

# Weekly e-UU Newsletter

## Friday November 21, 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 23, 2025**

**Online and In Person**

***Starts at 10:30am***



### **Turning Towards One Another**

Rev Lara Cowtan

*"It is Love itself that brings us all together. This human family we are part of [...] that love is the energy of Creation, that it takes love to create love." ~ Richard Wagemese*

This Sunday, we'll look at what it means to turn towards one another, from how to be a good ancestor to how we can care for all our community's children.

**Please note:** We will be livestreaming the CUC National Service this Sunday afternoon, at 1:00pm in Fellowship Hall. Please consider staying for Hospitality Hour or our After-Service conversation, and attending the livestream.

### **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 Sunday, after Time for All Ages, we'll head downstairs. Our 2-6 year-old UU Kids will be in the Rainbow Room with Rita and Esther, celebrating the season with snowy, winter-themed activities. Our 7-12 year-olds will be in the Chalice Room with Jodi and Susie, taking a closer look at the meaning of Justice in our UU Values Challenge. After RE, we'll head to **Fellowship Hall for pick-up** and connecting with everyone after the service.

### **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.*

### **2026 Pledge Campaign**

We are reaching the end of the campaign. If you thought or said that you would pledge soon, it is now "half-past soon". Put in your pledge today!

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



## Featured Volunteer Opportunity

### Help with Hospitality Hour

If you are looking for a way to meet and work in a friendly, small group environment, please consider joining our team that helps make Hospitality Hour happen. More information is available in [the Sunday Mornings section](#) of our Volunteer With Us page. Please [email Tarrel](#) if you'd like to be involved.

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)



## Read All About It

### Winter Parkway Spire Newsletter - Articles due TODAY

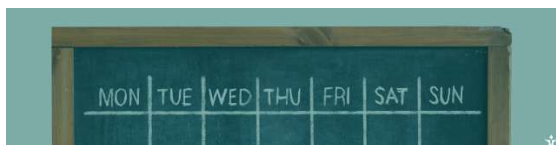
Poets! Photographers! Writers! Committee leaders! Regular contributors! The December Parkway Spire is looking for your input. In honour of Fall Fair we've moved the **deadline to TODAY, November 21**. Please send your articles to: [Anne Nagy](#). Thanks!

### Help us Distribute Books Leftover from Fall Fair

There are still boxes of leftover (adult) books from Fall Fair on the wall outside Room 2 downstairs. Please help yourself to one or two boxes for your favourite charity or wherever (but not the Ottawa Public Library). Enough people doing this will clear the pile. Thank you! [Contact Maury](#) with any questions.

### Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **Sunday, November 23 - Our After Service Discussions** take place on the 2nd and 4th Sunday of the month, at **11:45am, in the Lounge**
- **November 27 - Thursday Evening Reading for Growth** meets on the Fourth Thursday of the month, at **7:00pm on Zoom**. Their November 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**. Join us for a discussion of *Musicophilia: Tales of Music and the Brain* by Oliver Sacks. [Contact Clea](#) for the link and the title of our next book. This will be the last meeting before the new year.
- **December 3 - Euchre** players, please arrive between 6:30pm and 7:00pm so that the game can start promptly.
- **December 4 - The Online Discussion Group** topic is "Good and Evil".
- **Friday, December 5 - The Men's Breakfast Group** will meet for breakfast and an engaging talk. Meet in Fellowship Hall at 8:00am. \$10 per person. Register by Tuesday, November 18 [by filling out this form](#).
- **December 15 - Online Trivia Night**. [Click here](#) to find details and to get the link.
- **December 19 - 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](mailto:FridaySpires@mail.com)



## Upcoming Events

### Elbows Up! A FirstU Choir Concert - December 7, 2025 - 1:00pm - By Donation

Join the choirs of First Unitarian Ottawa for a memorable concert celebrating Canadian songwriters and composers from coast to coast. Music will range from folk tunes, to Oscar Peterson, to excerpts from beloved Canadian choral masterworks like Eleanor Daley's Requiem and Sarah Quartel's Snow Angel. Come early and **enjoy a light lunch** served at noon! **Childcare is available for those who register in advance**: Contact [dre@firstunitarianottawa.ca](mailto:dre@firstunitarianottawa.ca) by Friday, December 5 to ensure your child's spot.

### Beacon Community Concert Band - Wednesday, December 10 - 7:00pm (6:30 – Refreshments)

#### By Donation - Proceeds to the FirstU Food Cupboard

Join us in Worship Hall on Wednesday, December 10, for a concert by the Beacon Community Concert Band. You'll hear everything from Vaughan Williams to Abba, plus a selection of holiday favourites from Hollywood and Broadway, all in support of the FirstU Food Cupboard! Come by at 6:30pm for refreshments, and stay after the concert to enjoy some seasonal cheer!

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

**Carols & Cocoa - Saturday, December 20 - 1:30pm - Fellowship Hall**

Bring the whole family and celebrate the season with a Christmas carol singalong! Don your best festive wear (optional, but encouraged!) and enjoy a cup of hot chocolate as we sing our favourite Christmas tunes together. This event is a free and family-friendly; a great way to get in the holiday spirit!

**Waiting for the Light – Saturday, December 20 – 7:00pm – NOW Room - \$5 Suggested**

Join us for an evening of contemplation as the days are shortening and the darkness is growing. We will walk a candle-lit labyrinth, share a time of quiet meditation and music, and enjoy warm apple cider together. Watch this space for registration details.

**Women's Inclusive Pagan Circle: Yule Ritual - Monday, December 22 - 7:00pm - Fellowship Hall - \$5 Suggested**

Trans women, cis women, and nonbinary folks are invited to take part in our Winter Solstice Ritual! Honour the long darkness and the coming return of the light, as we journey through the night with the Deer Mothers of Baltic and Slavic paganism to re-enchant the world and carry the sun safely through the dark.

Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar. We also ask that folks contribute \$5 to help cover the cost of space and supplies, and to bring a non-perishable donation or two to support the FirstU Food Cupboard.

**Save the Date: Christmas Eve at FirstU - Wednesday, December 24, 5pm and 7pm**

Our annual double service for Christmas Eve is coming up. Whether you attend the earlier, kid-friendly service, the later more contemplative service, or both, we hope you'll be joining us. Watch this space for details.



## Unitarian Universalist nUUs

**CUC National Service Livestream - Sunday, November 23 - 1:00pm - Livestreamed in Fellowship Hall at FirstU**

The Canadian Unitarian Council's national service will be shown at FirstU at 1:00pm on Sunday November 23rd in Fellowship Hall. This is part of the [CUC Virtual Fall Gathering](#) happening November 21-23. [Learn more HERE.](#)

## 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!](#)



## News From Our Friends

**Aella Choir Presents: RISE UP - Sunday, November 30 3:00pm - First Baptist Church (Elgin/Laurier) - Pay What You Can**

Aella invites you to join them for an afternoon of music meant to inspire courage, optimism, and action in the face of adversity. The concert will feature music from the Singing Revolution in the Baltics, the Syrian revolution, and anti-apartheid music from South Africa, as well as an interactive musical segment when Aella will teach audience members different types of protest songs. [Tickets HERE.](#)

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