

Weekly e-UU Newsletter

Friday, July 10, 2026

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, July 12, 2026

Online and In Person

Starts at 10:30am



Unitarians Face a New Age

CUC National Service with Reverend Shawn Gauthier

In the 1930s, our spiritual forebears asked “whether the organised religious movement known as Unitarianism has any real function to perform in the modern world.”

Come and hear their bold response, and Reverend Shawn Gauthier’s equally powerful invitations to us all.

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

The Great Web of Life: A Summer Religious Exploration Adventure

This summer, children will explore the wonder of our interconnected world through The Great Web of Life, a hands-on, outdoor Religious Exploration program for ages 3–12. Using our gardens and outdoor spaces as a living classroom, children will spend the summer observing, creating, playing, and building connections—both with nature and with one another. Come help us strengthen the Web of Life, one strand at a time.

During our Summer Program, we will be spending a lot of time outside! Please remember sunscreen and hats to protect from the sun, and be aware that there will be a risk of ticks. Please perform a tick check when possible.



FirstU’s Caring Team

We are all interconnected, interdependent and minister to each other in many ways.

Caring Contacts are monthly volunteers who receive phone calls and emails when you wish to alert us to a need, a grief or a concern, or have a joy to celebrate. They prepare cards to be signed on Sundays, and try to ensure no one is forgotten, connecting people with appropriate help when requested.

Caring Contacts for July

Janet Clayton - [Email](#) - 613-733-9566

Margaret DeCorte - [Email](#) - 613-722-1424

Caring Visitors are specially trained and certified FirstU Members, available to provide spiritual care and deep listening for those who seek support during a transition or challenging time. Visits can be by phone/zoom, a walk, coffee shop, in home, hospital, hospice, or wherever is comfortable.

Caring Visitors: caringvisitors@firstunitarianottawa.ca

Featured Volunteer Opportunity

Staff FirstU’s Table at the Capital Pride Street Festival

The Capital Pride Street Festival (the weekend of August 29-30) brings together businesses and organizations in one place to engage with the community. Last year our table was a great success, thanks to our volunteers, and we want 2026 to be just as great!

Most volunteer shifts are 2.5 hours. [Fill out this form](#) if you want to volunteer for a shift or two! We especially need volunteers for Saturday the 29th! An optional orientation session will be held in early August. To get involved, email diversity@firstunitarianottawa.ca, or speak to Nina Strang, Kris Cormier, or Brandon Milk if you have questions.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

New Name Tags

We are updating our name tags again. The most recent attempt (large plastic holders with white strings) has not worked well and we have developed a better nametag solution. The new tag is the same width as the Bolo tag and uses the same font size. It is rigid and rectangular, fitting neatly into the nametag boards. Instead of strings, it has a clip attached by a short strap, making it easy to attach in different ways. Magnet attachments are also available at the Welcome Table for those who prefer not to use a clip. We are replacing the newer plastic holders – no action necessary. If your Bolo tag has become shabby, simply bring it to the Welcome Table for exchange—no form is required.

Save the Date: Capital Pride Parade

The Pride Parade, on Sunday August 30, is a great opportunity to dress festively and get to know other FirstU Marchers! Allies are very welcome. Meet at 12:30pm at our designated spot (to be confirmed), the parade starts at 1pm. To keep up to date on parade logistics email diversity@firstunitarianottawa.ca or keep an eye on the eUU!

Save the Date: Fall Fair 2026

Our 2026 Fall Fair will be held on **Saturday, November 14!** As you tackle summer projects, garage sales, cottage cleanups, and flea markets, please keep Fall Fair in mind!

We need:

- Quality items in good to excellent condition
- Items with real value

For those who love thrifting, keep a judicious eye out on our behalf for undervalued treasures you spot at sales.

Remember:

- Jewellery (including broken) accepted any time at the office
- All other donations accepted the week before Fall Fair only

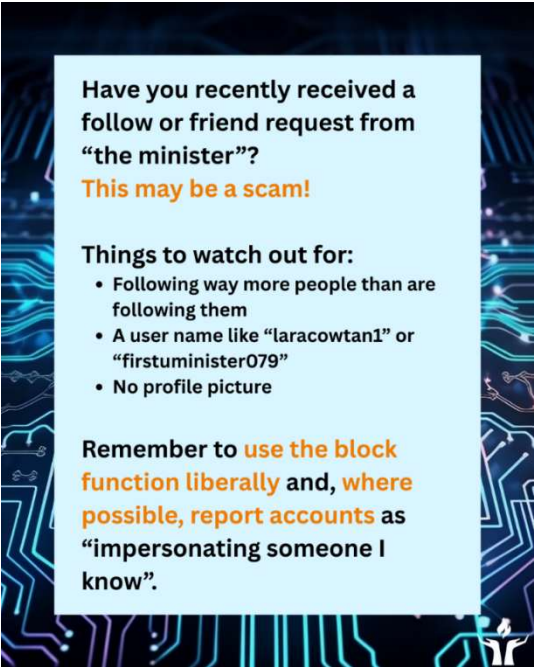
Questions? Email directorff@firstunitarianottawa.ca

Proposed Changes for Fall Fair

The Fall Fair Team has some changes in mind for this year’s Fall Fair: Firstly, high-value items, including jewellery, may be sent to auction houses instead of being sold at a Silent Auction. Second, mid-value items will be sold at fixed prices. Lastly, donors may be offered discount vouchers to encourage them to return on sale day.

Use of Kitchens Notice - A Note from Office Jen

I feel I must advocate on behalf of some of the staff and volunteers here at FirstU. PLEASE clean up after yourselves. It’s extremely disappointing to clean and prepare space for everyone to congregate in with no regard or respect for the people who do it. It is not their job to do your dishes, to clean out your fridges, to put food away so we can keep ants out of the building. Please help us treat every space in this building as sacred. Thank you so much.



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

- **July 22 - Drop-In Games Night** - 6:30pm - Room 3 - Note date change due to the stat holiday on July 1. **Drop-In Games Night will continue through the Summer**, happening twice a month, on the following dates: July 22, August 5 and 19, and will continue, twice a month (first and third Wednesdays), in September.
- **Online Group Meditation** - Wednesday evenings, online at 7:00pm - *On break until Wednesday, August 5.*
- **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. *On break for the summer.* Virtual Discussion Circles will return in September.
- **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month – *On break until September.*
- **Friday Afternoon Reading for Growth** – *On break until September.* Friday Afternoon Reading for Growth, at 1:30pm on the last Friday of the month, will start again after a summer break on September 25 with a new varied list of titles. New members are very welcome. [Contact Clea](#) for full details.

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

Unicamp Family Camps

Registration for Family Camp Weeks 1-3 - all in August - are now open! [Click here to read up](#) on what's available at Family Camp, and [click here to register](#), book meals and accommodations. Please Note: Family Camp Week 1 overlaps the August long weekend: Come a day early for the [Temple Weaving](#) event on August 1, or arrive on opening day and participate in the August 2 [Memorial Lantern Walk](#). All details at <https://unicampofontario.ca/family-camps-2026/>



News from Our Friends

Weekly Community Sing-Along – *This Saturday*, July 11 and through the Summer – 6:30pm

Café Miracle (141 Beechwood Ave) – Pay What You Can

Ottawa folksinger, Erin Adair, invites you to a community sing-along every Saturday (except June 27 and July 4) at Café Miracle on Beechwood. Sing family tunes, folk songs, and old favourites with other people who love to sing.

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