

Welcome to FirstU Ottawa!

UPCOMING SUNDAY SERVICES, 10:30am

October 25: Be Like a Bird – A Search for Courage

November 1: A Thin Veil

HAPPENING SOON

- **Today, October 18** – 12:30pm – Special Congregational Meeting for Vote to Call Settled Minister (Worship Hall and on Zoom)
- **Monday, October 19** - 10:00am – FirstU Finance Deep Dive 1
- **Wednesday, October 21** - 7:00pm – FirstU Finance Deep Dive 2
- **Sunday, October 25** – 12:30pm – Fall Congregational Meeting (Worship Hall and via YouTube Livestream)
- **Wednesday, October 28** – 7:00pm – Women's Inclusive Pagan Circle Samhain Ritual (Fellowship Hall)

For details about these events and more, visit our website!

OCTOBER OFFERING

Each month, we share our undesignated 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.



Make a donation
to FirstU Ottawa



Read this week's eUU

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.

Reverend Lara Cowtan, Minister, minister@firstunitarianottawa.ca
Mary Ella Keblusek, President, president@firstunitarianottawa.ca
Office: 613-725-1066 firstunitarianottawa.ca

Order of Service

Sunday, October 18, 2026

10:30am

Courage and Covenant

Reverend Lara Cowtan



A celebration and exploration of our shared ministry
and the deep commitments that call us forward.



Order of Service

WELCOME CHIME

GATHERING SONG

Courage My Friends

Jenn Berntson

BOARD ANNOUNCEMENTS

Lisa Boulay

WELCOME

Reverend Lara Cowtan

HYMN

#298 *Wake Now, My Senses*

CENTERING WORDS Paul Julien and Amanda Joynt

Words by Reverend Erika Hewitt

CHALICE LIGHTING

CHALICE LIGHTING SONG

TIME FOR ALL AGES

Oya and the Mask, by April Rosario

OFFERING

JOYS, SORROWS AND SILENCE

ANTHEM

Chalice Choir

We Rise, by Batya Levine

RESPONSIVE READING

#728 *Blessed Are Those*

SERMON

Courage and Covenant

HYMN

#1014 *Answering the Call of Love*

BENEDICTION AND EXTINGUISHING
THE CHALICE

SUNG POSTLUDE

Spirit of Life



Please join us for coffee after the service in Fellowship Hall
Please note there is no After Service Conversation this week

