

Fellowship News

SUMMER ISSUE

JUNE 2016



Compassion for Refugees

The Fellowship Refugee Sponsorship Committee pictured here met for the first time on March 27th. Their aim was to determine how our Fellowship

could best help two Burundi refugees in Rwanda whose lives are in jeopardy. The two young men are brothers of Fellowship member, Urbain Rwuhiriro. Since that first meeting, the Committee has organized itself into a very effective team with everyone pitching in. They have sorted out the arduous job of filling out a sometimes confusing array of forms required by Citizenship and Immigration Canada, with francophone members taking the lead because Burundians are French-speaking. Anticipating success in our plan to sponsor the two brothers, other team members have drawn up a Settlement Plan for when they arrive; having a Settlement Plan is another requirement of CIC and of the Canadian Unitarian Council (CUC) - and involves another set of forms. Another



group has developed and carried out a fundraising plan with a goal of raising the 30 to 40 thousand dollars it will require to honour the promises we make in undertaking to sponsor the two brothers. The Committee has been thrilled by the Fellowship response to the call for donations: by the end of May they had collected gifts

totalling almost \$21,000 and pledges for \$4,700. They want to remind us that often the most difficult fundraising dollars to raise are the last ones, the ones that can take the campaign over the top.

Congratulations to this dedicated group of volunteers for so much accomplished in just two months!

To Donate : Send your cheque to Unitarian Universalist Fellowship of Ottawa (with *refugee fund* in the subject line) or visit ufo.org/compassion-for-refugees where you will find a *Donate Now* button and contribute online!



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Rev. Fulgence Ndagijimana,
former minister of the
Unitarian Church in
Bujumbura, Burundi

Read his reflection on p. 12

Caring and Sharing



Collage Creations! From A.J.'s Workshop
"Theology of Collage"

Also we would like to offer our special thanks and appreciation to our Pastoral Care Visitor, Ellen Bell; We are delighted that she was able to attend the CUC AGM in Vancouver, in May, and take the opportunity to visit friends and relatives while in B.C.

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!

and particularly enjoyed leading a celebration of transitions at the Youth and Young Adult led Bridging Worship.

We are all sad to say goodbye to intern minister A.J. Galazen who has brought so many wonderful ideas and events into our community, from Games Night to the Theology of Collage, to Worship Planning. He was a real blessing to have this year. Thank you, A.J.!

Evangeline has been enjoying our meditation so much that she has recently decided to pursue a seminary program. She will be participating in an interfaith program through the One Spirit Learning Alliance, based in New York City. It is a two-year part-time distance learning program, and Evangeline's journey begins this September.

The Caring Committee would like to acknowledge the volunteer work of everyone who accepted the responsibility of monthly Caring Contact:

Lorna Erickson-Fraser, Louise McDiarmid, Jerome Bower, Michel Boudreau, Sally Olsen, Marlene Hewitt, Audrey O'Callaghan, Pat Johnston, Frances Cosstick, Rod Olsen, Ken Lund.

All of them sent frequent cards of : sympathy, get well, thinking of you, haven't seen you for awhile, etc. They also reach out with phone calls and occasional visits. Thank you all for your precious caring and your compassionate work.

Also at the CUC Conference this year were Claire H, our UUFO Delegate and Sarah B, our Office Coordinator, on loan as CUC support staff for the weekend. Claire came away with much appreciation for CUC leadership (*read more on p. 13*).

Sarah really appreciated getting the chance to reconnect with UU friends from across the country



CARING CIRCLE REPORT

The Caring Committee is very pleased that a couple of UUFO members have stepped forward to become new Caring Contacts for the months of May and June, and a couple of experienced ones will serve us in July and August. Many thanks to you all! The duties are not onerous, but the reaching out to members who are undergoing sad or joyful events is really appreciated.


We recently discovered the importance of having a way of contacting someone in the case of an emergency or health crisis. The Caring Committee would like to compile a confidential list to be used only in emergencies by the Pastoral Care Worker, the Caring Committee or the UUFO Board. If you are willing to share the phone number or email address of a family member or close friend whom you would like us to contact, please let the office know so that we can reach them in an emergency.

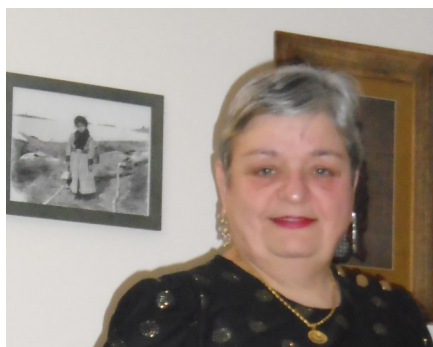
Hello, From Our New Members!

On April 24th we were very happy to officially welcome three new members.

We'll let them introduce themselves:

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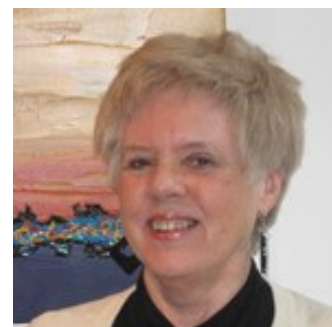
 J'ai commencé à m'intéresser aux Unitariens universalistes, il y a environ 20 ans. En automne dernier, j'ai décidé de recommencer à assister aux services. J'ai trouvé des gens sympathiques et engagés. Je trouve la congrégation très chaleureuse et petit à petit, j'y ai fait ma place. Pour commencer à mieux connaître la communauté, j'ai commencé à donner un coup de main avant et après le service. Puis, un comité s'est formé pour ce merveilleux projet de parrainage de deux frères d'Urbain et j'ai décidé d'en faire partie. J'ai donc pris la décision de faire le saut et de devenir officiellement membre du Rassemblement unitarien universaliste d'Ottawa. - *Irène Morin*.



It seemed a very natural and intuitive step to take at this time of my life. When I first started to attend services it was because I was drawn to the spirit of the Sanctuary. In early 2015 I was going through a very difficult period and spending much volunteer time at Heartwood House. I would often slip into the Sanctuary and just sit, hoping to find some peace and gather up some strength. I know it sounds rather goofy but I did feel the presence of all of you and found your voices soothing and comforting. My good and supportive friend Hoppy encouraged me to take the next step and actually attend a service. All I can say is, thanks to all of you, I felt I had come home. Among the kind and open people of UUFO I felt lovingly cared for supported and unquestioningly accepted. How could I not make the commitment to join a fellowship (I do love that word and its many layered meaning!) that opens their collective arms, hearts and minds to anyone who sits among you? So glad to be with you! - *Chris Baddeley Girard*



Although I had a vague awareness of Unitarianism previously, it was my involvement with this Unitarian Fellowship, and the individuals I came to know in the process of our joint partnership with Heartwood House, that encouraged me to get to know this fellowship with more depth. I cannot say I was looking for something specifically, but when I began attending, I felt very much in tune with what I saw, heard and experienced in the services. Every service is different, yet there is a familiar flow. The sense of exploration, inclusion, tolerance and caring is very evident. The services give me something to ponder and think about, without telling me what to think or believe. I am delighted to now be a member of this wonderful Fellowship. - *Hoppy Roy*.



Membership Committee Request:

The Membership Committee continues to need new members to help with greeting, making new friends, and helping our Fellowship grow.

In Fellowship,

Carolle Séguin, Frances Cosstick, Lucie-Marie Castonguay-Bower (coordinator)

My Hope And Prayer

By A.J. Galazen, Intern Minister

As I come to the end of my time with you, I'm waxing philosophic on my future. This congregation has given me an opportunity to expand my skills and express my faith in exciting new ways. I'm deeply grateful for your kindness! Thank you for welcoming me to your beloved community. Thank you for supporting student ministers through your generosity.

Some of you may be wondering, "What's next for A.J.?" To put it simply: I hope to serve where I am needed. I will work next year as a chaplain resident at Fairview Southdale Hospital in Edina, Minnesota, a suburb of Minneapolis. My "reptilian brain" still reacts with fright at the possibilities. Lingered doubts cause me to question my true "holy" grit. Compared with those I emulate – my professors, mentors and spiritual friends – how do I stack up?

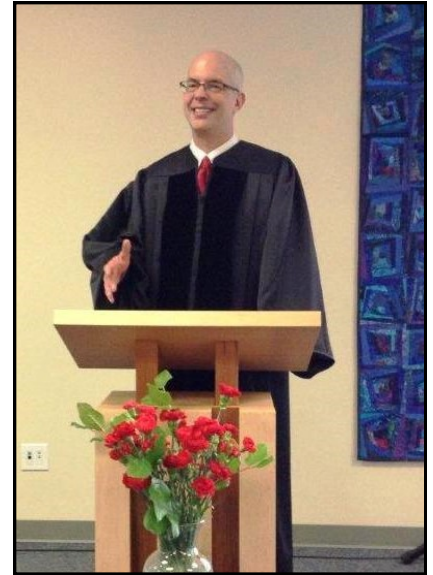
My hope and prayer is that I will be fine! I am congruent in my faith and my flexibility. I don't need to go fishing for compliments or try to become something I am not. My wounds will be with me always. They speak to me and provide energy for my journey. My wounds have given me a humble reverence for life, and an appreciation for the work of antiracist, anti-oppressive, and multicultural ministries. I am invested in a holistic awareness of community life, including healthy sexuality, religious education for all ages, and the importance of local theology, the spiritual life of the people.

The key is my life experience. Everything I have done has prepared me for various facets of ministry. Growing up Catholic, I emulated the role of the priest, appreciating the beauty of ritual and connecting with the sacraments. In the business world, I modelled the role of the pastor, one who nurtures people with the presence of compassion, and guides them gently toward mission. By coaching volleyball and working with teams, I have staked my claim to the role of teacher. By listening to people and proclaiming the good news, I have sensed the role of prophet, one that climbs above the fray and sounds the clarion in the wilderness. And my experience with accounting, policies and procedures has taught me the role of administrator, the versatile mechanic of forms, functions, and committees.

Self-reflection is an important part of my adventure. Up to now, I have taken the path of least resistance. I have done what was needed because no one else would. I was in the right place at the right time, hired for a specific job. Now I must compete on a different level. For the first time in my life, I must travel beyond what I have done, and sell myself as a future commodity. I must compete for attention, relevance, and respect. To be hired – to be called – by a congregation, I must now elicit honest feedback from those I wish to serve.

I hope that as my ministerial formation continues, I will remain open to criticism, both positive and negative, and continue to dialogue with my parishioners as we integrate our differing styles and theologies in partnership. The central question of my ministry is this: What gets people to come back to church every week? Why do people invest (or waste) their time with religious communities? The

A.J. Galazen, Intern Minister



answer cannot possibly be "the minister" or we will surely fail. The minister cannot be the sole provider of religious services. But I believe the minister carries a sacred responsibility beyond his or her own personal development. By the example of living a life dedicated to "*prayer, sacrifice and love*" the minister helps all people find meaning both within and beyond the congregation.

For me, *prayer* is a way of quieting time. Prayer is language directed not at action but at being. Prayer changes the focus from cacophonous and noisy to simple and clear. I cannot pray with anxiety; I must find a calm mooring to be effective in my prayer. As a minister, I must *live* the prayer of St. Francis, and become an instrument of peace. In the words of that famous prayer, my highest goals in ministry are "not to seek to be consoled but to console; not to be understood but to understand; and not to be loved but to love." These vows speak of a sacrifice filled with promise.

Sacrifice is a choice made by those with privilege. Because I have more than I need, I am able to make sacrifices. Sacrifice is not possible for those whose survival is in question. I have chosen to forego the American Dream of early retirement and dedicate my latter years

(Continued on page 6)

Board Walk

By Laura Evans

Spring into Summer. When I stop to think about it, this is a strange time of year. On the one hand, spring brings forth renewal. The leaves are finally out and the tomatoes, basil, and flowers are starting a new season. On the other hand, it is a time to look back at the year that just was.

Let me start with looking back. We can be so proud of our lay-led resourcefulness. The congregation comes out of the winter with another year of wonderful services, many led by members of our Fellowship. The Rassemblement is strong and reminds us to acknowledge our francophone members by using more French in our services. We have meditation and yoga to add new dimensions to our spirituality. We are working on ways to be a more inclusively Caring Community such as holding pot luck lunches after service a few times a year.

This year has focused some of our Social Action on relations with the local Algonquin peoples. We had videos and discussions, volunteer opportunities and supported programs. We had a bounty of mittens and tuques to deliver to the Boys and Girls Club down the street from our mitten tree collection. And now we are rallying to sponsor two brothers of one of our members who are refugees now in Rwanda.

The Board also did some less visible work toward revising our By-laws (still very much a work in progress) and ensuring good financial statements. Our relationship with Heartwood House is strong and the building is being well maintained.

As part of the spring change from looking back to starting a new year, it is the season of volunteer recognition. In this Fellowship we are all volunteers. Even the newest will help put something out for coffee hour or help move a table when needed. I will not even start to name all the tasks undertaken voluntarily to run our Fellowship. Not only does it take a community to raise a child but a community to run a church. Thank you all.

And then to look forward. The summer already has hints that there will be new ideas and activities to consider while we lounge on our decks, lakeside or summer balcony. Rod Solanao-Quesnel, our Developmental Minister will start in August (yay!). New plans for the fall are being initiated. A summer picnic to keep us in touch, refugee sponsorship process, a fall newsletter, planning for fall services ... these will all continue, if at a more summery pace.

Laura Evans, Board President



The Caring contacts continue through the summer. If you have a joy or sorrow that needs to be shared, tell the Caring contact, let Sarah in the office know, or contact someone in the Fellowship you feel comfortable talking to.

"I wish you spiritual moments as you cycle or swim... or enjoy a glass of whatever at sunset."

On behalf of the Board, I wish you spiritual moments as you cycle or swim, watch a butterfly, read a book under a big tree or enjoy a glass of whatever at sunset. Best wishes for the summer.

Like whirligig beetles
that skitter
here and there
in frenzied agitation
so my graceless thoughts

Too much of living skims
along the surface

Let me dive down into life,
live deeply, feeling
in the fibre of my soul
the currents and the tides
that stir the least of things
and all infinity.

-Louise McDiarmid

Clin d'œil sur notre Rassemblement français.

par Lucie-Marie Castonguay-Bower
et Maurice Cabana-Proulx

C'est toujours une grande joie pour notre petit groupe de se retrouver chaque mois. Il va sans dire que notre changement d'horaire — au lieu du jeudi soir nous nous réunissons le dimanche à 11 h 30 — favorise la présence des participant(e)s et nous permet de rencontrer la grande communauté.

Normalement notre célébration porte sur le thème du mois mais notre format y est très flexible.

La préparation se fait en équipe et l'animation est partagée.

Nous prenons suffisamment de temps pour l'accueil, les joies et peines, et le partage personnel, prolongement de la présentation.

Les chansons de nos compositeurs français ainsi que la danse liturgique en font partie.

Ce que nous mettons particulièrement en valeur est l'attention, l'écoute et le support des uns envers les autres.



(Continued from page 4)

So long — Farewell — Safe journey — Adieux — Aurevoir — Goodbye A.J.!

to ministry. I have been given the privilege to do so because of the accident of my birth and the gifts of my spirit. I want to use this accident and these gifts to become available to a larger purpose. I hope that my testimony will serve to inspire creative action and social justice.

Our world is in desperate need of consolation, understanding and love. These three will forever be in short supply, but to love generously without compensation is my definition of divinity. The good news is that God is love, and love is alive in all of us. Love is both the method and the purpose of existence. Therefore, the cultivation of a personal spiritual life in effect cultivates the life of the community, and participation in religious community inspires both the individual life and the life of the world to come.

I hope this year has been as beneficial for you as it has for me! I've enjoyed every moment, every meeting, every sermon, and even every time of weeping. May you continue to grow your mission of love and service to the world. May all living things find refuge in this sanctuary of peace that we create together. Amen!

Coin Français



Nous apprécions également qu'il y ait davantage de français à la Célébration de la grande communauté à 10 h30. C'est vraiment le dimanche en action d'accueil et d'union.

Merci spécial à tous nos « francophiles » qui savent si bien nous supporter et partager avec nous.

À venir : s'il y a suffisamment d'intérêt, nous sommes prêts à organiser des activités de discussion ou de croissance spirituelle.

Soyez bien à l'aise de venir vous joindre à nous et de nous apporter vos commentaires et suggestions

Bienvenue à tous et toutes ainsi que vos ami(e)s.



Coffee Hour Chat In Review

By Pat Lucey



It's a fairly safe bet that **Lorna** is the only member of our Fellowship who grew up on a farm in Ninga, Manitoba (she reports that she feels really grounded among those fields of waving wheat). She is a long-time member of the Fellowship, and in recent years she has served on the Board, the Worship Cluster, the Internship Committee, and the Ad Hoc Committee on Professional Development, the process which led to the search for a Developmental Minister. She's also an experienced Service Coordinator, and says that the Fellowship has given her a wonderful opportunity to develop her public speaking skill in a visible leadership role, despite the challenges she faces due to a brain hemorrhage she sustained many decades ago. She's a retired social worker, and she always felt spiritually connected as she walked with people in their darkest hours, came to know them well, and respected their courage and the choices they made in their lives. Lorna is the proud mother of wonderful daughter and son-in-law, and has three beautiful grandchildren.

Vodinh is the baby of his family – the youngest child in the first generation of Bonnie and Fred's remarkable clan. He grew up on the family farm in Maxville, Ontario, and has been a Unitarian since the 1980's. He's really fond of sports, and he volunteers as a sports coach with the Gloucester Youth Recreational program. He also volunteers with the Scouts and Cubs, the Fellowship R.E. program, and has lately become a regular fixture on Sunday mornings, pitching in to assist our Program Support Teams with their many setup duties.



Liz In her own words: "When driving past Seraphin-Marion about a decade ago I noticed a placard hanging on the fence saying "No dogma," so I wandered in to investigate and have not left. My brothers and I spent formative years in three African countries and the values of kindness, compassion, and community were drilled into our DNA. Attending the UUFO services came at a time in my life when I'd been fired from the best job I ever had, my mother and dog had just died and the family forming the nucleus for my social life gone off in several directions, all away from Ottawa. All that changed over a cup of tea with Rev. Cappuccino at a time when I was in a deep slump.



Moreover, health issues became critical and many, many members of the UUFO stepped up along with two colleagues from my last job. I am now a member of the Patient Family Advisory Committee at the Ottawa Cancer Foundation and a member of its sub-committee meeting weekly to retool the clerical manual to make the cancer patient's journey more simple and convenient for the patient. I'm also involved with Maplesoft, the Cancer Coaching facility on Alta Vista which offers alternatives to the medical model at no cost. Of enormous importance to my sense of well being and balance is attending the Meditation services offered every other Saturday and the visiting over coffee at the Sunday services."

Are you on Facebook?

Do you like to share news about Fellowship events and initiatives?

We are looking for a Volunteer Co-Moderator for the UUFO Facebook Page!

Talk to Sarah if you are interested! (e-mail uufo@uufo.org)

Religious Exploration

Our children had some special (and rather unusual) visitors in April, when Marie's daughter Hazel introduced them to Sammy, August, and Charlie, three gentle and sweet domesticated pet rats. The lesson that day was about a very famous Unitarian, Beatrix Potter, and Hazel's rats kindly agreed to become live models for the children as they practiced drawing animals, just as Beatrix Potter did in her wonderful children's story books.

We have had several singing sessions during April and May, and the children's interest and enjoyment in singing has grown throughout the year. They have been working on their presentation of three songs for the June 12th Flower Communion service. Please join us if you are able on that very special Sunday, when we will celebrate our life together as a Fellowship with the beautiful Flower Communion ritual which was created so many years ago by Norbert Čapek, a



Unitarian minister from Bohemia (now the Czech Republic).

In May, Marie presented a lesson on the inspiring life and work of Lotta Hitschmanova, another famous Unitarian who was also originally from Bohemia, and who was a founder and leader of the Canadian Unitarian Service

Committee. The USC gave us a spirit play story of her life, and the children enjoyed this form of story-telling, which helps them remain engaged in a long and involved story.

On Sunday May 22nd we revisited the story of the flaming chalice with a story treasure hunt, in which the children had to look for the various parts of the story throughout the building. The kids loved this



activity, which suited their strong interest in exploration and fun as they learn.

The children also worked on their Flaming Chalice Art Project, and welcomed a visit from a special RE guest, Susan McEwen, the former RE Director at First Unitarian, who worked on this art project with them. In addition, our Intern Minister A.J. Galazen spent several sessions in RE, sharing in the children's activities. He captivated them with some of his amazing stories about life in the big woods of northern Wisconsin. We'll all miss A.J., young and old alike, when he returns to his home



near the shores of Lake Superior, and we wish him all the best!

The children would also like to mention that they love their new blackboard, and our Religious Exploration team sends a great big "Thanks!" to Ken, who mounted it on the classroom wall for us.



Denominational News: Report from the CUC Annual General Meeting

By Claire Heistek



A while ago I decided that big meetings, annual general meetings and such, were just not for me. That is, unless I had any real need for concern, I was just going to trust the board members to do their jobs and live with the consequences. So, it was with more than a little reservation that I accepted to be a UUFO delegate at the Canadian Unitarian Council AGM on May 20. I was very pleasantly surprised. These descriptives come out in a jumble: competence, respect, sagacity, compassion, devotion, patience, humour to name a few. Little did I suspect that I would come out of the meeting feeling not only very proud of being a Unitarian but very impressed by the leadership qualities of our CUC Board and Staff.

I summarize: It was a day long affair. There was much discussion on our past resolutions, and priorities were set. We also heard that revenues need to be increased and that a new formula for the APC is being considered. At cuc.ca you can read our new vision and purpose approved at this meeting. Online voting went extremely well thanks to our Sarah B.

And then, there was the conference. Due to other commitments, I could only participate for one day. I did attend the Opening and Confluence lectures which you can view on the Canadian Unitarian Council YouTube Channel. Very inspiring!

Finally, as an active member of SAC, I decided to participate in a very touching and enlightening experiential workshop 'Building Bridges Through Understanding the Village' led by native co-facilitators Kathi Camilleri and Meredith Martin in the presence of an elder from Bella Bella. This was a very powerful experience. Though I haven't yet fully digested the results, as billed, my understanding of the consequences of Residential Schools and Assimilation Policy has moved from the cognitive to the emotional.

Will I go again to a CUC National Conference? Yes! I encourage you to do so also.



Congregational Banners at the Opening Ceremony and Confluence Lecture by Rev. Melora Lynngood of Victoria

Ottawa Unitarian Lay Chaplaincy Program

Canadian UU lay chaplains help client couples and families in need of meaningful rites of passage ceremonies, at places chosen by them, by recognizing their personal beliefs and wishes, while being sensitive to the needs of others who attend the ceremony, and reflecting Unitarian and Unitarian Universalist values that afford respect and acceptance of those who follow different paths of faith.

The Congregation and the Fellowship currently have two Lay Chaplains who perform rites of passage for non-members. Because we hope to stagger the terms of our lay chaplains, **the Lay Chaplaincy Committee (LCC) requests applications from members of the Congregation and the Fellowship to serve as a lay chaplain starting in the spring of 2017** after a summer and winter of understudying the current lay chaplains and attending the weekend training workshop from the CUC.

To apply, please submit the following to **LCC@tarbob.ca** before **30 June 2016**:

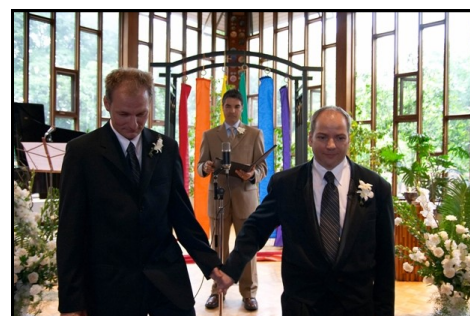
- a curriculum vitae including your name and full contact information;
- a statement detailing your involvement within the Congregation and/or the Fellowship and within the larger Unitarian denomination;
- your reasons for wanting to become a Lay Chaplain, and what you believe you would bring to the role;
- three references, at least two of whom must be members of your congregation or fellowship.
- a statement that you have read, understood, and would, if selected, abide by the requirements in the document, "Lay Chaplain Requirements", available at: uufo.org/lay-chaplain-requirements

The selection committee will review applications and hold interviews with candidates in July.

In reviewing applications, the committee will use the following criteria, which, other than the first one, are not presented in rank order.

The successful candidate will be someone who:

- is a committed and active member of the Ottawa Congregation or Fellowship.
- is a good listener
- has good social skills and self confidence
- is able to demonstrate sensitivity, but is also capable of being firm
- is flexible
- has a broad background of life experience
- has a good understanding of Unitarianism
- is well organized and punctual
- has experience and skill in public speaking
- is able to provide or arrange transportation to services
- is able to work flexible hours and respond quickly to requests.



Fluency in both French and English would be ideal. We hope always to have at least one lay chaplain who can conduct rituals in French.

For more information about a lay chaplain's role or to ask about the selection process, please contact any of:

- Bob Armstrong, Chair, Lay Chaplaincy Committee, 613 680 3884, LCC@tarbob.ca
- Alex Campbell, Lay Chaplain, 613 820 0119, alex@firstunitarianottawa.ca
- Nicki Bridgland, Lay Chaplain, 613 220 4490, nicki@firstunitarianottawa.ca
- Lucie-Marie Castonguay-Bower, Lay Chaplaincy Committee, 613 747 77720, luciemariecb@gmail.com

Creating a UUFO Cookbook – One Recipe at a Time

Recipe #2

Dave Edmunds' Family Baked Beans

Contributor: Dave Edmunds

Category: Mains

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

Timing: Total time: 20 min + one day

Prep time: 20 min. est.

Soaking time: overnight

Bake Time: 7 hr.

Ingredients

- 1 lb. beans
- Small onion (chopped)
- 2 tsp. cider vinegar
- 1/2 tsp. prepared mustard
- 1 TBSP brown sugar
- 1/4 cup molasses
- 1/2 cup ketchup
- 1/8 tsp. black pepper
- 1/4 lb. salt pork (cut into pieces)

Directions:

- Soak beans overnight in cold water
- Cook beans in fresh water for 30 minutes
- Place onion on bottom of 6 cup casserole dish
- Mix all seasonings and add to casserole dish
- Add beans and enough hot water to cover
- Arrange salt pork slices on top of beans
- Cover and bake at 250F for 7 hours
- At end of 4 hours, carefully remove 1 cup of beans, mash, and stir back into remaining beans
- Keep beans covered - add liquid if necessary
- 1 hour before end, remove cover

Personal Note from Dave: I have used this recipe for a long time. Carolle thinks that it's an old family recipe passed down from my mother, but in truth I found it on the side of a package of dried beans. Her story is much more interesting.

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

Dave's Beans were a bit hit at our 20th Anniversary!



Potluck favourite!



40 Years of Partnership in Humanity

Fulgence Ndagijimana, May 3, 2016

I celebrate my 40th birthday today. I was born four years after the massacre of 1972 that some rightly call the Hutu genocide. This part of history was not taught in school and my understanding is that people from different groups were killed, and the then government took the lead to kill educated Hutu. The only account I have is from my brother, whose beloved elementary school teacher was taken before them during a class and he never came back. My brother was devastated by this mortal incident. Whenever he recalled it, he cried.

I lived through a period of calm, and then went through another violent period in 1993. I was in a boarding school when the first elected president was killed. We were all shocked—some with a hidden joy that an arrogant Hutu president was killed. From my classroom I could see women and children running, and people with machetes behind them. It was scary. Students from a school 40 kilometers away arrived on foot. I remember one of them; he passed his dead father and pleaded with his still alive mother to come along. After a few kilometers, the mother, who had seen her husband and one of her sons slaughtered, decided to go back and she was greeted with machetes and she was gone. Stories like these went on and on.

One night, we went to sleep and I woke up in the middle of the night to find I was alone in the dormitory. Yes, I was alone. I went out and found 2 camps; I refused to be part of either camp. A handful of born-again evangelicals refused too. We were in the middle of the two camps, symbolically calling for love and common sense to prevail. They didn't prevail. The school I was in eventually saw most of the Hutus gone and their bedding and books burnt. One of my friends told me before he left, "Fulgence take care of my belongings." I did. I put his bag under my bed. One morning, I went to the chapel for prayers. When I came back I saw flames of Hutu bedding and copybooks, and these included my friend's bag!

Schools closed and we stayed in school, idle, for months. The most popular activity was to go vandalize shops at the shopping center. I refused to go, along with my born-again friends. When time for lunch came, we were not allowed any lunch. We were not being "community sensitive."

A few months later, some Hutu students came back. They had to buy new copybooks and copy the content by hand. Some of us helped to copy; we wanted to be



The Rev. Fulgence Ndagijimana is the former minister of the Unitarian Church in Bujumbura, Burundi. Amid escalating political violence during the past year, members of his congregation were harassed and he himself was kidnapped on November 16th. After much pressure from Unitarians in the U.S and from the U.S. government, he was released ten days later. He fled to Kenya and on February 16th arrived in Canada where he asked for asylum. His refugee claim was accepted on May 16th.

The violence that Rev. Ndagijimana fled in Burundi is the same violence that brought the plight of Burundi refugees home to our Unitarian Fellowship in recent weeks. Urbain Rwuhiriro is a member of our Fellowship. Three years ago he was a member of the Unitarian Church in Bujumbura. About the same time Rev. Ndagijimana was arrested, Urbain's two brothers were forced to flee after one was severely beaten and left for dead. Today they are refugees in Rwanda but still unsafe from pursuit by Burundian hostile agents.

For a graphic account of the experience of refugees from Burundi read this April 15th article from *The Guardian* "Nowhere to run: Burundi violence follows escapees across borders."

helpful and to give peace and living together a chance. One evening, as we all went to sleep, three grenades were detonated, in a place where most of the Hutu students slept. Eight were dead, and one of them was a young man named Fulgence. There was

an announcement to the radio and my parents thought I was the one. They started the mourning process and went to the road to wait for the car that would bring them to my burial. They later found out that I was alive.

I changed schools and went to finish my secondary school in Bujumbura. It was just as hard to live in Musaga. An attack was directed to the house I lived in, run by Marist fathers under the intrepid leadership of Father Alain Forestier, because we were hiding people in our house who were marked for death.

In 1996, a new president came and had an idea of a compulsory military service. This was an attempt to appease the Tutsi youth who had been calling for the rebels to stop killing their families, and who were available to fight. The strategy was to have Tutsi youth go fight a Hutu rebel movement whose claims were more than justified, (though their means were violent and unacceptable). I objected to the military service on conscience grounds. I chose to go teach French. I became a French teacher in a school run by The Brothers of Christian Instruction. On April 30th 1997, forty seminarians were killed in another, nearby school. They were killed by the current ruling party CNDD, who claimed responsibility. They asked the children to separate themselves in groups of Tutsi and Hutu and they refused. They eventually killed all of them.

As we learned about the danger our school was in, we walked with all the kids for over 35 kilometers to be in a safe place, so they didn't have to choose between their lives or the lives of their brothers. I remember counting the 271 children to make sure no one was left behind as we raced against the clock as the rebels marched behind us. We made it.

We all had hoped that things would change as the former rebel movement came to power, with hope that they would implement transitional justice mechanisms that would build a strong foundation for peace, justice, and development for all. We were wrong.

With the controversial third term and violence that is going with it at present, we are back to where we were many, many years ago.

My recent ordeal with the government revealed some wonderful signs of something good going on. The children who alerted the police, the head of the local police station who refused to give in to the request to take me to the intelligence service detention center called "the killing ground" in the middle of the night, the local elected official who alerted my family and church members, the policeman who gave me the phone to call "One Unitarian," and the crowd that gave me

food after going hungry all day... all of these people were all from a different ethnic group than me.

It has been an unusual luxury to be in a safe place, far from my usually very busy life "to change the world". The time alone has been rich in reflections and has given me a larger perspective on things, how complicated the reality is and how efforts for peace will be long and tiring.

This time has also reminded me of a great truth. From my brother devastated to tears by a teacher taken from his classroom to be killed just because he was a Hutu, from my father who faced great danger to hide Hutus, from my refusal to choose an ethnic camp and go hungry as a result, from the burnt bedding that I had hidden, from my objection to the military service aimed at one side of the issues, from the people who saved my life from the brutal regime of Bujumbura, from the police who asked whether there was one person I wanted to call, and from the other people whose names I will never know who offered food after a day of fear and starvation... There is a partnership going on. We all become partners in humanity. Together, we refused to give in to the social pressures and boundaries; we sought to build bridges when others built walls. I crossed many of these bridges in 40 years of my journey.

Yes, in 40 years I have gone through a lot. In 40 years, I have seen a lot. In 40 years, I have experienced a lot. In 40 years, I have seen tragedies before my eyes. In 40 years, I have seen humanity at work and great things have been achieved through this partnership in humanity.

On my birthday, I always receive gifts from family and friends. They are always for me. As I cross to the criti-cal fifth decade of my life, I want my friends and my family to still give gifts—but this time not for me, but for Humanity. I want a Partnership in Humanity gift for Burundi.

In the Burundi tradition, especially in the central part where I come from, any great occasion is announced, all are reminded and then celebrate. For this milestone of my life, I want to honor the humanity of my wonderful upbringing: I announce the celebration of my birthday. I will remind you and let you know the space real or virtual of the actual celebration. Get your Partnership in Humanity gift ready for the day.

Your Partner in Humanity.

Rev. Fulgence Ndagijimana.

Finding Your Inner Guru

By Evangeline Danseco, PHD, CE

The guru or spiritual teacher is prominent in Buddhism, as part of the oral transmission of Buddhist teachings. The guru or teacher embodies the qualities of a Buddha. Through the guru's wisdom and actions, the student is guided towards finding his or her own inner guru.

The idea of a master teacher is also evident in Western faith traditions. Perhaps the extreme practice can be found in the Roman Catholic tradition of a pope who decides and dictates on church teachings and practices. Catholic priests and nuns make a vow of obedience, as a reflection of submitting one's personal will to that of "God's will" as reflected in the decision of the church hierarchy.

In the secular world, the relationship of an expert and apprentice is also evident in such practices as the residency programs of medical doctors. While teachers and professors have a different level of prestige nowadays, the ideal form of transmission of knowledge is still founded on this reliance on an external authority.

The Tibetan Book of Living and Dying describes this process as follows:

"So it is only by seeing your master as a living Buddha

that the process of transformation of yourself into a living Buddha can be

truly begun and truly accomplished. When your mind and heart are fully open in joy and wonder and recognition and gratitude to the mystery of the living presence of enlightenment in the master, then slowly, over many years, transmission from the master's wisdom mind and heart to yours can take place, revealing to you the full splendor of the universe itself."

In Buddhism, the three jewels or the essential core elements are the Buddha, the dharma, and the sangha. Interestingly, the guru is not one of these. What I like about the teachings is the encouragement for us to test out the practices or teachings and not merely accept the word of the guru. It is not really the words of the guru per se that are essential. What is most important is the relationship between student and guru, particularly the experience of compassion and loving-kindness.

One of my first jobs was as a guidance counsellor in an elementary school. We provided group sessions to students and teachers. When we asked the teachers to recall their own favourite teacher and why, inevitably, it would boil down to the teacher spending time with

them as a child, or someone being very kind and inspiring. It was not about who the smartest, brightest teacher was.

When we scan the Buddhist teachers today, we think of the prominent ones like the Dalai Lama, Thich Nhat Hahn and Pema Chodron. They seem to show not just facility in teaching Buddhist precepts but also live the teachings through their examples.

There are many people around us who are living their values, showing compassion and are gurus and masters through the

example of their lives. They don't have to be famous people. James Doty, a neurosurgeon and director of the Center for Compassion and Altruism Research and Education at Stanford University, recently wrote his memoir, *Into*

the magic shop. As a young boy of 12 living in poverty with an alcoholic father and a mother with a physical disability and mental illness, he met a woman named Ruth in a magic shop. Every day for six weeks, Ruth taught him "magic tricks" which actually consisted of exercises in mindfulness, visualization and compassion.

My meditation instructor was Joe Bishop at the Ottawa Shambhala Centre with whom I met for about three years. Pema Chodron's books were also very helpful to me, as she illustrated teachings through examples from her own experiences. My

*"Through meditation...
I have learned to listen
to my intuitions more
frequently"*



gurus now include the people who come to our meditation sessions, as they share deeply about their lives and of themselves, and listen with kindness and caring to each other's experiences. Through daily meditation and our group meditation sessions, I have learned to listen to my intuitions more frequently. I become more attuned to what my body is feeling, where my mind is going, when I'm getting hooked, when I'm disengaging, or when I am strongly reacting to a situation or person. I'm becoming more real and more present.

In your life, who have been your gurus who have taught you wisdom or compassion? In what ways are you finding your inner guru?

Evangeline coordinates the biweekly meditation sessions of our fellowship. We meet every other Saturday from September to June, with sitting and walking meditation. We have some time to share our experiences or reflections, including those from the monthly themes of our Sunday services.

Developmental Minister – Final Update!

By Laura Evans, Board President

Thanks to the tremendous recruitment, screening and interviewing efforts, the Developmental Minister Search Committee has recommended a candidate to the Board of Directors. On May 16, the Board considered and accepted the recommendation.

I am pleased to announce that Rodrigo Solano-Quesnel has accepted our offer to be our Developmental Minister. We are now in the process of negotiating contract details, start dates, preaching schedule, and the details that need to be in place before he starts.

We are fortunate that the UUA is holding a conference for Developmental Ministers in Minneapolis at the end of August and that we are able to send Rod to soak up all the information he can.

On behalf of the Board and the congregation, I would like to thank Marion Balla, Marilynn Kuhn, Elinor Mueller, and Enrique Soto for their diligence in undertaking this recruitment.

There will be a full write up to introduce Rod in our Fall newsletter, but for now here's a small taste:

Meet Rod

As your incoming Developmental Minister, I welcome this opportunity to introduce myself! My full name is Rodrigo Emilio Solano-Quesnel, but I usually shorten it to Rod E.S.Q. - and you can simply call me Rod. I am originally from Mexico City but have lived in several Canadian cities for the past 25 years.

In fact, Ottawa has been a home for me before! I did my Bachelor's degree at Carleton University and got to know Unitarian Universalism at Ottawa First. I later did my seminary training in Montreal and have been completing my credentialing in Toronto, where I am set to be ordained on June 12 at Neighbourhood UU Congregation.

I'm looking forward to shared ministry with all of you at the Ottawa Fellowship this coming year - I'm excited to get to know each of you better and explore spiritual growth together!

Regards, --Rod



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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newsletter@uufo.org

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Many thanks to our contributors and editors!

Editorial Team:

Content: Andrea, Lucie-Marie, Pat

Layout & Proofreading: Sarah



Summer Events

Watch the Weekly Notes for new and spontaneous social events!

June



Sunday, Jun 12 Flower Communion 10:30

Join us for this UU ritual, our final Sunday Service of the season!

Sunday, Jun 19 Rassemblement Français 10:30

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

July



Drumming Circle

Plan to join us for this spiritual and improvised circle! Bring a drum if you have one and express yourself in community. (No experience necessary.)

Votre présence sera pour nous une richesse.

August



Singing Workshop

This much anticipated, much requested event will be back!

“Leading Worship and Having Fun Doing It”

Stay tuned... this is going to be fun!

Announcements!

Please note that Friday Notes will be switching to Thursday for the Summer Months and office hours will change

Your **new deadline** is **Wednesday at 12 noon.**

Send events and announcements to
announcements@uufo.org

To be shared with the Friday Notes mailing list,

To be posted on the website,

To be shared on Facebook, and/or

To be printed in the order of service (come September).