

Weekly e-UU Newsletter

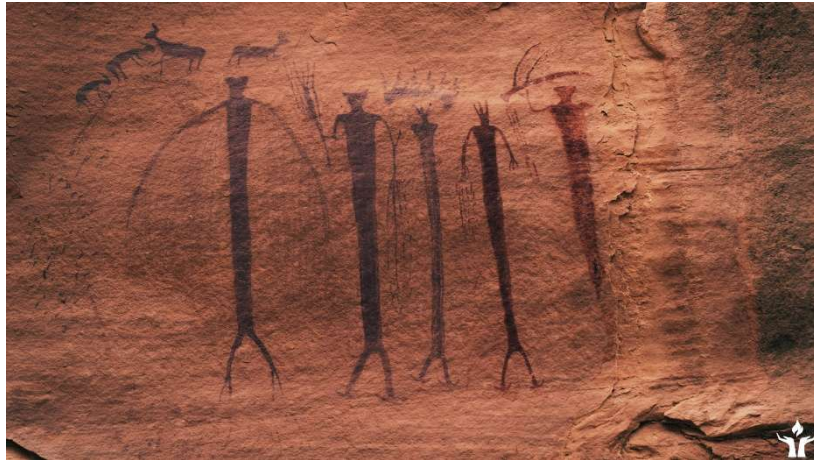
Friday November 14, 2025

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, October 16, 2025

Online and In Person

Starts at 10:30am



What They Dreamt

Rev Lara Cowtan

"...what they dreamed be ours to do, hope their hopes, and seal them true."

This Sunday, we'll explore stories of our UU Ancestors.

Please Note: The Kichi Zibi Mikan is CLOSED this weekend, from late November 14 through to the early morning of November 17, 2025. Please factor that into your plans for getting to FirstU for our Fall Fair (November 15) and our November 16 Sunday Service. [Click HERE for Full Details.](#)

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 to the **NOW Room** where our younger and older UU Kids will share space together. After RE, we'll head to **Fellowship Hall** for **pick-up** and connecting with everyone after the service.

FirstU Ottawa Email

FirstU is now using Microsoft 365 as our email server. The system is up and running now and there should not be any issues. Note that **your personal mail server may flag the emails coming from a new server, so if you feel you are not receiving FirstU emails, check your spam, and add the address to your safe recipient list.** If you need it immediately, please email Jen at: omr@firstunitarianottawa.ca.



Caring Contacts for November

[Barb Ryan](#) - 613-710-3131

[Stan Pope](#) - 613-614-3750

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

We are so close! If those who have not yet pledged can increase their pledge by 10%, and if we get a few more first-time pledges, we will make it!

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



Featured Volunteer Opportunity

Fall Fair Clean-Up

If you can give us an hour or two after the Fall Fair on Saturday or after the Sunday service, we could use your help with clean-up. No need to register in advance, just stick around and help. Thank you!

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

Winter Parkway Spire Newsletter

Poets! Photographers! Writers! Committee leaders! Regular contributors! The December Parkway Spire is looking for your input. In honour of Fall Fair we'll move the **deadline to Friday November 21**. Please send your articles to: [Anne Nagy](mailto:Anne.Nagy). Thanks very much!

Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **November 17 - Online Trivia Night.** [Click here](#) to find details and to get the link.
- **November 20 - The Online Discussion Group** topic is "Tolerance".
- **Friday, November 21 - The Men's Breakfast Group** will hear "Al Part Two", by speakers Chuck Triemstra and Larry Jones. Meet in Fellowship Hall at 8:00am. \$10 per person. Register by Tuesday, November 18 [by filling out this form](#).
- **NEW! November 21 - 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
- **Sunday, November 23 - Our After Service Discussions** take place on the 2nd and 4th Sunday of the month, at **11:45am, in the Lounge**
- **November 27 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. Their November book selection is *Son of Elsewhere: A Memoir in Pieces*, by Elamin Abdelmehdi. [Contact Ken](#) for the zoom link. Please note, there will be no meeting in December.
- **November 28 - Friday Afternoon Reading for Growth** at **1:30pm, on Zoom**. Join us for a discussion of *Musicophilia: Tales of Music and the Brain* by Oliver Sacks. [Contact Clea](#) for the link and the title of our next book. This will be the last meeting before the new year.
- **December 3 - Euchre** players are asked to arrive between 6:30pm and 7:00pm so that we can start promptly.



Fall Fair is Here!

Saturday, November 15

9:30am - 2:00pm

Come enjoy some seasonal and pre-Christmas shopping at our annual Fall Fair - and don't forget to [tell your friends!](#) You'll 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! Please bring your own shopping bags. Cash, debit and credit cards 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

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

A choral concert celebrating Canadian songwriters and composers featuring the choirs of First Unitarian Congregation of Ottawa.

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!

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. Watch this space for registration details.

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 thoughtful dark, then rise up with the sun and celebrate! 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.

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

CUC National Service Livestream - Sunday, November 23 - 1:00pm - Livestreamed in Fellowship Hall at FirstU

The Canadian Unitarian Council's national service will be shown at FirstU at 1:00pm on Sunday November 23rd in Fellowship Hall. This is part of the [CUC Virtual Fall Gathering](#) happening November 21-23. [Learn more HERE.](#)

Canadian UUs Read

A panel of ministers will each pitch their book proposal. Audience members (that's you!) will be able to submit questions. At the end of the event, everyone will vote on the book that will help us meet this moment, setting the theme for 2026's Sharing Our Faith packet, and selecting the book that we will read nationally. [Click HERE to see the book selections!](#)



News From Our Friends

Unitarian House Winter Clothing and Jewellery Sale - Thursday, November 20 - 11:00am

Founder's Room (20 Cleary Ave)

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

Aella Choir Presents: RISE UP - Sunday, November 30 3:00pm - First Baptist Church (Elgin at Laurier)

Pay What You Can

Aella invites you to join them for an afternoon of music meant to inspire courage, optimism, and action in the face of adversity. The concert will feature music from the Singing Revolution in the Baltics, the Syrian revolution, and anti-apartheid music from South Africa, as well as an interactive musical segment when Aella will teach audience members different types of protest songs. [Tickets HERE.](#)

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