

☀ Weekly e-UU Newsletter – Friday, June 20, 2025 ☀

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 22, 2025

Online and In Person

Starts at 10:30am



Social Justice Sunday: Hope in Hard Times

With Guest Speaker Sandra Randall

This Sunday, we're joined by Sandra Randall, of Bethany Hope Centre, who will speak on creating community in the face of isolation and hope in spite of hardship.

Please Note: A special collection will be taken up in support of [Bethany Hope Centre](#).

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

Here's what our UU Kids and OWL Participants will be up to this Sunday:

After Time for All Ages, our UU kids will head downstairs. Our 2-6 year-olds will gather in the Rainbow Room (room 4) with Rita and Kassia, and our 7-12 year-olds will meet in the Chalice Room (room 2) with Jodi and Susie. We'll read nature stories and enjoy time outdoors together, exploring, imagining, and connecting with the natural world.

This June, we'll be spending time outdoors every week. Dress for the weather and bring your child's outdoor clothing downstairs to the appropriate room.

Caring Contacts for June

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

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

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.

Heat Warning for Monday, June 23

There is a heat warning in effect for Ottawa, for Monday, June 23, with temperatures in the mid-30s expected to feel like they are in the high 40s.

- Drink lots of water
- Take cool showers regularly, if you're able to, or use cold compresses on the back of your neck
- Eat salty snacks
- Access air conditioning or other cooling methods via the Ottawa Public Library, shopping malls, community centres, or by visiting FirstU. **Fellowship Hall will be available from 9:30am to 4:00pm if you need to cool down.**



Multi-Use Pathway Closure

As part of the Stage 2 O-Train Light Rail Transit (LRT) project, the multi-use pathway (MUP) to the south of the Kichi Zibi Mikan (KZM) between Woodroffe Avenue and Cleary Avenue will be closed for repaving until mid-July. (This schedule is subject to change). **A pedestrian and cyclist detour will be in place during this work.**



2026 Budget

Leaders of Committees, Teams, and Programs with Revenues and/or Expenses can [download your 2026 Budget Form HERE](#). Please return the 2026 request forms the church office **by July 5th, 2025**.



Featured Volunteer Opportunity

Help with the Community Bonds Initiative

Members are sought for a task force which will help guide this initiative - approved by the membership at the recent Annual General Meeting. Assistance will also be required for some time-limited tasks in the next few months. Experience with marketing and sales would be particularly useful. Information about community bonds can be found with the 2025 AGM Materials links on the [Members' Page](#).

If you're interested in helping with the initiative, [please contact Brent](#).

Want to let the congregation know about a volunteer opportunity? [Fill out this online form](#) to let people know! **Have you already completed the FirstU Volunteering survey?** If not, please click the embedded link and add your information to the volunteering data base: [Participation Survey](#)

-Chuck Shields, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

Read All About It



eUU on Vacation - July 4

Friends! Next week's June 27 eUU will be a "double issue". If you have something that needs to be in the eUU *before July 11*, please ensure that you have submitted your item **by Wednesday, June 25**.



RSVP for Rev Eric's Farewell BBQ!

If you haven't RSVP'd yet, please [use this form to submit your RSVP](#).

June 29, will be Rev Eric's last Sunday with us.

To say "farewell", we're hosting a BBQ after the service, with grilled food, salads, and cake courtesy of the Men's Breakfast Group and the Hospitality Hour team. To help cover the cost, we're asking \$10-\$20 per adult (kids attend for free). All funds raised in excess of our expenses will be donated to the Ajashki program. **Plan to attend and bid farewell to Reverend Eric with good food and great company!**



Parsley for the People!

Ajashki's Grow Towers have an abundance of lovely, fresh, tasty parsley. Please come and help yourselves after this Sunday's Service! Available in the Food Cupboard room off Worship Hall.



Message from the Property Team

With summer upon us, please be sure to **close any windows you open**. Let's not make things easy for any potential intruders! Thank you!



Tulipathon Fundraising Continues Until June 30th

There was nice weather and a good crowd for the Multifaith Housing initiative's Tulipathon on May 25. **The FirstU team raised \$1,870 of its \$2,500 goal. Thank you to all our donors!** There's still time to donate! Give cash or cheque donations to Maury Prevost this Sunday, at the June 22 service.



Fall Fair

Save The Date: Fall Fair is November 15!

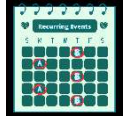
The First U Fall Fair will be held on Saturday, November 15th, 2025. This is our biggest fundraiser of the year. Please note it on your calendar. We Look Forward to Seeing You There!

Wanted: A Food Coordinator for Fall Fair 2025

As part of the Fall Fair Coordinating Group, you will guide and support the work of the convenors responsible for all aspects of food for this year's Fall Fair, from volunteer lunches to the Lunchroom kitchen (organizing and preparing food for our customers) and the Lunchroom itself (set-up and clean-up). You'll help build a strong team among your convenors and help them provide the best possible food experience to both volunteers and customers. Such a fun area to work! For more information about the role, please [contact Catherine Pope](#).

Wanted: A Kitchen Co-Convenor for Fall Fair 2025's Lunch Room

This person will share the responsibility of the Fall Fair Lunchroom, including finalizing the menu, working in advance of Fall Fair with food suppliers, and coordinating volunteers to work in the kitchen and to sell food. If you have any questions and are interested in volunteering, please contact Eva Berringer, Fall Fair Volunteer Coordinator, at ffvols@firstunitarianottawa.ca.



Recurring Event Topics and Updates

- **Tonight, June 20, at 6:30pm!** UU Kids starting 6th grade in September 2025 are invited to join the yUUth Group for our last event of the school year! Email Jodi - dre@firstunitarianottawa.ca - for details!
- Our final **After-Service Conversation**, before taking a summer break, will take place this **Sunday, June 22**, in the Lounge.
- **Evening Reading for Growth** will next meet on **June 26**, and will be discussing *Passionate Mothers*, *Powerful Sons* by Charlotte Gray.
- The Online Discussion Circle is now on Summer Break and will return in September.
- The Men's Breakfast Group is taking a break for the summer and will meet again in September.
- Daytime Reading for Growth will break for the summer and meet again starting on the last Friday of September 2025. [Click HERE for a preview](#) of the 2025-26 reading season.
- [Click HERE](#) for a full list of our recurring events.

Upcoming Events

Women's Inclusive Pagan Circle – Midsummer Ritual – Monday, June 23 – 7:00pm - \$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 as well as finger food to share after our ritual. Please donate \$5 per person to help cover ritual supplies and to donate to the church as a thank-you for the space.



Save the Date

Flower Ceremony - Sunday, June 29 - 10:30am - Worship Hall

Join us for our annual Flower Ceremony, and Reverend Eric's last service as our minister, as we finish off our church year. Please bring cut flowers to add to our congregation's bouquets!



A Farewell Barbecue for Reverend Eric - Sunday, June 29 - 11:30am – Outdoors - \$10-\$20 per adult, sliding scale (kids eat free)

Say "farewell" to Reverend Eric at our Summer BBQ! Grilled food, salads, and cake courtesy of the Men's Breakfast Group and the Hospitality Hour team. RSVP at: <https://www.firstunitarianottawa.ca/bbq-rsvp.html>



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>

Algonquin Word of the Week

We all know that Ajashki means "Soil" in Algonquin, that Kitigan Zibi means "Garden River", and "Gichi Miigwetch" means "Thank you very much". Let's learn some more words in Algonquin language. **This week's Algonquin Word of the Week is:**



Niibin

Niibin means "It is Summer!" and also refers to the Summer Solstice. Summer Solstice is an important day for Indigenous people, as it's the beginning of a new season of life. This is why Canada's Indigenous People's Day is celebrated on, or close to, the Summer Solstice.

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