

Weekly e-UU Newsletter

Friday September 19, 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, September 21, 2025

Online and In Person

Starts at 10:30am



Our Warming World: Facing the Reality of the Climate Crisis with Faith and Hope With Reverend Lara Cowtan

The annual climate march is Saturday, September 20. Climate change has an impact on more than our physical world, the impact on our spiritual and emotional health is also very real. Grief, anger and despair can consume our lives, and yet, there is still so much we can do to meet this moment to create a better future for our planet and all of its inhabitants. How can we respond to the climate crisis with faith and hope?

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 week, after Time for All Ages, our 2-6 year-old UU Kids will be in the Rainbow Room (rm 4) with Rita and Esther, while our 7-12 year-olds will join Jodi and Susie in the Chalice Room (rm 2). **Dress for the weather** - we'll be spending a lot of time outdoors this week - and please bring your children's outdoor clothes down to Room 2 or 4 before the service begins.

Caring Contacts for September

[Sooky Dunton](#) - 613-860-5571

[Carmen Contreras](#) - 613-715-3872

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

Co-convenor for the Fall Fair Gift Shoppe

Fall Fair is not only our biggest fundraiser, it's also the most fun and engaging event of the year! Volunteering is a great way to meet new people and build connections with our wonderful community. Various tasks are available both during the week of November 9th and on the day of the sale, Saturday, November 15th.

We need lots of volunteers and we promise there's a job for you! Email Eva at ffvols@firstunitarianottawa.ca.

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

Congregational Start-Up Ministry Meeting - October 5

Let's get to know each other!

Join me and Nicoline Guerrier after the service on Sunday, October 5, at 12:30pm, for a Congregational Start-Up Ministry meeting in Worship Hall, where we can discuss mutual expectations, plans, and timelines as we find our feet together. Childcare will be available. I hope you'll make plans to attend.

See you then,
Rev Lara



Read All About It



Fall Congregational Meeting

Our Fall Congregational Meeting will be held on Saturday October 19, at 4:00pm. Meeting materials will be available by October 8, however if you are not able to make it in person you can still make your vote count by assigning a proxy. Find the form on our [Members' Page](#).



A Big Thanks to All Who Helped with the BBQ!

We want to give a huge shout-out to the team that pulled together the BBQ. This was led by the organizing group of Carmen Contreras, John Emond and Brenda Heming, but many others stepped forward to help - members of the Men's Breakfast Group and others handled the cooking, scores helped with preparation, set-up, tear-down, clean-up and capturing a photographic record, and the regular Hospitality Hour crew helped guide much of that volunteer work. A huge thanks to all!



From the Property Team – FIRE DRILL!

On **Sunday October 19** at the end of service we will hold a fire drill in the building. There will be instructions shared in advance via eUU, and before the drill on the 19th. This will be a gentle drill and we hope everyone can take part, however if you are not comfortable participating you can observe in the pews so you will be familiar with the procedure. **This is required yearly as part of the Ottawa Fire Services Safety Plan for buildings.**



Fall Fair Updates

- **Jewellery Request:** We kindly ask for donations of jewellery—whether new, gently used, or even broken pieces. All types of jewellery are appreciated, as broken items can often be repaired or repurposed. The sorting and cleaning process requires time and care, so your promptness is truly valuable. Drop-Off Instructions: Please deliver your jewellery donations directly to the main office. Your contributions are very much appreciated.
- **Your Donation Guide:** The Fabulous Fall Fair welcomes your donation! [Click HERE](#) to see this year's donation guidelines. Please bring them between Sunday, November 9, 12:00pm and Friday November 14, 7:00pm. If you must bring them earlier, we will have storage in the CUBE in the parking lot from Wednesday, October 1. Contact ffdonations@firstunitarianottawa.ca or call the church office at 613-725-1066 to make arrangements.



Recurring Event Topics and Updates

- [Visit our Make Friends Page for a list of our recurring events plus related zoom links](#)
- **September 21** - The **Mental Health Support and Action Group** meets on the third Sunday of every month, at noon, in Room 6 and Online.
- **September 21** - **In-Person Bridge** meets on the third Sunday of every month, at 2:00pm, in Room 3. To sign up, contact bridgehost@firstunitarianottawa.ca
- **September 25** - **Biweekly Virtual Discussion Group** meets on every other Thursday at **1:30pm, on Zoom**. This session's topic is "The Future"
- **September 25** - **Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. [Contact Ken](#) for the zoom link. [Click HERE for a list of this year's books!](#)
- **September 26** - **Friday Afternoon Reading for Growth** meets on the last Friday (often the 4th, sometimes the 5th) of the month, at **1:30pm, on Zoom**. This month's book is *Factfulness: Ten Reasons We're Wrong About the World – And Why Things Are Better Than You Think* by Hans Rosling. [Contact Clea](#) for the link.
- **NEW! October 1** - **Drop-In Euchre** meet on the first Wednesday of every month, at **7:00pm in NOW Room**. Everyone from novices to experts are welcome. [Contact Andrew](#) for more information.

Upcoming Events

Sunday, September 21 - 12:00pm - in-person in the NOW Room

In May, the Congregation voted to pursue a Community Bond project to deepen our investment in our affordable housing project. The FirstU Bond team, led by Lisa Sharp and Brent Nicolle, is ready to present the proposed bond options (not yet ready for sale). If you might be a potential investor, or would like to



know more, we'd like your feedback! Please come hear our presentation and fill in a survey afterward. RSVP by emailing invest@firstunitarianottawa.ca and we will send you some information to review before the meeting.

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 introspection and gratitude, 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 gather at 7:00pm and start our rituals around 7:30pm, typically in Fellowship Hall. Participation is by donation (\$5 suggested).



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

Town Hall: Unitarian House Land/Building Ownership - Sunday, September 28 - 12:15pm

Worship Hall and Online

The FirstU board will be hosting a town hall on Sept 28 after the Sunday service, with presentations from both FirstU and Unitarian House, and an opportunity for the congregation to ask questions about UH's request for ownership of their land and building (See: Fall Spire, page 4, for details). Please join us for this important conversation. [The Livestream will be on our YouTube Chanel.](#)



"Meet this Moment with Love & Justice" Journey Group Intro Session

Tuesday, September 30 - 2:00pm – Room 2

How is our UU commitment to love and justice lived in this time? Using our UU principles for grounding and inspiration, through reflection, sharing and deep listening, our Journey Group will explore such themes as Embracing Change, Discerning Truth, and Awakening Wonder. Following this introductory session, regular meetings will be the 1st and 3rd Tuesdays of the month. To join: journeygroupas@firstunitarianottawa.ca



Congregational Start-up Ministry Meeting - Sunday October 5 - 12:30pm - Worship Hall

An important step in welcoming a new UU minister involves a congregational meeting with the minister to get to know each other better, discuss mutual expectations, plans and expected timelines. On Sunday Oct 5, Nicoline Guerrier will facilitate this important meeting after the Sunday service. Please make plans to attend. Childcare will be provided. Details to follow in future eUUs.



Fall Congregational Meeting - Saturday October 18 - 4:00pm - Worship Hall

Our annual Fall Congregational Meeting will be held on Saturday, October 18 at 4pm. The 2026 budget will be on the agenda for approval, as well as other congregational business. Refreshments will be available from 3:15pm. Voter registration will begin at 3:30pm. Childcare will be provided.



Unitarian Universalist nUUs

CUC - Dismantling Barriers: Engaging with Conciliation - Thursday, September 25 - 7:00pm

Join the Dismantling Barriers and Justice and Equity team in an exploration of Land Back as a faith practice and some of its intersections with barriers to full inclusion. [Details and registration HERE.](#)



News from Our Friends

University of Ottawa: Waller Lecture: Ending the Global Epidemic of Violence Against Children

Tuesday, October 7 - 11:00am - 120 University Private, Room 4007

The Department of Criminology at the University of Ottawa is pleased to host [the inaugural Waller Lecture](#). This event honours FirstU's own Irvin Waller's legacy of contributions to making Canada and the world safer. Dr Étienne Krug will present evidence-based solutions for preventing violence against children and recommendations for future action. Light lunch to follow. Register to attend [in person HERE](#). Register for the [zoom link HERE](#).



UH Annual Fall Clothing and Jewellery Sale - Thursday, October 9 - 11:00am - 20 Cleary Ave

Peruse a wide selection of quality ladies clothes including new garments given by Northern Reflections, Reitman's and gently used donations. Cash only. All proceeds support Unitarian House Residents' Association. Unsold garments will be distributed among local charities. Sandwiches and soup will be available for sale at midday.



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