

# Weekly e-UU Newsletter

## Friday October 3, 2025

We acknowledge that our campus is located on traditional, unsurrendered and unceded Algonquin Anishinaabeg Territory; and that the work of reconciliation is a responsibility of our congregation, and of all Canadians.

### Sunday, October 5, 2025

[Online](#) and In Person

**Starts at 10:30am**



### Embracing Change: Meeting This Moment

With Rev Lara Cowtan and Rev Nicoline Guerrier

When so much is in flux, how do we stay true to our values of love and justice? How can the challenges of this moment become an opportunity for growth and transformation? Beginning a new Ministry together creates an opportunity to explore these questions.

This Sunday, Rev Lara Cowtan and Rev Nicoline Guerrier, Congregational Life Lead for the Canadian Unitarian Council, will lead the service together and invite everyone to participate and celebrate in our Ministry Start-Up Workshop, following the service. This will be an interactive session of getting to know one another and planning for a vibrant, impactful ministry together with Rev Lara Cowtan.

#### 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 October

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

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

**Caring Cards for September:** Alexandra and Jim D, Lena T, Kate K and Ron B, Blair E, and Montha M.

*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

Visit <https://www.firstunitarianottawa.ca/make-your-pledge---online.html> to make your pledge, and get a gummy worm at the back of Worship Hall! The early bird gets the worm (while supplies last). We cannot mail gummy worms.



## 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 – *This Sunday, October 5*

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

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

### Town Hall on Unitarian House

 On Sunday Sept 28, the FirstU board hosted a town hall to discuss the request from Unitarian House to own their land, which they currently lease from FirstU. The entire town hall was recorded; you can find the recording and other related materials [on our Members' Page](#).



### "Meet this Moment with Love & Justice" Spiritual Journey Groups

Times are changing. How are we preparing for this moment? 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 Groups will explore themes appropriate to this moment. For more information or to find a group that will meet your needs contact Amalilly at [journeygroupas@firstunitarianottawa.ca](mailto:journeygroupas@firstunitarianottawa.ca)



### 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
- Finalized plans for the Fall Congregational Meeting
- Finalized plans for the board's annual retreat



### Ask Us About FirstU Membership

Have you been engaging with FirstU for at least three months? 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.



### 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 the 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

- **Electronics:** Did you know that Fall Fair volunteers will make every effort to remove all information from donated electronic devices (in accordance with the Personal Information Protection and Electronic Documents Act - PIPEDA)? However, this takes time to do, so we need your donated electronics as soon as possible. To make arrangements for donation, contact: [fdonations@firstunitarianottawa.ca](mailto:fdonations@firstunitarianottawa.ca)

- **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.



## Recurring Event Topics and Updates

- [Visit our Make Friends Page](#) for a list of our recurring events plus related zoom links
- **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 for breakfast and an engaging talk by speakers [Mike Molloy and Peter Duschinsky](#) on the process behind their multi-authored book, *Hearts of Freedom - the success story of Southeast Asian Refugees in Canada*. 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** at 1:30pm, on Zoom. The book for discussion is *The Horse, a Galloping History of Humanity* by Philip Winegard. [Contact Clea](#) for the link.
- **November 5 - Drop-In Euchre** meets on the first Wednesday of every month, at 7:00pm in the **NOW room**. Everyone from novices to experts are welcome. [Contact Andrew](#) for more information.

## Upcoming Events

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

This Worship Ministry Start-Up Workshop 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 Nicoline 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.



### **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

### **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 GoGos Art and Artifacts Sale - Sunday, October 19 - 11:30am - 1:00pm - Fellowship Hall**

Unitarian GoGos will be holding a sale of authentic African art and artifacts in Fellowship Hall on Sunday, October 19, before and after the Service. All proceeds go to the Stephen Lewis Foundation which supports community-led organizations in sub-Saharan African communities dealing with the ongoing challenges of HIV/AIDS.



## 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](#).

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>