

Weekly e-UU Newsletter

Friday, October 23, 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 25, 2026

[Online](#) and In Person

Starts at 10:30am



Be Like a Bird – A Search for Courage

With Jodi McIntosh

Through story, music, and reflection, this multigenerational service explores the many forms courage can take.

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, our UU Kids will be upstairs in Worship Hall for a multigenerational service with Jodi!

Fall Congregational Meeting

This Sunday, October 25

12:30pm (Registration 11:30am)

Worship Hall and [Online \(observation only\)](#)

The Fall Congregational Meeting will take place in Worship Hall on Sunday, October 25, at 12:30pm. Meeting materials were circulated to members last week (please check your spam folders if you haven't seen the email notification yet) and are also available on [the Members' Page](#) (Members' Page password is in the email Notice Of Meeting sent on October 15). All are welcome to attend, but only FirstU members can vote.

The meeting agenda includes approval of the congregation's 2027 budget, appointment of members to the Nominating Committee and the Board, approving changes to our General Operating By-Law, and approving a lease extension with River Parkway Children's Centre. There will also be an update on our Odayanhaway building project. A summary has been posted on [the Members' page](#).

Voting Proxies

If you cannot attend in person, PLEASE complete a proxy. Note that you cannot re-use your proxy from the

October 18 Special Meeting, you must create a new one. You can find instructions for selecting a proxy in the meeting materials and are [available on the Members' Page](#). Each member may hold at most one proxy. [Observers may attend via the livestream](#), but there will be no online voting, so if you are a voting member and wish to vote, you must select a proxy.



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

We are very pleased and excited to announce that on October 18, the members of the First Unitarian Congregation of Ottawa voted overwhelmingly to call Reverend Lara Cowtan as our settled minister, and she has joyously accepted! We are all thrilled to be moving forward in shared ministry together. You can view a recording of the whole meeting [HERE](#).

Reverend Lara begins speaking at 40:26.



Featured Volunteer Opportunity

Food Cupboard Assistance

We could use some help with monthly grocery shopping; as well as organizing the shelves.

If you could help once a month, please [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 from 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

December Spire - Submissions OPEN!

The Spire is a magazine meant for editorial comment, personal pieces (opinion articles, poetry), etc. It's read by the broader community, including other Canadian Unitarians. The deadline for the December issue has been

extended to November 24. With Fall Fair in between, please consider submitting your articles ahead of time, if possible. Articles should be 450 words or fewer. We will also publish one 'Feature Article (900 words or fewer)' accepted on a first-come, first-served basis. Please, send your submissions to spire@firstunitarianottawa.ca

Unitarian GoGos Fundraisers

The Unitarian GoGos have a fundraising event coming up in support of the Stephen Lewis Foundation's work for AIDS-affected Grandmothers in Africa: **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 end 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

Little Free Libraries

FirstU has two Little Free Libraries - one for adults and one for children. Located outside the west (elevator) door, they operate on a leave-a-book / take-a-book basis. There is currently a need, in particular, for more children's books. If you have some (fiction or non-fiction) books available to donate, please place them in either of the Little Free Libraries, or in the donation tubs beneath them. If you have a larger number of books to donate, please [contact Andrew](#) to arrange a pickup.

Fall Fair

We are quickly approaching Fall Fair time! Now is the time to donate what you want to give to a new home!

- * Jewelry can be given to the front office at any time.
- * Electronics may also be dropped off any time at the office.
- * There is a special request for those who make jams and jellies and pickles or other home cooking items. Please start now and set aside a variety for sale at the fair.
- * Finally, the CUBE storage container has arrived! If you want to donate before November 9, bring your items to be stored in the CUBE when. If no one is outside, please ask at the office to open the storage container.

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!

Call to Action: Preventing Gender-Based Violence

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

[Coaching Boys into Men](#) provides a curriculum for sports coaches proven to lower rates of sexual assault, harassment, and dating abuse among young athletes. It supports healthy relationship skills, mental health practices, and that violence never equals strength. Let's promote [a nation-building project to prevent male perpetration of gender-based violence](#) while [improving the health of men and boys](#).



Upcoming Events

Fall Congregational Meeting – Sunday, October 25 – 12:30pm (Registration 11:30am)

Worship Hall and [Online \(observation only\)](#)

Join us this Sunday for our annual Fall Congregational Meeting.

All meeting documents, **including proxy forms**, are [available on the Members' Page](#). Registration begins in Worship Hall at 11:30am. **Voting will be in-person only.** Observers may [attend via the livestream](#).

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](#).

Fall Fair Donations Intake – November 9 to 12 – 10:00am to 7:00pm Daily

You've been setting aside your Fall Fair donations for months, and now it's time to bring them in. [Click here for the Fall Fair's donations wish list](#), and **don't forget to help promote the fair** by [sharing our Facebook event](#) and hanging up [a print-at-home poster](#) in your lobby, office building, or favourite coffee shop!

2026 Fall Fair – Saturday, November 14 – 9:30am to 2:00pm

Our annual Fall Fair is here! Bring a friend and find a great selection of gift items, clothing, books, silent-auction items, toys and games, electronics, linens, knitted goods, home baking and lunch items, and much more! Cash, debit and credit cards accepted. Please bring your own shopping bags.

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 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 25. The conversations will resume on November 1 (the day that Daylight Savings ends).
- November 3 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. October's theme is **"Healing"**. [Contact Amalilly](#) for more information.
- November 6 - **Men's Breakfast Group** - 8:30am - Fellowship Hall - Gentlemen are invited to join the Men's Breakfast Group for coffee, socializing, and breakfast, followed by an informative and engaging talk. Register no later than Monday, November 2, by [clicking HERE and submitting this form](#).
- November 16 - **Virtual Trivia Night** - 7:00pm - Details and zoom link [HERE](#)
- November 26 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month. [Contact Ken](#) for the zoom link and our next book selection.

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

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.

All Saints Anglican Village Fair – Saturday, November 14 – 9:00am to 2:00pm – 347 Richmond Road

After you've visited our Fall Fair at FirstU, why not pop by All Saints Anglican, in Westboro, to explore their "Village Fair" church bazaar too? [Full details here](#) or [check out their poster](#).

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



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!