

# Weekly e-UU Newsletter

## Friday July 18, 2025

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, July 20, 2025**

**Online and In Person**

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



### **Lessons From the Garden**

**With Guest Speaker Lee Rose**

Join guest speaker, and avid gardener, Lee Rose for a talk about the need for patience, the value of diversity, the peace that comes with gentle observation, and other things he's learned while tending his garden.

### **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**

**Here's what our UU Kids will be doing this SUMMER:**

**Starting July 6**, our UU Kids will be meeting downstairs at 10am, every Sunday, for outdoor free play. Please remember to bring a water bottle and sun screen, and to wear weather-appropriate clothes, including a hat.

### **Caring Contact for July**

[Janet Clayton](mailto:Janet.Clayton@firstunitarianottawa.ca) - 613-733-9566

Nonna MacKenzie - 613-596-1054

*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.*

### **Featured Volunteer Opportunity**

#### **Co-convenor for the Fall Fair Gift Shoppe**

Fall Fair's Gift Shoppe is looking for a co-convenor. One of your main tasks, particularly in October, will be reaching out to Gift Shoppe volunteers and setting up their work schedule. You'll have fun working with Joan Auden, the other co-convenor, on other tasks as well. If you're interested or would like more information, contact Eva: [ffvols@firstunitarianottawa.ca](mailto:ffvols@firstunitarianottawa.ca).

-Chuck Shields, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)

## Read All About It



### Drop In and Join the FirstU House Band This Sunday

The House Band is a group of singers and instrumentalists who play for FirstU services on an occasional basis. No auditions; no commitments! This Sunday we'll be performing the anthem, *These Hands* by David Gunning. If you'd like to join us, please familiarize yourself with the [song video](#) and [lyrics](#), and join us for rehearsal at 9:30am on Sunday July 20 in Worship Hall. See you there!



### Multifaith Housing Initiative's Tulipathon Results!

The final number is \$126,788, surpassing the goal of \$125,000, the most ambitious yet. The FirstU team raised about \$2,000 of this, a number we will aim to surpass in 2026. Many thanks to all of our supporters!



### Announcing FirstU's Little Free Libraries

Two Little Free Libraries - one for children and one for adults – are now available under the eaves by the bench outside the lower-level church door. Thanks to Andrew Drake, Eva Berringer and Mary Ella Keblusek for making this happen, and to the Ajashki youth for beautifully decorating our libraries! Come pick up some new-to-you books and read them!



### Little Free Library Donations

Our Little Free Libraries welcome donations of recent books in good condition (no textbooks or encyclopedias). **Put them in the blue 'Little Free Library Donations' bin** located near the Little Free Libraries. Andrew Drake will manage the Libraries' content to ensure they each contain a diverse variety of books without being over-stuffed. **No more than five books per donation please.**



### Fall Fair

#### Thinking Ahead: Fall Fair 2025 Donations

Many of you may be cleaning out closets and basements this summer, so please keep in mind setting aside items for the 2025 Fall Fair which will be November 15. We've recently updated the list of donated items we can (and cannot) accept, so please [check it out HERE](#).



### Recurring Event Topics and Updates

- \* **Evening Reading for Growth** will host a "Bring Your Own Book" gathering on Sunday, July 27, at the home of one of the participants. [Contact Ken](#) for time and address.
- \* **After-Service Discussions** will continue meeting on the second and fourth Sundays of each month.
- \* The **Wednesday Evening Mindfulness Meditation Group** will continue meeting online, weekly, until **August 6**. Following a five-week break, they'll resume meeting on September 17.
- \* [Visit our Make Friends Page](#) for a full list of our recurring events.

## Save the Date

### Pride Events at FirstU

Ottawa's Pride festival is coming up in August, and there are a lot of ways you can get involved with FirstU!

- **Sunday August 3**, after the Service: Training for volunteers tabling at the Capital Pride Festival
- **Sunday August 17: Annual Pride Service** followed by a t-shirt-decorating and sign-making party!
- **Saturday August 23 and Sunday, August 24:** FirstU Table at the Capital Pride festival on Bank street
- **Sunday August 24**, after Sunday service: **Annual Pride Parade** downtown - march or cheer us on!

Watch the eUU for updates! For information, or to volunteer at these events, email [diversity@firstunitarianottawa.ca](mailto:diversity@firstunitarianottawa.ca).



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>

## News from Our Friends

Unitarian House [Accessories and Jewellery Sale](#) - Thursday, July 31 - 11:00am to 4:00pm - 20 Cleary Ave - Cash Only

Drop by Unitarian House's Founder's Room to peruse a wide selection of quality, gently used accessories donated by friends of Unitarian House. All proceeds support the Unitarian House Residents' Association. Unsold items will be distributed among local charities. Soup and sandwiches will be available for purchase at mid-day.



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