

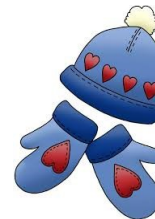
# Fellowship News

WINTER ISSUE

DECEMBER 2016

## Welcome to our Fellowship Holiday Celebrations!

**Sunday, December 11<sup>th</sup>, 10:30 am:**  
**Annual Holiday Mitten Tree Sunday Service**  
Bring mittens, scarves, hats and other warm cuddly items  
to the Sunday service as holiday gifts for local children.



**Sunday, December 18<sup>th</sup>, 4:30 pm:**  
**Winter Solstice Celebration  
& Potluck Dinner**

We will celebrate the return of the sun with music  
and ritual, followed by joyous feasting and the  
warmth of friendship.

**Saturday, December 24<sup>th</sup>, 4:30 pm:**  
**Christmas Eve Celebration**

Reverend Rod will lead us in a Christmas Eve service  
featuring some traditional carol singing.



**Sunday, December 25<sup>th</sup>, 10:30 am:**  
**Christmas Morning Open House**

Reverend Rod will host a Christmas morning Open  
House with coffee, tea, snacks, and some time for  
sharing the holiday with friends.



**Sunday, January 1<sup>st</sup>, 4:30 pm:**  
**New Year's Day Celebration  
& Potluck Dinner**

Party time! We'll meet in late afternoon to welcome in  
the new year with fun and games and music, followed  
by an early evening potluck dinner.



### INSIDE THIS ISSUE:

Caring & Sharing	2
Membership News	3
Minister's Column	4
Board Walk	5
Coffee Hour Chat	6
RE News	8
Developmental Ministry Workshop Recap	9
SAC Report	10
<i>Canadians Must Acknowledge Indigenous History</i>	11
Coin Français	12
UUFO Cookbook Project	13



Thank You Marie! Read more  
on page 8: RE News

# Caring and Sharing

By Claire Heistek

Welcome Back! We are so pleased to see Kathy, Joe, June and her son Allan at the Fellowship this Fall. We missed you!

## Perkins' Lunch

On the second Monday of the month, a group of us meet at Perkins'. Thanks to June for organizing this special event and to the drivers for transporting those who don't drive any more. I'm thinking of Marlene, in particular, but I am sure that there are others. Yes, Ann B., we are very happy that your mother, Lois is with us thanks to your help. Sure hope you enjoy being with us too...

This month, there, naturally, was a bit of rehash of the past American election. Fear of the effect on Canada

seems to be the dominant emotion and, naturally, disbelief. Ontario politics were also in the forefront as many of us live in the Ottawa-Vanier. June mentioned, also, that she passed *Marion Dewar: A Life of Action* to Lois – all long NDPers. Apparently, she took classes from the author, Professor Deborah Gorham when she was studying for her degree after having her children.

But this was not the only topic. First off, we all signed a get-well card for Gerry who hasn't been feeling well for a while. Get well soon Gerry!

Because of its reasonably small size – 11 this time – Perkins'

Lunch offers us the opportunity to get to know each other a little better. For example; Rod announced that he had been canoeing that morning in his new lightweight craft and that he'd had a good paddle on the Ottawa River. He simply carried it from his home to the river... A few of us have canoed in the past and... Ellen was a canoe instructor in her youth.

A bit more news. At print, Ann will be on an 11 day Caribbean Cruise. Enjoy! Lois still reads many newspapers every day and the New York Times is her favourite. Marlene enjoyed watching the Met's Tristan and Isolde a couple of weeks ago – the

whole 5 plus hours of it. Did you know that our Tudy knew Leonard Cohen personally? Ask her about it! She has many stories.



## Note of Gratitude

To our committed five **SUPPORT TEAMS** for our Sunday Services,

You have assembled a team of **special people**,  
with your **generosity** of time and food,  
your **presence** to greet members and newcomers,  
your **flexibility** to team up with the Service Coordinator.

Our Sunday Services are always warm, inviting celebrations that nurture love, hope, joy, and compassion for one another.

You are the ones who create this atmosphere.

**We thank you with all our hearts!**

## Membership News

*On October 30th we were delighted to formally welcome 2 new members: Hoppy Roy and Mike Jan. Since Hoppy has introduced herself in our Fall issue, we are pleased to let Mike do the same.*

### Here are the reasons why I wanted to be a member of the UUFO

I wanted to return as a member of the UUFO because I recently retired and so wanted to be in a group with a lot of people to see on a regular basis since that was the case when I was working and I missed that. I like that the UUFO is a progressive community and is open to everyone whether you are a believer or not; whether you are Christian, Muslim, Jewish, Buddhist or a non believer. I also like the UUFO's involvement in social justice causes.

I find the services pleasant and interesting. I am a non believer and my family did not go to church, however on occasion we did and when we went I could not concentrate on the sermon for more than a few minutes because it was so boring. The UUFO messages are never boring so I am able to hear the entire message and service.

I look forward to getting to know all of the members better in the upcoming year.

*Mike Jan*



### Newcomers get-together:

At the end of January 2017, We will have a "get-together" to give newcomers an opportunity to meet each other and to get to know us better.

Please stay posted and check our Friday Notes.

*Your Membership Committee*



### My Heart is Heavy...

*A reflection from Rev. Shawn Newton, First Unitarian Congregation of Toronto*

*Posted November 9, 2016 on cuc.ca, the day following the U.S. election*

My heart is heavy beyond belief today. I am sad. I am angry. I am worried about what the results of this election now mean for the world. But I know I'm not alone in my despair. And that gives me hope.

On this hard, sobering night, I find solace in knowing our collective heartbreak (on both sides of the Canadian-U.S. border and beyond) points to a deep yearning for a better world—a world beyond the fear and hate-filled rhetoric of the American election. We who hold a very different vision for the world must renew our commitment to make that vision real as we deepen in our commitment to the work of justice and peace. We may not feel quite ready to do this tomorrow; that's understandable. But tomorrow is not too soon.

May these enduring words of Jack Layton guide us tonight and through the days to come: "My friends, love is better than anger. Hope is better than fear. Optimism is better than despair. So let us be loving, hopeful and optimistic. And we'll change the world."

Take heart, friends, for we are not alone.



## ✓ Check-Ins and Check Lists

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

One of my checklist items has been to check in with many of you about the goals we are developing this year and over the next while. I was very pleased with the turnout and engagement at the Start-up Workshop in November, where many of you were able to participate, living our 5th Principle's democratic process.

If you weren't able to be there - ours is an ongoing conversation, and the democratic process requires constant work! We will continue to check in as the year goes on!

I look forward to continue working with you in building thoughtful, inspirational, and meaningful programming, while promoting congregational vitality, growth, and sustainability. We are doing so as we deepen the bonds of our community, and continue to be engaged in the social action that is part of our congregational life.

Another neat development I saw at the Workshop was that I knew the names of all who were there! This is another important goal for me. While there will always be new people to meet - and names to learn - I have to say that I've felt very much at home at the Fellowship.

I have also found a place to call my own while in Ottawa. And while I'm only in the city two weeks per month, I am happy to say that I feel, once again, that I fully live in this city when I'm here! I enjoy my commutes between Toronto and Ottawa, and many of you had a chance to meet my partner Sarah Wert when she visited in October.

I continue holding office hours between 1-5 pm on Tuesdays and Fridays on the weeks when I'm preaching. If you're curious when I'm in Ottawa, my "On" weeks are posted on the Office door and on the bulletin board at the back of the Sanctuary.

You can contact me by e-mail at [rev.rod@uufo.org](mailto:rev.rod@uufo.org) and you can also visit my blog - [DiviningRod.net](http://DiviningRod.net) if you wish to see more of my reflections.

Our shared ministry within - and beyond - our walls, over the next few years, will take courage and intentionality. It will also offer very exciting opportunities for engagement. I am grateful to be part of it with you!

Warm regards, ~)-{

Rev. Rod

Rev. Rod Solano-Quesnel, Developmental Minister



### Rev. Rod's Winter Schedule:

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

### "On" Weeks for Winter:

**December 6-11**

**December 20-25**

**January 3-8**

**January 17-22**

**February 7-12**

**February 21-26**



## Board Walk

By Laura Evans

As usual, it's been a busy autumn around the Fellowship. What has made this autumn different has been integrating Reverend Rod as we get to know his style and he learns about us. Whether it was his influence or just good luck, the first Board meeting he attended lasted little over an hour. The Clusters and Committees have been busy. Set-up teams have ensured we have a spiritual space for our Sunday services. We continue to foster a healthy relationship with Heartwood House. The Fellowship has been running smoothly.

Finances of the Congregation are always top of mind for the Board. This year we are on track for a balanced budget. Planning for next year's budget is well underway (see article below). Carolle Séguin spoke from the heart at the Pledge Sunday brunch. May I thank everyone who has pledged for 2017. This allows us to make realistic plans for the future. The addition of a Minister to our

roster, even half-time, does cost money. The Board continues to monitor and forecast expenditures for the next few years. Even from his *casita* in Mexico, Dave Edmunds has continued to keep an eye on our finances.

Of course the big event this fall has been the Developmental Ministry Goals Workshop (see report on p. 9). Andrea Young, Enrique Soto and Ken Lund organized the well run day-long workshop led by Linda Thomson from the CUC. The Board has started to work with Rev. Rod to realize the goals set out during the workshop. A developmental ministry is a challenge to all of us to see where our Fellowship can go. It is with an open mind that we, on the Board and in the Congregation, look forward to some guidance and leadership to make new things happen.

*"We should always be guided by the warmth of love, the light of reason, and the call of justice."*

Laura Evans, Board President



Let's put our mission into practice. We are a spiritual community with shared values and diverse beliefs. In our plans and activities we should always be

guided by the warmth of love, the light of reason, and the call of justice. Let's see how we can come together to nurture meaning, hope and reverence for the earth. In 2017 we can find many ways inside the Fellowship

and in the world around us to pursue a more just and compassionate world. Speak to a Board member about your ideas.

## Congregational Budget Meeting: January 15

**Congregational Budget Meeting:** Sunday, January 15, noon

**Pre-budget discussion:** Sunday, January 8, following the service

The UUFO budget is an important document. Until I became President, I tended to ignore the details, but I've come to accept that the details are important, very important. In order to explain what is in the budget and how we came to put certain numbers next to this account or that, the Board will hold a pre-budget discussion the Sunday before the Congregational meeting. This meeting is open to everyone whether you are just learning about the UUFO budget for the first time or have been a Treasurer of the Fellowship.



The budget is based on how much we have pledged to donate in 2017, how much rental income we hope to receive, and how much we intend to spend in each of the budget categories. Understanding what money we have, is a starting point. Where the Board proposes we spend it, is the other side of the discussion.

The UUFO 2017 Budget will be distributed to all members before the pre-budget meeting. Although only members can vote on the budget everyone is welcome to join the discussion.

Please plan to attend the Congregational Budget meeting at noon on Sunday January 15 at which time we will discuss and approve the budget for 2017.

Laura Evans

# Coffee Hour Chat in Review

By Pat Lucey

The purpose of this newsletter column is to help us get to know one another better. In past issues, I've briefly introduced newer members, and profiled familiar faces who might not be well known to those who have recently joined us. In this issue, you are all going to learn some very interesting things about three long-time members who often seem to be everywhere, doing everything (not an illusion – they actually do accomplish this remarkable feat!).



## Marina Jones

Marina is the seventh child of a Lebanese mother and father, born on the 7th day of the 7th month. Her father came to Trois Rivieres, Quebec at age 12 and, at 24, married her mother, who was born in Montreal. Marina spent her first 18 years in Trois Rivieres, and subsequently lived in Montreal, Vancouver, Miami Beach and Thunder Bay, where she spent all her married years. Marina and Jack had 3 girls – Alison, a veterinarian living in Erin, ON; Pamela, challenged with Williams Syndrome, was married to Patrick Brooks, and lived until age 33; and Elizabeth, a professor at Humber College, married to Barry Goldman and living in Toronto.

Marina found a Unitarian Fellowship in Thunder Bay after her husband died in 1988. It was a welcome change from the Anglican Church she had always attended, but where she felt she never really belonged. She then moved to Ottawa where 3 of her sisters lived, and joined the Ottawa Fellowship at its inception. In her own words: "The Fellowship provides me with a like-minded, supportive congregation where I have developed confidence and well-being. I have served on the board, worship, hospitality, and design committees; occasional service coordinator, and as Registration Coordinator at a CUC convention held in Ottawa." Marina has also found satisfaction in her many travels; volunteering with Salus; tutoring with PWC at Heartwood House; being a member of Newcomers Club; reading, walking and playing bridge.

## Marlene Hewitt

Marlene was born in Hamilton, Ontario and grew up on a mixed farm south of Ancaster. Her job was helping to look after 750 chickens - feeding, watering, gathering eggs and selling them. She learned how to drive the tractor to draw barrels of water to their outdoor location (genuine "free range" birds!). She was tasked with catching the roosters -- chasing them around the house with a hook – and she was allowed to keep the money when they were sold.

Marlene's brothers were encouraged to go to university, but she had to wait until she could pay for her own higher education. She met her husband at Queen's and traveled to England to marry him while he was getting his PhD, taking her typewriter along to print out his theses in triplicate. She then had a career in education, teaching elementary students in rural Ontario, the city of Birmingham, England, and as an elementary school librarian in North York.



The death of her husband caused Marlene to search for a community, and she tried First Congregation where she had participated in a ceremony supporting her god-daughter. A member there took her to the founding service of UUFO, and she realized that we were closer to where she lived, and needed her support more. She started out helping by playing hymns occasionally, and even held choir practices in her apartment. Ruth Milne persuaded her to become Vice President, and she later became secretary to the Board. She is now secretary to the Caring Committee and dedicates a lot of her time and effort to the work of this committee.

(Continued on page 7)



## Chatting With 3 of Our Wonderful Women

*(Continued from page 6)*

Marlene is also past president of the Canadian Federation of University Women of Ottawa, and still participates in a few of their many activities. And she says that "I'm very lucky that Marina has persuaded me to join her on some exciting travels - to Tibet, Kenya, Costa Rica and next year to Egypt. She is a great inspiration and wonderful room-mate."

### Martha Nabatian

Martha was born in Morristown, NJ but her family moved to Ithaca, NY when she was a baby. Her parents became very involved in the Unitarian Church: each served on the Board more than once, her Dad was chair of the Endowment Committee, and her Mom was heavily involved in RE, including chairing the RE committee, teaching, and leading children's worship. Their family regularly attended UU Star Island family conferences, and Martha and her husband Bahram continued this tradition with their own kids. In Martha's words: "Unitarian communities have been an incredibly important part of my life."

Martha and Bahram moved to Ottawa in the mid-1970's. Before the move, Martha had worked as an elementary school teacher, and then for a Jewish family service centre in inner city Philadelphia as a small group facilitator in a program that was designed to steer kids away from drug use. During their children's growing up years, Martha held a few part-time jobs, including office work for Amnesty International; interim DRE at First Unitarian when Peg Gooding was away on sabbatical; and writing an intergenerational curriculum for the CUC. And she volunteered a lot at First Unitarian: RE committee, and teaching RE for at least 15 years; Committee on Ministry; Board Secretary; MRE Search Committee, etc.

When the Fellowship was started up in the 1990's, Martha's downtown home was closer to our meeting place at the Don Gamble Centre than to First Unitarian, and she visited UUFO regularly in the early years with the hope that she could avoid getting too heavily involved – in her own words: "The upshot is that I am more involved than ever now at UUFO! The difference is the sense

of community that comes with the size of the Fellowship, as well as the strong focus on shared values."

Martha finds satisfaction in working with the Fellowship's children, as well as everything she does (and it's a lot!) for the Worship Cluster. In her own words: "The Worship Cluster really spends time trying to match services with our needs as individuals and as a community, as well as helping to deepen our understanding of our values. It's not an easy task to make each Sunday enrich and nurture us, but it's a joy to work with such a caring group of individuals who want to make this happen."

In addition to the volunteering Martha does for our Fellowship, she spends many hours in support of a refugee friend, as well as putting in about 5 hours per week working with the OrKidstra organization, assisting the teacher of junior 'cellos one day and greeting/taking attendance another day. Martha also plays chamber music with friends, and sings in a community choir, and in the CAMMAC winter choir. She loves to hike, and in addition to going on occasional hiking trips, she heads to the Gatineau hills when in need of "forest therapy." Martha also greatly enjoys her family time (especially with the grandkids) at her family camp in Vermont, and regularly visits her far-flung kids in Brooklyn, Vancouver, and California.



# Religious Exploration News

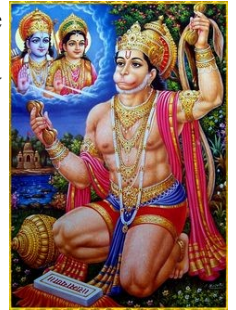
As our Sunday services explored the themes of Warmth of Community (September), Gratitude (October), and Courage (November), Marie and the R.E. volunteers have been offering our kids lessons and activities which were guided by these themes. In September, the children did Story Time Yoga exercises in recognition of the value of community, and they experienced the warmth of our entire community by participating in the Water Ceremony.



On our very special Day of the Dead celebration, which was led by Reverend Rod, the kids' participation throughout was extraordinary and inspiring, as they decorated our altar during the service and wore ghostly face paint in gratitude for, and in honour of, those who have gone before us.

In November, the kids had a Story Time Yoga exercise on the theme of Courage, and they (courageously!) explored the world on a

scavenger hunt. They also explored the Hindu celebration of Divali, which honours a story of courage and bravery in which Prince Ram, with the invaluable assistance of Hanuman and his army of flying monkeys, rescues his beautiful and beloved wife Sita from an evil king.



The children are now looking forward to the holiday season. The December theme is the Dark of the Year, an introspective, contemplative pause in the cycle of the (northern) seasons in which we prepare for the return of the light on the winter solstice. The 19<sup>th</sup> century Unitarian writer Charles Dickens portrayed this theme most beautifully in his famous novella "A Christmas Carol," in which Ebenezer Scrooge plumbs the dark depths of his heart and soul, and emerges into the light as the kindest and most generous and loving of human beings. The children will participate in the Mitten Tree Sunday service, our yearly celebration in which we honour the tradition of holiday sharing and generosity as we collect warm cuddly mittens, hats and scarves as gifts for local children.

And the children will join us in all our holiday festivities at the Fellowship, starting with the Solstice Celebration on Sunday, December 18<sup>th</sup> and continuing on through our New Year's Day party on January 1, 2017. Happy Holidays to all!



## A Fond Farewell...

Marie Gabe has been a cheerful presence as Coordinator of the Religious Education program for the children of our Fellowship for the past two years. She is a trained UU children's educator and her kind, gentle ways are popular with our youngest.

Marie not only works with us on Sunday mornings, but also supports the RE program at First Unitarian Congregation of Ottawa, has a small personal business and this summer had extra family responsibilities as her husband recovered from a bike accident. She has been busy. When First offered her a few additional hours, she decided that something had to give. Unfortunately, that something is our RE leadership. Marie will wrap up her contract with us at the end of December.

We wish Marie a peaceful and joyous new year and thank her for her work with UUFO. The children, especially, will certainly miss her. The Board and RE committee hope to have a smooth transition to our RE program in 2017.



## Developmental Ministry Start-Up Workshop

By Elinor Mueller

About 25 members and friends gathered with Rev. Rod on Saturday morning, November 12 to attend a Start-Up Workshop for developmental ministry at UUFO. This was the first time Rev. Rod and the congregation were able to sit together to discuss and review the 4 congregational goals for his developmental ministry with us. Linda Thomson, our CUC congregational support person, ably facilitated our conversation. The mood was expectant - engaged and positive!

After Enrique gave an overview of our Fellowship's history, we identified some of our individual and collective strengths and skills, e.g. caring, teamwork, adaptability, confidence and aspirations. Breaking into 4 groups we considered important aspects of each goal, what was needed to accomplish it, how we would measure success, and where it should be placed on the 2-3 year timeline of our developmental ministry.

Themes for our worship services which are developed by the members of the congregation are key. Our French services are valued and growing. R.E. must remain a core program. Attention to music is essential. In developing other congregational programs, we need to be aware of what appeals to younger people.

We asked if our community is meeting the needs, sometimes unarticulated, of the people coming to the congregation. What does it mean to build community bonds? In any activity we need to ask: do people feel more connected; do people feel they belong? Do we have the

skills to build stronger relationships? We need to build trust and be able to listen effectively.

Social actions include getting involved with interfaith organizations, maintaining our current involvement with indigenous issues and developing a deeper relationship with the programs in Heartwood House. We want to open our space to the community — but how?

Let's clarify our organizational structures so people understand them. Clarity and transparency will encourage more involvement. Are we appreciative enough of people's efforts? Do people have the skills, do they have the "cultural awareness" of what is needed for some of the tasks?

In summary, Linda was clear that all our participation and programs must relate back to our Mission Statement. This is our anchor and our guide. Rod was an active listener throughout the morning as he saw us for the first time in discussion and action. This was an excellent start to a fully collaborative relationship between Rev Rod and our congregation as we move forward together to accomplish these goals. With grateful thanks to Linda for her facilitation skills and to the organizing committee who worked hard to bring us a very successful Start-Up Workshop.



## Archiving UUFO History

By Laura Evans

It was a perfect fall day. The kind of day that rejoices in marking the end of autumn. The perfect day to send off 12 years of UUFO history to the City of Ottawa Archives and make room for what comes next.

Two people from the City Archives came by to look over the boxes that were stored in Marina's basement. They were impressed by the clear organization of the materials. We have Jean Ahmed to thank for her diligence in keeping track of Orders of Service, Friday Notes and special event materials

from the time the Fellowship was formed up to 2009. This material will now be stored by the City and available as a history of our Fellowship.

However, our more recent history isn't in such a good state. If you have reports, special event materials, pledge campaign information or other UUFO-related materials, especially those dating since 2009, please bring them to the Office. There is a file box set aside to gather the materials. The City Archives will continue to accept boxes of our materials whenever we are ready to pass them on.

We look forward to making sure there is a good record of the Fellowship and you can rejoice in clearing the space in your filing cabinet or bookshelf.

# Social Action Cluster Report

By Marilyn Kuhn

First, here is a short quiz.

- Name five current members of the Social Action Cluster (SAC)?
- Name three activities/events that have been organized by the SAC since last June?

Our UUFO “Clusters” may tend to be a bit of a mystery to newcomers to the Fellowship. They are open ended groups, with somewhat informal structures that work within a broad mandate to further the mission of the Fellowship. For the Social Action Cluster, the “call of justice” and the pursuit of “a more just and compassionate world” are the parts of our mission that guide our work. In May 2015, the SAC proposed, and the congregation agreed, that our focus would be on follow up to the challenges of the Truth and Reconciliation Commission. (We realized there are other very important issues but did not feel we had the energy and time to be effectively involved in more than this one.) Since that time, most of our energy has been directed to educating ourselves about the history of the First Peoples of this continent, informing ourselves about related current issues, and taking action where we can. We meet monthly to discuss our priorities, make decisions, plan future activities and share information about events in the community.

EVERYONE IS WELCOME AT THESE MEETINGS. OUR NEXT MEETING IS DECEMBER 6<sup>TH</sup> at 7pm.!

Internally, this has meant organizing several Sunday services (e.g. “Blanket Exercise;”), hosting films (the “8<sup>th</sup> Fire” series, “Trick or Treaty”) and arranging book discussions (See future events to the right). We have also brought several petitions to the congregation on current issues. In the community, we have actively sought out opportunities for learning and service. Several of us attended a Kairos Workshop (“Hope for the Future: Education for Reconciliation”) in October. We went to a Pow Wow this summer. Some of us volunteer at Centre 510 (a drop-in centre for low-income and homeless indigenous people.) We participate in bi-monthly meetings of the Right Relations Network (RRN), a group of individuals who come together to share information related to learning about and building right relations with First Nations people in Ottawa. Seven members of our Fellowship participated in a recent event organized by the RRN. We visited the Kumik Elders Lodge to learn from Elder Kenny Awasis about Right Relationship in worship, faith and spirituality in aboriginal culture.

The SAC also determines annually the distribution of a small social action fund on behalf of the Fellowship. In 2016/17 we are supporting youth leadership development programs through the Boys and Girls Club and the Rideau Rockcliffe Community Resource Centre; assisting Centre 510 to continue its service while other sources of funding are arranged; and supporting leadership training for women at Minwaashin Lodge (Aboriginal women’s support centre).

## FUTURE PLANS

**December 6<sup>th</sup>, 7 pm** – SAC monthly meeting.

**January ??** – Watch for the date of the SAC meeting.

**January 29<sup>th</sup>, noon – 1:30** – Book discussion of *Indian Horse* by Richard Wagamese

**February 5<sup>th</sup>**, Guest speaker at Sunday service – Gabrielle Fayant

**March 19<sup>th</sup>, noon – 1:30** – Book discussion of *Stolen Life: The Journey of a Cree Woman* by Rudy Wiebe and Yvonne Johnson

*NOTE: We are giving you lots of advance notice about the book discussions so that you can put them on your list for Santa this year!*

No doubt there will be additional learning and advocacy opportunities. Keep in touch through Friday Notes! And join us at a Social Action Cluster meeting.



*[Answers to questions: 1) Lorna Erikson-Fraser, Claire Heistek, Helmut Kuhn, Marilyn Kuhn, Elinor Mueller, Urbain Rwuhiriro, Gary Weinhold. 2) Indigenous History Walk, Petition to school boards re mandatory indigenous history curriculum, Sunday service on Algonquin history in the Ottawa region.]*

## Refugee Committee Update

In the Fall Newsletter we were able to report that the forms for our application to sponsor Rodrigue and Pacifique for immigration to Canada were completed and handed to April Hope, the CUC Social Responsibility Coordinator, who then submitted them to Immigration, Refugees and Citizenship Canada.

In October we received word that the applications had been accepted for processing and we have since learned that they have been sent to the Visa office in Dar es Salaam. We had initially thought we could make a special appeal that Rodrigue's and Pacifique's cases be considered as in need of "urgent protection," a consideration that would speed up the processing of their applications. We've since heard from April Hope that because the two appear to be relatively safely accommodated in Kigali, this consideration would not be given.

April informs us that there's likely a long wait ahead of us and the next we are likely to hear will be from Rodrigue and Pacifique when they are contacted by the Canadian Visa Officer in Dar es Salaam. So let's be patient and keep listening for news about how Rodrigue and Pacifique are getting along.



## Canadians must acknowledge Indigenous history

**It may be hard to hear, but we have to hear it**

*Article by Susan Crean published in This Magazine, Sept-Oct 2016*

**The theme of remembering** runs through the 94 recommendations of the Truth and Reconciliation Commission (TRC). It is behind the suggestion that Indigenous curricula be mandatory and in Justice Murray Sinclair's insistence that non-Indigenous Canadians learn about residential schools and Indigenous history. In the context of reconciliation, how do we do this? How do we respond to the harrowing disclosures of survivors if not with equal candour?

This means personalizing the non-Indigenous part. It means doing something more than acknowledging horrific things happened and identifying them as cultural genocide.

The idea of acculturating a generation of Indigenous children by removing them from their families and forcing them to live in the language and culture of the invading settlers happened by design. It required institutions, memos, and individuals to pull off. Remembering means putting names, faces, and language to the non-Indigenous side of the narrative. D.C. Scott, the

bureaucrat behind the residential school scheme, and Deputy Superintendent General of Indian Affairs for 19 years, is well known. There are many others, though, there to be found in the records, as well as in living memory.

Candid remembering also requires re-remembering at times. Take Trutch Street in Vancouver. I walked it many times before I wondered why Joseph Trutch—who was instrumental in the imposition of a reserve system—was memorialized in a Kitsilano neighbourhood where all the other streets are named after trees or British naval battles. In Victoria, Trutch had successfully campaigned for the removal of the Songhee people in 1911. He was

a man who noted for the record that he was "not about to allow a few red vagrants to prevent industrious settlers from settling unoccupied land." In 1913, the Kitsilano living on the south shore of the Burrard Inlet were similarly removed, herded from their homes (later burned to the ground), loaded onto barges and relocated to North Vancouver.

*(Continued on page 13)*



## Un mécréant chez les pèlerins : mon chemin de Compostelle

Maurice Cabana-Proulx

Coin Français

Chez les Unitariens Universalistes, il n'existe pas d'entraves ni d'interdits dans la recherche des voies spirituelles. Lorsque j'ai entrepris de marcher le *Camino Francés*, je me suis quand même interrogé sur la légitimité de m'immiscer chez les pèlerins croyants. Sur les chemins qui mènent à Compostelle, il y a, bien sûr, des multitudes de randonneurs qui n'ont aucune prétention religieuse ou spirituelle. Ceux-là n'assistent pas à la *messe des pèlerins* et ne prient pas dans les petites chapelles romanes situées le long du chemin... et personne ne leur en tient rigueur. Les autorités religieuses qui encadrent les activités du Chemin accueillent, sans distinction, tous les marcheurs. Mais moi je tenais justement à observer de près ceux et celles pour qui le *Chemin* est un exercice de foi, de piété.

J'ai donc chanté les vêpres chez les bonnes sœurs et je me suis levé avec les autres quand un prêtre devait réciter la *Bénédiction des pèlerins*. J'ai visité les cathédrales et les chapelles. On a peut-être cru à tort que j'étais catholique pratiquant mais je ne crois pas que cela ait pu faire mal à quiconque. On ne m'a rien demandé. Je n'ai rien avoué.

Ce petit exercice d'apprenti-anthropologue m'a quand même permis de conclure que les pratiques religieuses peuvent combler certains besoins des pèlerins catholiques mais qu'elles ne sont pas indispensables... même pour ces pèlerins. J'ai constaté que le Chemin de Compostelle contient une dimension spirituelle accessible à tous (donc tout à fait *universaliste*). Cette dimension se manifeste quotidiennement et systématiquement sur le Chemin, dans le comportement des marcheurs, dans leurs échanges, dans les sentiments de partage et de fraternité qui les habitent.

Cette dimension spirituelle fait que le catholique pratiquant et l'unitarien peuvent ressentir les mêmes choses. Une pratique quotidienne sous le sceau de la frugalité, voir de l'ascétisme, a fait que la magnificence des grandes cathédrales me rebutait, que je me sentais mieux dans les humbles petites chapelles médiévales. Or il s'avère que des catholiques pratiquants ont relaté avoir eu des sentiments semblables, mais ça je l'ai su en lisant leur livre, leur témoignage. Sur le Camino, la

plupart du temps, je ne connaissais pas les sentiments religieux de mon interlocuteur du moment mais je me reconnaissais en lui ou en elle sans hésitation. En tant qu'unitarien universaliste je me suis senti bien, à ma place, dans ce vaste mouvement humain.



### À votre attention:

**Le Rassemblement Français** n'aura pas lieu comme tel en décembre puisque le quatrième dimanche est Noël.

*Nous nous Rassembleront avec la grande communauté pour le Solstice 18 décembre.*

### Rassemblement à venir:

- **22 Janvier 2017** avec le thème "Renouveau Spirituel"
- **26 Février 2017** avec le thème "Vulnérabilité".

## Remembering Painful Histories

(Continued from page 11)

History gives us villains, but it's also worth remembering dissenters. Louis Riel was double-damned for betraying his non-Indigenous ancestry as well as the state. Emily Carr understood artistry and a powerful spirituality informed the carvings of the Coast Salish and Haida, yet helped bring about the notion they were "a dying race." Arthur O'Meara, on the other hand, was vilified in his day. A lawyer and Anglican lay-minister who ardently supported land claims and the inherent rights of Aboriginal peoples, he appeared as counsel to the Allied Indian Tribes of B.C before the 1927 Joint Parliamentary Commission. In the end, the committee declared there was no such thing as Aboriginal title, laying blame for the fruitless appeal on "designing white men" by whom "the Indians are deceived and led to expect benefits from claims more or less fictitious." By fall, the Indian Act was amended to prohibit the raising of monies to pursue Aboriginal land claims.

Remembering actively means keeping track of promises, especially government ones—like the infamous clause of the Indian Act that stripped women of their status when they married non-status men. Mulroney's Conservatives removed it in 1985 after years of protest, but replaced it with a two-tiered system that has since denied status to 40,000 children whose fathers are unidentified or unknown.

Let this act, and others, remind us that remembering lies at the heart of reconciliation. We all need to do it.

Learn our history, and say these things out loud, in person and in the present tense.

Susan Crean is a writer and activist.

This piece is based on an essay for the Truth and Reconciliation Commission, featured in *Response, Responsibility and Renewal*, published by the Aboriginal Healing Foundation, 2009.



Banana plantain from

## UUFO Cookbook Project: Recipe #5

### Recipe for Banana Plantain

Submitted by Leila & Urbain

Cooking directions for 1 kg of Banana Plantain:

#### Ingredients :

- 2 litres of water to a rolling boil, if desired add 1 TSP of salt
- 30 ml (2 TBSP) vegetable or olive oil
- 2 chopped onion
- 2 chopped carrots
- 1 chopped celery
- 150g of baby spinach
- 2 hot house tomatoes
- 1 TSP salt
- You can add your favorite ingredients.

#### Preparation :

1) Peel 1 kg of the banana plantain 2) add it to 2 l of boiling water 3) add 30 ml of vegetable or olive oil, 2 chopped onion, 2 chopped carrots, 1 chopped celery, 150 g of baby spinach and 2 chopped hot house tomatoes. Add 1 tsp of salt, and 4) cook about 45 minutes 5) then after let the banana plantain cool down for 10 minutes and serve with your favorite recipe.

The banana plantain can be found at these addresses :

#### All African market

411 McArthur Ave

Phone:(613) 244-0325

#### Geeland Baguio store

Address: 1020 St Laurent Blvd

Phone:(613) 742-4282

<https://this.org/2016/10/20/canadians-must-acknowledge-indigenous-history/>

**Turn the page for more mouth-watering recipes to spice up your holiday cooking!**

## Holiday Cheer with an International Flavour

### Recipe #6: Costa Rican Tamales

*Submitted by Enrique Soto*

It's late in the year, fall is in full swing and the 'winds of Christmas' are starting to blow in my memory and heart (December is windy in Costa Rica's Central Valley, where I grew up). Christmas is a special time of the year for me, and for many others I believe, and with special celebrations come special foods. That special food in Costa Rica is the Christmas Tamal (the plural is tamales). To put it in perspective, Christmas tamales have in Costa Rica the cultural and family significance Canadians assign to Thanksgiving's turkey. It's a major main dish, and its preparation is a family event. Cooking tamales is very laborious and time consuming —another reason why it is better for it to be a collective affair— but it is always very rewarding.

The preparation of some of the ingredients starts two days before "cooking day", and the cooking of the corn dough—the main ingredient—along with the assembling, wrapping, tying and boiling can take five to eight hours (or more), depending on how many you prepare. Like languages, which are neither "pure" nor static, tamales are the result of diverse cultural influences and have changed over time; you could say that they are small cultural constellations wrapped in banana leaves. The corn dough is Mesoamerican (Aztec culture), bananas leaves are African, pork is European, rice is Asian, olives landed in tamales thanks to the over five hundred year "visit" of the moors to Spain, and so on. As I just said, all these ingredients are wrapped and cooked in banana leaves. Well, actually the word tamal comes from the word tamalli (Náhuatl, the language spoken by the Aztecs), which literally means "well wrapped". For space reasons, I'm sharing with you a generic, shorter, tamales recipe; my family's recipe is very detailed and long. But if you are interested in it, just let me know and I'd be glad to share it with you. Who knows, maybe one day we can make "UUFO tamales" in our kitchen.



#### Preparation

Drain the ingredients that come in jars or cans. Take 2 pieces of banana leaf and place about  $\frac{3}{4}$  of a cup of cooked corn dough in the center. Top it with each one of the ingredients listed as follows: 1 piece of pork, one prune, two or three Tbs of rice, a couple of olives, a few strips of red pepper, a few capers, a small handful of green peas, chickpeas and raisins. Wrap the sides of the leaves to make a square or rectangle. Wrap it in aluminum paper. Place two tamales, wrapped ends of the aluminum paper facing inward, together and tie with the string or twine. Place the tamales in hot water, bring it to boil and let it boil for 1 hour. Take them out of the water and eat or let cool down and refrigerate.

#### Corn Dough

##### Ingredients

- 2.5 kg of Masa (raw corn dough) or 6 to 8 cups of corn flour, then prepared as per package instructions.
- 1 cup of concentrated pork broth
- 1 cup of concentrated chicken broth
- 4 chicken bouillon cubes
- 1 Tbs Worcestershire Sauce
- 6 strips of bacon, cooked and crumbled, including fat
- $\frac{1}{2}$  tsp pepper
- 2 cups of mashed potatoes

##### Preparation

Combine all ingredients, mix well. Bring to boil on low heat, stirring constantly to prevent sticking. Remove from heat as soon as it starts to boil.

#### Stuffing

##### Ingredients

- 2 cups of rice, cooked Costa Rican style, with anato (1 or 2 Tbs) and tomato paste (5 Tbs)
- 1 kg of pork shoulder, cut in small pieces (about 1 cubic inch) and cooked
- 1 can (540 ml) of green peas
- 1 jar (375 ml) of stuffed manzanilla green olives
- 1 jar (300 ml) of flame roasted sweet red peppers, cut into strips
- 1 can (540 ml) of chickpeas
- 30 prunes
- $\frac{1}{2}$  lb of raisins
- 1 jar (125 ml) of capers
- 4 packages of frozen banana leaves, clean, with the hard edge removed and then cut in 1 foot squares
- 1 roll of aluminum paper (
- 1 ball of twine or string



## Creating a UUFO Cookbook – One Recipe at a Time

### Ingredients:

- 1 cup sugar
- 1 cup raw, unsalted pistachio nuts
- 4 eggs, separated (at room temperature)
- zest of 1 orange
- ½ tsp vanilla extract
- 1 tbsp. rose water
- 1 cup plain yogurt
- ½ cup unsalted butter
- 1/8 tsp. salt
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 cups unbleached all-purpose flour (may substitute millet flour if GF is required)
- 1 tsp. ground cardamom

### Garnish

- ¼ cup unsalted pistachios, ground
- ¼ cup confectioners' sugar
- 1 tsp. cardamom

### Filling if making a layer cake

- 2 tbsp. soft butter
- 1 cup sifted icing sugar
- 1 tbsp. rose water
- ¼ tsp. vanilla

## Recipe #7: Iranian Pistachio Cake

*submitted by Martha Nabatian*

### Process

1. Preheat oven to 350 degrees Fahrenheit
2. Butter and dust a 9-inch spring form cake pan with flour and line the base with parchment paper; if making a layer cake, do the same with two 8-inch cake pans
3. Pulse the sugar and pistachios in a food processor until finely ground; blend in the butter
4. Beat in the egg yolks gradually. Add the zest of orange, vanilla, rose water, yogurt, and mix for about 5 minutes until creamy.
5. Sift the salt, baking powder, baking soda, cardamom and flour onto a piece of wax paper.
6. Fold into the egg mixture.
7. In a separate mixing bowl, beat the egg whites until they form soft peaks and fold into the flour mixture using a rubber spatula.
8. Gently pour the batter into the cake pan(s) and bake in the preheated oven for 40-45 minutes *or until a tester comes out clean*. This is a moist cake so don't be alarmed if the centre seems to collapse a bit.
9. Remove from the oven and allow to cool on a rack for 10 minutes. Tap the pan to release the cake onto a serving plate.
10. If making the layer cake, bake for 30 minutes *or until a tester comes out clean*. After cooling the layers, combine the filling ingredients, spread onto the bottom layer, place the top layer and garnish.

### A bit of context about pistachios in Iranian cooking:

Nuts are used throughout Persian cuisine because the agricultural climate in Iran suits their production so well; in fact, Iran is the world's largest producer of pistachio nuts, and the only thing they export more of is oil. The pistachio nut (technically a seed, and a member of the cashew family) has an interesting history, because the tree that produces it is one of the oldest known plants – some reports indicate that pistachios were being eaten by humans as early as 7000BC. There are several historical accounts of Middle Eastern royalty enjoying pistachios – according to one, the Queen of Sheba designated them an exclusive food of the Royal Household, forbidding their cultivation by peasants or commoners. Meanwhile, the King of Babylon was supposed to have planted pistachio trees in his Hanging Gardens. (Source: Jamie Oliver)





# 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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Fellowship of Ottawa

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We're online  
at: [uuf.org](http://uuf.org)



Find us on Facebook!

## Fellowship News

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Send submissions, comments, or  
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[newsletter@uuf.org](mailto:newsletter@uuf.org)

Submissions for the Winter Issue  
are due November 15th

Many thanks to our contributors and  
editors!

## Editorial Team:

**Content:** Andrea, Lucie-Marie, Pat

**Layout:** Sarah

**Proofreading:** Louise



## Winter Services and Events of Note



### December

### The Dark of the Year

**Sunday, Dec 11**

**Mitten Tree: "Hi" Tech**

**10:30**

Join us for our annual holiday mitten tree service where we will trim the tree with warm mittens and hats for children in need

**Sunday, Dec 18**

**Solstice Service & Potluck**

**4:30**

The Winter Solstice is a magical and mysterious time. The long, darkening days reach their extreme, and the distant, thin light once again finds its way into our lives.

**Saturday, Dec 24**

**Christmas Eve Service**

**4:30**

Join Rev. Rod for our first ever Christmas Eve service, on Saturday evening

**Sunday, Dec 25**

**UUFO Open**

**10:30**

UUFO will be open on Christmas morning to anyone seeking a quiet place for refuge or contemplation. Rev. Rod will be welcoming all who enter.



### January

### Spiritual Renewal

**Sunday, Jan 1**

**New Year's Party & Potluck**

**4:30**

Come out for this casual afternoon of games, music, and food in community on New Year's Day.

**Sunday, Jan 15**

**Congregational Budget Meeting**

**12:00**

Plan to stay after the service for the 2017 congregational budget meeting.

**Sunday, Jan 22**

**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.

**Sunday, Jan 29**

**Book Discussion**

**12:00**

Join the SAC for a discussion of *Indian Horse* by Richard Wagamese

**End of the month**

**Newcomers Get Together**

**TBD**

Stay tuned for more details about this opportunity to gather together.



### February

### Vulnerability

**Sunday, Feb 5**

**SAC Sunday Speaker**

**10:30**

This week come to hear guest speaker Gabrielle Fayant.

**Sunday, Feb 26**

**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.