

Welcome to FirstU Ottawa!

UPCOMING SUNDAY SERVICES, 10:30am

October 4: A Meditation on Courage

October 11: A Grateful Spirit (Thanksgiving Service)

HAPPENING SOON

- **Sunday, September 27** – 12:30 – Fireside Chat with Rev Lara (Worship Hall and Online)
- **Sunday, October 11** – 10:00am – FirstU Food Cupboard Food Drive – bring non-perishable food items
- **Sunday, October 18** – 12:30pm – Special Congregational Meeting for Vote to Call Settled Minister

For details about these events and more, visit our website!

Flowers for this Sunday's Service provided by:

Katharine Elliott, in memory of her husband Ted who died Sept 28, 2021.

SEPTEMBER OFFERING

Each month, we share our undesignated offertory 50/50 with a community partner.

In September, our offerings support the [Ottawa Network for Education School Breakfast Program](#). ONFE's breakfast program provides nutritious breakfasts and snacks every school day to children and youth at publicly-funded area schools.



Make a donation
to FirstU Ottawa



Read this week's eUU

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.

Reverend Lara Cowtan, Minister, minister@firstunitarianottawa.ca
Mary Ella Keblusek, President, president@firstunitarianottawa.ca
Office: 613-725-1066 firstunitarianottawa.ca

Order of Service

Sunday, September 27, 2026

10:30am

The Next Right Thing: Just Do It!

Reverend Lara Cowtan



"A journey of a thousand miles must begin with a single step."

Lau Tzu

What do we do when the way forward is uncertain, overwhelming, or both? The only thing we can: We put one foot in front of the other and do the next right thing.



Order of Service

WELCOME CHIME

GATHERING SONG

Rededication

Jenn Berntson

BOARD ANNOUNCEMENTS

Maury Prevost

WELCOME

Rev Lara Cowtan

HYMN

#157 Step by Step the Longest March

CENTERING WORDS

Paul Julien

"To Pause on the Journey", By Linda Hart

CHALICE LIGHTING

CHALICE LIGHTING SONG

TIME FOR ALL AGES

Jodi McIntosh

The Trail Map

OFFERING

JOYS, SORROWS AND SILENCE

ANTHEM

My Heart Be Brave, by Marques L. A. Garrett

READING

Words by Dr. Carl Jung

SERMON

The Next Right Thing: Just Do It!

HYMN

#1017 Building a New Way

BENEDICTION AND EXTINGUISHING THE CHALICE

SUNG POSTLUDE

Spirit of Life



Please join us for coffee after the service in Fellowship Hall
Or, for a deeper dive into our service topic,
take part in our After Service Conversation in the Lounge

