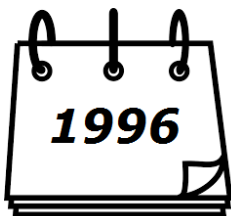


# Fellowship News

SPRING ISSUE

MARCH 2016

## 1996... What a Year!



The first surface photos of Pluto were photographed by the Hubble Space Telescope;

Lucien Bouchard left the Bloc Québécois to become premier of Quebec;

the Spice Girls had their first big hit;

DVDs were announced as the latest and greatest thing in home video technology;

and ... **our Fellowship was born** when a handful of resolute Unitarian pioneers set out for the east side of Ottawa under the leadership of the intrepid Rev. Fred Cappuccino (pictured here bravely perched atop a piano).

Our founders quickly set about the task of establishing an enduring liberal religious community somewhere east of the city centre, where all would be welcome to seek their own spiritual truths, and to grow in love and friendship among their fellow travelers. We moved around from place to place -- schools, community centres, and library meeting rooms throughout Rockcliffe Park, Vanier, Gloucester Centre, and Beacon Hill -- until at last we entered into a mutually beneficial business partnership with Heartwood House, and, with tremendous support from the First Unitarian community, moved into our permanent home on McArthur Avenue in August, 2013.



And here we are today, 20 years later: a thriving, growing congregation, actively searching for a half-time Developmental Minister to support and guide us in becoming the best Fellowship we can be. We've come a long way from that brave and hopeful beginning, and we're filled with gratitude for all the leadership, encouragement, support, and gifts of time, energy and resources we've been blessed with on this wonderful journey.



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## Gala Celebration!

**When:** Saturday, March 19, 2016  
6:30 pm

**Where:** Unitarian Universalist Fellowship of Ottawa,  
400 McArthur Avenue

**RSVP:** [gala@uufo.org](mailto:gala@uufo.org)

# Caring and Sharing

With contributions from Marlene Hewitt, Elinor Mueller, Laura Evans, Pat Lucey

We like to take a few moments to commemorate milestones taking place in our community, and we've got all sorts this time around:

Congratulations to Andrea on her retirement. To mark the event, she and her husband went travelling to Mexico and came back thoroughly refreshed.

us fondly remember Heather and her brother Duncan as Fellowship "RE kids" -- my, how time has flown!

Lorna, Lucie-Marie and Laura endured bathroom renovations in January. All will agree that these things seem to take more time and become more complicated as they go along. Shower anyone?

morning to be a teacher in Vietnam, and Tudy was concerned about the plane's stopover in Taiwan which had been hit by a serious earthquake.

We are grateful to June and John for arranging this get-together for us. Everyone wished Marlene well for her trip to Costa Rica with Marina, and warned her not to get pregnant!

Tudy wants everyone to know about "HelpAge Canada" that encourages seniors to write their life stories. Recent stories were published in books that were launched at the Wabano Centre on January 30th. Tudy feels that UUFO seniors have wonderful stories to record, and she would like to see us participate. Check the website of HelpAge Canada for more information.

For some sad news, we learned that Margaret's step-mother, and Alana and Lillian's grandmother, died at the beginning of February.

And it is with a heavy heart that we share that Brigitte Martin died on Sunday, February 14 at the Rockcliffe Residence. She had been in failing health for some time but maintained her positive outlook and warm smile until the end.

Nanci and Tom's daughter Heather was married to her partner Rob in January. Many of

## Luncheon at Perkin's

Nine members of UUFO met at Perkin's Restaurant on Feb. 8 for good food and conversation. Daphne took cards for us to sign for Roy and Katie who were unable to attend.

Marlene then took the signed cards to Roy and Katie at the Garry Armstrong Residence, and discovered that Roy is being given antibiotics for cellulitis in his legs and feet. Because of this, he is now confined to a wheelchair, but he hopes to soon be able to walk again and rejoin us at a service. We wish him well. Katie was having a manicure when Marlene arrived, and was her usual cheerful self.

Tudy reported that her granddaughter left that very

## Winter Travels

Speaking of which, Elinor and Mark had a wonderful 3 week trip to Costa Rica over Christmas and New Years with both their children, Derek and Andrea, and their families. Elinor recounts: "There were 10 of us with 4 grandchildren between the ages of 5 and 10. We rented a house in the southern part of the country on the Osa Peninsula and spent a very hot and humid week exploring the rain forest, seeing magnificent birds, and waking up to howler monkeys. The ocean and waves were right at our front door! We also had time to explore the country, enjoying magnificent beaches and beautiful cloud forests in the mountains. The pace was leisurely, the people kind, and the roads in the mountains a challenge for both the driver and the passenger!"

Would you like to try your hand at writing a regular column for Fellowship News? Caring and Sharing is looking for a gregarious individual to take the reins. If you think you might want to try it out, contact [newsletter@uufo.org](mailto:newsletter@uufo.org)!



Feb 5th's Inaugural Clocktower Pub Night

## Remembering Daphne McCree

One of the most prominent aspects of Daphne's character as I knew her was her positive attitude about everything. She usually saw the cup half full and was always so supportive of others.

As one of her main drivers to services and meetings at the Fellowship, we had many conversations in the car about family -- both hers and mine. She was inevitably very happy for me when I was going to be able to visit family and she was particularly complimentary about the talents of my kids. She was so interested in following their activities and progress.

She was also clearly very devoted to her daughter. She was proud of her daughter and would drop everything to make time to spend with her if she had some time off. She always said that nothing should get in the way of family.

I traveled with Daphne to Honduras on one of the build trips organized by the folks at Toronto First. This was a great experience for me and I am grateful to her for encouraging me to go.

*Martha Nabatian*



Daphne was the embodiment of "Good things come in small packages"

Daphne was a friendly, loving person who was thoughtful and caring for family, friends and strangers. She extended warm hospitality to many groups who enjoyed meeting in her small apartment. Her involvement extended throughout her community and even to Central America where she helped others through World Accord. She had a lively curiosity and sharp intelligence that led her to give talks about art at the National Gallery and to sort mounds of books for the National Library. Her resilience in the face of severe medical issues was monumental, and her modesty and sense of humour always came to the fore. As a founding member of UUFO, she served on the Board as secretary and recently has been the chair of the Caring Committee, who will miss her terribly.

*Marlene Hewitt*



Daphne was an active and well-loved member of UUFO right up until her death, on February 11.



I have not known Daphne for a long time but came to highly value her friendship. I often drove her to our monthly Caring Circle meetings so we had brief, but meaningful conversations. She spoke of her many activities – quite the Renaissance woman – and especially of her daughter. She cherished her time with “Kats”, as she called Kathleen. I only recently learned Kathleen’s real name.

As chair of our Caring Circle, Daphne was the one to whom I sent my invoices. She always checked them carefully and often found errors in my calculations. I think many of the mistakes actually would have benefitted the Fellowship, but she always corrected them. She gave me invaluable advice when

I was concerned about how to bill a visit.

I will miss her mentorship and her friendship.

*Ellen Bell*

**A memorial service for Daphne will be held at the Fellowship on March 24th at 11am.**

## Tales of Travel Continued...

And the travel stories didn't end there! UUFOers have been all over the map this winter:

John T went on a cruise along the east coast of Mexico with his mother, who is based in Victoria. He enjoyed the trip though found sharing a cabin with his mother a bit too close quarters.

Marilynn and Helmut had an extended visit in Australia over the holidays, enjoying some quality grandparent time with their daughter Leslie, her husband Craig, and the kids.

And finally, Wendy C attended her son's wedding in Seoul, South Korea in January. She and her husband were given traditional Korean celebration clothes which they proudly wore to the wedding. We are sure you looked fantastic!



## Coffee Hour Chat In Review

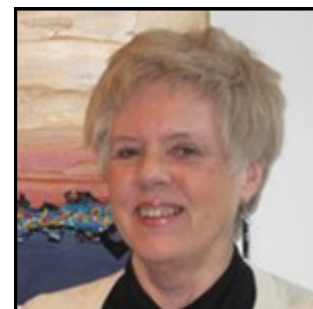
By Pat Lucey

Since moving to McArthur Avenue in August 2013, we've had many new visitors, and some of them have become regular attendees at our Sunday services. Here are just a few of the new(ish) people for you to meet and greet at Coffee Hour:



**John** works for ESDC as a programmer/analyst, and he's been attending our Sunday services since we moved to McArthur Avenue. And when John is at a Sunday service, his golden bass voice really kicks our musical experience up a few notches! He's an experienced singer, and performs with the Ottawa Celtic Choir, the Just Voices Choir, and the NECTAR Choir, in addition to lending his vocal talents to our own Songsters.

**Hoppy** was one of the original founders of Heartwood House, back in 2001. She serves on their board of directors, and was the chair from 2010 to 2014. She is a volunteer literacy tutor at People, Words & Change, and previously spent 24 years at PWC as an education counselor and computer instructor.



**Christine** is also a founding member of Heartwood House, and she put in many staff and volunteer years at People, Words & Change. She now works at the Heartwood House front desk, and has recently been very active in developing and leading Sunday services at the Fellowship.

**Brandon** is in software development, and has been attending the Fellowship for over a year.

**Barb and Rick** have been attending our Sunday services since last September, and Barb is the instructor for the Monday afternoon Gentle Yoga classes here in our space.



We are always happy to welcome new faces, and get to know a few new(ish) people better!



### Volunteer Opportunity:

Program Support Team Volunteers Needed!

Two of our members, after kindly serving in one of our Program Support Teams for years, need to 'retire' from this task. Thus, we need two new volunteers who could help one Sunday a month with set up. It is not complicated and is a fun way to better get to know your UUFO fellows!! If it is possible for you to help us with this task, contact the office: [uufo@uufo.org](mailto:uufo@uufo.org)

## Board Walk

By Laura Evans

Twenty Years! It certainly is worth celebrating. The Board is going one step further by putting plans in place for the UUFO to start its third decade with grace and style.

Having comfortably settled into our Fellowship space, the Board is looking into ways to increase rentals and activities throughout the week. The Rental Agreement is being reviewed to reflect the kinds of questions and issues that we have experienced. We are establishing a roster of Event Coordinators who can open, close and provide some oversight for outside rentals. Of course, our primary renters are Heartwood House member agencies with whom we have a special relationship. Last year we earned \$3,255 from rentals.

Two Board members are active on the Developmental Minister Search Committee. We look forward to receiving their recommendation and being able to extend a contract offer to a wonderful candidate. Our Developmental Minister will work with us to plot our directions for the *next* ten years.

The Board has benefitted from our Intern, AJ Galazan. He has attended Board meetings as well as some committee meetings and provided positive feedback. It is always reassuring to hear that we are a healthy community and have systems that work well. AJ's preaching has always stimulated interesting thought and discussion. Next year, we will not have an Intern since no strong candidate came forward.

And then there is the financial health of our Fellowship: the Board is responsible for setting and maintaining the budget. The Congregation approved the 2016 budget at a meeting last

Laura Evans, Board President



December and the Board monitors the balance sheet every month. The Fellowship ended last year with a surplus. The amount will be confirmed with the auditor reviewed statements. The Board will then look where to prudently apply the amount for our ongoing financial sustainability. Thanks to everyone for your sustaining support.

Board meetings are an opportunity to keep up with what is going on in the Fellowship and build our own community. Meetings are open if you want to attend, or ask a Board member if you want more information about the issues being discussed.

## Membership Committee News

### Recruitment

The Membership Committee invites you to join us. We need 2-3 new participants to communicate with, follow up and support our Newcomers and our New Members. Please contact Lucie-Marie Castonguay-Bower : [luciemariecb@gmail.com](mailto:luciemariecb@gmail.com)

### Welcomers

Designated 'Welcomers' could work with the Set up Teams to help meet and greet folks, new and old, as they arrive at the service and make them feel at home, particularly as set up teams are often shorthanded. Ideas are welcome to better do this. If you would like to be a Welcomer, please contact: [luciemariecb@gmail.com](mailto:luciemariecb@gmail.com)

### Upcoming Activities

- ◆ Newcomers Gathering on Sunday March 13<sup>th</sup>, after the Service from noon till 1:30
- ◆ Formal Welcome for new members at the Sunday Service on April 24<sup>th</sup>

Current Membership Team members are:

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

## La joie: un dépistage

Par Marc-André Pigeon

En début de saison, ça n'allait pas bien.

Dans ses pratiques de hockey, Victor avait beaucoup de misère à rester debout sur ses patins. Il ne pouvait ni freiner, ni reculer. Il se décourageait. Et voulait lâcher.

Au début, je trouvais ça difficile moi aussi. Ça m'angoissait, me rappelant que je suis poche sur la glace, pareillement incapable de freiner ou de reculer. Un Franco-Ontarien du Nord manqué : tout le monde de chez nous, dans le Nord, patine comme il le faut et joue un hockey compétent. Sauf moi.

Avec un peu d'encouragement, Victor a tenu le coup. Il est maintenant un des meilleurs joueurs de son équipe. Le voyant patiner et creuser sans relâche pour la rondelle me comble de joie.

Mais qu'est cette joie? D'où vient-elle? Dans le Larousse, on la définit comme étant un:

*Sentiment de plaisir, de bonheur intense, caractérisé par sa plénitude et sa durée limitée, et éprouvé par quelqu'un dont une aspiration, un désir est satisfait ou en voie de l'être.*

C'est une bonne définition. Mais il me semble qu'elle ne suffit pas pour cerner ce que je ressens quand je vois Victor sur la patinoire ou lorsqu'Elise maîtrise un truc de magie ou quand Emmylou me raconte une histoire inventée à propos de son ami imaginaire, le fameux « Igga ».

Une définition du dictionnaire pose toujours ce risque, le risque de se soumettre à la tentation des facultés intellectuelles, à la tentation d'une équation mathématique implicite et simpliste, elle-même dérivée du logique du marché, que tout simplement : Joie =  $f(\$)$ . J'ai passé une grosse partie de ma vie séduit par cette tentation – l'amour des définitions motive tout étudiant doctoral, moi pareillement.-

Mais dans mes petits moments rares et fragiles de sagesse, je vois que la joie dans sa plénitude ne se laisse pas combler par une équation formelle, quasi-mathématique, dénudée, éviscérée de contexte. Pour mieux la connaître, je vous propose qu'on interroge la joie comme si elle était une personne, un commun des mortelles, un être doté de force et de faiblesse. Passons à l'entrevue.

## Coin Français

*Pourquoi est-ce qu'on vous appelle « la joie »?*

Je suis dérivée du mot latin *gaudium*, qui désigne « la jouissance paisible qui n'est soumise à aucune condition extérieure au sujet », et, selon le philosophe Leibniz, d'une autre part, je suis également dérivée du mot latin *laetitia*, « le plaisir de l'âme lié à possession d'un bien. » De la, on voit pourquoi dans la philosophie antique, la joie se rapprochait de la spiritualité, d'une « manie » qui « désigne la présence du divin. »

*Une manie? Vous êtes évidence d'une maladie mentale? Comment décrire votre personnalité?*

Une manie, certes, car je dépasse la raison. Je suis éphémère et infidèle.

*Infidèle?*

De nécessité, je me partage, me répands. Mais je ne laisse pas de place à la jalousie.

*Puisque vous vous partagez, est-ce qu'il vous arrive, de temps en temps, de vous trouver en conflit?*

Oui, bien sûr. Je mène un combat acharné et éternel avec la tristesse.

*Elle gagne parfois?*

De nécessité. Tout à sa place. On ne peut pas me trouver sans avoir sombré dans la tristesse.

*Mais où est-ce que vous habitez, vous, la joie?*

Je suis là, toujours à portée, l'autre côté de la tristesse, dans le moment précaire entre le passé et le futur, n'est-ce que pour quelques secondes. Je suis le moment où l'entropie inlassable est repoussée à la frontière. Dans le concret, je me manifeste dans les moments de réalisation de projets, d'œuvres, d'ambitions. Ce sont des preuves irréfutables qu'on existe; elles repoussent toutes questions existentielles, ces alliés de l'entropie.

## Summer Solstice Aboriginal Festival

June 18-21 in Vincent Massey Park

The 2016 Summer Solstice Aboriginal Festival and International Competition Pow Wow will be celebrating its 20th year in 2016, with Inuit Tapiriit Kanatami (ITK) as our guest host. The festival runs June 18-21 at Vincent Massey Park. Be part of this FREE family-friendly event where you can learn about native culture through demonstrations, games, and interactive workshops. Our festival will also feature music both traditional and contemporary that represent the Inuit people, First Nations, and Metis artists. Saturday-night main-stage performance is honoured to present selections from the multi-awarding documentary "Circus Without Borders". An awe inspiring collaborative between Artcirq and Kalabante; bringing disadvantaged youth from the two corners of the globe (the Canadian Arctic and Guinea, West Africa) to achieve unimaginable success while they work to combat the despair of a generation struggling with suicide, poverty and despair. Through sharing their passion for acrobatics and their belief in the healing power of art, music and circus, these talented young artists have stepped onto the world stage to share what they've learned; that despair can give way to joy, and that passion and dedication can make dreams come true. *A performance you don't want to miss.*

If you have any question or are interested in a festival donation, volunteering please contact Trina Mather-Simard; [trina@aboriginalexperiences.com](mailto:trina@aboriginalexperiences.com) Tel: 613-564-9494 | Ext. 101

[www.ottawasummersolstice.ca](http://www.ottawasummersolstice.ca)

*C'est quoi la meilleur façon de faire votre connaissance?*

En chantant, en toute œuvre artistique, en toute discipline, en toute réalisation. Le grand philosophe Henri Bergson nous dit que la joie est toujours le signe d'un accomplissement, d'une réussite et d'un achèvement. Selon lui, toute grande joie est la conséquence d'une création. Voilà pourquoi vous ressentez la joie avec les réussites d'Élise, Victor et Emmylou.\* Ils sont vos chefs d'œuvres.

*Pouvez-vous élaborer?*

Je répète: vos enfants sont les antidotes du désespoir existentiel, preuve d'une « force » spirituelle qui anime votre vie. Je suis la manifestation de cette force, une interpellation de se confronter au nihilisme. Vous me trouverez partout où on transgresse les normes individualistes, dans des communautés telles que votre église, une autre manifestation du concret et du réel.

*Merci pour l'entrevue. Une dernière réflexion à partager?*

Oui. Patine! Ou fait l'équivalent ☺

Marc-André Pigeon (\* mes enfants)



### Prochains Rassemblements:

Nous voulons souligner que le 20 Mars notre Rassemblement sera à 10h30 avec la grande communauté. Nous allons célébrer le 20<sup>ème</sup> anniversaire du Fellowship.

Aussi la veille, soit le 19 au soir, sera la grande soirée de réjouissance accompagnée d'un souper à la fortune du pot (potluck). Nous nous retrouverons en tant que Rassemblement le 17 Avril, le 15 Mai et le 12 Juin.



# Religious Exploration

Religious Exploration programs come in all sizes. And although it can be a challenge to lead a small, multi-age, family-style R.E. program like ours, with children ranging in age from 18 months to 11 years old, there are many benefits for the kids in such a setting. In our Fellowship R.E. program, our classroom experience has shown us that

- the younger siblings receive direct encouragement and support from their older brothers and sisters, which helps them to feel at home in our R.E. room;
- our 5-year-olds gain confidence when they see that they are being fully respected and heard along with the 10- and 11-year-olds;
- the oldest children in the class learn to become leaders and mentors in a warm and kind way;
- toddlers can be easily accommodated into some regular lessons -- our toddler happily attends the Story Time Yoga class, and is free to wander around the room and try out some yoga poses;
- the younger children learn from the example of the older children how to participate in our weekly ritual of lighting our individual chalices, singing our chalice song, listening to a short reading, and sharing of our joys and concerns.

Best of all, the children and their parents are telling us that our R.E. program is an enjoyable time for them, and that they look forward to being with us on Sunday mornings.





## Notes from Recent Classes and Activities:

Our Religious Educator, Marie Gabe, reports that the kids found the Adventures of George de Benneville, one of the first Universalists, quite interesting. They each created “graphic novels” about his life. Marie says: “His life was very eventful. They could make a movie of it!”

She has recently created a fidget box for R.E. It’s full of fiddly things the kids can quietly play with in their hands when they are sitting in the service with the adults, or when we sing for longer than they expected us to, or when a story is especially long. This is very useful for the 5-year-olds but it can be helpful for the older kids (and even for adults!) as well.

Marie has also begun incorporating some games, and more experiential activities (e.g., identifying sounds or scents while blindfolded) into our program, as some of the kids respond quite positively to this type of learning.

She also notes that the children all enjoy taking the elevator down to the lobby after yoga (the class is held upstairs in one of the Heartwood House meeting rooms), and that (no surprises here!) the food table during coffee hour is always one of the highlights of the morning for them.



### UU Kids Ponder Life After Death:

by Sarah Baxter (2014)



### Passion in the Snow

The snarling winds of March  
hiss in my ears  
hurl stinging snow into my eyes  
and snatch my breath away  
but in the black bare maple  
sweet sap stirs  
and on the highest branch  
an amorous courting cardinal  
sets fire to the snow

Louise McDiarmid March 2002



## Maggie's Mexican Cornbread Casserole

**Contributor:** Maggie Cox

**Category:** Bread and Muffins

**Special Diet Information:** Gluten and sugar free

**Yield:** number of servings (10 – 15 est.)

**Timing: Total time: 40 – 45 min**

Prep time: 20 min. est.

Bake Time: 20 – 25 min.

### Directions:

Preheat oven to 400° F. Place a 9-inch cast-iron skillet (or similar ovenproof skillet) in the oven to heat.

Stir together well or sieve: the cornmeal, salt, soda, and cumin in a large mixing bowl.

Beat eggs with whisk, add buttermilk, creamed corn and oil and stir together well in a medium bowl.

Mix gently the dry ingredients into the milk & egg mixture (with a rubber spatula or wooden spoon)

Stir in chopped vegetables.

Remove the skillet from the oven and coat it generously with oil or butter then sprinkled with cornmeal (to assist in removing it later).

Pour in the batter, spreading evenly. (Optional: Sprinkle grated cheese over the top)

Bake the cornbread until golden brown and a knife inserted into the center comes out clean, 20 to 25 minutes. Serve warm if possible

**Personal Note from Maggie:** I have cooked this recipe for a long time. I lost the original, which was printed in the Citizen. The original came from the Glebe Community Centre Tea Room.

It may be varied depending on personal taste and experience in preparing it.

### Ingredients

#### DRY:

- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 cup cornmeal
- ¼ cup Masa (Mexican cornmeal)
- ½ cup buttermilk, or equivalent buttermilk powder
- 2 teaspoons baking powder
- 1 teaspoon cumin (ground)

#### WET:

- 2 large eggs, lightly beaten
- 1 can (14 oz.) creamed corn
- ¼ cup olive oil
- 1 stalk celery chopped
- 1 carrot chopped
- 1 jalapeno pepper, seeded and minced
- ½ red pepper
- 2 green onions

## The Pantry

### Vegetarian Tea Room

*Food is organic where possible*



The Glebe Community Centre

175 Third Avenue

Monday - Friday

11:30 a.m til 3:00 p.m

## Whatever Happened to Idle No More?

By Gabrielle Fayant

In Anishnabemowin, *Gabrielle Fayant ndiizhnikaas* means my name is Gabrielle Fayant.

My family comes from Fishing Lake Metis Settlement in Alberta. I grew up on welfare, in severe poverty, like many other indigenous youth. From Fishing Lake to Edmonton to Ottawa, we moved from one ghetto to another. Alcohol, drugs and gangs were always in my surroundings and I grew up thinking this was normal – that there was no hope for a better life.

I dropped out of high school, and I put myself in many dangerous situations because I didn't really care what would happen to me. My mom passed away and I fell through every crack in the system; I was in the hospital three times for alcohol and depression. My sad history is shared by thousands of indigenous youth across Canada.

Now, I am proud to be alive. I am especially pleased to say that I am now happy.

Key has been finding my cultural identity. I am grateful to those few people who reached out to me and believed in me. I have gone on to university, a major milestone, and I am giving back to youth in my community. I have worked at the Aboriginal Healing Foundation that interviewed and researched residential school survivors, where I learned about the schools and our history. Though the truth was hard to accept, it empowered me. I became active in the community, in my culture. The Anishnabe teachings of the Seven Fire Prophecy helped me see my role and my purpose.

Impatient for change, I was involved in the winter of Idle No More.

The Idle No More rallies may have stopped, but youth are still taking action on the ground. We have created the Assembly of Seven Generations (A7G), and are working with a Canadian international social enterprise called Digital Opportunity Trust (DOT) to implement an indigenous youth empowerment program called ReachUp! North, partly using the ReachUp! programs DOT has deployed in the Middle East and East Africa for a decade. It will have 100 graduates by November.

For indigenous youth, a strong sense of cultural identity is key to self-confidence, positive self-esteem, and success in the economy. To date, this has not been reflected in the hit-and-miss programming offered to them.

Many programs are developed by non-indigenous program and policy developers, and reflect a top-down approach where culture – the most important factor for indigenous youth development – is forgotten.



*Gabrielle Fayant is ReachUp! North Program manager at Digital Opportunity Trust/Assembly of Seven Generations (A7G). She is co-producer of NOONGOM, a film that was screened at the Bronson Centre (211 Bronson Ave., Mac Hall) on Sunday, February 28<sup>th</sup>*

Even indigenous organizations do not take youth leadership seriously, and youth are often tokenized, or worse, ignored. Youth departments and programming are often the first to be cut.

Half of Canada's indigenous population is under the age of 30, and the youth bulge is growing. Youth committees and councils are no longer enough. What is needed are solutions that include cultural learning from a youth-led, youth-driven perspective – A7G and DOT are doing just that.

ReachUp! North has been adapted for indigenous youth with the guidance of Elders, and is localized and delivered by A7G youth leaders, with support from DOT and within a spirit of trust and freedom to incorporate traditional teachings.

With DOT, we have been able to create a safe space for Indigenous youth to take charge of their livelihoods through the use of technology.



## Denominational News

The following statements will be presented for affirmation at the Canadian Unitarian Council 2016 Annual General Meeting, May 20th, in Vancouver.

### Vision Statement:

*As Canadian Unitarian Universalists, we envision a world in which our interdependence calls us to love and justice.*

### As Canadian Unitarian Universalists:

Seven principles guide our choices,

Six sources nourish our spirits,

Five aspirations help us grow.

### As Canadian Unitarian Universalists, we aspire to be:

<b>Deeply Connected</b>	We strive to foster healthy relationships amongst and within UU communities, with the broader world and with all life.
<b>Boldly Inclusive</b>	We strive to create hospitable, diverse, multi-generational communities.
<b>Actively Engaged</b>	We strive to work joyfully for a just and compassionate society, experimenting with new forms of community.
<b>Theologically Alive</b>	We seek to be ever-evolving in our understanding, open to new knowledge.
<b>Spiritually Grounded</b>	We seek transformation through personal spiritual experiences and shared ritual.

This vision is an overarching goal for our faith tradition, a vision of the world we wish to live in, one shaped by our UU contributions. The vision is not intended to replace the mission statements of congregations but can help congregations live out their missions within the larger context of Canadian Unitarian Universalism. For the CUC Board, the vision provides concrete direction in long-term planning.



## ***“We are on the ground working hard for our peers”***

Youth who graduate from ReachUp! North learn to transform their skills and passions into a livelihood opportunity, while also being encouraged to tap into the technological resources and support services around them. The program will be expanded to other communities in the year to come.

For some, it is simply using their phones or laptops as tools to promote their business ideas, whereas others are applying new work force and entrepreneurial skills to find jobs or start businesses, or perhaps using spreadsheets for personal budgeting.

There's Sage, who enrolled in ReachUp! North to improve his skills so that he could better promote his drum group, the O-Town Boyz. Using new business and digital skills, he has developed online portfolios of the singers, videos of

performances, promotional material and business cards. Sage and the O-Town Boyz are now selling CDs and performing at bigger events and pow wows.

So if anyone is wondering “whatever happened to Idle No More,” you can tell them we are on the ground working hard for our peers. We have created an organization called the Assembly of Seven Generations, we are becoming entrepreneurs and we are creating networks of like-minded youth across the country. The winter of Idle No More was a spiritual awakening for indigenous youth. We are the seventh generation, we are the new people.

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*This article first appeared in the Globe and Mail, February 9<sup>th</sup>, 2015 under the title “Native youth claim their future through technology,” and can be found on the G&M web site at*

*<<http://www.theglobeandmail.com/opinion/gabrielle-fayant-native-youth-claim-their-future-through-technology/article22856060/>>*

# 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*

### ***What have we been doing?***

In December, SAC connected with the following local organizations to make contributions from the Fellowship to support their work:

- 15 Christmas gift bags for the STORM program (outreach to women) of Minwaashin Shelter.
- 25 Christmas gifts for youth 12-18 for the Minwaashin Lodge Winter Gathering.
- A financial contribution to Carson House (a youth program sponsored by the Rideau Rockcliffe Community Resource Centre).
- Delivering the winter clothes from the Mitten tree to the Boys and Girls Club



Our warmly decorated mitten tree

During January, 40 members of our congregation signed a petition urging the provincial government to develop and mandate a curriculum for Kindergarten through Grade 12 in collaboration with Aboriginal peoples, survivors and educators. The curriculum would address residential schools, treaties, and Aboriginal peoples' historical and contemporary contributions to Canada.

Several of our members continue to volunteer at Centre 510 – the aboriginal drop-in centre - to support their on-going breakfast/lunch program. They are currently taking an initiative to provide training for some of the people who use their service and become self-sustaining. Keep tuned for more information!

SAC members have also attended bi-monthly meetings of the Ottawa Right Relations Network (RRN). The RRN is a community of people who want to contribute to reconciliation with our Indigenous neighbours in the Ottawa region. They meet to share information about local opportunities for learning and action, and to encourage each other in

efforts to be conscious, abiding allies of First Nations, and to undo "colonizer conditioning". We have agreed to host the May 25<sup>th</sup> meeting at the Fellowship. You are all invited.

### ***What are we planning?***

Over the next few months we hope you will join us in the following activities:

- ♦ February 28<sup>th</sup> – Sharing Our Faith Sunday – a CUC service focussing on reconciliation.
- ♦ March 8<sup>th</sup> 7pm – A discussion of *The Inconvenient Indian* by Thomas King led by Mark Mueller
- ♦ February & March – Table talk sessions related to Chaudiere Falls and the UN Declaration on the Rights of Indigenous Peoples.
- ♦ April 3<sup>rd</sup> – Sunday service on the meaning of "reconciliation". Speaker Ed Bianci from Kairos.
- ♦ April 19<sup>th</sup> – *Trick or Treaty* – a film that looks at the history of treaties with First Nations by exploring the history of Treaty No. 9 (Northern Ontario) and the quest of indigenous leaders to establish dialogue with the Canadian government.

We will also post notices of other relevant community events in Friday Notes. Often someone from SAC will be attending these, so speak to us if you are interested.

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



# To Begin Again...

By Evangeline Danseco

In celebrating the turning of the seasons and thinking about the changes I am experiencing in my life, I recall the Zen teacher Shunryu Suzuki's invitation: "In the beginner's mind there are many possibilities, but in the expert's there are few."<sup>1</sup>

As I welcome the coming spring, I think of possibilities and opportunities. Projects left half-finished are re-started or past resolutions are resurrected. I reconsider previous assumptions about my interests or challenge my ideas of who I am. I am reminded that each morning is a new beginning, when I can try again to be more compassionate, more forgiving, or more patient. With our meditation practice to focus on each breath, I don't have to wait for next year or tomorrow to try again. Each moment, each minute is a new beginning.

In my work place, my boss of almost nine years is moving on to another job. There is the possibility of new assignments or a

new position for me, as our new executive director takes on her new role and makes her stamp on our organization.

While change is exciting, it is also unsettling and at times even frightening. My mind races through various scenarios of things that can go wrong or situations that stretch me in ways that I feel are contrary to who I am. Mindfulness meditation practice helps me to let go of such thoughts, and to bring my focus back to the present moment. I remind myself to be open to new possibilities, be curious, have a beginner's mind.

Parker Palmer's<sup>2</sup> reflection in a recent blog has resonated with me as well. It is about a poem by American poet Wendell Berry to his octogenarian colleague Hayden Carruth:

*".....What shall I say? I greet you at the beginning of a great career? No. I greet you at the beginning for we are either beginning or we are dead. And let us have no careers, lest one day we be found dead in them."*

*"I am reminded... I just need to take this step and be here"*

I realize I need to let go of my pre-conceived ideas of what my career is about. When we do our walking meditation, I am reminded to take each step and do what I can today with integrity. I just need to take this step and

be here rather than grasp at going somewhere. I am also reminded that I need to be more open to take risks, to be open to new roles and responsibilities rather than be comfortable with the status quo, waiting for the future to do the things I want or feel called to do.

And so I begin again. Breathing in, I dwell on this moment. Breathing out, I know this is a wonderful moment.

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1 – Shunryu Suzuki (1970, 2011). *Zen mind, beginner's mind*. Shambhala Publications. For more information: <http://www.cuke.com/bibliography/ZMBM/prologue.html>

2 – Parker Palmer (2015). *Begin again: On getting unstuck*. <http://www.onbeing.org/blog/parker-palmer-begin-again-on-getting-unstuck/8210>



# 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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**Layout:** Sarah

**Proofreading:** Louise

## Spring Services & Events of Note

### March | Joy

**Tuesday, Mar 8 Book Discussion 6pm**

Mark Mueller will lead the discussion on *The Inconvenient Indian* by Thomas King.

**Sunday, Mar 13 Newcomers Gathering 12pm**

Stick around after the service to get to know each other better.

**Tuesday, Mar 15 Circle for Brigitte 2pm**

Come to share memories of Brigitte and honour her spirit, come to listen.

**Saturday, Mar 19 20th Anniversary Gala 6:30pm**

Join us for music, memories, and good food as we celebrate our 20th anniversary!

**Sunday, Mar 20 "Joy and Moral Choice" 10:30**

Our beloved Minister Emeritus, Rev. Fred Cappuccino will once again be speaking at our annual Anniversary Sunday Service.

**Thursday, Mar 24 Memorial Service for Daphne 11am**

Memorial service for long-time Fellowship member, Daphne McCree.

### April | Reverence

**Sunday, Apr 3 "Meaning of Reconciliation" 10:30**

Ed Bianci from KAIROS will speak at this Sunday service.

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

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

**Wednesday, Apr 19 SAC Film Screening 5:30pm**

*Trick or Treaty* – a film that looks at the history of treaties with First Nations and the quest of indigenous leaders to establish dialogue with the Canadian government

### May | Wholeness

**Sunday, May 15 Rassemblement Français 11:30**

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

**Sunday, May 15 UUFO AGM 1pm**

Our UUFO Annual General Meeting is taking place following the service on May 15th.

**Friday, May 20 CUC Annual Meeting 9PST**

This year's Canadian Unitarian Council Annual Meeting is taking place in advance of the CUC National Conference in Vancouver British Columbia, May 20-23.

