

Weekly e-UU Newsletter

Friday, June 19, 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, June 21, 2026

[Online](#) and In Person

Starts at 10:30am



A Splendid Bouquet

Reverend Lara Cowtan

Celebrating our annual Flower Ceremony, a ritual of story, renewal and promise.

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.

New: Information about Your Sunday Offering

The offerings collected each Sunday help us to live into our values within this congregation and in supporting many good works beyond our walls by highlighting a community partner organization each month to share with. **During the entire month of May, our Sunday collections, unless marked towards your pledge, will be split 50/50 with our community partner, Serenity Renewal for Families.** *Founded in 1983, to serve individuals and families in recovery from alcoholism and addictive behaviours, [Serenity Renewal for Families](#) provides hope and support in a safe environment through short-term counselling, educational workshops and programs for individuals and families affected directly or indirectly by addictions, according to their guiding philosophy: No one is turned away for financial reasons. Today, more than ever, our support as a community partner is needed to ensure Serenity Renewal will thrive in their crucial mission and commitment to the health and well-being of Ottawa.*



Children's Religious Exploration

This Sunday, after Time for All Ages, we'll go downstairs. We will be doing a whole group craft related to flowers. We will then return to the service.

Don't forget! **This week is our Flower Communion.** Please bring flowers to exchange!

Our Whole Lives

Our final OWL workshop, "**Celebration**", will begin at 10:30am in the Chalice Room. Parents are invited to join!

Congregational BBQ – It's This Sunday!

Please bring a salad or a dessert to share. A donation basket will be available to help cover the cost of burgers and hotdogs.



FirstU Sunday Parking Survey

As the time for breaking ground and beginning to build our on-campus affordable housing approaches, we're making arrangements to ensure Sunday morning parking is available. If you attend Sunday Services, please fill out our Sunday Parking Survey by using the QR code in the image (right).



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 June

Alexandra Devine - [Email](#) - 613-224-5695

Jan Glyde - [Email](#) - 613-680-0495

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

Ajashki Volunteers

Are you looking to take action in support of advancing Reconciliation? The recently re-centred Ajashki program needs volunteers. Tasks will include but are not limited to taking turns watering the gardens and doing grow tower maintenance this summer. See Ray (Rachelle) after service, or email ajashki@firstunitarianottawa.ca, to express your interest.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Bravo for your great Tulipathon support!

You raised **\$6,855** to subsidize rents for Multifaith Housing Initiative (MHI) tenants through your support of FirstU's Tulipathon. This was the second highest amount among MHI member congregations. Thank you! / Merci! / Megwitch!

Budget Forms Due July 5

If you are responsible for any activity that produces revenue and/or expense for FirstU, please complete your budget form and send it to OAS@firstunitarianottawa.ca and fm@firstunitarianottawa.ca as soon as possible but **before July 5**. Request your budget form from the office.

Nina Strang at RAMP!

Our own Nina Strang will be presenting at the June 27 edition of RAMP's monthly skill-building workshops, "Projects, Partnerships & Practical Wisdom", where they'll be sharing about the projects that embody their UU values. The zoom workshop will be at 1:00pm. [Full details and registration here.](#)

Orange Parking Flags

You will notice orange flags in front of some parking spaces on the campus. The flags on the south border are rented to the construction company of the Dentech building during the week from 6am-6pm only. **They can be used by the congregation any other time.** The flags beside the garden are for Unitarian House staff as they do not currently have access to their spaces on the CPR strip. **These spaces can be used by the congregation on Sundays.**

Youville Centre Toy and Clothing Drive

If you have gently used children's or infant's clothing, toys, kids' books, and/or women's clothing to donate, please bring them to Room 16 for collection, this Sunday, June 21! Note: We cannot accept donations of safety gear or used hygiene items (e.g.: car seats, cloth diapers).



Upcoming Events

Women's Inclusive Pagan Circle: Midsummer Ritual – Wednesday, June 24 – 7:00pm – Fellowship Hall – \$5 Suggested
Trans women, cis women, and non-binary folks are invited to celebrate Summer Solstice with playfulness and gratitude. Bring any seasonal items you'd like to add to our collaborative altar, and finger foods to share after the ritual!

FirstU Building Tour – Sunday, July 5 – 11:45am – Meet in Worship Hall

Meet at the lectern in Worship Hall at 11:45am, to meet your tour guide and learn the layout of our church building.

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

- **June 25** - Virtual Discussion Circle - 1:30pm on zoom. This session's discussion topic is "**Tradition**". [Click here to join the discussion](#). This will be the last Discussion Circle of the church year. Virtual Discussion Circles will return in September.
- **June 26** – Friday Afternoon Reading for Growth – 1:30pm. Our book selection is a work of fiction: *The Promise*, by Damon Galgut. [Contact Clea](#) for the zoom link. Please note, this is our last Friday Afternoon Reading for Growth before we go on Summer Break. We'll return on September 25 with a new, varied list of titles. New members are very welcome.
- July 8 - **Drop-In Games Night** - 6:30pm - Room 3 - Note date-change. Please note, 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 at twice a month (first and third Wednesdays) as the new Church Year begins.
- **Online Group Meditation** - Wednesday evenings, online at 7:00pm - **On break as of June 24. We'll return on Wednesday, August 5.**
- **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month - **On break until September!**

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

Canadian Unitarian Council (CUC): Dismantling Barriers Series

Join the CUC online, on Thursday, **June 25, 2026** at 7:00pm, for a workshop facilitated by Camellia Jahanshahi called **Engaging Governance**: There are many different governance models to explore. Together, we'll look at the pros and cons of different approaches and examine the ways governance structures can create barriers or tear them down. [Full details and registration HERE](#).

Canadian Unitarian Council (CUC): Reciprocal Annual Mentorship Program (RAMP!)

RAMP! June Skill-Building workshops: Saturday, **June 27, 1:00pm**: [Projects, Partnerships & Practical Wisdom from RAMP!](#)

UUFO Refugee Sponsorship Fundraising

UUFO, partnering with the Ottawa Centre Refugee Action Group (OCRA), is pursuing sponsorship of an Afghan refugee family. This is a family of six, **at high risk of harm and currently in hiding**. OCRA is a strong partner with experience over the past decade in settling more than 100 refugees in Canada. The Fellowship has conducted two successful earlier sponsorships. OCRA is spearheading the effort to get the family to a safe third country, where they can apply to come to Canada. This effort is aligned with our Unitarian social justice mission. If you would like to receive the pledge letter and information, and consider a donation, please email treasurer@ufo.org.



News from Our Friends

Weekly Community Sing-Along – Saturdays, June 20, 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>