Weekly e-UU Newsletter
Friday, October 30, 2026

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, November 1, 2026
Online and In Person
Starts at 10:30am



A Thin Veil

With Lauren Foster-MacLeod

At this time of year, when the veil between worlds is thinnest, we will remember and honour those who have passed. We will have an altar table set up and welcome in-person attendees to bring a photo of someone who has passed away in the past year, to place there. There will be paper leaves available for people to write names of their beloved dead. Those attending online are encouraged to place a photo or written name of their beloved dead on their own altar; perhaps placed beside their own flaming chalice, or in another place of their choosing.

Don't Forget: Daylight Savings Time ENDS this weekend!

November Offering



Each month, we share our undesignated Sunday 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.

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

This Sunday, after Time for All Ages, our UU Kids will go downstairs to continue our "Woven Faith" curriculum:

- In the **Rainbow Room** (ages 2-5, with Rita) we will be exploring a new item shown to us by Ellery Churchmouse.
- In the **Chalice Room** (ages 6-8, with Esther), we will be reading "The Girl Who Planted Trees" and decorating candle holders.
- In the **Wonder Room** (ages 9+, with Jodi), we will be creating our own covenant.

2027 Pledge Campagne

Our annual Pledge Campaign continues, and is about a third of the way to its goals. Have you pledged yet? Check out our Annual Giving page to learn more and to submit a pledge online, or email pledge@firstunitarianottawa.ca



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 October
Maryan O'Hagan - Email - 613-729-7752
Marianne Wood - Email - 613-725-3452

Caring Contacts for November
Barb Ryan - Email - 613-710-3131
Stan Pope - Email - 613-614-3750

Caring Cards for October: Rhodena M, Werner D, Marg L, Karin W, John S, and Carol C.

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

Fall Fair Needs You!

Join the fun and help with this important fundraiser. There are still a number of volunteer opportunities available. We're particularly looking for:

- For the day of the sale (November 14), people who know how to use, or are willing to learn, Square for electronic payments.
- Bakers! Cookies, squares or small loaves for Baking and Jams, and muffins for the Lunch Room - all welcome and appreciated.

Check out the Fall Fair page for details and more opportunities. Or contact Eva at ffvols@firstunitarianottawa.ca.

Lisa Sharp, Volunteer Coordinator - **volunteers@firstunitarianottawa.ca**

Canadian UU National Survey and Conversation

The Canadian Unitarian Council (CUC) is inviting Unitarian Universalists across Canada to share their experiences, hopes, and perspectives. The invitation says: "We are here to listen and learn. When we understand who we are — and who we are becoming — we can show up with greater care for the congregations and members we serve."

FirstU has signed up to have an interactive, online conversation with CUC staff and board members, ***this Thursday,*** **November 5 from 7:00-9:00pm.** We encourage all interested congregants to join FirstU leadership for this conversation and, in advance of November 5, to complete the survey for individuals.

The survey is available HERE. Please allow 30 minutes to complete it.

Having a strong national organization is in the best interests of FirstU, so we'd like to have broad participation in the survey and conversation. FirstU people participating in the November 5 conversation will be entered in a draw for some CUC gear, such as shirts and tote bags.



Read All About It

Congregational Meetings

Thank you to all our members who participated in the Special Congregational Meeting on October 18 and the Fall Congregational Meeting on October 25. We had an excellent turnout for both meetings, especially given that there were two meetings so closely scheduled together! For those who were unable to participate, we thought you might like to see the minutes of both meetings so that you will be up to date:

Please **click HERE** for the October 18 Special Congregational meeting minutes

Please **click HERE** for the October 25 Fall Congregational meeting minutes

Please **click HERE** for the recording of the October 25 Fall Congregational Meeting and **use the 54:56 jump link in the description** to hear an important update about our Odayanhaway Campus Development project.

Please Note: The minutes and recordings of both meetings are accessible from **the members' page.**

Settle Minister Discernment Process
We are very pleased and excited to announce that on October 18, the members of the First Unitarian Congregation of Ottawa voted overwhelmingly to call Reverend Lara Cowtan as our settled minister, and she has joyously accepted! We are all thrilled to be moving forward in shared ministry together. **You can view a recording of the whole meeting HERE.** Reverend Lara begins speaking at **40:26.**

December Spire - Submissions OPEN!
The Spire is a magazine meant for editorial comment, personal pieces (opinion articles, poetry), etc. It's read by the broader community, including other Canadian Unitarians. The deadline for the December issue has been extended to November 24. With Fall Fair in between, please consider submitting your articles ahead of time, if possible. Articles should be 450 words or fewer. We will also publish one 'Feature Article (900 words or fewer)' accepted on a first-come, first-served basis. Please, send your submissions to **spire@firstunitarianottawa.ca**

Unitarian GoGos Fundraiser
The Unitarian GoGos have a fundraising event coming up in support of the Stephen Lewis Foundation's work for AIDS-affected Grandmothers in Africa: **GoGos Cheese Sale:** This year, the GoGos are partnering with Abbaye de Saint-Benoit-du-Lac to bring you seven cheeses for $45. **Full details at the end of this document.** Cheese makes a great host gift for any party you have coming up. The deadline for orders is Monday, November 9, 2026. Order by emailing Linda at **gogos@firstunitarianottawa.ca**

Little Free Libraries
FirstU has two Little Free Libraries - one for adults and one for children. Located outside the west (elevator) door, they operate on a leave-a-book / take-a-book basis. There is currently a need, in particular, for more children's books. If you have some (fiction or non-fiction) books available to donate, please place them in either of the Little Free Libraries, or in the donation tubs beneath them. If you have a larger number of books to donate, please **contact Andrew** to arrange a pickup.

Fall Fair
Fall Fair is fast upon us!
Donations
* Please bring donations between November 9 and 12 from 10:00am to 7:00pm
* If you can't get here during that period you may drop off donations anytime to be stored in the CUBE. Ask at the front office to get the cube opened.
Volunteers
* Volunteers are still needed! Check **the Fall Fair page** for volunteer opportunities, or speak to Eva or Jim after the service on Sunday: They'll be in Fellowship Hall wearing bright yellow aprons.
* **Click here to find posters** you can download to print at home to help promote Fall Fair OR pick some up outside Worship Hall from the envelopes on the bulletin board.

Call to Action: Preventing Gender-Based Violence

Provided by the Men's Breakfast Group Compassion-to-Action Initiative
A key challenge in all efforts to prevent male gender-based violence is getting results. Implementation is often superficial. Hundreds of recommendations lack action including from national inquiries, such as MMWIG in 2019. Mass Casualty 2023, and Renfrew 2022. The Ontario report in 2025 added many more, including detailed legislative changes. Can we use AI to identify three priorities from the hundreds? How can we focus on results?



Upcoming Events

UU Pride Virtual Night – *This Sunday,* November 1 – 6:00pm – Online
Members of FirstU's 2SLGBTQIA+ community are invited to join UU Pride for a virtual games night, this Sunday! Bring a queer pal and have some fun with us online. Contact **diversity@firstunitarianottawa.ca** for further details and to get the link!

2026 Holtom Lecture Featuring the Honourable Bob Rae: "What is the Direction for Canada Post-DAVOS?"
Tuesday, November 3 – 7:30pm – Worship Hall – Free to Attend (Donations Encouraged)
Join us for this year's Holtom Lecture, where the Honourable Bob Rae will provide his insights and perspective on Canada's direction and a peaceful, prosperous future. Further details on the Holtom Lecture page. Please register to attend HERE.

CUC Online Conversation – Thursday, November 5 – 7:00pm – Online
The Canadian Unitarian Council (CUC) is inviting Unitarian Universalists across Canada to share their experiences, hopes, and perspectives. FirstU has signed up to have an interactive, online conversation with CUC staff and board members this Thursday, November 5 from 7:00-9:00pm. We encourage all interested congregants to take part. Click on the linked "poster" in the Upcoming Events section of the home page to join the conversation.

Fall Fair Donations Intake – November 9 to 12 – 10:00am to 7:00pm Daily
You've been setting aside your Fall Fair donations for months, and now it's time to bring them in. Click here for the Fall Fair's donations wish list, and **don't forget to help promote the fair** by sharing our Facebook event and hanging up a print-at-home poster in your lobby, office building, or favourite coffee shop!

2026 Fall Fair – Saturday, November 14 – 9:30am to 2:00pm
Our annual Fall Fair is here! Bring a friend and find a great selection of gift items, clothing, books, silent-auction items, toys and games, electronics, linens, knitted goods, home baking and lunch items, and much more! Cash, debit and credit cards accepted. Please bring your own shopping bags.

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

- November 1 - **After-Service Conversations** – Our weekly After-Service Conversations resume in the Lounge.
- November 3 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. October's theme is "**Healing**". Contact Amalilly for more information.
- November 6 - **Men's Breakfast Group** - 8:30am - Fellowship Hall - Gentlemen are invited to join the Men's Breakfast Group for coffee, socializing, and breakfast, followed by an informative and engaging talk by Irvin Waller on the topic "**Call to Action: Preventing Gender-Based Violence".** Register no later than Monday, November 2, by **clicking HERE and submitting this form.**
- November 12 - **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. Discussion circles are held biweekly, with a different topic each time. No pre-registration is required, just drop in by clicking on the link. We look forward to seeing you! Contact Andrew with any questions. Our topic will be: **" If you could have a fictional character for a friend, who would it be?"**
- November 16 - **Virtual Trivia Night** - 7:00pm - Details and zoom link HERE
- November 26 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month. Contact Ken for the zoom link and our next book selection.
- November 27 - **Friday Afternoon Reading for Growth** – 1:30pm on the last Friday of the month. Contact Clea for the zoom link and our next title.

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.



News from Our Friends

The Canadian Film Institute Presents: Silver Screamers – *This Sunday*, November 1 – 1:00pm – ByTowne Cinema – FREE
Join the Canadian Film Institute for a free screening of *Silver Screamers*, a 2025 Canadian documentary that follows a group of seniors taking on an unexpected creative project: making a horror film. It explores the friendships, confidence and discoveries that emerge as the group works through the challenges of low-budget filmmaking. The screening will be followed by a Q&A with director Sean Cisterna. **Please register for your free ticket HERE.**

Hearts & Crafts 613 Seeks Craft Supply Donations
Hearts & Crafts 613 is an arts program created by former patients, to bring meaningful activity and connection to mental health in-patients at the Royal Ottawa Hospital over the holidays. Donate your used craft supplies to make this initiative happen! Find **a list of most-needed items HERE.** To arrange a pick-up, email **heartsandcrafts.team@proton.me.**

All Saints Anglican Village Fair – Saturday, November 14 – 9:00am to 2:00pm – 347 Richmond Road
After you've visited our Fall Fair at FirstU, why not pop by All Saints Anglican, in Westboro, to explore their "Village Fair" church bazaar too? **Full details here** or **check out their poster.**

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



Unitarian GoGos Cheese Sale

This year we are again pleased to be working with the Abbaye Saint-Benoît-du-Lac cheese factory to continue to raise funds for
THE STEPHEN LEWIS FOUNDATION

Your purchases will help to support grassroots programs in 15 countries in sub-Saharan Africa, empower women who are raising children orphaned by HIV/AIDS, and help to prevent the spread of HIV. Girls and young women are among the most vulnerable. To learn more about why we fundraise for the Foundation please visit the very informative website https://grandmotherscampaign.org/.

Do you like to entertain family & friends over the Christmas Holiday?

Do you have some people on your Christmas Gift list that are very hard to buy for?

We have the answer. Give them the gift of Cheese!



Seven delicious cheeses

- ✓ **Attractively gift boxed, featuring the Abbey and its autumn landscape Individually vacuum-sealed, wrapped cheeses.**
- ✓ **Each will last up to at least three months in the refrigerator and may be frozen.**
- ✓ **All cheeses are lactose-free, and each cheese has its own personality and distinctive taste.**
- ✓ **People who received it as gifts last year gave it raving reviews.**

COST: The cost is $45 for a box of 7 Cheeses

HOW TO ORDER:
To order, simply contact Linda McDonald at gogos.fundraising@gmail.com and let her know if you wish to purchase one or more Gift Packages.

Payment instructions will be sent to you when your order is placed.

DEADLINE FOR ORDERS: Midnight, Monday November 9th, 2026.

PICK UP & DELIVERIES: Will be arranged for December 1st, 2026 or pickup can also be arranged for Sunday, December 6th, 2026, from 11:30 – 12:30pm at Fellowship Hall, First Unitarian, 30 Cleary, Ottawa, On K2A 4A1

THANK YOU SO MUCH FOR YOU SUPPORT!