

Weekly e-UU Newsletter

Friday, September 4, 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, September 6, 2026

Online and In Person

Starts at 10:30am



A Summer of Adjacent Possibilities

With a FirstU Collective

This Sunday, we'll reflect on the possibilities that emerge when we step just beyond the familiar. Members of the FirstU Congregation will share brief stories of how they explored the adjacent possible over the summer—trying something new, following an unexpected path, or discovering something wonderful.

Together, we'll reflect on how these small acts of wonder can lead to meaningful change and prepare us as we move into September's theme of A New Beginning with curiosity, courage, and openness.

SEPTEMBER OFFERING

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

partner. In September, our offerings support the Ottawa Network for Education Children's Breakfast Program. ONFE's School Breakfast Program provides nutritious breakfasts and snacks every school day. Together, our community ensures that students in the region have the energy they need for physical and intellectual growth.

[School Breakfast Program - Ottawa Network for Education](#)



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

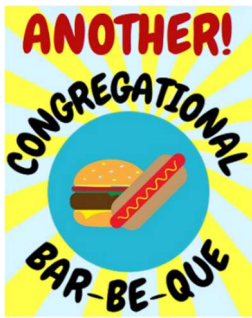
This Sunday is our final day of Summer Programming. Children will explore the wonder of our interconnected world through The Great Web of Life, an outdoor Religious Exploration program for ages 3–12.

During our Summer Program, we will be spending a lot of time outside! Please remember sunscreen and hats to protect from the sun, and be aware that there will be a risk of ticks. Please perform a tick check when possible.

- **Sunday, September 13:** Bring a small amount of water that is special to you and your family to share during our Water Ceremony at our multigenerational Ingathering Service! Parents: Don't forget that our Congregational BBQ will be after this service. Register by noon, on Tuesday, September 8, to make sure we have food for all.
- **Sunday, September 20:** Parents! Our Kids' RE programming year begins on September 20! Remember to fill out your child's registration form when you arrive.

Welcome Back Barbecue!

Join us for a Welcome Back barbecue after our Ingathering service Sept 13! Bring a salad or a dessert to share. Please register no later than Noon, on Tuesday, September 8, [by submitting this online form](#) OR by calling the office at: 613-725-1066



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 September

Margaret DeCorte - [Email](#) - 613-722-1424

Carmen Contreras - [Email](#) - 613-565-3613

Caring Cards for August: Bobbee E, Bonnie Cappuccino and family, Evelyn A, and Tarrel A.

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

Settled Minister Discernment Process

Please Save the Following Dates

- September 8 - The link to the online survey will be sent to you via email so keep an eye on your email inbox.
- September 15 - Congregational Consultation over Zoom at 7:00pm. Click here to join.
- October 18 - Special Congregational Meeting on whether to call Rev Lara as our settled long-term Minister will take place after the service. More details to follow.



Send questions to the Discernment Task Force at: discernment@firstunitarianottawa.ca

Your Discernment Task Force: Lisa Boulay, Alex Campbell, Ally Hobson, Erin Keene, and Lee Rose

Featured Volunteer Opportunity

Help Make Our Sundays Run Smoothly

Each Sunday morning, it takes a team of about ten volunteers to run our service. Volunteers act as Worship Associates, singing in the choirs, sell books and do other fundraising. We need people to help with coffee hour, operate the elevator, support our children's programming, and act as greeters. There's a place for everyone and, with Ingathering coming, we'd love to have you join us.

Please [contact Lisa S](#) if you are interested.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca



Read All About It

FirstU Children's Choir

Interested in our new FirstU Children's Choir for ages six and up? Children's choir will run on Wednesdays from 5:00pm-6:00pm, September 16 to December 2. Registration is \$40. [Full details and registration HERE.](#) Contact [Jenn](#) with any questions or concerns!

Try On a Choir

Interested in trying out a choir at FirstU? Join us for a drop-in choir next Thursday, Sept. 10 at 7:00 p.m.; we will learn two songs to sing for Ingathering on Sunday, Sept. 13.

News from the June and August Board Meetings

- Refugee Sponsorships - the board approved FirstU sponsoring refugees under the Blended Visa Office - Referred Program, with the final selection of refugees to be made by the Refugee Support Action Group (RSAG)
- Campus Development - Kindred Credit Union has approved a loan of \$1.1 million to FirstU, to be used toward purchasing equity in Aspire and repaying personal loans made to purchase equity.
- Org Chart - An updated FirstU organizational chart was approved, and has been posted on the Members' Page of the website, as well as in the lobby outside the church office.
- Board committee appointments - Maury Prevost as liaison to the Generosity Committee (overseeing various fundraising / stewardship efforts) and the Nominations Committee; Chuck Triemstra as a member of the Governance Committee; Chuck Shields as a member of the Nominations Committee, pending approval at the Fall Congregational Meeting.
- Property - Board approved using a portion of the \$100K that FirstU will receive from Aspire towards urgent property projects. (The \$100K is for the donation of a portion of our land near the Continental for use by the city for parkland).

For questions, contact president@firstunitarianottawa.ca.

What's a Journey Group?

Journey Groups are small, intentional gatherings where participants explore monthly congregational themes and life's big questions together. They offer a moving and meaningful way to connect with others and yourself while deepening clarity and commitment on your spiritual path. FirstU's Journey Groups will be starting soon, with first meetings scheduled for September 8 and 22 (see Recurring Events). Everyone is welcome to register by submitting the form at this URL: <https://www.firstunitarianottawa.ca/contact-8>
The September Theme information is [available here](#).
For more information contact Amalilly at JourneyGroupAS@firstunitarianottawa.ca

Odayanhaway Groundbreaking Ceremony

On Wednesday, August 19, about 100 people gathered to celebrate a ceremonial groundbreaking of the Ontario Aboriginal Housing Services (OAHS) building that will provide 66 affordable and deeply affordable units on the FirstU campus. In addition to the ceremony, which was conducted by elder Grandmother Irene Compton, there were speakers drawn from project partners, local dignitaries and cultural performances. A large number of community partners attended as well. Rev. Lara and Cathy Connor, the project lead from OAHS, were [interviewed for All in A Day](#), with [additional print](#) and [video coverage](#) provided by CBC News. The OAHS write-up on the event is [available here](#), and photos from the Ceremony [can be viewed here](#). If you weren't able to attend the Ceremony, you can [re-watch the full livestream here](#).

Call to Action: Preventing Gender-Based Violence

Provided by the Men’s Breakfast Group Compassion-to-Action Initiative

A “nation building” project focused on engaging and mobilizing men and boys in violence prevention would reduce gender-based violence significantly. Schools, workplaces, sports organizations, and faith communities must play a role. Promising solutions are already working, but [most remain small, underfunded, and unevenly distributed](#). How can we learn from [one of Canada’s champions?](#) Could we [also save](#) the Ottawa Police \$100 million?



Upcoming Events

Gathering at the Well: Ingathering and Water Ceremony – Sunday, September 13 – 10:30am

Join in this multi-generational service as we begin our program year with a UU Water Ceremony. Please bring a small amount of sacred water (by your own definition) to share in our ritual.

Congregational BBQ – Sunday, September 13 – 11:30am – Outdoors (weather permitting)

Join us for a Welcome Back barbiecue after our Ingathering service! Bring a salad or a dessert to share. Please register by Friday, September 4, by calling the office at: 613-725-1066

Congregational Consultation – Tuesday, September 15 – 7:00pm – Online

Join the Discernment Task Force for a consultation regarding Rev Lara and our Discernment Process.

[ZOOM LINK](#) Meeting ID: 860 0862 5082 Passcode: 064621

Black History Bus Tour – Sunday, September 20 – 12:30pm - 2:15pm – \$20

We have contacted Black History Ottawa to arrange a guided bus tour of Ottawa to celebrate Black Canadians, their accomplishments and enduring legacies, whether you are a history enthusiast, cultural connoisseur, or curious to learn more. Departure is from 30 Cleary Ave. There are twenty seats available, so visit the office to get your ticket now. **Please Note:** The bus is not equipped with mobility devices.

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

- September 8 - **Tuesday Tai Chi** - 1:00pm - Fellowship Hall - Improve your health and balance. Join us weekly to practice Tai Chi. Led by Friends of Taoist Tai Chi, Ottawa.
- September 8 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. September's theme is "**Beginnings**". Additional groups will form based on demand for time, type, and frequency. Starting in October, the group will meet on the first and third Tuesday of the month. [Contact Amalilly](#) for more information.
- September 9 - **Online Mindfulness Meditation** - 7:00pm - Online - Contact adultlearning@firstunitarianottawa.ca in advance to receive the zoom link.
- September 10 - **Thursday Tai Chi** - 10:00am - Fellowship Hall - Improve your health and balance. Join us weekly to practice Tai Chi. Led by Friends of Taoist Tai Chi, Ottawa.
- September 11 - **Men's Breakfast Group** - 8:30am - Fellowship Hall - Gentlemen are invited to join the Men's Breakfast Group on Friday Sept 11th, for coffee, socializing, and breakfast, followed by an informative and engaging talk and ensuing discussion by **Bob Thomson** on the topic [Mike Cooley's Learning Curve - How We Learn and Thus Who We Become](#). Register no later than Tuesday Sept 8th by [clicking HERE and submitting this form](#).
- September 16 - **Drop-In Games Night** - 6:30pm - Room 3 - Drop-In Games Night happens on the first and third Wednesdays of every month. Join us for euchre, chess, backgammon and other games.
- September 17 - **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: "**Oceans or Mountains? Why?**"
- September 21 - **Virtual Trivia Night** - 7:00pm on the third Monday of every month. Join us for our monthly Trivia Quiz! All you need is a pen or pencil, paper and your "thinking cap". Play alone or team up with friends! [Contact Andrew](#) with any questions. [Click here to get the link](#).
- September 24 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month. [Contact Ken](#) for the zoom link and our first book title of the year.
- September 25 - **Friday Afternoon Reading for Growth** – 1:30pm on the last Friday of the month. will be discussing ***Second Suns***, by David Relin, who spent a year with a Nepalese and an American eye surgeon as they cured blindness caused by cataracts in remote Himalayan villages. [Contact Clea](#) for the zoom link. New members are very welcome.

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 News

UUFO Presents:

From the Fall of Kabul to the Fall of 2026: The Evacuation and Settlement of High-risk Afghan Women

Wednesday, September 16 – 7:00pm to 9:00pm

Join special guests Shima Karimi and Laura Robinson to hear the story of evacuating high-risk women - those who worked for the rights of women, whose voices were courageously raised, and whose identities were frequently known by the Taliban - from Afghanistan after the fall of Kabul in August 2021.

2026 Mirth and Dignity Retreat: Moments of Joy and Moments of Peace

October 8-11

Crieff Hills Retreat Centre (Guelph, ON)

From \$575 USD

Mirth & Dignity, the Canadian not-for-profit behind the wildly popular UU Hysterical Society, is holding a retreat this autumn in beautiful southern Ontario! Spend four days/three nights at the Crieff Hills retreat centre (just outside of Guelph, ON) laughing together, dedicating time to rest and recharging, and connecting with other UUs.

Some of your favourite Canadian UUs are going to be there: UUHS founder Liz James, song leader Wendy Luella Perkins, storyteller Katharine Childs, and animator Amber Dawn Bellemare will be leading the programming!!

[Full details and registration here.](#)

CUC Young Adult Retreat at Unicamp! – September 11-13 – Unicamp

Join Unitarian Universalist young adults (19 – 40) for a wonderful weekend of community, conversation and outdoor adventures amidst the fall colours. Unicamp provides the perfect setting for a relaxing and rejuvenating retreat with new and old UU friends. You're welcome to stay for two or three nights, whatever works best for you. [Information and registration can be found here.](#)

Questions can be directed to the CUC Youth and Young Adult Coordinator, Summer at summer.christiansen@cuc.ca. If you want to talk to someone local who's going, please contact Nina at

diversity@firstunitarianottawa.ca



News from Our Friends

Van Drivers for Unitarian House

Unitarian House needs volunteer drivers to ferry residents to and from grocery stops along Carling Avenue, between Sherbourne and Pinecrest, on Tuesday and Thursday mornings. Arrive at UH to collect residents in the Unitarian House Van at 9am. Depart at 9:20am. Collect residents from the various drop-off points at 11:00am.

If you have this two-hour window available on Tuesday or Thursday mornings, and would like to be social while helping our neighbours, this volunteer gig is for you. Contact Ryley at activities@unitarianhouse.ca for details!

Together for Nature Tour – Tuesday, September 15 – 7:00pm – St. Andrew's Presbyterian Church – \$30

Join Susan Aglukark, Terra Lightfoot, and representatives from Indigenous environmental protection organizations, on September 15, for an evening show to hear and learn from Indigenous artists, musicians and land protectors inspiring change. The Together for Nature Tour is an opportunity for Indigenous and non-Indigenous Peoples to come together to raise our voices for nature and all our relations through story and song. [Tickets available here.](#)

Unitarian House Fall Clothing and Jewellery Sale – Thursday, September 17 – 11:00am - 4:00pm – 20 Cleary

Come choose from a wide selection of quality, gently used clothing donated by friends of Unitarian House as well as Reitman's, Northern Reflections, Cleo and Ricki's. All proceeds support Unitarian House Residents' Association. Unsold items will be distributed among local charities. Soup and sandwiches will be available for purchase at mid-day. **All sales are cash only.**

Seniors' Climate Witness – September 19-24

This September 19–24, Climate Caravans from both coasts will converge in Ottawa for a week of public witness and nonviolent action as Parliament returns. This includes our UU friends from the Canadian Unitarians for Social Justice. With only a few weeks to go, they need your help. We're looking for people to:

- Join a Caravan
- Billet travellers
- Support or participate in nonviolent action
- Help with outreach
- Donate to make participation possible

[Read more here and sign up to help](#) OR contact margaretELinton@gmail.com to offer a bed to a UU participant for 2-4 days. Make a new UU friend!

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