

Weekly e-UU Newsletter

Friday, March 27, 2026

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, March 29, 2026

[Online](#) and In Person

Starts at 10:30am



Transforming Hearts

Introducing the new UU virtual hymnal! We will explore how our hymns reflect our values and help us cultivate resilience, wonder, and wisdom.

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.

New: Information about Your Sunday Offering

The offerings collected each Sunday help us to live into our values within this congregation and in supporting many good works beyond our walls by highlighting a community partner organization each month to share with.

During the entire month of March, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, the [Women's Legal Education and Action Fund \(LEAF\)](#).

Since 1985, the [Women's Legal Education and Action Fund \(LEAF\)](#), which is based in the *uOttawa Law School*, has achieved significant landmark victories in Canada by using strategic litigation and legal education to advance gender equality. LEAF has intervened in over 160 cases, strengthening the Charter of Rights and Freedoms regarding reproductive freedom, workplace discrimination, pay equity, and the prevention of gender-based violence.



Children's Religious Exploration

This Sunday, after Time for All Ages, we'll head downstairs to continue learning about Transformation, as part of our **Gifts of our Faith Program**.

- In the **Rainbow room** with Rita and Anusha, we will be reading a story about transformation and making oobleck.
- In the **Chalice room** with Esther *and* in the **Wonder room** with Jodi, we will continue learning about transformation and make oobleck.

Caring Contacts for March

Clea Derwent – [Email](#) – 613-694-0505

Coral Sato – [Email](#) - 613-599-8838

Caring Contacts for April

Anne Nagy - [Email](#) - 613-614-6174

Marjorie Dunton - [Email](#) - 613-860-5571

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.

Byron Avenue Sidewalk Closure

As a part of the Stage 2 O-Train Project, the sidewalk on Byron Avenue at Sherbourne Road will be closed until Friday, April 3, to allow for utility installation. A pedestrian detour will be in place during the construction activities. [Further details available HERE.](#)

Featured Volunteer Opportunity

Help Raise Money and Good Cheer!

Do you love the Fall Fair? Would you consider co-leading a large, enthusiastic team of volunteers to organize FirstU's biggest annual fundraiser and community builder? We are looking for two people to succeed our outgoing Fall Fair director as soon as possible. This is an important and rewarding role with lots of support available. To learn more about what is involved, please contact [Maury Prevost](#) or [Carol Card](#). We look forward to hearing from 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

Time & Talent Coming Soon - Log In and Poke Around

With the Time & Talent Auction just a month away, be sure to [visit the auction site](#) to create an account or confirm yours from last year. Then poke around and get familiar with how it works and what is on offer. This might inspire you to offer an item. Bidding opens April 26 and closes April 30. For questions, [contact David Chernushenko](#).

The Spire is Looking for a New Copy Editor!

Duties are light: four times a year, the copy editor collects submissions, pastes them into one Word document, and hands on the file for layout. *Mentoring is available!* The hardest part is remembering to send out reminder notices the month before each new issue! If this is your kind of volunteering, let us know by emailing spire@firstunitarianottawa.ca.

AI Summaries for Zoom Meetings

Are you aware that Zoom provides an option to have a summary of your Zoom meeting created by AI (Artificial Intelligence)? While not perfect, we've found these summaries to be surprisingly accurate and would recommend them for meetings where notes or minutes are needed. To obtain an AI summary requires several steps; [click HERE to see the details](#). If you have any questions, just email the Zoom Team at zoomInfo@firstunitarianottawa.ca.

Catching Phishing Scams Before YOU Get Caught

Friends, you may want to [watch this video](#) on how to spot a more complicated phishing scam than we usually get in our email at FirstU. This scam, that captures your password using a fake "window" overlaid on your real internet browser window, is apparently becoming more common. [The video](#) will show you how to spot and avoid it.

Celebrate a Special Moment or Honour Someone Dear

To recognize a cherished moment or pay tribute to someone beloved, you're invited to do so by providing flowers for Sunday services. Your flowers will grace the dais and your contribution will be noted in the Order of Service, and you may choose any flowers you wish. A sign-up sheet for each Sunday will be available in the office. Reserve your date today! Maybe surprise someone in the congregation!

Become a Worship Associate

Rev Lara will soon be leading a workshop for our Worship Team as they prepare for summer services. If you feel called to help shape worship — to craft words, readings, and ritual that hold our community in meaning and care — she would love to hear from you. Register for the workshop **by March 31**, by emailing minister@firstunitarianottawa.ca.



Upcoming Events

Our Whole Lives Info Session for Kindergarten and Grade One - Sunday, March 29 - 11:45am - Room 2

We're happy to be offering the Kindergarten - Grade One Our Whole Lives (OWL) sexuality education program, starting in April and open to all 5, 6 and 7 year olds. This program supports parents in educating children about birth, babies, bodies and families. Need more information before committing? Come to our info session on March 29.

Authentic Selves Workshop - Tuesday March 31 - 6:30pm - Fellowship Hall

This workshop is based on the UU Common Read for 2024-25, *Authentic Selves: Celebrating Trans and Nonbinary People and Their Families*. This Common Read invites UUs to deepen their understanding of how gender identity has shaped their lives, while the workshops spotlight our own true storytelling as an exercise of faith, emphasizing the crucial role of support from families and communities in the journey to living authentically. No need to register, just come take part.

Raise Your Voice Choir Concert - Sunday, April 19 - 1:00pm - Worship Hall (refreshments available beforehand) By Donation

The choirs of FirstU present choral music that celebrates collective action, resistance, and resilience. Our choirs will perform songs that have carried communities through moments of challenge and transformation, from South African freedom songs, to the Nueva Canción movement in Latin America, to music of the Singing Revolution in the Baltics. Join your voice with ours for audience singalongs of well-known protest music!

FirstU Annual General Meeting - Sunday, April 26 - 12:30pm - Worship Hall

Save the Date: The 2026 Annual General Meeting will be held on Sunday April 26 at 12:30pm in Worship Hall. Please mark your calendars! Details and voter packages to follow.

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

Are you looking for the Recurring Events item that used to be in the Read All About It section? We've moved that information to our website.

- Looking for the next topic for your favourite recurring discussion or book group? [Click here.](#)
- 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.



Unitarian Universalist nUUs

Canadian Unitarian Council (CUC): Dismantling Barrier Series

Join the CUC online, on Thursday, April 23, 2026 at 7:00pm, for an introductory conversation on economic solidarity, with a particular focus on **positionality**. What does "positionality" mean? It means exploring how our political and social identities interact and shape our experiences and understanding of money. What do our histories teach us about how we deal with money? How do our identities inform our money-making decisions and practices? And what can we do to align our spending practices with our solidarity values? [Details and registration HERE.](#) Subsequent sessions will run on May 28 and June 25.

Canadian Unitarian Council (CUC): Reciprocal Annual Mentorship Program (RAMP!)

RAMP! offers **monthly Skill-Building workshops** open to everyone interested. These public, online, 90-minute workshops align with the program's monthly themes and connect with other national programming such as Congregational Conversations and Dismantling Barriers. Upcoming workshops include:

- April 25, 1:00pm: [UUism and Social Enterprise with Shaun Loney](#)
- May 9, 1:00pm: [Navigating Conflict with Necessary Trouble Collective](#)
- June 27, 1:00pm: [Projects, Partnerships & Practical Wisdom from RAMP!](#)

Click the embedded links above to register for the workshop(s) of your choice!

UUFO is Hiring a Children's RE Leader!

UUFO is looking for a part-time Children's Religious Exploration Program Lead to plan, administer and develop a monthly RE program for children and youth!

Do you, or someone you know, want to work (play, talk, create) with a small but growing multi-age group of kids one Sunday a month in Vanier? The position offers \$25/hour, and 3-4 hours per month. [Click here to read the job description!](#)

**Canadian Unitarians for Social Justice Present: *Endangered Democracy* – A Webinar with Bruce Knotts
Saturday, March 28, 2026 - 1:00pm - FREE**

Can Democracy Survive The Geopolitical and Environmental Crises? Join Bruce Knotts for a webinar in which he'll talk about the similarities of the 1930s and the current world order that – like the 1930s – is seeing the growth of authoritarianism, and signs of military confrontations between nations and internal unrest within many important countries. [Click HERE to register and receive the zoom link.](#)



News from Our Friends

Humanist Perspectives

[Click here to peruse the Winter 2026 edition](#) of Humanist Perspectives online magazine.

Multifaith Housing Initiative (MHI) presents: Home of Our Hearts: An East Coast Afternoon

Sunday, March 29 - 3:00pm - Woodroffe United Church (207 Woodroffe Ave)

By Donation, \$25 Suggested

Join the Atlantic Voices choir and special guest folk duo 100 Floors Above for a special concert in support of Odenak, MHI's latest housing build at Lebreton Flats. This project will build over 608 new residential rental units -- 250 of them affordable -- in two towers at 665 Albert Street, between Ottawa's future Ādisōke main public library and the Pimisi LRT station. Admission is by donation, with \$25 suggested. Doors open at 2:30pm, and parking is available on site.

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