

# Weekly e-UU Newsletter

## Friday September 26, 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 28, 2025**

**Online and In Person**

**Starts at 10:30am**



### **Social Justice Sunday: Love Thy Neighbour in Action** **With guest speaker Canon Reverend Peter Hobbs**

This Sunday, guest speaker Canon Reverend Peter Hobbs will offer a heartfelt, conversational look into the lives of our most vulnerable neighbours. You'll hear stories that highlight the challenges they face, and learn how Belong Ottawa is responding with compassion, practical supports, and lasting impact. Rooted in the values of the Anglican tradition--and closely aligned with the principles of Unitarian Universalism--Belong Ottawa affirms the inherent worth and dignity of every person. ***A special collection will be taken up in support of Belong Ottawa.***

#### **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](mailto: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:** 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

#### **Caring Contacts for October**

[Maryan O'Hagan](#) - 613-729-7752

[Marianne Wood](#) - 613-725-3452

*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.*

#### **Splinters from the Board – September, 2025 Meeting**

The following are the key points from the September 17 meeting of the FirstU Board:

- Approved the membership application from Janet Bowes
- Finalized plans for the 'Start-up Workshop' regarding Rev. Lara's ministry
- Received an update regarding the community bonds initiative
- Received an update regarding the Odayanhaway project
- Discussed the Unitarian House request to own their property
- Approved a proposal to release Ajashki employees and to conduct a review of how to move forward with the program
- Finalized plans for the Fall Congregational Meeting
- Finalized plans for the board's annual retreat



## Featured Volunteer Opportunity

### Fall Fair Needs Volunteers

Fall Fair needs volunteers! It's fun and it's a great way to meet people. If you're interested, there's a sign-up sheet on the bulletin board right outside the door to the lobby or email [ffvols@firstunitarianottawa.ca](mailto: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](mailto:volunteers@firstunitarianottawa.ca)

## Congregational Ministry Start-Up Workshop - October 5

### Let's get to know each other!

Join me and Nicoline Guerrier, from the Canadian Unitarian Council, 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



### Ask Us About FirstU Membership

Have you been engaging for at least three months with FirstU but not yet applied to become a Member? Do you have questions about the membership process and benefits? If so, the Welcome & Membership team would love to chat with you. Please drop a line to [welcome@firstunitarianottawa.ca](mailto:welcome@firstunitarianottawa.ca) or stop by the Welcome Table on a Sunday.



### FirstU Rides Program

Some congregants need a ride to and from the church for Sunday morning Services. We would like to build a roster of volunteer drivers spread out across the city, for each compass direction from the church: North, South, East and West. For example, there is currently one spot available to drive someone in from the Glebe. If you need a ride for an upcoming service, or if you are interested in offering the occasional ride to a fellow congregant, please [email Andrew Drake](mailto:andrew.drake@firstunitarianottawa.ca) or call 613-608-7157.



### Fall Congregational Meeting

Our Fall Congregational Meeting will be held on Saturday October 18, 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 now**. Find the form on our [Members' Page](#).



### 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

- **New Posters and Flyers**

This year we are partnering with River Parkway Children's Centre for Fall Fair. They will be open the same hours as FirstU and will offer infant to pre-teen clothing for sale. We've updated our posters and flyers, so pick up some from the back of the church, or [click HERE to view and download them](#) to share with your friends, as well as finding ways to share the information on Facebook.

- **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 donations! [Click HERE](#) to see this year's donation guidelines. Please bring them between Sunday, November 9, 12:00pm and Thursday, November 13, 7:00pm. Contact [fdonations@firstunitarianottawa.ca](mailto:fdonations@firstunitarianottawa.ca) or call the church office at 613-725-1066 to make arrangements if you must bring donations earlier.



### Recurring Event Topics and Updates

- [Visit our Make Friends Page](#) for a list of our recurring events plus related zoom links
- **September 26** - The yUuth Group will meet **tonight**, September 26, at **6:30pm**.

- **NEW! October 1 - Drop-In Euchre** meet on the first Wednesday of every month, at **7:00pm in the NOW room**. Everyone is welcome. [Contact Andrew](#) for more information.
- **October 9 - Biweekly Virtual Discussion Group** meets every other Thursday at 1:30pm on Zoom. The topic is "Risk and Reward".
- **October 10 - The Men's Breakfast Group** will meet at 8:00am in Fellowship Hall. Register by October 6 by [filling out this form](#).
- **October 23 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. [Contact Ken](#) for the zoom link and this month's book title.
- **October 31 - Friday Afternoon Reading for Growth** meets on the last Friday (often the 4th, sometimes the 5th) of the month, at **1:30pm, on Zoom**. [Contact Clea](#) for the link and this month's book title.

## Upcoming Events

### Town Hall: Unitarian House Land/Building Ownership - Sunday, September 28 - 12:30pm 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](mailto:journeygroupas@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>

## Save the Date

### **Congregational Ministry Start-up Workshop - Sunday October 5 - 12:30pm to 2:30pm - Worship Hall**

Please plan to join in the Sunday, October 5 Ministry Start-up Workshop following the morning worship service. This will be a participatory and celebratory time for the congregation to share in telling the story of First U, the history, and your hopes and dreams for the future, as well as getting to know Rev Lara Cowtan's story, the journey that brought her to First U and her own hopes and dreams for our future together. Rev Noline Guerrier, the CUC Congregational Life Lead for our region, will help to lead the worship service, and then will guide us through this time in shaping a promising beginning for this new Ministry together.



### **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.



## 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>