

# Fellowship News

WINTER ISSUE

DECEMBER 2015

## Celebration on the Darkest Days

**T**he 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.

Join us on Sunday, December 20<sup>th</sup>, for a special worship service at 4:00 p.m. We will celebrate the season in ritual, song, dance and story. Following the service we will share a good pot luck meal and holiday cheer.

Come and refresh your spirit for the New Year!

If you would like to lend a hand with the solstice service, please contact Lucie-Marie or A.J. Galazen at [intern@firstunitarianottawa.ca](mailto:intern@firstunitarianottawa.ca).

**NOTE:** *There will be no morning service on December 20<sup>th</sup>*



### INSIDE THIS ISSUE:

Caring & Sharing	2 - 3
Intern Minister's Column	4
Board Walk	5
Coin Français	7
RE News	8
Working Group Updates!	10
<i>The Reason you Walk</i> Excerpt & Reflection	12
What is Yoga?	15



**Winter Solstice: Dec 20, 4pm**



## Wise Elders to Gather Again

A number of years ago, a "Wise Elders" group was formed with the idea of sharing our ideas in regard to supporting women in our Fellowship who might be going through difficult times. Monthly meetings were held and in some situations resolved some personal problems, and provided new ideas and resolutions, well sprinkled with humor.

Today, as we age, life has created new and interesting challenges. A request has been made from some of the first "Wise Elders" to re-open our monthly meet-ups. The goal is to enjoy sharing the good things we experience and support one another when needed. Last but not least, it gives us an opportunity to resolve minor problems, laugh, and have FUN!

*(Continued on page 6)*

A silhouette  
in the setting sun  
she pirouettes  
a dancing marionette  
on slender threads  
of happiness

Louise McDiarmid

**O**ur Caring Committee members are Daphne, Barbara, Ellen, Liz, Audrey, Marlene and Pat J. Here's a great big thank you for your continued dedication to the support and well-being of each and everyone one of us.

Thanks are also due to all who contributed to this column. I couldn't have done it without you.

Some important - life altering - news to begin with. Congratulations June and John J. with the arrival of your great-granddaughter Everly! At the other end of the life cycle, we are sorry to hear that Karen C. lost her father, Bob, on October 17. According to his obituary in the Calgary Herald, he was a very active man indeed: as a volunteer in his community, skiing, fishing and golfing, all the while working into his early eighties until he retired as an investment advisor in 2007. We understand a bit now where Karen gets all that energy. Our heartfelt condolences to you and your family, Karen.

Some of us have been on the move lately! Kathie tells us about theirs; "At Thanksgiving in 2014 Joe and I talked at length to our family and came to the decision that we needed to make a change in our life-style. The future couldn't consist entirely of going up and down stairs. As a result, we bought a condo apartment very close to our old neighbourhood and the Walking Group we have spent an hour with each morning for almost 15 years. What a lot of work it has been ... but we have emptied most of the boxes now and we are beginning to feel as though we are 'at home' again."

Eric, Michelle, and Patrick have moved across the river to a Gatineau suburb - Val-Tétreau. Apparently the opportunity was not to be missed. They bought a beautiful home surrounded on three sides by the Gatineau Park on a suburban street only 4 kilometers from downtown Ottawa and ... they have access to a bike path which brings them all the way there. He is sorry to say that he hasn't been able to

## Caring ...

come to service lately and that he misses us. We miss you too, Eric. Come back soon, Kathie, Joe and Eric!

And now for a few updates. Ellen is feeling much better and is slowly getting back to her 'before back injury' life and self. Though thankful that her son and his family could take her in during her convalescence she is happy to be back at her home in Stittsville with her two wonderful Chihuahuas, Ariane and Pip, and her Cat, Storm.

It was so nice to see Barbara at the service the other day. When I commented on her curly hair she said that it was because she had stopped the chemotherapy for now. She now wants to "enjoy quality of life." Please do enjoy, Bar, you deserve it!

Watch Friday Notes for the monthly caring contact!

HAPPY HOLIDAYS to you all!

## WELCOME | BIENVENUE



On Sunday, November 15, we officially welcomed five new members of the Fellowship: Beverlee Moore, Brandon Milk, Andrea Young, Marc-André Pigeon, and John Twemlow in the order above. We are so happy that you have decided to officially mark your participation in our congregation and look forward to your continued involvement and to get to know you.

## ... and Sharing

By Claire Heistek

In answer to my appeal for news for the caring column, Laura suggested that we share our hobbies and volunteer activities and sent me this photo of her and her newest project: *Winter Sky Quilt*. "It might not be finished for this winter" she adds. Yes, Laura is a quilter. She and Louise (another creative quilter) were the masterminds behind our beautiful hangings in the Sanctuary. After planning and cutting the pieces, they gathered eager sewers over many, many weeks to put them together. Such dedication and what results! Thank you very much.

Taking Laura's suggestion at heart, this 'roving' reporter – she doesn't go too far afield – decided to drop in on Perkins' Lunch a couple of weeks ago to see what other members of the Fellowship do in their 'spare' time. For those new to us, several members meet on the second Monday of the month for lunch and camaraderie thanks to June's coordination. That day, Lois, Ann, Peter, June, John, Ellen, Daphne, Marlene, and Jerome were there. I must say that I did start off on the wrong foot. "What spare time?" they chimed. So, I retracted that question and simply asked what they enjoyed doing. That brought more favorable responses. With few exceptions, most cited reading as their favorite pastime. Others mentioned various ways of staying fit such as aquafit, walking, cycling, swimming, and gym. Peter mentioned that there are inexpensive or free fitness programs offered by seniors' clubs and/or community health centres. He tries to go at least twice a week. Also, I discovered that: Lois and I love to do crossword puzzles, Lois'

Laura and her current project: Winter Sky Quilt



daughter Ann knits, Marlene still volunteers with Canadian University Women's History group and Daphne continues to help with the annual fundraising book sale at Library and Archives.

A few persons stood out. Jerome is our 'exercise man.' Every day he is out doing either zumba, aquafit, body flow, yoga, tai chi, or pole walking. He started exercising in order to lose weight and improve his health but it now seems to have turned into a hobby judging by the big smile he sports while talking about it.

Lois is also another person who struck me as unusual. Apparently she reads up to five newspapers a day! She says that she has always been an avid reader and likes to keep up to date on current affairs.

I might have missed a few but here is the list of books that were recommended by this group:

- \* *Thinking a Mountain* (Robert Bateman)
- \* *Extraordinary Canadians: Pierre Elliott Trudeau* (Nino Ricci)
- \* *Room* (Emma Donoghue)
- \* *The Orenda* (Joseph Boyden)
- \* *A Year of Living Generously* (Laurence Scanlan)

How about sharing your favorite activity or hobby? We'd like to hear from you.

## An Invitation to Contribute to the UUFO Cookbook Project

By Andrea Young

Someone once said that the UUFO does 3 things well: eat, sing, and have great conversations. This project is intended to capture some aspects of the first of the three. Our community has many treasured recipes, beloved as much for the memories they evoke of get-togethers or a special events, as it is for the taste.

We are plotting a new project for the UUFO and we want to get you involved. This will be launched as a new column, beginning in the spring issue of Newsletter, called **Creating a UUFO Cookbook – One Recipe at a Time**. Over the course of the winter, we will be inviting you to propose recipes that you would like to include in the Cookbook and one or two will be featured in each upcoming issue of this Newsletter.



## Grief and Remembrance

By A.J. Galazen, Intern Minister

My theme for the past few weeks has been grief and remembrance. In late October, one of my younger cousins died, and then my father-in-law passed away. Grieving takes us to something called “liminal space.” Liminal space is the threshold between two dimensions. Between where we were, and the unknown that lies ahead of us.

Theologically speaking, we are always at a threshold. We harbor the illusion of control and stability. But sometimes we are pushed or prodded into liminal space when we least expect it, and it cannot be denied. And so I had to decide what was more important: to remain in my internship, or to be with my family.

I was hoping and praying that I could straddle the chasm, and do both. But that is not how life works. It usually demands that we make a decision when “two roads diverge.” It is not possible to travel them both. And so I finally made my decision. I had to leave my internship to travel to Maryland to grieve with my loved ones.

For me, grief comes in waves. In one moment it is intense sadness. It is all I can think about. In the next moment there is relief or emptiness or longing. The waves keep coming, keep rolling into the survivors, well past the time of the loss, well past the ending of the memorial service.

Yesterday people all across Canada stopped what they were doing and paused for Remembrance Day, a time to honor those who have served and died in the service of their country. I went downtown to attend the National Remembrance Day service at the War Memorial in Ottawa. I stood in a crowd of 35,000 people in a veil of silent witness.

I stood for almost two hours, and looked upon the marching bagpipes, the big fuzzy black hats and red coats of the Mounties, the new Prime Minister Justin Trudeau and other dignitaries, and the thousands of uniformed service members, coming together in waves. Each one of them made a decision to do what was most important. To come together in grief and remembrance.

The preacher prayed, the trumpet sounded, the fighter jets zipped overhead, the cannons saluted, and the bells in the tower rang. The band played “God Save the Queen” and “O Canada.” Once again, I was thrown into liminal space. Was I American? Canadian? Human?

Grief and remembrance know no boundaries. The waves of memory move from sea to sea to sea. As we sing in our hymn, “This is My Song”

A.J. Galazen, at the pulpit



*My country's skies are bluer  
than the ocean,  
And sunlight beams on clover-  
leaf and pine;  
But other lands have sunlight  
too, and clover,  
And skies are everywhere as  
blue as mine.  
O hear my song, thou God of all  
the nations,  
A song of peace for their land  
and for mine.*



## Board Walk

By Laura Evans

The UUFO Board of Directors is always balancing the spirit of being Unitarian Universalist with the realities of running the Fellowship. Sometimes the decisions come down on the side of caring and compassion and sometimes it is the realities of budgets and expenditures that come to the fore.

The Board for the last two years was focussed on getting us settled into our building and creating a working relationship with our building partner Heartwood House. The last few details to get us physically settled are the chalice table and sound system. The decor and sound teams as well as the property committee have worked hard to give us the functional pieces that add to the enjoyment and beauty of our space.

Now the Board is working on building our community. We welcomed 5 new members in November with a caring, spiritual service with our Intern Minister, AJ Galazen. AJ also led a workshop to encourage Service Coordinators, new and returning, to explore sources and ideas for leading Sunday worship. Our RE program is bringing thoughtful programming for our youngest ones. The Caring community continues to reach out to those in our community less able to get to Sunday services or who need an extra visit during the month. The Board is in the background to enable all this work to progress.

The search for a Developmental Minister is going well. Two members of the Board are on the search committee along with two former Board presidents. What a team. We will do whatever we can to support them in their efforts to hire a half-time Minister. The job listing is out. We stand by ready to respond to queries and look forward to expressions of interest.

The Board also tries to ensure that there are opportunities to enjoy each other. Let's all participate in Pot Luck lunches after

Laura Evans, Board President



service a few times a year. Bring something to share and sign up to help clean up afterwards. On March 17, UUFO will be celebrating its 20<sup>th</sup> Anniversary. That's certainly something to celebrate. Watch for details about a big party!

The Board meets monthly. We aim for productive meetings and to model the caring community we want for the Fellowship. Our best wishes go out to all of you.

## Pledge Campaign Success!

Well we did it! We increased our pledges to be able to hire a Developmental Minister, and continue to run our Fellowship. Thank you to everyone who pledged! (It's not too late for those who didn't.)

By the time you read this, the final Pledge Campaign tally will be in and the Preliminary Budget discussed and (I hope) approved. It is possible that our financial pledges will be up more than 30% over this year. The UUFO is in a good financial position. Contributions by the members and friends of UUFO cover all our expenses. We have grown to having three contract staff whose work is greatly appreciated. We thank Ellen Bell, Sarah Baxter and Marie Gabe for their service this past year.

We are on our way towards hiring a contract Developmental Minister, who we hope will start in the summer. This is made possible by the increased pledges.

By the end of this year, we hope to have collected all of the money pledged last year and to end the year with balanced accounts. Extra donations in the collection basket are also welcomed. Charitable receipts will be issued in a couple of months.

Then in January, we start again. The budgets are reset. The pledges made when the leaves were golden need to sparkle in the new fallen snow. (Nice image, eh?) Together we can take pride in making sure our Fellowship has the money to run smoothly. Thank you.

## A Very Special Event for a Very Special Occasion: Our 20<sup>th</sup> Anniversary Celebration!

**SAVE THE DATE: Saturday March 19, 2016**

You won't want to miss our Fellowship's biggest event of the season – our 20<sup>th</sup> Anniversary gala!

Let's get together in friendship and fun for a delightful evening of camaraderie, reminiscences, food and drink, laughter and song.



## New Member Recognition

On November 15<sup>th</sup>, it was our great pleasure to WELCOME Andrea Young, Beverlee Moore, Marc-André Pigeon, Brandon Milk and John Twemlow as equal members of our Fellowship.

Dear new members,

All of you have been with us for over a year or two.

- \* You have participated in our Sunday morning services and set up,
- \* You have joined our social events and celebrations;
- \* You have contributed to the work of developing our mission statement;
- \* You have had a chance to begin to know us.
- \* You are affirming that you wish to continue to share your wisdom and gifts with us.
- \* In return “we seek to be open and inclusive respecting your inherent dignity, your ideas and your vision, in times when it is easy and in times when it is difficult.”
- \* We are all looking forward for that shared spiritual journey together.

**Upcoming newcomer's get-together:** end of February or beginning of March; for up-to-date info please check our Friday Notes.

The Membership Committee still needs at least two to three new members. Please consider joining us to assure communication, follow up and support for our Newcomers. Thank you for your cooperation.

*Carolle Séguin, Frances Cosstick, Lucie-Marie-Castonguay-Bower*

Marc-André, New member at the mic



## Wise Elders: laughter, support, and having fun

*(Continued from page 1)*

A small group has formed and plans to start meeting monthly, beginning in January. If interested, please call

- June Johnson,
- or Lois Buchanan,
- or Pat Johnston,
- or Audrey O'Callaghan.

Our first meet-up of the new year is scheduled for the afternoon of January 18th. See you there, wise elders!

## Les Éléphants dans la salle

Par Robert McDonald



J'ai assisté cette semaine aux cérémonies du Jour du souvenir. Comme à tous les ans, j'ai eu des sentiments partagés. D'un côté, il est important de se rappeler des sacrifices et des souffrances de ceux qui ont laissé leur peau sur les champs de batailles passées et présentes – ou qui en sont revenus brisés en corps et en esprit. D'un autre côté, la présence prépondérante des militaires lors de ces cérémonies me trouble. La guerre, c'est la raison d'être des militaires. Ils ont intérêt à défendre la violence comme moyen de régler les différends. Ils ont intérêt à justifier les souffrances et la destruction qui en résultent – aussi bien pour les civils que pour les combattants – en faisant appel au patriotisme, à la religion, à la liberté et à la justice. Or, en réalité, on sait très bien que les motifs de ceux qui font la guerre sont rarement purs. Encore pire, c'est que la futilité de leurs efforts saute aux yeux – inévitablement, la violence en-

gendre la violence.

Exemple parfait – la guerre meurtrière qui se passe actuellement en Syrie, et dont on peut retracer les origines non seulement dans les actions militaires récentes au Moyen-Orient mais aussi dans les confrontations violentes des siècles révolus. Les Américains et les Russes prennent parti et les puissances du Moyen Orient y participent directement ou indirectement. Le Canada y participe aussi – même si nous retirons nos avions de combat, nous resterons sur les lieux en guise de prêter soutien aux forces alliées. Comble de l'ironie, on en profite en même temps en vendant des équipements militaires à l'Arabie saoudite, qui appuie assez ouvertement les combattants ennemis. Tous semblent peu enclins à contenir le flot d'argent, d'armes et de militants. On passe sous silence; c'est « l'éléphant dans la salle », comme disent les Anglais, dont on refuse de parler.

Résultat – un pays dévasté et des millions de réfugiés entassés dans les pays voisins qui tentent d'y échapper par tous les moyens possible, même au péril de leur vie. L'Europe est débordée; notre nouveau gouvernement libéral s'efforce de faire venir 25 mille réfugiés au Canada d'ici la fin de l'année. C'est un effort louable, mais il restera des millions coincés dans les

pays bien plus pauvres que le nôtre.

Une autre ironie s'en dégage: il y en a qui se vantent des frontières qui disparaissent. C'est certainement le cas pour l'information, pour l'argent et pour les biens – mais pas pour les humains. Je peux envoyer de l'argent à l'autre bout du monde presque instantanément et en faire venir des marchandises – mais si je veux changer de pays pour me donner l'espoir d'une vie meilleure, les barrières demeurent énormes.

Néanmoins, ces barrières s'avèrent insuffisantes pour empêcher le flot des démunis de la terre – et ça ne fait que commencer. Devant le surpeuplement, la pression sur les ressources en eau, en terre et en matières premières – aggravée par le changement climatique – et devant le refus des pauvres d'accepter l'injustice et l'inégalité économique, les migrations humaines ne risquent que d'augmenter.

Encore un autre éléphant dans la salle. On joue à l'autruche pour éluder la question. Il faut de nouvelles structures politiques et économiques pour subvenir aux besoins de tous, pour permettre l'épanouissement humain tout en sauvegardant les écosystèmes de la terre. Il nous faut une idée maîtresse autre que la poursuite aveugle du profit monétaire et de l'égoïsme individuel et corporatif.

## Coin Français

### Changement de jour pour le Rassemblement Français!

Dorénavant le Rassemblement Français sera le 3ème dimanche de chaque mois, excepté le mois de décembre (ce sera le 2ème dimanche du mois) de 11 h 30 à 13 h dans la salle « Heartwood Room » # 209.

Le dernier Rassemblement de cette année sera dimanche, le 13 décembre.





## Religious Exploration

**All Saints' Day:** In preparation for our intergenerational celebration of All Saints' Day on November 1st, we asked our R.E. kids "What does it mean to be a saint?" and they told us that "saints are special people who do good things." They learned about some famous saints, got their saints' costumes together, and brought their lesson to the Fellowship on November 1st – the saints certainly did come marching in! This year in R.E. we are enjoying an on-going yoga practice called storytime yoga. As the name tells us, it involves storytelling and yoga *asanas* (postures). Our yoga practice includes *asanas*, meditation, and *shavasana* (relaxation techniques.) The children (and adults) really enjoy this and are engaged in happy, fun and meaningful ways.



### Story Time Yoga:

After the sound of the chimes, we begin by greeting each other with "namaste." Then we get ready for our *asana* practice with mind and body awareness exercises, including a sun salutation. Then it's time for the story, which is told, not read. After the story, it's time to re-tell it with yoga postures.



The stories are wisdom tales from around the world. On Sunday, November 15<sup>th</sup>, we heard the story of the Peddler's Dream. This story is about the treasure you can find by following your dreams. We talked about our own dreams, how dreams can be wishes, how following our wishes can lead to treasure -- but not the rubies, diamonds and pearls type of treasure. We named a few kinds of treasure we might be able to find by following our dreams such as meeting other people, getting good at something you love to do, helping an animal, etc.

There is a meditation practice as well, which takes place after the re-telling of the story. In our last yoga session, we did a breathing and hand meditation, during which the children coordinated finger movements with conscious breathing, in and out.

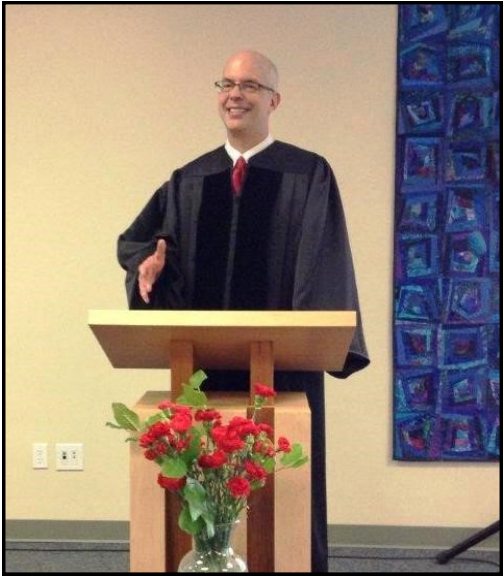
After our short meditation, we have *shavasana* (relaxation). The children lie down on their yoga mats and close their eyes. Their teacher then places an eye pillow on each person, and everyone listens to beautiful, calm, peaceful music. After the sound of the chimes, the children sit up and we sing our goodbye *namaste* song.

**Joining Us!** It is a joy to spend a Sunday morning with our delightful children, and volunteers are always welcome in our Religious Exploration ministry. If you would like to explore this opportunity to grow in spirit and make some new young friends, contact Marie Gabe, our Religious Educator, at [re@uufo.org](mailto:re@uufo.org)

*"The soul is healed by being with children."*

-- Fyodor Dostoevsky





## Worship Cluster News

**AJ:** Our new Intern Minister, AJ Galazen, is at the top of our “good news” list for the 2015-2016 program year. What a privilege it is for us to welcome him into our Fellowship community, to receive his thoughtful spiritual insights, to enjoy his rousing, expressive speaking style on Sundays, and to share the large and small moments of our congregational life with him!

**Music:** After 6 years with us as our Fellowship’s highly accomplished keyboard accompanist and performer, our beloved Cristalle Watson has moved to Halifax, NS to begin a new program of studies at Dalhousie University. We’re finding it’s not so easy to find a suitable replacement for her, so we have made some changes to the Worship Cluster’s Sunday music planning. Look for more guest musicians this year, some familiar faces (and fingers) at the piano, and some exciting new approaches to raising our voices together in song.

**Services:** From September through November, we have enjoyed the kind of variety in services that characterizes our approach to Sunday morning gatherings. In addition to several “traditional” services with sermon and hymns, we have had marching saints, a brunch service, and the interactive blanket exercise, to name a few.

As a lay-led congregation, we continue to seek input, suggestions and participation from everyone. If you would like to take an active role in planning our Sundays together, one of our theme teams would most happily welcome your participation as they plan a month’s worth of services. This is a wonderful way to “go deeper,” to try some new approaches to worship, and to make stronger connections with folks who share your interests. Upcoming themes are:

**January** – Diversity

**February** – Love

**March** – Joy

We also encourage you to consider becoming a service coordinator -- experienced mentors are available to coach you as needed, and the “Sunday Services Coordinator Information” has been recently updated. It’s all online at

<https://sites.google.com/site/uufoffice/sunday-planning>.

And please feel free to speak with any member of the Worship Cluster about your ideas and dreams for Sunday morning. We are: *Martha Nabatian, Pat Lucey, Daphne McCree, Robert McDonald, Lucie-Marie Castonguay-Bower, Nancy Rubenstein, Lorna Erickson-Fraser, Louise McDiarmid, and Laura Evans.*



## Update from Syrian Refugee Group

Interested Fellowship members have been invited to join with the Syrian Refugee Committee at First Unitarian, which held a planning meeting on November 24th. Preparations are currently being made to organize volunteers into sub-groups, in order to manage the many different challenges of helping a Syrian family adjust to life in Ottawa.

The group is led by a steering committee which is relying on the framework being set up by April Hope, the Canadian Unitarian Council (CUC) Social Responsibility Coordinator, to help Unitarian groups across Canada get organized for refugee sponsorship. So far, the First Unitarian group has raised enough money to sponsor one or two families, and have received an outpouring of support from volunteers!

If you are interested in receiving more information, or getting involved – please contact Gary Weinhold or Elinor Mueller of the Social Action Cluster.

**Updates from  
Working Groups**

## Update on the Work of the DMSC: We Are Moving On!

Following the recommendations of the Final Report of the Ad Hoc Committee on Professional Leadership (April 30, 2015), the UUFO Board of Directors appointed a Developmental Minister Search Committee (DMSC, September 2015) tasked with designing and implementing a process for hiring a Developmental Minister. The committee's responsibility is to identify and recommend a suitable candidate to the Board of Directors, who will make the final decision. The goal is for the Minister to start working for the UUFO in August 2016.

What has the Committee done so far? How is the search progressing?

Starting on September 29, 2015 the Committee has met weekly. As you can see from the banner in our hall, we developed a time line for the search. We have also worked on identifying the process normally followed by CUC and UUA for hiring developmental ministers. Through conference calls and email consultations we now have the latest protocol.

In order to obtain support and guidance for the Board and the DMSC on the search process, and to inspire and share with the Congregation the meaning, advantages and limits of Developmental Ministry, we invited Rev. Linda Thomson to come to Ottawa. She met with the DMSC and the Pledge Campaign Team and spoke to the Congregation on the weekend of October 3 and 4.

In collaboration with the Pledge Campaign Committee we supported the goal of increasing our pledge income for 2016 to make the hiring of the Minister a reality. As announced by our President in early November, and we are very glad to share again, our congregation has generously augmented its pledges for the coming year, allowing us to meet the financial commitment needed to hire a half-time Developmental Minister.

As of the time of writing we are completing the Congregational Application Form for a Developmental Minister, to be submitted to

CUC/UUA. The application will be submitted in early December 2015. At the same time, we are creating an electronic information package about our congregation and our city, to be posted on our website for interested applicants. This is a key tool in the search process, since it is where we show who we are, what we have done and what we have to offer as Unitarians to prospective candidates.

We can expect to receive applications from CUC-UUA between March and June 2016. The application process has two stages: First, after CUC-UUA posts the Congregational application, they receive applications directly (not the Congregation). Then, they do a first screening and matching of applicants for congregations, and send pre-selected applications to the Congregations for their consideration.

We will keep you posted!  
Sincerely,

The DMSC (Marilynn, Elinor,  
Marion, and Enrique)

# The Path of Reconciliation

## Social Action Cluster Update

*"We have described for you a mountain. We have shown you the path to the top.  
We call on you to do the climbing." Chief Justice Murray Sinclair*

56 people attended the service on September 27<sup>th</sup> and participated in the "Blanket Exercise." This opportunity to revisit Canada's history through the eyes of Canada's First Peoples was an initial step along our path towards understanding the need for and meaning of reconciliation. The information, challenges and discussions SAC held related to the four documentaries of the 8<sup>th</sup> Fire series were further steps along this path. Contributions – financial and volunteers – to sustain Centre 510 (an aboriginal drop-in centre) furthered our understanding of local issues faced by aboriginal citizens.

While we do not yet have specific times/dates for further events in the New Year, we do have plans to continue this journey.

Several people asked if we could repeat the 8<sup>th</sup> Fire series in different time slots. So we plan to do this. Let us know what times work best for you.

We will be showing the film *Trick or Treaty*. This Canadian documentary (2014) by Alanis Obomsawin (google her name to see her amazing career as a documentary film maker) traces the history of Indigenous leaders as they seek justice related to Treaty 9, an agreement signed in 1905 by the First Nations peoples of Northern Ontario. The film offers deep insights into the treaty process generally and the ongoing struggle of First Nations communities to pursue their respect for, protection of, and use of the land.

You will also be invited to examine specific recommendations from the report of the Truth and Reconciliation commission and work with other groups to urge governments to take action. An immediate issue is the revision of school curricula to include the history of the residential schools. Stay tuned!

Look for other activities – book discussions, cultural events, Sunday services – in the new year.

Developing an understanding of and working towards reconciliation with First Nations is the primary focus of the programs planned by the Social Action Cluster... but this is not our project. It belongs to all of us. We welcome your ideas and your energy in planning and organizing activities. Many of you will remember the process of becoming a *Welcoming Congregation* - it was a commitment of the whole congregation. Walking the path towards truth and reconciliation is a call to all of us.

*Social Action Cluster: Gary Weinhold, Elinor Mueller, Lorna Erikson-Fraser, Fred Cappuccino, Helmut Kuhn, Marilyn Kuhn, Carolle Seguin (Board liaison), Dave Edmunds (Board liaison)*





## Reconciliation: Right Relations and Healing

Reflection By Helmet Kuhn with an excerpt from *The Reason You Walk*, by Wab Kinew

Marilynn and I recently attended the Ottawa Writers' Festival event featuring Wab Kinew on his book *The Reason You Walk*. Driving home, reflecting on my own near-octogenarian condition, I commented, "How could a 33 year old kid get so wise?" I was deeply moved by his conversation with CBC's Waubgeshig Rice who hosted the evening. It gave a sharp turn to my thinking about what is the challenge I (and "my people") face in coming to terms with the learning that has been offered to us through the Truth and Reconciliation Commission. For many of us, reconciliation has begun to mean seeking to be in "right relations" with First Nations people. Personally, as I try to understand what this might mean, my thoughts get muddled in questions and contradictions.

The turn Kinew gave to my thinking is that right relations with First Nations people for me must have as a priority coming into right relations with my history in Canada and the history of "my people" in relation to "his people." It means doing whatever I can to shift the balance of political, economic, and social affairs in Canada towards an honest acknowledgement of the treaty agreements with First Nations people on which our country was founded. Kinew was pretty frank. Truth and Reconciliation meant, for him, getting reconciled to his father – he said he grew up thinking his father hated him – and that was a monumental struggle. He feels no need to be reconciled to me and "my people". He has lots of friends and they're OK. They don't "need" us. And I have lots of friends, I have family and my Fellowship community and, nice as that might be, I don't need to be chums with any First Nations people. What I yearn for, and what I think Kinew and "his people" are seeking, is a Canada where the harms and damage that were inflicted on Canada's Indigenous populations through colonization, and that continue even today, are acknowledged, and healing is realized through open dialogue, fair compensation and respect.

I recommend for your reading the following "Prologue" from *The Reason You Walk* as a guide for the way forward and as encouragement for your reading of the book.

From: *The Reason You Walk*  
By Wab Kinew

### PROLOGUE

**I**f you were to enter the centre of the sundance circle, then you would understand the beauty of what happens there.

*The shake of the cottonwood trees in the breeze ... the swing and sway of prayer flags of every colour tied to the branches ... the chorus of cicadas singing a perfect soundtrack for the sweltering heat ... the feeling of hundreds of supporters standing on the edge of the circle watching you.*

**THE HOT SAND** was starting to burn my feet. The sun's radiance had burrowed deep into my skin, turning it a dark carmine-brown. My dried sweat left a thin layer of salt on my body. I could taste it as I licked my lips.

We had been dancing and fasting in this circle since long before dawn.

Wab Kinew—Illustration by Rachel Iszerda



Chiefs and headmen formed a procession and walked to the south side of the arbour, where I stood. They took my father's war bonnet from its perch and raised it toward the sky. The dozens of eagle feathers splayed around the headdress like a halo, each representing an act of valour, while the intricate patterns of glass beads caught the light of the sun. The PA system crackled.

When they brought the war bonnet down from the sky and placed it on my head, war whoops and ululations rose from those around the circle. They had made me a chief.

The sundance leader laid down a small

*(Continued on page 13)*

## ***“We Are All Treaty People”***

*(Continued from page 12)*

box, opened it, and withdrew a treaty medallion. Placing the medallion in my hands, he reminded me of the significance of the treaty relationship: the commitment to share the land with newcomers. On one side of the medallion was a profile of George Washington. The other showed two hands shaking. One hand was European. The other was Indigenous. We are all treaty people.

I nodded and thanked him. I was surprised by how heavy the medal was in my hands.

I turned my gaze to the earth. It had been two years since I was here last. I had strayed off the red road I had been taught to walk as a boy. I had turned my back on *Ndede*,\* my father. I had hurt many people, including those closest to me.

As the son of a hereditary chief, I had always known I would someday rise to this rank, but I assumed that day was far in the future. Perhaps it would arrive after I had achieved something great. Instead, it came when I was at one of the lowest ebbs of my life. My community, my family, and my father responded by giving me a second chance. That which was broken, they tried to make whole again.

All of this took place more than a decade ago. It was not the only time my father would pass something to me that I would commit to carrying into the future.

In the last year of his life, Ndede would go on a remarkable journey of hope, healing and eventually forgiveness. The journey would take him to the greatest heights of some of the world's most powerful institutions. Yet, in the end, it would resonate on the most basic level of existence that all of us share.

More than any inheritance, more than any sacred item, more than any title, the legacy he left behind is this: as on that day in the sundance circle when he lifted me from the depths, he taught us that during our time on earth we ought to love one another, and that when our hearts are broken, we ought to work hard to make them whole again.

This is at the centre of sacred ceremonies practiced by Indigenous people. This is what so many of us seek, no matter where we begin life.

This is the reason we walk.

---

\**Ndede* means “my father” in Ojibwe, a term my sister Shawon and I used growing up to refer to our dad. The e here sounds similar to the e in the word egg. Written phonetically, *Ndede* sounds something like in-DED-deh.



In his mandate letter to Carolyn Bennett, the Minister of Indigenous and Northern Affairs,



Prime Minister Justin Trudeau states:

*As Minister of Indigenous and Northern Affairs, your overarching goal will be to renew the relationship between Canada and Indigenous Peoples. This renewal must be a nation-to-nation relationship, based on recognition, rights, respect, co-operation, and partnership. I expect you to re-engage in a renewed nation-to-nation process with Indigenous Peoples to make real progress on the issues most important to First Nations, the Métis Nation, and Inuit communities – issues like housing, employment, health and mental health care, community safety and policing, child welfare, and education.*

For the complete text visit: <http://pm.gc.ca/eng/minister-indigenous-and-northern-affairs-mandate-letter>

In the December eNews, the CUC's Truth Healing and Reconciliation task force expressed our shared hope that Canada's commitment to upholding the UN Declaration on the Rights of Indigenous Peoples will bring our country more in line with our UU values through justice, equity, compassion, and respect for indigenous Canadians.

## Invitation: Groupe de croissance spirituelle

*En plus de notre Rassemblement français chaque troisième dimanche du mois, nous aimerions commencer un Groupe de croissance spirituelle.*

Ce groupe, par son contenu et son déroulement, encourage l'intimité, l'écoute en profondeur de l'histoire de vie partagée de ses membres (5 à 7 au maximum) et l'approfondissement de sujets spirituels.

**\*Ce groupe n'est surtout pas un groupe de discussion ni un groupe de soutien; il diffère de tout autres groupes d'éducation religieuse, de groupes d'étude ou de réseaux amicaux.\***

Ce groupe se veut être une expérience personnelle spirituelle qui mène à son application pratique journalière dans tous les aspects de la vie.

Si ce groupe t'interpelle sois le/la bienvenu(e) ainsi que tes ami(e)s.

Depuis 10 ans je participe à un de ces groupes. J'initie et supporte d'autres Groupes de croissance spirituelle et je dois vous avouer que ma vie journalière est toujours en progression ascendante dans tous les aspects de ma vie.

Information:

Lucie-Marie: [lucie.marie@rogers.com](mailto:lucie.marie@rogers.com)

A.J. welcoming new members



## Beauty Night

Leslie bounces through the door  
poses fashion-model wise  
flips her soft new hairdo.

How do I look?

Her glow of prettiness obscures  
the open sores and mutilated nose.

On Beauty Night the volunteers  
cut and curl the hair of whores and addicts  
paint their nails, massage their scrawny  
shoulders  
paint a subtle pinkness on their cheeks.

On Beauty Night  
the touch of another hand  
is not a violation.

Good night. God bless you all  
Leslie softly calls  
as she is leaving.

Good Night, Leslie  
you look beautiful.  
Good Night.

*Louise McDiarmid is a long-time Fellowship member and former editor of Fellowship News. We are so pleased to share her poetry with you!*



# What is Yoga?

By Barb Ryan

Yoga is all about harmonizing the body with the mind and breath through the means of various breathing techniques, meditation and the adoption of specific physical postures widely practiced for health and relaxation.

Yoga has been with each of us since birth. Whether it is a Cat Stretch that strengthens the spine or the Wind-Relieving pose that boosts digestion, you will see people doing yoga from an early age even if they don't even know they are doing yoga.

Yoga works for "every body", no matter what age, whether the individual is employed at a desk job, is a professional cyclist, is a runner or a housewife to people experiencing chemo therapy, or those just needing to dial down stress.

We are accustomed to looking outside of ourselves for fulfillment. We live in a world that has us believing that outer attainments can give us what we want. Yet again and again our experiences show us that nothing external can completely fulfill the deep longing within for "something more." We are caught up in doing rather than being, in action rather than awareness. It is hard for us to picture a state of complete calmness and repose in which thoughts and feelings cease to chatter in perpetual motion. Yet it is through a state of quietude that we can touch a level of joy

and/or a level of understanding impossible to achieve otherwise.

It is said in the Bible: "Be still and know that I am God." In these few words lies the key to the science of Yoga. This ancient spiritual science offers a direct means of stilling the natural turbulence of thoughts and restlessness of body that prevent us from knowing what we really are.

So, yoga is the "union" of the individual consciousness or soul with the Universal Consciousness or Spirit. Though many people think of yoga only as physical exercises, the yoga *asanas* or postures that have gained widespread popularity in recent decades are actually only the most superficial aspect of this profound science of unfolding the infinite potentials of the human mind and soul.

*"Stilling the natural turbulence of thoughts and restlessness of body"*



## Why do yoga?

The practice of yoga restores balance by helping to strengthen our body, calm our mind and regain our focus and improve self-confidence.

Some people think that yoga is just stretching. But while stretching is certainly involved, yoga is really about creating balance in the body through developing both strength and flexibility.

## Yoga Poses

Each yoga pose or posture has specific physical benefits. The poses can be done quickly in succession, creating heat in the body or more slowly to increase stamina and healthy alignment. The poses are a constant, but the approach to them varies depending on the tradition in which the teacher has trained. Once familiar with the language of yoga and the body postures, a greater emphasis is placed on the inner experience of meditation for the well-being of mind.

You are welcome to join us every Monday at 5:30 pm right here for our weekly yoga classes at the UUFO.

For more information contact Barb Ryan at [ryanbarb99@gmail.com](mailto:ryanbarb99@gmail.com).

Namasta.

# 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.*

Unitarian Universalist  
Fellowship of Ottawa

400 McArthur Ave  
Ottawa, ON  
K1K 1G8

613-421-8360  
uuf@uuf.org

**Find us at  
uuf.org**

## Fellowship News

is published quarterly by UUFO  
Send submissions, comments, or  
letters to the editors to:  
newsletter@uuf.org

Deadline for submissions is the  
10th of the month prior to  
publication

Many thanks to our contributors and  
editors!

## Editorial Team:

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

**Layout:** Sarah

**Proofreading:** Louise

## Winter Services & Events of Note

### December | Community

**Sunday, Dec 13      Rassemblement Français      11:30**

Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.

**Sunday, Dec 20      Evening Winter Solstice Service      4pm**

We will celebrate the season in ritual, song, dance and story. Following the service we will share a good pot luck meal and holiday cheer. Please note, **there is no morning service** on Dec. 20!



**HAPPY HOLIDAYS!**



### January | Diversity

**Tuesday, Jan 12      Spiritual Growth Circle      2pm**

A small group meets for sharing, deepening, and spiritual growth.

**Sunday, Jan 17      Rassemblement Français      11:30**

Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.

**Monday, Jan 18      Wise Elders      1pm**

Join the wise elders for their first meet up of the new year. Share joys, challenges, support, and a few laughs. We plan to meet monthly.

### February | Love

**Sunday, Feb 1      Valentines' Day      10:30**

It is the theme of the month, and the theme of this Sunday: Love and Valentines. Intern Minister A.J. Galazen will preach.

**Sunday, Feb 21      Rassemblement Français      11:30**

Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.

**Sunday, Feb 28      Sharing Our Faith      10:30**

Every year, UU congregations across Canada set aside a service for Sharing Our Faith. We speak on a shared topic, and our offering is donated to the national Sharing Our Faith fund.

