

Weekly e-UU Newsletter

Friday October 17, 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 19, 2025

Online and In Person

Starts at 10:30am



The Only Constant

With Rev Lara Cowtan

We have heard it said, the only constant is change, and that there is no growth, no moving forward without letting something go and embracing change. What can we hold onto that is solid and true, what can we trust as a constant in our lives when the ground shifts and change happens?

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, 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.

Fire Drill: We will be having a fire drill at the end of this Sunday's service. Children will be brought to the meeting area in the Unitarian House courtyard. Please meet your child there for pick-up.

Fall Congregational Meeting

Saturday, October 18 - 4:00pm - Worship Hall and on [YouTube](#)

The Fall Congregational Meeting will take place in Worship Hall on Saturday, October 18, at 4:00pm. Meeting materials were circulated to members on October 8 – **Members, please check your spam folders if you haven't seen the email notification yet** – and are also available on the [Members' Page](#) (Members' Page password is in the email Notice Of Meeting).

All are welcome to attend, but only FirstU members can vote.

The meeting agenda includes approval of the congregation's 2026 budget, appointment of members to the Nominating Committee, and motions regarding creation of a small park on FirstU land and authorization of debt to increase FirstU's ownership stake in the Aspire building.

For those attending in-person:

- Light refreshments will be available from 3:15pm
- Voter registration will begin at 3:30pm
- Child care will be available, but please RSVP by 3pm on Thursday Oct 16 to dre@firstunitarianottawa.ca with number and ages of children needing care.

Voting / Proxies: If you wish, you may observe the meeting virtually on YouTube; however, there will be no online voting, so if you are a voting member and wish to vote, you must select a proxy. You can find instructions for selecting a proxy in the meeting materials and on the [Members' Page](#). Each member may hold at most one proxy.



FIRE DRILL

This Sunday, October 19, at 11:30am

This Sunday, 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.

Please familiarize yourself with Fire Drill Procedures before Sunday Service:

https://www.firstunitarianottawa.ca/uploads/2/1/0/6/21068182/fire_alarm_drill_procedures.pdf



Save the Date! Joe Jencks in Concert

A Musical Fundraiser for FirstU! - Sunday November 2 - 7:00pm

\$25 (advance) // \$30 (at the door) // \$15 (accessible price)

A 25-year veteran of the international folk circuit legend, and a fellow UU, Joe blends well-crafted instrumentals and vivid songwriting and serves it all up with a lyric baritone voice that has the edgy richness of a good sea-salt caramel. (joejencks.com)

Tickets Here: <https://www.eventbrite.ca/e/in-concert-joe-jencks-tickets-1795928794369>



Tell your friends! Please share widely, invite your friends, give an early Christmas Gift! Help make this fundraiser for FirstU a success!

We Will Need Some Assistance at the Concert: For the Joe Jencks Fundraising concert we will need ticket sellers, ushers and refreshment sellers. Please email Jen at omr@firstunitarianottawa.ca or call 613-725-1066 to volunteer!

Caring Contacts for October

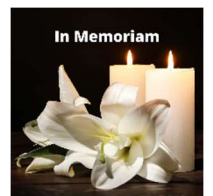
[Maryan O'Hagan](mailto:Maryan.O'Hagan@firstunitarianottawa.ca) - 613-729-7752

[Marianne Wood](mailto:Marianne.Wood@firstunitarianottawa.ca) - 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.

Life Events

Long-time congregant **Marianne Dawes** passed away on Wednesday, October 8, just two weeks shy of her 100th birthday. Marianne was a faithful attendant at Sunday Services. And for many years part of the Woman's Discovery Group and a participant in the monthly Senior's Program. A service for Marianne will take place at 30 Cleary on Saturday Nov 22, at 2:00pm.



2026 Pledge Campaign

Now is the time! Before you get your snow tires on, please make your pledge at:

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



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 Fall Fair bulletin board in the office lobby or email 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

Read All About It



Phishing Scams Ahoy!

We've been hearing that people are getting emails asking them to "discretely" purchase Amazon gift cards and similar on behalf of someone pretending to be Rev Lara (or, occasionally, other people whose names are visible on our website - e.g.: our Board President). While we're taking steps to make it harder for scammers to contact people at FirstU, you may want to refresh your memory on how to spot phishing scams and other email fraud. [Click here to learn about fraud prevention.](#)



"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



Fall Fair Updates

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. **Please note that early storage in the CUBE container is only for items which you absolutely must bring to us now.** To make arrangements, contact ffdonations@firstunitarianottawa.ca or call the church office at 613-725-1066.

- **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: ffdonations@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
- **Reminder: Our After Service Discussions** take place on the 2nd and 4th Sundays of the month, at 11:45am, in the Lounge
- **NEW! October 17 - 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). To RSVP, email FridaySpires@mail.com
- **NEW! October 17 - Singing Spires** meet every **Friday at 12:15pm** in Worship Hall. Join us in this informal weekly get together to sing and strum folk tunes and favourites from the 60's through 90's. Song sheets provided. This is a fun and social group for all skill levels. To RSVP, email FridaySpires@mail.com
- **October 20 - Online Trivia Night.** [Visit the Make Friends page](#) to find details and to get the link.
- **October 23 - Biweekly Virtual Discussion Group** meets every other Thursday at 1:30pm on Zoom. The next topic is "Free Will"
- **October 23 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. Their October book selection is *Under a White Sky: The Nature of the Future*, by Elizabeth Kolbert. [Contact Ken](#) for the zoom link
- **October 24 - The Men's Breakfast Group** will meet at **8:00am in Fellowship Hall** for breakfast and an engaging talk by a guest speaker. Register by October 20 by [filling out this form](#)
- **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 Tomothy C 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

Fall Congregational Meeting - Saturday October 18 - 4:00pm - Worship Hall

Our annual Fall Congregational Meeting will be held on Saturday, October 18 at 4:00pm. The 2026 budget will be on the agenda for approval, as well as other congregational business. Refreshments available. Voter registration begins at 3:30pm. Childcare available with RSVP to dre@firstunitarianottawa.ca by October 16.



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.



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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

Chosen Family Games Night - Friday, October 24 - 7:00pm - Fellowship Hall

Pot Luck - Bring Snacks to share

Join FirstU and friends on Friday, October 24, from 7:00pm to 9:00pm, for a chosen family games night in Fellowship Hall! We invite you to bring your friends and family to this fun event! **Ages 11 and up. Potluck snacks and non-alcoholic drinks!** Bring any board or party games that you like, or play one of the games brought by others! Meet new friends and deepen bonds! No registration required, just show up!



Women's Inclusive Pagan Circle: Samhain Ritual - Wednesday, October 29 - 7:00pm

Fellowship Hall - \$5 suggested

Join us as we honour Samhain and the ancestors in a ritual dedicated to our beloved dead. Please bring stories to share about your recently departed and dearly missed friends, pets, and relatives. Small photos or other mementos for the altar are encouraged. Bring finger foods to share after the ritual. We also ask that folks contribute \$5 to help cover the cost of space and supplies.



Introducing Ourselves - Sunday November 2 - 12:00pm - NOW room

Are you feeling new? Introducing Ourselves is a casual meet-up for newcomers guided by Brent Nicolle and Rev. Lara Cowtan. Share what brought you to First Unitarian, ask about the basics of Unitarian Universalism, and learn about how to get connected. A light lunch will be served. Register at the Welcome Table or by email at welcome@firstunitarianottawa.ca



Marine Mammals of Nunatsiavut: Sounds and Insight about Labrador

Sunday, November 2, at 12:30pm - Fellowship Hall

Amanda Joynt will share some marine mammal hydrophone recordings from her work with Oceans North and talk about how these fed her thinking about Inuit management and self-government. Come join her to hear - and chuckle at - the underwater world and learn about Nunatsiavut, the Inuit homeland in northern Labrador.



Joe Jencks in Concert: A Fundraiser for FirstU - Sunday, November 2 - 7:00pm

\$25 in advance // \$30 at the door // \$15 accessible price

You're invited to bring family and friends to hear folk legend, and fellow UU, Joe Jencks in a fundraising concert for FirstU! "A 25-year veteran of the international folk circuit, Joe blends well-crafted instrumentals and vivid songwriting and serves it all up with a lyric baritone voice that has the edgy richness of a good sea-salt caramel". Don't miss it! [Advanced tickets HERE](#). Accessibly-priced tickets available.



Chez FirstU



Ottawa Friends of Tibet Annual Cultural Event and Fundraiser - Saturday, October 25 - 3:30pm

Join the Ottawa Friends of Tibet for meditation, cultural performances, prayer-flag making, a silent auction and a bazaar. All proceeds go to support Ottawa Friends of Tibet's projects for Tibetan refugee children and students living in India and Nepal. Chez FirstU. [Details and tickets HERE](#).



Chamberfest presents: Quatuor Agate - Tuesday, November 4 - 7:00pm

Experience a world-class string quartet concert in Ottawa as the Paris-based, award-winning Quatuor Agate makes its Ottawa debut with an evening of musical gems. Chez FirstU. [Full details and tickets HERE](#).



Piano and Cello: A Dialogue - Saturday, November 8 - 7:30pm

Local jazz legend John Kofi Dapaah and international progrock star Raphael Weinroth Brown team up to show off their classical sides in an intimate evening of beautiful and heartfelt conversations between the piano and cello. Chez FirstU. [Tickets available HERE](#).

News from Our Friends

Canadian Unitarians for Social Justice present: Demanding Just Care: Fighting Governments'

Medical and Social Abuse of Disabled Children and Their Families - Saturday, October 25 - 3:30pm

While governments around the country give profits over to big corporations, disabled children and their families face 'round-the-clock care with little to no in-home help and the threat of having their children taken by Children's Aid if they ask for assistance. Learn about their plight, at this panel discussion and Q&A. [Full details HERE](#) + [Register for the link HERE](#).



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