

Fellowship News

SPRING ISSUE

MARCH 2017



Celebrate New Life!

By Sarah Baxter



Spring is that great, annual reminder that life has been waiting under the mountains of snow, this whole time, ready to burst forth with the coming of the sun's warmer rays. We can't help celebrating the new life that cracks the surface of the ground and rises to join us in the light at this time of year! Our hearts open as we welcome the coming warmth, perhaps making a little extra space for new connections.

Here at the Fellowship we also have reason to celebrate! Over the past year we have seen so many new faces, and every week we keep welcoming newcomers, sharing every last cup of coffee brewed. As

we welcome spring and the return of our dormant gardens, let us remember to nurture our community growth as well. We are always excited to see new faces in our midst, but we must remember that to be truly welcoming we need to make room in our garden for these new shoots to flourish. We need to make a few more cups of coffee, set out a few extra chairs in anticipation of those unexpected new arrivals.

With open hearts, we want to joyfully welcome these precious wildflowers that have blown into our garden, or the mystery bulbs that someone sowed last fall and are just now rising to join us. Some shoots may be newer, smaller, or more weather-worn than others, but as we look around our community garden, we know we are the richer for the beautiful diversity of colour, and the new seedlings that make themselves known at this life-affirming time of year.

Let the approaching spring also remind us to turn inward and find that sunny warmth within ourselves, buried beneath our winter layers. Remember to tend the soil that forms our common bond and feeds all the life in our Fellowship, so that all our flowers, new and old, find nourishment here. As we nurture ourselves, we nurture our Fellowship's mission, so let the (imminent!) big melt flood our hearts with the welcoming spirit, so that we might nurture our growth as well!

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Our Spring Themes:
Presence | Grace | Choices



Caring and Sharing

Our esteemed former minister, **Dr. Bonnie Lee**, has recently been recognized by the Virginia Satir Global Network for her outstanding contributions to the development of the Satir Model, and has also been awarded the University of Lethbridge Board of Governors Research Chair (Tier II) in Healthy Futures (2016-19). You can read the full article at [this link](#) (find it under links of interest at ufo.org/our-newsletter)

Au revoir chère **Irène** Farewell!
Ce n'est pas sans regret que nous te savons maintenant déménagée à Montréal. Tu as été peu de temps avec nous mais tu as beaucoup accompli. Ton engagement et ton implication dans la vie de notre « Fellowship », particulièrement dans le Rassemblement français et la Campagne de fonds pour les réfugiés, ont été marquants. Nous t'en sommes très reconnaissant(e)s. Nous allons beaucoup manquer ta présence, ton sourire, ton énergie positive. Nous espérons qu'il te sera possible de venir nous visiter souvent. D'ici là nous te souhaitons « le meilleur » sur cette nouvelle route que tu entreprends avec tant de confiance, de foi et de paix. A bientôt? *Your UU community from Ottawa.*



In response to our plea for items for the

caring page, **Robin** writes: "On Feb 6, Emerson turned 3 and I turned 43 on the 8th. Avery and I visited the Florida keys with my parents for a few days. On the way, we ran into Marilyn Kuhn in the Toronto airport (I think they were en route to Mexico?)."

Yes, some of us have travelled or plan to travel far and wide, some for leisure, others for work. Andrea and Andre, Marilyn and Helmut, Carolle and Dave flew off in February, to Algarve and the Andalusia region of southern, Mexico and Panama respectively.

John T. was visiting his mother in Victoria.

Elinor and Mark spent five days at La Forêt Montmorency which is the research forest of the Laval University faculty of forestry - 100 km north of Quebec City in the boreal forest. They enjoyed groomed cross-country ski and snow shoe trails which start at the door and go for miles. Grey jays, pine grosbeaks and boreal chickadees were everywhere.

In March, **Marlene and Marilyn** will be visiting Egypt.

Nanci will be the guest speaker at a Child Haven International fund-raiser in Victoria on April 1. She was "recruited" for this by Karen who wanted some UUFO company!

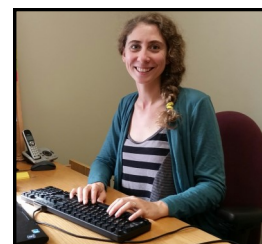
Louise writes: "**Don** has been transferred to the short term rehab unit at the General hospital and has been getting physio twice a day. With no quarantine here, he can take his walker out in the halls for exercise and a change of scene. It's very encouraging. We hope to go home soon. The nurses and other staff have been wonderful all through his journey at the hospital, and their compassionate care has been as much a part of the healing process as the medicine." Wow, you sure scared us Don. Great to hear that you are feeling better!

We are sorry to hear that dear **Ellen** is, once again, struggling with back pain to the point where driving, walking, and standing, are very difficult. Good thing that the dogs have decided to hibernate, so no need for walks... Get well soon, Ellen. Your 'regulars' miss you, as do we at UUFO.

Karen seems to be settling in very well in her new home in Victoria and keeping very busy indeed.

She has connected with the Capital Unitarian Universalist Congregation and their membership committee. Also, she has joined a choir and a newcomers' club, is writing her memoirs, taking two dance classes and launching her new AirBnB... This, interspersed with visits from family and friends, sure sounds like the good life... Phew! Have fun, Karen.

And finally, congratulations to our office administrator, **Sarah**, who is expecting her first baby at the beginning of June! The summer newsletter will miss you!



News From Membership & Newcomers

The Membership committee is very pleased to welcome Hoppy as new member of the committee. Thank you Hoppy for your generous cooperation and support!

The Fellowship is hosting an information sharing session for newcomers March 5th from noon till 1:30 pm. in our meeting room. A light lunch will be provided. Please let Lucie-Marie (luciemariecb@gmail.com) know if you plan to participate. We would love to have you.

In Fellowship,

Carolle, Frances, Hoppy, Lucie-Marie

A New Members Recognition will be planned for later this spring. Please keep your eyes open for an announcement in the Friday Notes.



Welcome, new buds, to our

*Fellowship
Family Tree!*

✓ Check-Ins and Check Lists—Hands On!

By Rev. Rodrigo Emilio Solano-Quesnel, Half-time Developmental Minister

I've been struck by how much of our engagement involves getting together to take hands-on action – sharing activities that offer a sense of accomplishment as we work toward a more spiritually mindful world. This often takes the shape of being part of a setup team, or service coordinators, perhaps supporting our refugee program, or making your voice heard outside of our walls, by words or walks.

Many of you offer your gifts of music, are helping with our children's program, or are taking a crafting activity. Many of you have been seeking renewal through immersive spiritual practice, maybe taking and dropping a stone during joys and sorrows, or becoming more aware of your breath during meditation. I too, have been stretching myself, as I try on different styles of leading worship, and offer activities where our entire being can be involved.

Hands-on spirituality – being present and making mindful choices gracefully – is part of what gives our Fellowship its vitality, and allows us to grow sustainably. In pursuing these goals I am happy to be working with a Developmental Task Force that is facilitating our shared roles in developmental ministry.

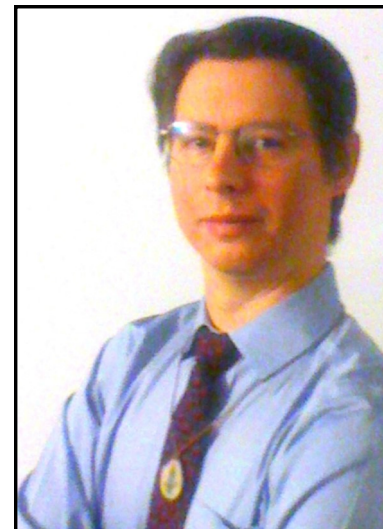
A new initiative that is extending and deepening the bonds of our community is the **Midweek Meditation at noon, on Thursdays** when I'm in town, so they're currently about twice a month. As this opportunity grows, other participants might be able to lead it so we may offer it more often. This is a joint venture with Heartwood House, allowing neighbours from down the hall to get to know each other through spiritual deepening. It is a contemplative space in addition to the meditation already offered on Saturday, and I'm excited to see where this leads us.

I'm also excited to be celebrating the Fellowship's 21st anniversary this March and sharing Easter with you in April! And I'm looking forward to closing our program year with a Flower Communion in June!

Warm regards,
Rev. Rod ~)-{



Rev. Rod Solano-Quesnel, Developmental Minister



Rev. Rod's Spring Schedule:

Rev. Rod has office hours on Tuesdays and Fridays 1pm-5pm and by appointment during his "On" weeks:

"On" Weeks for Spring:

Feb 21 - March 5
March 14-19
March 28 - April 2
April 11-16
May 2-7
May 26 - June 11

Midweek Meditations

Need some space to recharge during the week? Everyone is welcome for some time to step back and reconnect with music, silence, and community! Led by Rev. Rod each week he is in town. Enter through Heartwood House 404 McArthur for midweek access.

March 2 | March 15 | March 30 | April 13 | May 4 | June 1 | June 8

Board Walk

By Laura Evans

Developmental Ministry is on our minds. How is it going? What is happening? When do we see the results? I hear these questions as well as getting much appreciated suggestions. I am encouraged by the conversations. We do care and want to see our way forward.

Reverend Rod has been with us through the Fall and helped us navigate the challenging timing of the Christmas season. This was our period to get to know each other. We held a start-up workshop which did indeed start/continue the conversation about our development priorities.

Starting the new year, the Board requested that Rod start the more formal presentation of a congregational development work plan. The January Board meeting was devoted to a discussion of the first draft of the plan. One outcome of the discussion was to provide Rev. Rod with a support team to be a resource and sounding board for designing and implementing the development plan. The Development Task Force has been formed and met for the first time in early February. I am chairing the Task Force with Pat Lucey, Enrique Soto and Chris Baddeley-Girard as members along with Rev. Rod. We will be meeting monthly. By contrast, the Committee on Ministry supports Rev. Rod understand the relationships with the congregation and navigate his role.

The Development Task Force started with a discussion about the goals of the developmental ministry. We need to know where we are going to craft a program to get us there. As can be assumed in any UU gathering, there were more ideas and opinions than the number of people present. To summarize: the overwhelming goal established almost two years ago when we decided to hire a developmental minister was to enhance growth, vitality and sustainability. Growth can mean numbers, more people attending services and activities. Growth can also mean engagement and depth of our relationships. One cannot thrive without the other.

Vitality is the quality of our relationships. Vitality comes from each of us being nurtured by the community. Our mission statement focuses on our relationships and provides a guide to the new opportunities we can offer. Providing more and a greater variety of activities is a focus of this goal. The mid-week meditation is one example of this that has welcomed Heartwood House staff and participants as well as UU's looking for a mid-week pause.

Laura Evans, Board President



Sustainability builds on the other two elements. A stronger feeling of being involved and nurtured leads to a stronger willingness to take on new tasks. More people attending the

activities means more people to draw on to carry on. This applies to every aspect of our congregation, be it worship (think of how we have been enriched by the Rassemblement), discussion or meditation groups, and on to cluster and Board work.

Reverend Rod is designing our congregation's development work plan to meet these goals.

I know these are not new ideas. As a Board we realize there are no easy answers to promote growth, vitality and sustainability. Right now we have a minister to implement some of the activities to motivate, develop attachment and encourage each of us to "be open to grace". We welcome your ideas and initiatives. Speak to or write any member of the Development Task Force, and be ready when you are asked to help. Development will be incremental.

Let's work together to see where it takes us.

*"As a Board we realize
there are no easy answers
to promote growth,
vitality, and
sustainability."*

Up Close and Personal: UUFO Member Nanci Burns

By Pat Lucey

Nanci Burns and her husband Tom have been members of the Fellowship from our beginnings in 1996, and their two kids, Heather and Duncan, grew up in the Unitarian R. E. program. Nanci recently retired from OCDSB after 25 years as a School Social Worker, and she was presented with an award for Outstanding Contribution to Child Protection for City of Ottawa for 2016, which is now displayed at City Hall, on the main floor.

From October–December 2016, Nanci volunteered at the Child Haven home in Kathmandu, Nepal. When she was asked what surprised her most about her visit, she replied that she was struck by the kindness of their society in general, and in particular by the loving, nurturing behaviour of the older boys (18-25) toward the babies and younger children. It's not "just a girls' job" in Nepal. Her impression was that nobody in Nepal ever says "I'm in a hurry," and that everyone was really patient and respectful.

When asked if her years at OCDSB proved to be of value in Nepal, her answer was "Surprisingly, yes. Teenagers are teenagers everywhere!" Nanci was able to support the kids in Nepal using the same patience, understanding, and professional skills which served her well in the Ottawa schools. She felt she was able to make a difference – more of a difference, in fact, than she thought she would make. She noted that the kids in the Child Haven home have largely grown up without mothers, so they came to Nanci as a mother figure, seeking her support and recognition.



Child Haven values parallel with Unitarian values. The children in Nepal told Nanci "We celebrate everything (i.e., Buddhist, Hindu, Muslim, Christian, etc., festivals and traditions)!" For example, all the kids learned to sing "Santa Claus is Coming to Town" to celebrate Christmas with the one Christian child. And gender equity is very strong in the Kathmandu Child Haven home.



Nanci went into the Montessori program every day to work with the youngest children. She brought an updated "Mind Masters" positive living skills program for children (it's taught through CHEO) to share with the teachers. The kids loved the program, and the Montessori teachers really embraced it. The kids go to school 6 days a week, and there are rarely any discipline problems, because they love to be at school and learning.

Those of us who regularly read the Child Haven newsletter have learned of Nanci's adventures in teaching swimming to a large group of kids from the Nepal home. You can read this delightful story ("I Thought it was a Simple Idea") in the December 2016 newsletter at <http://childhaven.ca/newsletter.html> as well as a beautiful story by Nanci entitled "I Cried Today."

Nanci is planning to return to Nepal in October. She'll be taking a group of 20 Child Haven youth who have demonstrated leadership on a trek on the Annapurna circuit, and is raising funds for this project. And she has offered to give a presentation at the Fellowship in the coming months about her experiences in Nepal – watch the weekly announcements for more details. Thank you, Nanci, for sharing your wonderful stories with us!

Worship Cluster Update

By Pat Lucey

We'd like to give a special shout out here to Reverend Rod, whose strong participation in the creation, development, and realization of our services has inspired us to reach higher and deeper in our work for the Fellowship. While respecting our unique culture and traditions, he has brought us new ideas, challenged us to think in different ways about how we "do worship," and encouraged us to expand our boundaries, and to boldly go where no Fellowship worship team has gone before (*"A Christmas Eve service? ... ummm ... well ... OK, why not?"*). In addition, Rod has also become a strong, supportive resource for new Service Coordinators, offering gentle guidance in the development of Sunday services when he is the featured speaker. And together with our team, he is working out ways to expand our Sunday singing repertoire by introducing new songs, relying on the support of our musicians and Songsters to help attendees learn as they sing. The Worship Cluster would like to congratulate everyone for your willingness to bravely tackle new songs! Please let us know if you have any favourite songs you would like us to include more often.

We would also like to send our gratitude and admiration to the Social Action Cluster for bringing in Gabrielle Fayant on Sunday, February 5th, for a truly remarkable and inspiring service. Claire and Helmut, who were the Service Coordinators, spent a lot of time beforehand in preparation with Gabrielle, and it certainly showed – kudos to both of you! Gabrielle is a talented communicator, and her deep, thoughtful presence with us was a most spiritually enriching and rewarding experience. She was able to include the children in their parts of the service in a way that was meaningful for both young and old, and the sharing time during coffee hour served to deepen everything which had gone before.



On May 21st, we'll have a lay-led theme-related service ("Choices") – consider this your invitation to participate in planning and leading this service. Some questions to ponder:

How much choice do we have? Some neuroscientists would answer "None" – do you think they're correct? Are we aware of how monumental some of our choices are for our lives? And what about "bad" choices which turn out to have been "good" choices after all?



In planning for our next program year, we would love to hear your ideas about our theme-based services and related activities. We are giving some thought to going with seasonal themes instead of monthly themes, in order to develop more opportunities for "living with the theme" for a longer time, and for deepening our experience of the theme before moving on to the next theme. And we're also looking for a few more Service Coordinators for several of the remaining Sundays between now and June 11th – please speak to us if you might be interested in learning more about this role. Our heartfelt thanks to everyone who has ever joined us on Sunday as a Service Coordinator – we couldn't have done it without you!



Worship Cluster

Members: Martha Nabatian, Pat Lucey, Lorna Erickson-Fraser, Nancy Rubenstein, Urbain Rwuhirio, Lucie-Marie Castonguay-Bower, Rev. Rod Solano-Quesnel

Gabrielle Fayant, Feb 5, 2017



Religious Exploration News

By Pat Lucey

Welcome to Laura Ndoria, our New Religious Educator! I asked her if she would like to tell us about herself in this, the first newsletter column of her tenure as the leader of our Religious Exploration program. So here, in her own words, is your introduction to Laura:

"I want to take this opportunity to thank the UUFO congregation for being so warm and welcoming. I really appreciate being greeted with open arms.

"In discussion with fantastic the team at UUFO, I did decide to continue the Holidays and Holy days curriculum that was started this year, with adjustments to suit the age group of the children who attend. I wish to continue to create a space that is fun and engaging to the children as well as the child centered learning that is pivotal to the UUFO RE.

"Pat did ask me to expand a little on my background and what motivates me to take part in RE. I am Kenyan and Canadian, I grew

up living in multiple countries with my family. Those experiences not only ignited my love of travel and learning from other cultures, but also have ingrained in me a deep respect and desire to learn from others, and a commitment to support communities and spaces where we learn from one another with an open mind.

Laura Ndoria, Religious Educator



"My background working with children comes from years of experience working in summer camps and volunteering with community centers. Most recently, I worked with my local YMCA with their young leaders programming, and really enjoy running activities that help to build children and youth with strong values which equip them to take on the challenges they encounter. I really appreciate the opportunity to continue working with UUFO to continue building strong children in our community. I hope to keep having opportunities to get to know you all better."

Let's all continue to help Laura feel at home with us, and please consider volunteering to assist her in the classroom as a Religious Exploration Helper.



Get ready for a "Flour" Communion!

We began March with Bread and Roses – forty days later we conclude the season on Easter, trying our hand at bread-making! Do you have a favourite bread recipe? Let Rev. Rod know and we can convert it – from flour to loaf – on **Sunday April 16.**

Heartwood-UUFO Green Alley Project

by Pat Lucey

Q: How can we transform THIS into something like THIS?



A: Our Green Alley Project!

In mid-2015, Heartwood and UUFO agreed to work together to upgrade and improve the alley running along the west side of our property, with the goal of making it a safer, more environmentally-conscious, and much more pleasant, feature of our neighbourhood. Some of the problems we were determined to solve included (1) the lack of security lighting after dark; (2) the danger of damage or injury from drivers who were attempting to squeeze their cars down the our narrow 10 ½ foot wide alley (4 feet below the legal width for a driveway) past our gas line and the utility pole; (3) general messiness and litter; (4) recurring graffiti attacks; and (5) uncontrolled stormwater runoff for the entire property, which is a major environmental concern for the City of Ottawa.

We were very fortunate and grateful to receive a \$1000 kickstarter grant from JustChange Ottawa in August, 2015, and we used the money to install security lighting in the alley, which was our highest priority for improving the safety of our visitors and neighbours who use the alley after dark.

Our Joint Property Management Committee and respective Boards then agreed that before we could proceed with the next steps in “greening” our alley, we needed to know more about the stormwater runoff patterns for our entire property, so with the generous support of the City of Ottawa’s Community Environmental Projects Grant Program, we commissioned an engineering study of our drainage system. In late spring 2016, we brought in the experts from BTE Bytown Engineering, and they conducted a thorough investigation of our property’s hydrological profile. The detailed report they provided to us became an invaluable resource in identifying problem areas in the management of our stormwater runoff, and in taking corrective action to prevent serious drainage-related issues in the future.

Another successful grant application followed in 2016, and with the generous assistance of the TD Environmental Leaders Program at the University of Ottawa, we now have an energetic and motivated team of students who are assisting us with our next steps. They have already conducted a survey of some of the users of the alley, and consulted with our neighbourhood and our community about our plans for upgrading this neighbourhood space. The team then created and delivered a well-researched and interesting presentation about the project, and will now proceed with some technical research into the process of upgrading the basic features of the existing alley, and will then design a wonderful new neighbourhood space for us. The next phase of this project, which includes the actual physical changes we will be making to the property, is scheduled to move forward in September 2017, when another team of University of Ottawa TD Environmental Leaders will be on hand to help us implement these changes, and to realize our dream of opening up our property to the neighbourhood as a safe, trusted and attractive gathering place where all are welcome.

Social Action Cluster Update

By Marilyn Kuhn

"A nation without a land base is not a nation" "Send in negotiators, not [police] squads."

From: Honour Your Word (film about the struggles of the Algonquins of Barriere Lake)

Our journey on the path of reconciliation has continued with several events in January/February. Forty-three people signed a petition to the Quebec government asking them to honour their agreements with the Algonquins of Barriere Lake (ABL). The ABL ask the Quebec government not to allow mining or preparations for mining without discussion, negotiation, and agreement with the ABL on resource management within their traditional territories – a commitment the government has already made in two earlier negotiations.

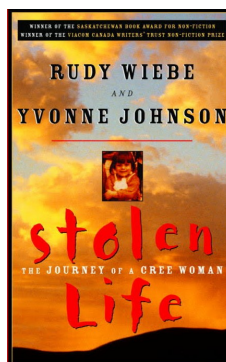
As a follow-up to signing the petition for the ABL, we have made a commitment to help with a teach-in/fundraiser for their legal defence fund on March 11th. The event will include a chili dinner and entertainment as well as guest speakers. The organizers would like some extra hands to help with the event. **ARE YOU AVAILABLE ON MARCH 11th?** Speak to Elinor if you're willing to lend a hand.

About 15 of us had a good discussion about our learnings and reactions to Richard Wagamese's book *Indian Horse*. Close to 60 people attended the Sunday service featuring Gabrielle Fayant. She gave us a gentle introduction to elements of indigenous spiritual practices, blended graciously with some Unitarian practices. We arranged the chairs in a circle, began with a "smudge" of cedar water and a welcome song accompanied by Gabrielle's drumming; everyone received tobacco to put in a cedar bark bowl during joys and concerns. Gabrielle said she would take the tobacco and offer it later in a sacred fire. The service was an educational and a moving experience.

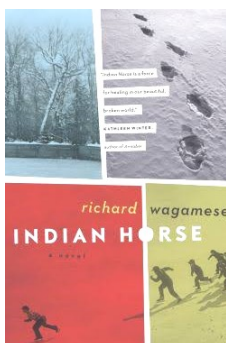
We continue to connect with opportunities to support reconciliation led by others in the community. Several of us participated in the second of four sessions of a program developed by the CUC (Canadian Unitarian Council) at the First Unitarian Congregation. We explored the theme of "Understanding" as we listened to the story of a residential school survivor. A commitment to develop and promote this program was made by the CUC during the Truth and Reconciliation events. The final two sessions are open to everyone: March 18 - "Connection" and April 15 - "Healing and Reconciliation". For further information and to register for the events contact Maury Prévost at: mmprevost@sympatico.ca.

We have also continued our volunteer commitment to the Odawa Native Friendship Centre's Centre 510. It has moved back to 510

Rideau Street after a number of months at St. Paul Eastern while the downstairs, including the kitchen, was renovated to become a Café as well as a drop-in centre later this spring. It currently serves breakfast and lunch to 40 or more homeless or near-homeless indigenous people five days a week.



Looking ahead, a book discussion on *Stolen Life* by Rudy Wiebe and Yvonne Johnson is planned for March 26. This is a difficult read about a difficult life. For those who like to start with a happy ending, go to [this link](#) (at links of interest at ufo.org/our-newsletter) for a picture of where Yvonne is at today. April 9th will be our annual USC Sunday Service - a chance to think more deeply about our environment and our connections with farmers around the world.



Keep in touch through Friday Notes for information on other opportunities to engage in reconciliation over the next few months.

As we move towards the end of this program year, the SAC will be reflecting on our initiatives this year and setting priorities for next year. We want to hear what you think about what we've been doing and where we should be going. Talk with us if you have an idea that you would like to implement. We can help!

In peace,
Marilynn Kuhn for the SAC

Refugee Sponsorship—What a Difference a Year Can Make!

By Helmut Kuhn

It was about one year ago that we learned of the tragic events that had forced Urbain Rwuhiriro's two brothers to flee their family, friends and Burundi homeland and cross the border into Rwanda. Urbain, a member of our Fellowship, told us of the beating inflicted by government agents on the younger brother and subsequent harassment of the two. In Rwanda, they registered with the United Nations High Commission for Refugees (UNHCR) and went into virtual hiding in the home of an uncle.

Members of the Fellowship were deeply moved by the brothers' plight and by Urbain's deep concern for their safety. Our Board, in response to a request from the Social Action Cluster, agreed to undertake sponsorship of the two brothers under the Canadian Government's Refugee Sponsorship Program. Volunteers came to a meeting in the Spring and quickly laid out a plan for fundraising, for completion of application forms, and for settling the brothers into Ottawa should our applications be successful.

Within two months members and friends donated or pledged sufficient

funds to give us assurance that we could meet the financial challenge of Refugee Sponsorship: total donations now stand at \$40,304.

A small group of our francophone members spent many hours through the summer completing the application forms and in August they were handed to the Canadian Unitarian Council who submitted them to Citizenship and Immigration Canada.

In October we received word that our applications had been accepted for processing. In January we learned that the brothers had been notified that a Canadian Visa Officer would interview them in February. The day of the interview, Urbain spoke to his brothers by telephone and received the happy news that the interviews were successful; they were cleared to come to Canada pending medical examinations and a variety of additional procedures to clear them for travel.

On February 12th, volunteers met after the Sunday service to begin activating the plan for the brothers' settlement in Ottawa. Little can actually be done until we learn of their actual arrival date. We've been told that could still be two or three months away. But we want to be prepared. If you would like to help Urbain's brothers settle in Ottawa or more specifically at the moment, if you would like to help with finding housing or donating furniture and/or household items please contact:

Elinor Mueller (elinormueller@rogers.com or 613-746-2593) or Gary Weinhold (weinhold_g@yahoo.ca or 613-487-2257).

Yes. What a wonderful difference a year can make!



Campaign launch: March 2016



Refugee committee: May 2016



Application ready: August 2016

"Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place."

- Kurt Vonnegut

Rassemblements à venir :

Le 26 Mars : Thème : *La Présence*

La belle salutation "Namasté" est parfois traduite comme "La divinité en moi salue la divinité en toi". Pensant à notre Rassemblement du mois de mars, nous pourrions paraphraser "La Présence en moi salue la Présence en toi". Ce Rassemblement sera consacré au partage du sens profond de la Présence chez chacun de nous, Présence qui imprègne autant nos relations que nos activités quotidiennes. Nous t'attendons!

Le 23 Avril : Thème : *La Grâce*

Faire de bonne grâce. Aujourd'hui nous méditerons sur la citation de Jean Baptiste Blanchard; « C'est donner deux fois, dit-on, que de donner vite, mais c'est faire un présent plus de cent fois que de le faire de bonne grâce. » Ça signifie quoi pour vous 'faire de bonne grâce'? Quel est son impact? Y-a-t'il des moments où on aurait dû agir ainsi? Est-ce qu'il y a eu une occasion où vous avez senti que vous receviez 'un présent plus de cent fois'? Et encore, y-a-t'il des connotations ambiguës de nos jours? Oui plein de questions à se demander et de réponses à partager.

Le 28 Mai : Thème : *Savoir choisir*

« Le choix responsable est le chemin conscient vers l'acquisition du pouvoir authentique. Qu'est-ce qu'un choix responsable? » (Gary Zukav : Le Siècle de l'âme).
Que nous faut-il faire pour effectuer un tel choix? Avons-nous le choix de ne pas choisir? Espérons que vous ferez le choix de venir vous joindre à nous.

Le 18 Juin : En spécial

*Dîner partage et rétroaction à 11 h.
Détails à venir.*

A remarquer :

Pour nos Rassemblements, nous arrivons à 11 h 30 afin de socialiser et fraterniser avec « Notre Grande Communauté » (Vous pouvez toujours arriver plus tôt si vous le désirez). À 11 h 55 nous nous réunissons dans la salle de rencontre de HH, 2^{ème} étage. Notre Rassemblement est de midi à 13 heures.

Bienvenue à tous, particulièrement à nos fidèles francophiles.

Coin Français

Le Printemps

Victor Hugo

Voici donc les longs jours, lumière, amour, délire !
Voici le printemps ! mars, avril au doux sourire,
Mai fleuri, juin brûlant, tous les beaux mois amis !
Les peupliers, au bord des fleuves endormis,
Se courbent mollement comme de grandes palmes ;
L'oiseau palpite au fond des bois tièdes et calmes ;
Il semble que tout rit, et que les arbres verts
Sont joyeux d'être ensemble et se disent des vers.
Le jour naît couronné d'une aube fraîche et tendre ;
Le soir est plein d'amour ; la nuit, on croit entendre,
A travers l'ombre immense et sous le ciel béni,
Quelque chose d'heureux chanter dans l'infini .

Accueillir le printemps c'est :

L'éclosion d'une nouvelle conscientisation de soi,
L'ouverture du cœur à l'Autre en tout temps,
La grâce d'un renouveau de Vie. (L-M)

Avec le printemps et l'allégorie du jardinier et de la jardinière, je "nous" invite à visiter notre jardin intérieur...

- Quel travail s'offre à moi?
- Ai-je besoin d'outils nouveaux ou de terre nouvelle?
- Serait-il bon d'avoir de l'aide?
- Qu'est-ce qui semble bien pousser?
- Y a-t-il des surprises?
- Suis-je fier de mon jardin?

Avec les thèmes partagés à nos derniers Rassemblements, « Renouveau spirituel et La Vulnérabilité » y en aurait-il un qui puisse servir comme nouvelle platebande dans notre jardin intérieur?

N'oublions pas de prendre bien soin de nous car le jardinage est exigeant mais aussi passionnant!

La septième victime

Par Maurice Cabana-Proulx

« Peut-être que certains seront fâchés contre moi, mais je dois dire la vérité. Nous avons énuméré nos victimes, mais il y a une victime dont on n'a pas parlé. Cette victime s'appelle Alexandre Bissonnette. »

L'imam Hussein Guillet

Dans son éloge funèbre aux victimes de la fusillade à la mosquée de Québec, l'imam Guillet a ajouté le nom de l'assassin à la liste des victimes. La première victime de ce crime haineux serait le meurtrier, l'agression aurait eu lieu entre ses deux oreilles. Les propos de l'imam ont eu un retentissement international. Le journal britannique le Guardian et l'auteur célèbre J.K. Rowling ont demandé de les diffuser. La CBC a affiché le texte du discours sur son site web.

« Il ne faut pas céder à la colère et à la vengeance, mais il faut plutôt transformer ses ennemis en amis. »



Peace be upon him
Art by Imam K Hasan

L'imam était conscient de la délicatesse de sa démarche mais il tenait à souligner que les idées destructrices ne sont pas innées, qu'elles sont « plantées » dans le cerveau; des gens inquiets, insécures, vulnérables deviennent les proies faciles de notions qui proposent un bouc émissaire et des « solutions » expéditives qui ne sont aucunement réfléchies et encore moins justifiables. C'est le triomphe de l'ignorance. L'imam a déploré combien certains politiciens et journalistes empoisonnent l'atmosphère. Nous savons que la veille de son geste fatidique, Alexandre a participé à une discussion sur Facebook où il était question des mesures du président Trump contre les musulmans.

L'éloge funèbre fut en fait un appel à l'action. L'imam a insisté auprès des musulmans qu'il ne faut pas céder à la colère et à la vengeance, mais qu'il faut plutôt transformer ses ennemis en amis, qu'il faut dissiper l'ignorance en se faisant connaître. Il a été beaucoup moins exigeant envers ses concitoyens non-musulmans. Or, le problème d'islamophobie c'est le leur. C'est à eux de nettoyer cette atmosphère empoisonnée, de faire reculer l'ignorance, d'interpeller ceux qui ne veulent pas faire l'effort de connaître et qui préfèrent la facilité du préjugé.

UUFO turns 21!

Sunday March 19

Join us for a lively service led by Rev Rod and Rev Fred followed by our renowned Pot Luck Lunch. Surround yourself with friends. Be inspired and entertained by the service. Enjoy tasting the luncheon specialties we bring to share. Reminisce about turning 21.

Creating a UUFO Cookbook – One Recipe at a Time

Recipe #8: Detox Green Soup with Broccoli, Spinach, and Ginger

Submitted by Andrea Young

This easy detox soup can be thin or thick, depending upon the amount of water you add. It cooks up fast. We served ours with a modest scoop of hot cooked jasmine rice in the middle. Super good. Serves 4.

Ingredients:

1 tablespoon olive oil
2 cloves of garlic, chopped
2 tablespoons diced onion
1 inch of fresh ginger, peeled and chopped
4 cups fresh broccoli, cut up
1/2 pound of fresh spinach leaves
3 parsnips, peeled, cored, chopped
2 ribs of celery, trimmed, chopped
A handful of fresh parsley, roughly chopped
Fresh water, as needed
Sea salt and ground pepper, to taste
Lemon or lime juice



Instructions:

Using a large soup pot, heat the olive oil over medium heat and stir in the garlic, onion, and ginger to season the oil. Add the broccoli, spinach, parsnips, celery and parsley, and stir a bit until the spinach wilts and collapses. Add just enough water to cover the vegetables. Remember the spinach will cook down quite a bit, so don't add too much water at first. You can always thin the soup later, if you need to.

Bring to a high simmer, cover the pot, and reduce the heat to a medium simmer. Cook for fifteen minutes or so until the veggies are softened.

Use an immersion blender to puree the soup.

Taste test. Does it need brightening? Add a squeeze of citrus.

Options: To make this a creamy (and still non-dairy) soup add a good dash of light coconut milk.

And if you're not averse to grains, serve with a spoonful of hot cooked rice in the center of the bowl—so fabulous.

Michael Chan Endowment Prize

By Pat Lucey

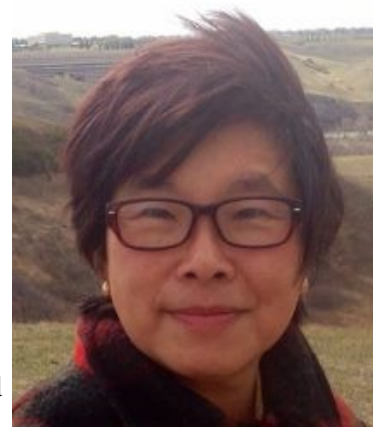
Dr. Bonnie Lee, who served as our Fellowship minister from 2000 – 2005, has established an endowment fund at the University of Lethbridge in memory of her late husband, who was a personal friend to many of us in the congregation.

The Michael Chan Prize disburses \$1000 annually for outstanding student achievement in a course project or paper on an Asian topic. Students who received the award have shared their papers with the funders and have been greatly encouraged in their aspirations to pursue graduate and professional studies.

Currently, the fund is sitting at a healthy amount of \$17,000. To bring the fund to endowment status for perpetuity, we aim to reach \$25,000 before August, 2017. This award will be a lasting tribute to Michael Chan and will be an ongoing encouragement to students' excellence in pursuing Asian Studies.

To make a donation, you can simply go to: <http://www.uleth.ca/giving/make-gift>. If donating online, choose the "other" option on gift information, and specify in the box "Michael Chan Prize". Your gift will be eligible for a Canadian Revenue Agency charitable tax receipt.

You can read the full letter from Bonnie on our website at uufo.org/our-newsletter



Heartwood House Update

One of the member organizations of Heartwood House, ALSO, has been making soup for Heartwood House on Wednesdays. The cooking project was started by their students who wanted to learn more about cooking and healthy eating. ALSO then saw an opportunity to expand their soup-making into a small-scale commercial enterprise. However this requires upgrading our kitchen to commercial status. UUFO was consulted and we agreed that upgrades to the kitchen would benefit us all. ALSO has received a grant for the first part of the work. We will be seeing some upgrades such as new garbage bins and a hand-washing station. Future changes include new counters and better ventilation above the stove. If you are at the Fellowship on a Wednesday at lunchtime, stop by for a bowl of vegetarian soup.



UUFO Annual General Meeting:

Sunday June 4th, noon

June will be the end of our worship year and the time for our annual review of activities as well as the presentation of the finalized 2016 financial statements with a mid-term update. Our Annual General Meeting is also the end of one Board year and the election of the new Board of Directors. All members are encouraged to attend and vote. Everyone, officially a member or not, is welcome

Denominational News:

Canadian Unitarian Council (CUC)



The CUC is the national organization of Unitarians across Canada. This year they will be holding their annual meeting on May 13 hosted by Toronto First Unitarian Congregation. However they are webcasting the meeting, and for the first time most delegates will participate online. You can watch the meeting on your computer at home or, if there is interest, at the Fellowship. UUFO will have 2 delegates to vote on the resolutions, which include a change to the formula that congregations use to calculate their contribution to running the CUC. If you are interested in more information please contact Laura Evans.

PUB NIGHT

Fun, food, and good conversation with Fellowship friends!



**Friday
6:30 pm**

**March 31st
April 28th
May 26th**

Everyone Welcome!

Unitarian Universalist Fellowship of Ottawa

Everyone Welcome | Bienvenue à tous

*The Unitarian Fellowship of
Ottawa is a spiritual community
of people with shared values
and diverse beliefs.*

*We are guided by the warmth of
love, the light of reason, and the
call of justice.*

*We come together to nurture
meaning, hope, and reverence
for the earth as we pursue a
more just and compassionate
world.*

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Many thanks to our contributors and
editors!

Editorial Team:

Content: Andrea, Lucie-Marie, Pat

Layout: Sarah

Proofreading: Louise



Spring Services and Events of Note

March

Sunday, Mar 5 The Hand-made's Tale 10:30

Join us for this International Women's Day service with Rev. Rod.

Sunday, Mar 5 Newcomers Get Together 12:00

Friends and Newcomers are invited to gather

Sunday, Mar 19 Anniversary Service 10:30

Rev. Rod and Rev. Fred Cappuccino will share the pulpit this week for our 21st Anniversary service.

Sunday, Mar 26 Book Discussion 12:00

Join the Social Action Cluster for a lunchtime discussion of *Stolen Life: The Journey of a Cree Woman* by Rudy Wiebe and Yvonne Johnson.

Dimanche, 26 Mar Rassemblement français 11h30

Il nous fera grand plaisir de vous y accueillir le quatrième dimanche de chaque mois. Votre présence sera pour nous une richesse.

Friday, Mar 31 Fellowship Pub Night 6:30

All are welcome for fun, food, and conversations with Fellowship friends.

April

Grace

Sunday, Apr 16 Easter Service 10:30

Join Rev. Rod for a special "flour communion" Easter service this week.

Dimanche, 23 Avr Rassemblement Français 11h30

Il nous fera grand plaisir de vous y accueillir le quatrième dimanche de chaque mois. Votre présence sera pour nous une richesse.

Friday, Apr 28 Fellowship Pub Night 6:30

All are welcome for fun, food, and conversations with Fellowship friends.



May

Choices

Saturday, May 13 CUC AGM 11:30

The Annual General Meeting of the Canadian Unitarian Council is taking place in Toronto with online voting and participation.

Friday, May 26 Fellowship Pub Night 6:30

All are welcome for fun, food, and conversations with Fellowship friends.

Dimanche, 28 Mai Rassemblement Français 11h30

Il nous fera grand plaisir de vous y accueillir le quatrième dimanche de chaque mois. Votre présence sera pour nous une richesse.

UUFO AGM: June 4th at 12pm Members and Friends all welcome!