

Weekly e-UU Newsletter

Friday, July 17, 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 19, 2026

[Online](#) and In Person

Starts at 10:30am



Dancing is Divine

With guest speaker Jonathan Dench

"There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique."

~ Martha Graham

This Sunday, join guest speaker Jonathan Dench as we explore the sacred ground that is the physical body and the ecstatic experience that is dance.

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

Updating Our Database

If you've had any changes in your contact information, address or next of kin contact please let the office know by calling 613-725-1066 or emailing oas@firstunitarianottawa.ca. Thank you!

Update on New Name Tags

The plastic holders with the white strings are being phased out - you will find your new smaller tag attached to your old one. Please use the new tag and leave the old plastic holder on the Welcome Table.

There are also new tags attached to a few Bolo tags that were in pretty bad shape. We hope you'll like the new tag and turn in your Bolo tag to the Welcome Table. If you want to keep your Bolo tag, that's fine. But, if you would like the new tag, simply turn in your Bolo tag to the Welcome Table or leave it on the office front desk. No form required – a new tag will magically appear at the Welcome Table on Sunday.

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!

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.

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 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

Unitarian House Accessories and Jewellery Sale – Thursday, July 30 – 11:00am - 4:00pm

Founder's Room, Unitarian House (20 Cleary)

Come and peruse a wide selection of quality, gently used accessories donated by friends of Unitarian House as well as Reitman’s, Northern Reflections, Cleo, and Ricki’s. All proceeds support the Unitarian House Residents' Association. Unsold items will be distributed among local charities. Sandwiches and soup will be available for purchase at mid-day. **Please note:** Sales are cash only.

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