

Weekly e-UU Newsletter

Friday, January 2, 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, January 4, 2026

[Online](#) and In Person

Starts at 10:30am



Awakening to Wonder

With Alex Campbell

We have a basic need for awe wired into our brains and bodies, so finding awe is easy if we just take a moment and wonder. All of us, no matter our background, can find our own meaningful path to awe. How awesome is that?!

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

We are delighted to share that our RE program has grown steadily over the past few months! To better serve our expanding community, we are moving from two groups to three age groups starting this Sunday, January 4:

- Ages 5 and under in the Rainbow Room with Rita.
- Ages 6-7 in the Chalice Room with Jodi.
- Ages 8+ in the Wonder Room with Susie.

We are so looking forward to this new chapter and can't wait to see all the kids this Sunday!

Caring Contacts for January

[Lisa Sharp](#) - 613-608-8698

[Karen Swinburne](#) - 613-234-4305

[David Hudson](#) - 613-402-5744

We are all interconnected, interdependent and minister to each other in many ways. Our monthly Caring Contacts take your phone calls and emails when you wish to alert us to a need or a concern or have a joy to celebrate. We try to ensure no one is forgotten and that appropriate help is provided when requested.

Featured Volunteer Opportunity

Sunday Morning AV Volunteers

Do you have AV skills (or would like to learn)? We're currently looking for volunteers to assist Julia with AV on Sunday mornings. Paid opportunities may also be available. If you're interested, please contact Julia at av@firstunitarianottawa.ca or talk to her after Sunday service.

Want to let the congregation know about a volunteer opportunity? [Fill out this online form](#) to let people know!
Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

Aspire Riverview Homes Equity Loan Program Info Session 2

The next information session for the Aspire Riverview Homes Equity Loan Program is scheduled for the evening of **January 8th at 7:00 pm on Zoom**. We apologize for the late announcement of the meeting this week. This program has been very successful so far and we encourage interested investors to check out the investment brief [by clicking HERE](#), and to [contact us at invest@firstunitarianottawa.ca](mailto:invest@firstunitarianottawa.ca) for more information or to express your interest.

Save the Date - Introducing Ourselves

Are you feeling new? Introducing Ourselves is a casual meet-up for newcomers guided by Brent Nicolle and Rev Lara Cowtan. Share what brought you to First Unitarian, ask about the basics of Unitarian Universalism, and learn about how to get connected. Our next Introducing Ourselves event will be on Sunday, January 18, at noon in the NOW Room. A light lunch will be served. Register at the Welcome Table or by email at welcome@firstunitarianottawa.ca

Save the Date - Special Congregational Meeting

During the October 18 Fall Congregational Meeting, the motion to authorize the mortgage or lien of the congregation's property was tabled (withdrawn to be considered later). The board has received legal advice and has revised the motion, which will be presented to the membership at a Special Congregational Meeting on Sunday, January 25, following the service. FirstU Members can attend **and vote** both in person and via Zoom. Details regarding participation and the revised motion will be distributed to members in early January. Mark your calendars and plan to attend.

New Members Welcome Ceremony

On December 7th, FirstU welcomed 18 new members - and their families - in a ceremony during the Sunday service. **Those welcomed were:** Susan Barker, Carrie Buchanan, Saahil Cuccria, Calogero Cumbo and Renate Steinmetz, Lark Daigle, Briana Faubert, Barry Halden, Amanda Joynt, Paul Julien, Kim and Jon McArdle-Phipps, Nazim and Susan Ould-Brahim, Eric Ranger, Sarah Rotz and Daniel Rück, and Patrice Simister. We invite you all to read bios about each one [HERE](#), and reach out to welcome them yourself, in particular if you share common interests.

Two Lost/Found Items!

A white, Lexar thumb drive full of photos from 2016, of the wedding of "Michelle". Also a small hearing aid battery left in the main kitchen. Both are in the church office in case they are yours.

January Journey Groups

Everyone is welcome to join our Journey Groups on the 1st and 3rd Tuesdays of January, at 2pm in Room 6. January's theme is the practice of **Awakening to Wonder**: How does wonder relate to your spiritual understanding? How might wonder be cultivated as a spiritual practice? For more information [email Amalilly](mailto:Amalilly).

Using "Square" for Credit/Debit Cards

"Square" is the device the church has bought to allow groups to sell things or take donations by credit or debit card. It is a very expensive device, so we ask everyone to use it with care; i.e.: don't drop it!

To use Square for your activity, you must be trained in how to use it. [See Michelle](#) for a training session. When needed, you can pick it up at the church office. The Office Assistant will:

- Record your name, the event, the square category to be used, and the date and time.
- Record the date and time when you return the Square to the office.

Something New for Sunday Services

Starting this month (January, 2026), you'll have the opportunity to provide flowers for the service—whether to honour a loved one or celebrate a special occasion. Your contribution will be acknowledged in the Order of Service. The choice of flowers is entirely yours! A sign-up sheet will be available in the office for each Sunday. Reserve your Sunday now!

Recurring Event Topics and Updates

- [Click HERE](#) for a full list of our recurring events, plus zoom links for those that occur online.
- **January 7 - Euchre** in Fellowship Hall. **6:30pm - 8:30pm**
- **January 8 - Virtual Discussion Circle - 1:30pm** on Zoom. The topic is "**Opressors and Oppressed**".
- **January 9 - The Men's Breakfast Group** will meet at **8:00am in Fellowship Hall** for breakfast and an engaging talk by [David Chernushenko](#) about his book, *Standing with Underdogs*, and the deep dive into his Ukrainian heritage that led to its writing. Register by January 5 by [filling out this form](#).



- **Sunday, January 11 - Our After-Service Discussions** take place on the 2nd and 4th Sunday of the month, at **11:45am, in the Lounge**
- **January 16 - Drumming Spires:** Come find your rhythm connection in this recreational community drum circle, **11:00am on the third Friday of every month**, in Fellowship Hall. Please bring a small drum, coffee canister or percussion instrument. No experience needed. Please accompany children who attend. For information and to RSVP, email: FridaySpires@mail.com
- **January 19 - Online Trivia Night - 7:00pm.** [Click here](#) to find details and to get the link.
- **January 22 – Thursday Evening Reading for Growth – 7:00pm.** [Contact Ken](#) for the latest book and the zoom link.
- **January 30 – Friday Afternoon Reading for Growth – 1:30pm.** Their book for January is *The Book of Joy: Lasting Happiness in a Changing World*, by the Dalai Lama and Desmond Tutu. [Contact Clea](#) for the zoom link.



Upcoming Events

Aspire Riverview Homes Equity Loan Program Info Session 2 - Thursday, January 8 - 7:00pm - Online

The next information session for the Aspire Riverview Homes Equity Loan Program is scheduled for the evening of January 8th at 7:00 pm on Zoom. [ZOOM LINK](#) Meeting ID 842 3372 5790 Passcode 868342

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>



Save the Date

Introducing Ourselves - Sunday January 18 – Noon - NOW room

Are you feeling new? Introducing Ourselves is a casual meet-up for newcomers guided by Brent Nicolle and Rev Lara Cowtan. Share what brought you to First Unitarian, ask about the basics of Unitarian Universalism, and learn about how to get connected. A light lunch will be served. Register by email at welcome@firstunitarianottawa.ca

Special Congregational Meeting - January 25 - In Person and Online

The board has received legal advice and has revised the motion to authorize the mortgage or lien of the congregation's property. The revised motion will be presented to the membership at a **Special Congregational Meeting on Sunday, January 25**, following that day's service. Members of the congregation will be able to participate and vote in this meeting both in person and via Zoom. **Details to follow in early January.**



Unitarian Universalist nUUs

Sharing Our Faith 2026: Orientation Session - Thursday, January 15 - 7:30pm - Online

Sharing Our Faith is an annual opportunity for Canadian Unitarian Universalists to explore a shared spiritual theme, deepen our connections with one another, and support congregational growth across the country. Join the zoom call to learn more about the 2026 Sharing Our Faith theme: "Practicing Hope: Facing the Future with Gratitude, Imagination, Courage & Action" and how we live our values in rapidly changing times. [Details and registration HERE.](#)

Celebrating Milestones! - Saturday, January 17 - 5:00pm - UUFO (400 McArthur Avenue) - \$30.00

Join the UUFO congregation for dinner, music, and stories at a joint celebration of **Reverend Fred Cappuccino's 100th birthday** and **UUFO's 30th anniversary!** Tickets are \$30 and can be bought by eTransfer to treasurer@uufo.org.

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