupboard.

Save the Date: Christmas Eve at FirstU - Wednesday, December 24, 5pm and 7pm

Our annual double service for Christmas Eve is coming up. Whether you attend the earlier, kid-friendly service, the later more contemplative service, or both, we hope you'll be joining us. Watch this space for details.



Unitarian Universalist nUUs

Fred Cappuccino turns 100!

Friends! Our sister congregation, the Unitarian Universalist Fellowship of Ottawa, is planning a party to celebrate Rev Fred Cappuccino's 100th birthday on January 17! You're invited to attend AND you're invited to share photos and videos of Fred if you have them. Email photos and videos [to Mark M](#) by January 10.



News From Our Friends

Tone Cluster Presents: Seasons of Light - Monday, December 22 - 7:30pm Centretown United Church (207 Bank St) - \$20 (earlybird), \$30 at the door

To welcome back the light, Tone Cluster and Queer Cadence choirs present music of Solstice and Yule. Harmony and hope intertwine as we honour this moment of stillness with songs of reflection, renewal, and joy.

[Earlybird tickets available HERE until December 2.](#)

Humanist Perspectives

The Autumn edition of Humanist Perspectives [is available here.](#)

Feminist Merch from the UU Women's Federation

Our friends at the [UU Women's Federation](#), invite you to peruse [their online store](#), where you can find feminist-themed t-shirts, water bottles, and more, just in time for Christmas giving.

You Are OUR Sunshine: A Climate Change Song

The backbone of the Climate Change movement is rooted in faith-based congregations. In every UU church there is a Climate Action / Justice, Social Action, Environmental Committee, or some group addressing Climate Change, the most critical existential threat facing us today. Climate Change is real and getting very near some critical tipping points of no return.

Rev. Lee Bluemel, the minister at North Parish Unitarian Universalist in North Andover, Massachusetts, invites you to watch [this music video](#) of their Climate Change song, as performed by musician Pat Scanlon and friends. ***Anyone working or educating on climate change, you have full permission to use the song and our music video – “You are OUR Sunshine” in any way you see fit. Its use is covered by the Fair Use Doctrine.***

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