

Welcome to FirstU Ottawa!

UPCOMING SERVICES

Social Justice Sunday: Cradle of Hope

COMING UP

- TODAY, March 23 at 2:00pm - In-Person Bridge (Room 3)
- Thursday, March 27 at 1:30pm - Virtual Discussion Circle (Online)
- Thursday, March 27 at 7:00pm - Evening Reading for Growth (Online)
- Friday, March 28 at 8:00am - Men's Breakfast Group (Fellowship Hall)
- Friday, March 28 at 1:30pm - Daytime Reading for Growth (Online)
- Sunday, March 30 at 11:45am - After-Service Discussion Group: Social Justice Sunday (The Lounge)
- Tuesday, April 1 at 1:00pm - "A Circle of Time" performance by Burning Passions Theatre (Worship Hall)

SUNDAYS AND BEYOND

To learn about everything going on at FirstU, please sign up to receive the eUU, our weekly electronic newsletter.

Use the QR code below, or check out our website:

www.firstunitarianottawa.ca



**Make a
Donation to
FirstU**



**Read this
week's eUU**

Order of Service

Sunday, March 23, 2025

10:30am

A Toolbox for Hard Times

With Reverend Eric Meter, Jodi McIntosh, and Susan McEwen



This Sunday, join us for an all-ages service exploring and celebrating the ways we support each other as families and UUs when times are tough.



**FIRST UNITARIAN
CONGREGATION OF OTTAWA**

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.

Order of Service

OPENING SONG

Enter, Rejoice and Come In, (see screen)

BOARD ANNOUNCEMENTS

Chuck Shields

WELCOME

Rev Eric and Kris Cormier

CHALICE LIGHTING

Words by Bets Wienecke, read by Rev Eric

CHALICE LIGHTING SONG

Jenn Berntson (see screen)

FAMILY CELEBRATION

Jodi McIntosh

HYMN

Peace like a River, FirstU House Band (see screen)

FLOWER AND CANDLE MEDITATION

Hazel Suurland

JOYS AND SORROWS

Rev Eric

MOMENT OF SILENCE

MUSIC FOR RETURNING

Jenn Berntson

STORY

Maybe, by Kobi Yamada, read by Jodi McIntosh

INVITATION TO OUR OFFERING

Kris Cormier

ANTHEM

Rhythm of Life, performed by Fusion Choir

MOVING MEDITATION

Be A Tree, led by Susan McEwen

HYMN

*If I had a Hammer, by Pete Seeger,
performed by the FirstU House Band (see screen)*

LOVING KINDNESS MEDITATION

Susan McEwen

EXTINGUISHING THE CHALICE

Words by Langston Hughes (adapted), read by Rev Eric

CLOSING HYMN

Spirit of Life, (see screen)

BENEDICTION

Rev Linda

POSTLUDE

Jenn Berntson



Please join us for coffee hour following the service! Grab a green mug to let us know you're feeling new or would welcome meaningful conversation.