

Weekly e-UU Newsletter

Friday, October 9, 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, October 11, 2026

[Online](#) and In Person

Starts at 10:30am



A Grateful Spirit

Reverend Lara Cowtan

On this Thanksgiving, let us be reminded of the hopes and dreams of those who have shaped our lives with gratitude.

October Offering

Each month, we share our undesignated Sunday offertory 50/50 with a community partner. In October, our offerings support [Cornerstone Housing for Women](#). Cornerstone provides a continuum of housing and support for women and gender-diverse people that is inclusive and reduces barriers.



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, after Time for All Ages, our UU Kids will go downstairs for a whole group Thanksgiving activity. We will be doing an activity inspired by the "Stone Soup" story, please bring fruits or vegetables to be shared with the group, such as apples, carrots, peppers, cucumbers, bananas, celery, and other produce that can be eaten raw.

2027 Pledge Campaign

Our annual Pledge Campaign officially launches this Sunday, October 11, with the theme of *Strengthening Our Ties*. You can learn more about it, and be among the first to pledge, at our [Annual Giving page](#) or by email to pledge@firstunitarianottawa.ca



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 October

Maryan O'Hagan - [Email](#) - 613-729-7752

Marianne Wood - [Email](#) - 613-725-3452

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

The Discernment Task Force invites you to vote either in person, on-line or by proxy at the Special Congregational Meeting on Sunday Oct 18 to call Rev Lara as our settled minister.

This Sunday, October 11, the members of the Task Force will be at the "Urn" of Discernment table at the back of Worship Hall if you have any questions. You can also connect with the members of the Task Force at discernment@firstunitarianottawa.ca



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

Featured Volunteer Opportunity

Join the Nominating Committee

The Nominating Committee works to recruit new board members every spring - and we need your help in this vital role! If you would like more information, please contact Chuck S.

Lisa Sharp, Volunteer Coordinator - volunteers@firstunitarianottawa.ca

This Weekend's Event

FirstU Food Cupboard Food Drive

Sunday, October 11

10:00am - 1:00pm

This Thanksgiving, share what you can: Please bring non-perishable food items as well as hygiene basics like (ideally unscented) deodorant, shampoo, dish soap, and toothpaste to the service. There will be tables available for your donations, and we'd love to see them filled!



Read All About It

FirstU Finance Deep Dive Sessions

Join Treasurer Guy B and Finance Manager, Michelle, for two deep dives into FirstU's finances during the week leading up to our Fall Congregational Meeting. These will be held on Monday, October 19, at 10:00am and on Wednesday, October 21, at 7:00pm. If you want to take part in a more detailed discussion of the budget than we have time for at the fall meeting, please attend the meeting of your choice. See the Upcoming Events section (below) to get the zoom link for both meetings.

Welcome New FirstU Members!

The FirstU Board is very pleased to welcome the following new members to the First Unitarian Congregation of Ottawa:

- Approved in September: **Casey and Wren Lottman**
- Approved in October: **Brandon Milk and Sandy Franklin**

Thanks for joining, and we look forward to getting to know you better!

Zoom Links

When a recurring zoom link is provided to you, please ensure you record the last date it works so that you will remember to request a new link. Thank you!

"How Did You Hear About Our Event?"

Are you a group leader or event point-person? If you see new faces at your event, especially if you don't recognize them as a regular Sunday Service attendees, ask how they heard about it. Then email publications@firstunitarianottawa.ca to let us know how our outreach efforts are working!

Fall Fair

Fall fair is just about 1 month away. Time to start assembling your donations.

- Jewellery is being accepted NOW in the front office
- Electronics can be brought in now also, delivered to the front office if you phone ahead
- We still need volunteers so please think how you could help. Please [refer to the website](#) to see particular areas to help. Sign up on the sheet on the FF bulletin board or email ffvols@firstunitarianottawa.ca.
- Let's all play a part to publicize our fair. Pick up a poster at the back of Worship Hall or [print your own copies from the web site](#).

Municipal Elections Update: Ecology Ottawa's All Candidate Environmental Survey

In early September, Ecology Ottawa asked every mayoral and City Council candidate to share their position on 10 key environmental issues facing Ottawa. [Check here](#) to see how candidates for mayor, and your candidates for city council responded.

Donating by eTransfer

Please be advised: eTransfers are automatically deposited into our bank account. **The memo line on the eTransfer must be filled in stating what the payment is for, in order to be applied to the correct budget area.** If no information is provided, it will be deposited into a general account. This means:

- If it's your pledge payment you will not get credit for the payment
- If it's a rental payment it will not be applied correctly
- If it's a registration fee you will not be registered

Michelle receives many eTransfers per month and needs your help to make sure they get to the correct place.

Please fill out the memo line. If you are new to the congregation, please make sure the office knows your contact information for tax receipting purposes. The email address for eTransfer donations is fm@firstunitarianottawa.ca.

Call to Action: Preventing Gender-Based Violence

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

Since 1989, misogyny and INCEL is a factor in several mass casualty events in Canada, such as the white van attack in 2018 in Toronto. The Port-a-Pique attack in 2020 resulted in the largest number of fatal casualties in Canadian history. [Exceptionally a commission made recommendations](#), including a pillar on preventing male violence, but sadly no order of government has acted.

[This Australian study](#) lists the range of actions needed from early prevention to checks on AI.



Upcoming Events

FirstU Food Cupboard Food Drive – *This Sunday*, October 11 – 10:00am

This Thanksgiving, share what you can: Please bring non-perishable food items as well as hygiene basics like (ideally unscented) deodorant, shampoo, dish soap, and toothpaste to the service. There will be tables available for your donations, and we'd love to see them filled!

The Mess We Are In – Friday, October 16 – 6:00pm (pizza dinner, by donation) – 6:45pm (discussion, kids' activities available) – Room 3

The Mess We Are In political study group will meet to discuss the first two parts of *End Times Fascism: And the Fight for the Living World* by Astra Taylor and Naomi Klein.

Pizza will be available (by donation) beforehand at 6pm and a kids' movie will be offered in a neighbouring room. Please [contact Marc B](#) for details and to RSVP for pizza!

UPCOMING CONGREGATIONAL MEETINGS

Sunday, October 18 - 12:30pm - Special Meeting to Call Settled Minister

Sunday, October 25 - 12:30pm - Fall Congregational Meeting

Members - Please plan to attend both of these important congregational meetings scheduled for later this month. Both meetings will be held at 12:30pm in Worship Hall.

The meeting announcement for the October 18 meeting was emailed to members on Wednesday, October 7, and all meeting documents plus registration for the zoom link (for those attending and voting online) are [available on the Members' Page](#).

The meeting documents for the October 25 meeting will be sent **next week**. Proxy forms will be made available on the Members' Page at the same time. Voting will be in-person only but observers [can attend online](#).

Please be sure to read the official notice for each meeting carefully, as the registration, voting, online meeting access and proxy processes will be different for each meeting.

Groove Dance Fitness – Mondays, starting October 19 – 7:30pm – Fellowship Hall – \$70

Reignite your sense of play! Join other cis women, trans women, and non-binary folks aged 16+ for eight weeks of Groove Dance Fitness. Easy, low-impact steps that you do your way to great tunes, playing with boas, scarves, ribbon sticks, and light up rings. Easy-to-follow instructions - where you can't get it wrong! \$70 for the eight-week series; or \$10 for drop-in. Email foodshare@firstunitarianottawa.ca to register and get payment instructions. Net proceeds support the FirstU Food Cupboard.

Finance Deep Dive Sessions – Monday, October 19 at 10:00am AND Wednesday, October 21 at 7:00pm – [On Zoom](#)

Join Treasurer Guy B and Finance Manager, Michelle, for two deep dives into FirstU's finances during the week leading up to our Fall Congregational Meeting. Use the embedded Zoom link, above, to join the meeting of your choice at the appointed time.

Women's Inclusive Pagan Circle Samhain Ritual – Wednesday, October 28 – 7:00pm – Fellowship Hall – \$5 Suggested

Trans women, cis women, and nonbinary folks are invited to join us to celebrate Samhain, the Witches' New Year. We will be honouring our Ancestors, our Beloved and Mighty Dead, practicing the divinatory art of scrying, and feasting together! Bring finger foods to share after the ritual and anything seasonal you'd like to include on our altar.

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

- October 15 - **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: **"What is the best novel you've ever read?"**
- October 20 – **Journey Group** – 2:00pm - Room 6 - Our Journey Group meets twice a month to discuss a monthly theme. October's theme is **"Courage"**. 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.
- October 22 - **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month. Our next book is ***No Beast So Fierce***, by Dane Huckelbridge, about a tiger stalking and attacking humans between 1900 and 1907, and the hunter sent to kill her. [Contact Ken](#) for the zoom link.
- October 23 - **Men's Breakfast Group** - 8:30am - Fellowship Hall - Gentlemen are invited to join the Men's Breakfast Group on Friday, October 23, for coffee, socializing, and breakfast, followed by an informative and engaging talk. Register no later than Monday, October 19, by [clicking HERE and submitting this form](#).
- October 30 - **Friday Afternoon Reading for Growth** – 1:30pm on the last Friday of the month. Our next book is ***The Moment of Lift: How Empowering Women Changes the World*** by Melinda Gates. [Contact Clea](#) for the zoom link.

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

Canadian UU National Survey

The Canadian Unitarian Council invites Unitarian Universalists across Canada to share your perspectives, experiences, and hopes directly with the CUC, with the aim of supporting Unitarian Universalism in Canada going forward. Your insights will guide the next chapter of Canadian Unitarian Universalism. [Fill out the survey HERE.](#)



News from Our Friends

Inspiration and Dedication: 30 Years of the Ottawa Friends of Tibet – Saturday, October 17 – 10:00am (all day event) – Saint Paul University (223 Main St)

Ottawa Friends of Tibet invites members and friends of FirstU to join them as they celebrate their 30th anniversary and the hard work of founders Jurme & Angela Wangda, helpers Fred and Bonnie Cappuccino, and many committed volunteers. [Tickets and details here.](#)

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