



Weekly e-UU Newsletter

Friday October 31, 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, November 2, 2025

Online and In Person

Starts at 10:30am



Learning from Our Ancestors

Rev Lara Cowtan

In this week with Halloween, All Souls' Day, the Dia de los Muertos, a time when, it is said, the veil between the world of the living and the dead is thin let us remember our ancestors, those spirits who loved and laughed and fought, cried and danced and sang and dreamt of a future that is ours to live.

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, we'll head downstairs.

- Our 2-6 year-old UU Kids will be in the Rainbow Room (rm 4) with Rita and Esther, we'll be continuing with our festive pumpkin theme and making a delicious pumpkin treat!
- Our 7-12 year-olds will join Jodi and Susie in the Chalice Room (rm 2), where we'll be making UU Values Compasses and learning about the web of interdependence — discovering how our actions, relationships, and the natural world are all beautifully connected.

After RE, we'll head to **Fellowship Hall for pick-up** and connecting with everyone after the service.

Save the Date! Joe Jencks in Concert *This Sunday!*

A Musical Fundraiser for FirstU!

This Sunday November 2 - 7:00pm

\$30 at the door - \$15 / Pay-What-You-Can accessible rate available

[Get your tickets before Sunday evening and save by purchasing them online](#)

During intermission, join us for cider and sweets, payment by donation.



A legendary 25-year veteran of the international folk circuit, 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!

FirstU Ottawa Email

FirstU is now using Microsoft 365 as our mail server. Given the growing number of email security concerns — and our own experiences with issues in FirstU emails — Microsoft 365 offers a more secure and reliable platform. And it's free to us because we are a registered charity.

The system is up and running now and there should not be any issues. Note that your personal mail server may flag the emails coming from a new server, so if you feel you are not receiving FirstU emails, you can add the address to your safe recipient list. (Each server company has its own method of doing this, so unfortunately we can't help you with that). **If you are accessing an '@firstunitarianottawa' address via Roundcube webmail, this will no longer work.** Jen will be sending you instructions and a password in the next week or so. Those who have emails forwarded from an "@firstunitarianottawa" address to their personal addresses will still receive email as normal. If you need it immediately, please email Jen at: omr@firstunitarianottawa.ca. Thank you for your patience and please let us know if you are having any issues.



Caring Contacts for October

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

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

Caring contacts for November

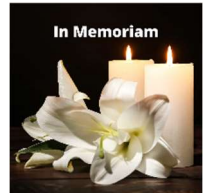
[Barb Ryan](#) - 613-710-3131

[Stan Pope](#) - 613-614-3750

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

Treat yourself to feeling good. Take a minute to make your FirstU pledge now at:

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

Featured Volunteer Opportunity

Fall Fair Needs YOU!

We still have a number of volunteer opportunities for Fall Fair. If you haven't signed up yet, please do so soon.

Baking: Cookies, squares, small loaves all appreciated.

Driving: Drivers needed during set-up week, on FF day (including to pick up food on Saturday morning), and during week after FF.

Silent Auction helpers: Needed both on Saturday afternoon and Sunday morning.

Clean-up Crew: Volunteers needed to help clean-up on day of Sale. An hour or two of your time can make a big difference! Email ffvols@firstunitarianottawa.ca or see Eva after the service on Sunday.

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



Splinters from the Board – October Edition

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

- Approved draft budget for 2026
- Approved motions for the FCM regarding generating \$1.5 million additional equity to apply towards the Aspire Riverview Homes project
- Reviewed financial statements for the 3rd quarter
- Received an update on the investigation of approaches to generate \$1.5 million to boost FirstU's equity share in Aspire Riverview Homes project
- Received an update regarding the Odayanhaway project
- Discussed how to handle board announcements
- Reviewed plans for Fall Congregational Meeting
- Discussed follow-up from the board's retreat in September and the Start-Up Workshops
- **Welcomed new members Jo-Anne Beckett and Patrice Simister to the Congregation**





The Office is Looking For

A used android smartphone that is not too old (less than 5 years). If you've recently updated yours, please consider donating it. Thank you!



Phishing Scams Ahoy!

We've been hearing that people are getting emails asking them to "discreetly" 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

- **Help Us Get Posters Out the Door!** We need your help getting our posters distributed across Ottawa. Please see Susan Barker and Ken Denison after Sunday service at the poster table in Worship Hall to sign up for postering specific locations, or sign up on the volunteer list on the Fall Fair bulletin board in the church lobby, or [contact Susan.](#)
- **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.



Recurring Event Topics and Updates

- [Visit our Make Friends Page](#) for a list of our recurring events plus related zoom links
- **November 5 - Drop-In Euchre** meets on the first Wednesday of every month, at **6:30pm in Fellowship Hall.** Note time and location change. Everyone from novices to experts are welcome. [Contact Andrew](#) for more information.
- **November 6 - Biweekly Virtual Discussion Group** meets every other Thursday at 1:30pm on Zoom. The next topic is "Perception and Reality".
- **November 7 - The Men's Breakfast Group** will meet at **8:00am in Fellowship Hall** for breakfast and an engaging talk by [Chuck Triemstra](#), on the first of two presentations about artificial intelligence. Register by November 3 by [filling out this form.](#)
- **NEW! November 7 - 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 / overhead provided. This is a fun, social and relaxed group; musical skill and singing is for all levels. For information, and to RSVP, email: FridaySpires@mail.com
- **Sunday, November 9 - Our After Service Discussions** take place on the 2nd and 4th Sunday of the month, at **11:45am, in the Lounge**
- **November 17 - Online Trivia Night.** [Click here](#) to find details and to get the link.
- **NEW! November 21 - 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. For information and to RSVP, email: FridaySpires@mail.com
- **November 27 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom.** Their October book selection is *Son of Elsewhere: A Memoir in Pieces*, by Elamin Abdelmahmoud. [Contact Ken](#) for the zoom link. Please note, there will be no meeting in December.
- **November 28 - Friday Afternoon Reading for Growth** at **1:30pm, on Zoom.** [Contact Clea](#) for the link and the title of our next book.

Upcoming Events

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

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. Light lunch will be served. Register at the Welcome Table.



Marine Mammals of Nunatsiavut - 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 -\$30 at the door

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 admission (\$15 / Pay-What-You-Can available at the door).



Colourblind: A Particularly Polite Breed of Racism - Tuesday, November 4, at 7:00pm - Room 3

When someone says "I don't see colour or race" many people of colour cringe. Why is that? Join **Dr Bruce Tsuji** for a talk, taken from his Lifelong Learning course at Carleton University, where he'll dissect this comment and summarize what the psychological research says about it. We will find that although it is dressed in some of the best clothing it hides a rather pernicious message.



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

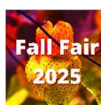
Fall Fair Donation Intake - November 10-13 - 10:00am - 7:00pm daily

From Monday, November 10 through Thursday, November 13 (no intake on Friday - that's reserved for set-up) we'll be accepting your donations for Fall Fair! Now's the time to bring in those treasures you've been saving for us! Remember to pack items in labeled boxes that are small enough for one person to carry, and to group like items together. We can't wait to see what you've brought! **Get a refresher on our wish list [on our Donations Page!](#)**



Fall Fair is Here! - Saturday, November 15 - 9:30am - 2:00pm

Enjoy some seasonal and pre-Christmas shopping at our annual Fall Fair - and [tell your friends!](#) You'll find a great selection of gift items, clothing, books, silent-auction items, toys and games, electronics, linens, knitted goods, home baking and lunch items, and much more! Bring your own shopping bags. Cash, debit and credit cards accepted.



Unitarian Universalist Nuus

Canadian UUs Read

A panel of ministers will each pitch their book proposal. Audience members (that's you!) will be able to submit questions. At the end of the event, everyone will vote on the book that will help us meet this moment, setting the theme for 2026's Sharing Our Faith packet, and selecting the book that we will read nationally. [Click HERE to see the book selections!](#)

Chez FirstU

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-Browne 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

Standing With Underdogs Book Launch - Monday, November 10 - 7:00pm - 950 Bank St

You're invited to celebrate the release of David Chernushenko's new book *Standing with Underdogs*. Author remarks and reading to be followed by book signing/sales. No dedicated parking. [Details HERE.](#)



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