

# Weekly e-UU Newsletter

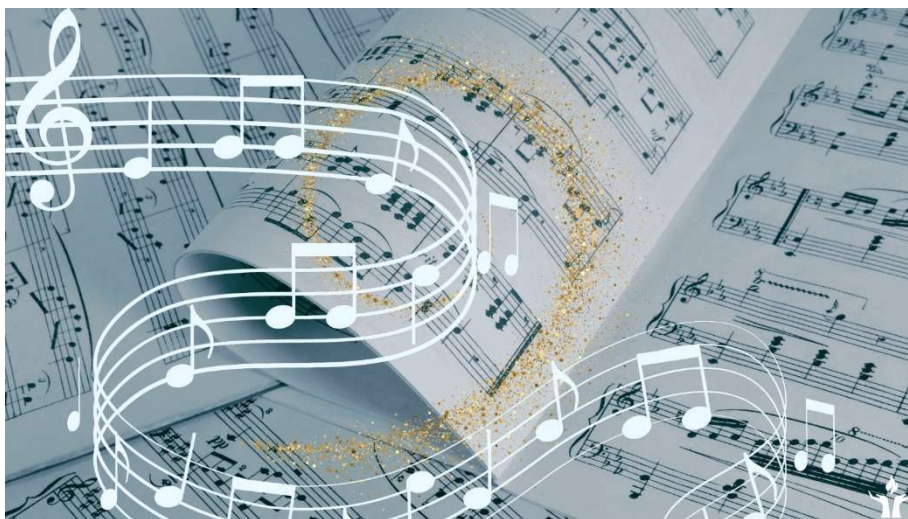
## Friday, July 03, 2026

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, July 05, 2026

[Online](#) and In Person

**Starts at 10:30am**



### Music is Divine

*With Jen Berntson*

This Sunday, we'll celebrate the way music connects us to each other and to our spirituality, and learn more about the songs that hold deep meaning to our congregation.

Join our music director Jenn Berntson as we sing through a series of hymns chosen by congregation members, with reflections offered by the individuals who chose them.

### 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](mailto: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

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.



### 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 July

Janet Clayton - [Email](#) - 613-733-9566

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

**Caring Cards for June:** Janet M, Members of Unity Church Unitarian, the Surland family, Tanya B, and Carl S.

**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](mailto:caringvisitors@firstunitarianottawa.ca)

## Featured Volunteer Opportunity

### Interested in Working with Refugees?

The Refugee Support Action Group needs you! We'll be submitting an application to sponsor a refugee family soon and they may arrive very quickly - within 6 to 10 weeks or even sooner. We're assembling a team of people to help with settlement activities so we'll be ready when they arrive. Tasks include everything from helping find housing, driving to appointments, helping learn English to the coordination of medical appointments. If interested, please contact [refugees@firstunitarianottawa.ca](mailto:refugees@firstunitarianottawa.ca) or talk to Brent or Eva.

Lisa Sharp, Volunteer Coordinator - [volunteers@firstunitarianottawa.ca](mailto:volunteers@firstunitarianottawa.ca)



## Read All About It

### FirstU Cooling Station

The church will be open until 8pm today, Friday July 3, as a cooling station. If possible, please call 613-725-1066 to let us know when you will be arriving so we can ensure we have volunteers here to greet you. Light snacks and drinks are provided.

### Budget Forms Due *This Sunday*

If you are responsible for any activity that produces revenue and/or expense for FirstU, please complete your budget form and send it to [OAS@firstunitarianottawa.ca](mailto:OAS@firstunitarianottawa.ca) and [fm@firstunitarianottawa.ca](mailto:fm@firstunitarianottawa.ca) as soon as possible but **by THIS Sunday, July 5**. Request your budget form from the office.

### Save the Date: Fall Fair 2026

Our 2026 Fall Fair will be held on **Saturday, November 14!**

As you tackle summer projects, garage sales, cottage cleanups, and flea markets, please keep Fall Fair in mind!

#### We need:

- Quality items in good to excellent condition
- Items with real value

For those who love thrifting, keep a judicious eye out on our behalf for undervalued treasures you spot at sales.

#### Remember:

- Jewellery (including broken) accepted anytime at the office
- All other donations accepted the week before Fall Fair only

Questions? Email [directorff@firstunitarianottawa.ca](mailto:directorff@firstunitarianottawa.ca)

Have you recently received a follow or friend request from “the minister”?

**This may be a scam!**

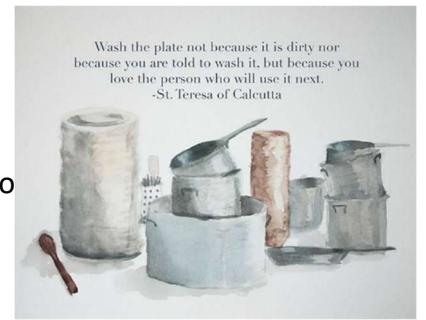
Things to watch out for:

- Following way more people than are following them
- A user name like “laracowtan1” or “firstminister079”
- No profile picture

Remember to **use the block function liberally** and, **where possible, report accounts** as “impersonating someone I know”.

## Use of Kitchens Notice - A Note from Office Jen

I feel I must advocate on behalf of some of the staff and volunteers here at FirstU. PLEASE clean up after yourselves. It's extremely disappointing to clean and prepare space for everyone to congregate in with no regard or respect for the people who do it. It is not their jobs to do your dishes. To clean out your fridges. To put food away so we can keep ants out of the building. Please help us treat every space in this building as sacred. Thank you so much.



## Proposed Changes for Fall Fair

The Fall Fair Team has some changes in mind for this year's Fall Fair: Firstly, high-value items, including jewellery, may be sent to auction houses instead of being sold at a Silent Auction. Second, mid-value items will be sold at fixed prices. Lastly, donors may be offered discount vouchers to encourage them to return on sale day.



## Upcoming Events

### FirstU Building Tour – Sunday, July 5 – 11:45am – Meet in Worship Hall

Join our tour guide in front of the podium in Worship Hall at 11:45am. The tour will show you many aspects of our beautiful building and give you an opportunity to learn more about Unitarian-Universalism as well as the exciting plans for the future of our seven acre campus.

**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

- **July 8 - Drop-In Games Night** - 6:30pm - Room 3 - Note date change due to the stat holiday on July 1. **Drop-In Games Night will continue through the Summer**, happening twice a month, on the following dates: July 22, August 5 and 19, and will continue, twice a month (first and third Wednesdays), in September.
- **Online Group Meditation** - Wednesday evenings, online at 7:00pm - **On break until Wednesday, August 5.**
- **Virtual Discussion Circle** - Every other Thursday at 1:30pm on zoom. **On break for the summer.** Virtual Discussion Circles will return in September.
- **Thursday Evening Reading for Growth** – 7:00pm on the fourth Thursday of the month – **On break until September.**
- **Friday Afternoon Reading for Growth** – **On break until September.** Friday Afternoon Reading for Growth, at 1:30pm on the last Friday of the month, will start again after a summer break on September 25 with a new varied list of titles. New members are very welcome. [Contact Clea](#) for full details.

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.



## News from Our Friends

### Weekly Community Sing-Along – Saturdays, July 11 and through the Summer – 6:30pm

#### Café Miracle (141 Beechwood Ave) – Pay What You Can

Ottawa folksinger, Erin Adair, invites you to a community sing-along every Saturday (except June 27 and July 4) at Café Miracle on Beechwood. Sing family tunes, folk songs, and old favourites with other people who love to sing.

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