Welcome to FirstU Ottawa!

UPCOMING SUNDAY SERVICES, 10:30am

December 6: Awe Struck
December 13: Oh Mitten Tree, Oh Mitten Tree (multigenerational)

HAPPENING SOON

- **Today, November 29** – 1:00pm – Lighting the Season: A FirstU Choir Concert
- **Sunday, December 6** – 9:00am – Forum on Preventing Gender-Based Violence
- **Sunday, December 6** – 11:30am – Food Cupboard Fundraiser

For details about these events and more, visit our website!

NOVEMBER OFFERING

Each month, we share our undesignated offertory 50/50 with a community partner. In November, our offerings support Ancoura. Ancoura offers a stable, long-term home environment, and a nurturing support community, for adults living with a chronic mental illness. They empower residents to live meaningful lives in communion with their housemates and the broader community.

Make a donation to FirstU Ottawa

Read this week's eUU

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.

Reverend Lara Cowtan, Minister, minister@firstunitarianottawa.ca
Mary Ella Keblusek, President, president@firstunitarianottawa.ca
Office: 613-725-1066 ***firstunitarianottawa.ca***

Order of Service

Sunday, November 29, 2026
10:30am

Turning Fear Into Love: Four Buddhist Mantras

Reverend Lara Cowtan



Reflecting on Thich Nhat Hanh's teachings for transforming fear, suffering, and loneliness.

FIRST UNITARIAN CONGREGATION OF OTTAWA

Order of Service

WELCOME CHIME

GATHERING SONG — Jenn Berntson
I Know this Rose Will Open

BOARD ANNOUNCEMENTS — Lisa Boulay

WELCOME — Reverend Lara Cowtan

CENTERING WORDS — Lee Rose

CHALICE LIGHTING

CHALICE LIGHTING SONG

NEW MEMBER WELCOME CEREMONY

SINGING OUR CHILDREN ONWARD

ANTHEM — FirstU House Band
Room at the Table, by Carrie Newcomer

OFFERING

JOYS AND SORROWS AND SILENCE

SUNG MEDITATION
Hymn #1031 *Filled with Loving Kindness*

READING
Words by Thich Nhat Hanh

SERMON
Turning Fear into Love

HYMN
There is no Fear in Love, by Elizabeth H. Norton

BENEDICTION

EXTINGUISHING THE CHALICE

SUNG POSTLUDE
Spirit of Life

HOUSE BAND POSTLUDE
Time and Time Again



Please join us for coffee after the service in Fellowship Hall
Or, for a deeper dive into our service topic,
take part in our After Service Conversation in the Lounge

