

Fellowship News

SUMMER ISSUE

JUNE 2017

Summer Connections

By Pat Lucey

Like many other Unitarian congregations, our Fellowship's tradition is to take a long summer break. Between mid-June and Labour Day, some of us go off on various summer adventures, traveling far and wide, some of us opt for long, relaxing visits to cottage country, and some of us ... well ... really enjoy sleeping in on Sunday mornings ("guilty as charged" pleads this writer).



Summer offers us its own unique joys and pleasures, but many of us actually do find ourselves a bit less busy in summer, as our book clubs and choirs and Tai Chi and yoga classes and other regular activities take a break. And some of us start to really miss our Fellowship friends after a few summer Sundays!

Reverend Rod has been encouraging us to develop more opportunities for making summer connections with the Fellowship, pointing out that students who are on summer break may be looking for more engagement with spiritually-oriented groups during this less busy time in their lives, and families in our neighbourhood may be curious about us, wondering if summer would be a good time to stop by with the kids and check us out.

While it's not possible for us at this time to offer a full Sunday program throughout the summer months – and indeed we may never choose to do this – the Developmental Ministry Task Force has stepped up to organize three Sunday morning potluck/picnic events over the summer. We'll meet for fun and friendship and **Sunday potluck brunch/lunch at 11:00 on June 25th, July 30th, and August 27th**, and if the weather is fine, we can picnic in St. Paul's Park at the foot of Moorvale Street, just a couple of blocks away. It's a good place to meet our neighbours.

We'll also be continuing our monthly **Pub Nights** through the summer months, and watch your weekly Friday Notes for a summer schedule of additional events as they come up. We're looking at some summer music and singing sessions, as well as the second annual "**Leading Worship and Having Fun Doing It**" workshop on **August 20th** (read more on page 9).

Other ideas which have been floated for future summers include a week-long "Spirit Camp" for kids, exploring our favourite R.E. themes and activities; lay-led Sunday morning worship/spiritual exploration; summer book clubs with special outreach to the neighbourhood ... and ... your own ideas, too! If you have a summer activity in mind which you would like to organize for the Fellowship, contact Laura Ndoria at ufo@uufo.org and ask for her assistance in promoting your idea through our summer Friday Notes.



INSIDE THIS ISSUE:

Caring & Sharing	2
Membership News	3
Minister's Column	4
Board Walk	5
CUC: Annual General Meeting	6
Worship Cluster News	7
RE News	8
Summer Service Coordinator Workshop	9
SAC Report	10
Refugee Sponsorship Update	11
Coin Français	12
Engagement Sunday	13
UUFO Cookbook Project	14



Caring and Sharing



Congratulations and best wishes to **Rev. Ellen Ruth Shapiro Bell**, our long time pastoral Care visitor, who was ordained on May 7th, 2017 at First Unitarian Congregation! (photos left and right)

Happy Spring Birthday wishes went out to **Roy Sanders** (93), and **Katie Seymour** (97) -- amazing milestones for both long-time members!

We had a good turnout of UUFO volunteers for our High Horizons "lunch and sing" on April 18th -- lots of delicious food and energetic kitchen management, and our

singalong program was much appreciated by performers and guests alike.

Ken very kindly helped **Liz** to purchase a new "upright" walker that enables her to get around much better because she doesn't need to bend as low.

Sincere condolences **Carolle**, who just lost her sister, and to **Adrian Cosstick**, who recently lost a dear friend and bandmate.

Several Fellowship members went traveling to faraway lands during March and April, and agreed to share some of their adventures with us:

Marina and **Marlene** had a fantastic trip to Egypt in March. Ask Marlene about her camel ride!

Here **Elinor** recounts the recent trip she and **Mark** took to the southwest: "Our journey in a small, very basic campervan took us through southern Utah, south west Colorado, Arizona and almost the whole length of California. Apart from the extraordinary beauty of the landscape; mountains, canyons and forests; the deserts were in full bloom! Over 5 weeks, we had lots of time to explore, hike, and discover the magic of the southwest. A highlight was spending 10 days with our son, Derek, and his family in Northern California."

Carolle on the trip she and **Dave** took: "We really enjoyed our trip to Morocco. What surprised us the most is how beautiful the scenery is, how varied. Morocco is 1/3 mountains (the beautiful Atlas mountains), one third agricultural land and 1/3 desert. Moroccans farm every inch of arable land, even the smaller hills have terraced



gardens. Moroccans grow everything - big producer of olive oil, almonds, dates, pomegranates, oranges, barley etc. Also, we spent a night in the desert and you guessed it - it rained. It never rains in the desert and we survived a sand storm. David rode a camel to the sand dunes in a sand storm. Since I don't like sand in my mouth and eyes I sat it out."

Many of you will recall **Cristalle Watson**, who was our Sunday pianist for 6 years before leaving to continue her graduate studies at Dalhousie University. We contacted her for an update on her life, and here's what she had to say: "Halifax is great ... I'm graduating in June and staying on for a Master's degree in Classics, starting this fall, and I have full funding for that (a 2-year Killam scholarship -- which is Dal's most prestigious scholarship!) Musically, I'm teaching some students and I play for a church here; I've also started volunteering in the chapel on the Dal campus, singing plainchant and leading some of the services."

As this issue goes to press, **Lucie-Marie** and **Jerome** are in the midst of a large, complicated move from their family home of many years into a more convenient family-centered arrangement nearby -- hope you're all settled in now, Lucie-Marie and Jerome.

And our very capable Office Administrator, **Sarah Baxter**, is leaving us for a while to attend to some very important family business:

As Sarah Leaves us with the greatest of expectations, Laura presents her with a "happy Baby Time" gift from the Fellowship. (photo right)

Warmest Wishes to Sarah and Dale on their wonderful new adventure!



News From Membership & Newcomers

Attendees at the March Newcomer's Lunch



The growth of our Fellowship is a key goal of our Developmental Ministry. Therefore, it was very exciting for the Membership Committee to welcome ten people to our Newcomers' Get-together on March 5th, 2017! We think this is a record! Such a large group brought lots of very positive energy and discussion as we shared stories and learned more about Unitarian Universalism. The lunch was tasty as well!

At our Membership Recognition Service on April 30th, 2017, we were delighted to officially welcome Paula Patton as a new member. Although Paula is a familiar face, it was wonderful to be able to formally welcome her to our fellowship. Welcome Paula!



We plan to hold another Newcomers' Get-Together in the fall for anyone thinking about becoming a member or simply wanting to find out more about our Unitarian Universalist Fellowship. Please contact Lucie-Marie at luciemariecb@gmail.com or any of the other Membership Committee members. Carolle Séguin, Frances Cosstick, Hoppy Roy and of course, Lucie-Marie Castonguay-Bower

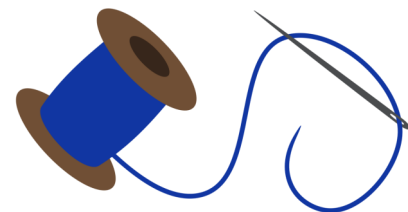
We are looking to recruit one or two new members to the Membership Committee! We put out a special challenge to the men of our congregation to consider joining this important committee.

Lasting Impressions

By Karen Bays-Wood

From time to time, I receive news from Kayes, Mali, where Geoff [Dunkley] and I helped start a small sewing centre for local women with great support from the UUFO. For a number of reasons locally and nationally, the sewing centre, as we knew it, is no longer running. But, one of the local and very successful tailors, Moussa Kone, started a formal sewing school for older girls and women. He had been a "technical advisor" to our group. Tailoring is traditionally a male profession in Mali but after the success of the sewing centre's efforts, Moussa was inspired to begin his school.

Another lesson that good things do not always stay the same but they often evolve into new phases, many times even better than the first project.



✓ Check-Ins and Check Lists—Hands On!

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

As we wrap up our program year with our Annual General Meeting and Flower Communion, we can look forward to a year of deeper engagement. With the Developmental Task Force, we have set out several new initiatives to delve deeper into our spirituality, including more group activities and workshops.



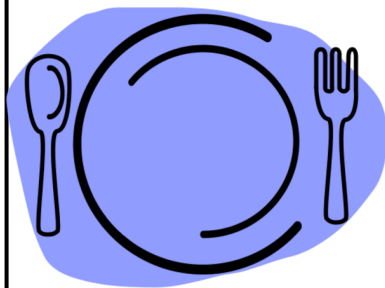
I was also pleased with the “Flour” Communion we had on Easter. Many of you took the hands-on approach to heart, by taking part of the process of bread-making – kneading it, and perhaps even baking some at home!

I am looking forward to our new meta-theme, asking the question *What does it mean to live a life of...?*

Each month, we’ll have an opportunity to explore that question more deeply with a new set of themes – on Sunday and throughout the week – as we can *Take the Theme Home*, both online and with a monthly take-home collection of resources.

Also in September, we can explore ways to stay engaged through the coming year at our Engagement Sunday, where we will showcase the many opportunities to be part of our faith community.

I should also mention that, as of this past May, I am on the Canadian Unitarian Council’s Board of Trustees, representing Eastern Ontario and Quebec – that means that I am now your regional representative in the national scene! This also offers opportunities for deeper engagement with our national movement.



One way we’re sustaining the warmth of community this summer is with **monthly potlucks**, the last Sunday of each month, starting this June! You can stay engaged, even as many of us take some time for resting and renewal!

Warm regards,

Rev. Rod Solano-Quesnel, Developmental Minister



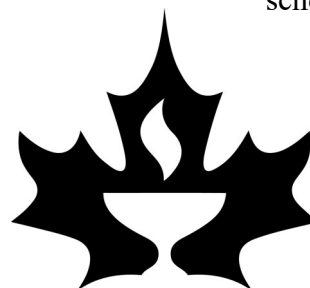
Rev. Rod’s Hours :

1pm-5pm and by appointment during his scheduled days on:

May 26

June 2

June 9



Midweek Meditations

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

June 1 | June 8 - September dates coming soon

Board Walk

By Laura Evans

I've been on the UUFO Board for four years. Starting as a member at large, then Vice-president and now I'm finishing up two years as President. The Board of Directors isn't about one person. We work as a good team. Many perspectives help make good decisions.

The Board of Directors directs the finances and policies of the Fellowship. We draft the budget and track it to make sure that our income, mostly from the financial support of everyone in the congregation, balances with our expenditures. Take a look at the financial statements circulated with the Annual General Meeting to see how well we've done. Fortunately, our Treasurer, Dave Edmonds, makes it look easy. We look over the financial statements to flag potential problems and remind others that they have a budget.

The Board addresses issues that arise. This year we discussed building issues such as proposed changes to the kitchen and fixing the stormwater drain before it became a sinkhole. We worked with Reverend Rod to become familiar with the congregation so that he can start to implement his developmental work plan. We have talked about the value and role of set-up teams, and put systems in place to increase the visibility of the Rassemblement in our monthly schedule. We authorized a new church-specific computer system to streamline our office work.

Our Board meetings rarely run over 2 of the scheduled 3 hours. I often misjudge which item will generate the most discussion and there are often varied views on an agenda item. In the end, although we use modified Roberts rules, our decisions are by consensus. If we are really divided on an issue, we need to go back to change some elements or look at it in a different way. Few decisions are so urgent that there isn't time for further research, revised wording and confidence building.

The Board is responsible for our staff. This year, we hired Reverend Rod, accepted Marie's resignation and worked with the RE committee to hire Laura N, and then decided to ask Laura to fill in when Sarah announced her pregnancy. The President supervises the Minister. The Vice President supervises the office administrator. The RE committee, with Board liaison, supervises the Religious Educator.

Laura Evans, Board President



At the June annual general meeting, my tenure as President ends. A new Board will be elected and I will serve as Past-President next year. But it is

"The Board will be different but there is no reason to doubt it will be just as effective and reliable"

not going to be the same. You may have noted that the Nominations team was not able to recruit anyone to stand as President or Vice-President. They have recommended that I retain signing authority (one of three signatories). It will be up

to the in-coming Board members to decide how we function. Board members will probably have to take on a few more tasks. I have prepared a list of the tasks carried out by the President. Most can easily be carried out by others. Liaison with the Canadian Unitarian Council, staff supervision, preparing the agenda and reviewing the minutes. The Board needs to live a different model to be able to make recommendations for the future. The Board will be different but there is no reason to doubt it will be just as effective and reliable.

We are all part of this thoughtful and dynamic religious community. The Fellowship supports us to try on different roles and ideas. I have certainly grown along the way. I hope you feel the same.

Canadian Unitarian Council : Annual General Meeting

By Laura Evans

The Canadian Unitarian Council (CUC) held its annual general meeting on May 13th. The CUC provides valuable engagement and support to Canadian Unitarian Universalist communities and congregations. Our congregation pays an annual program contribution to the CUC, plus many individuals make personal contributions to either the core budget or one of the special initiatives such as the Northern Lights funds for special projects.

The CUC general meeting was held in Toronto with on-line delegates logging in across the country. Wendy Cherwinski and I were the delegates for the UUFO. Unfortunately the on-line technology was fraught with problems that made the experience frustrating. But by sitting at home, not having the expense of traveling to attend the one-day meeting, we were able to more-or-less participate.

Last year the CUC was subjected to a Revenue Canada audit of charitable agencies. The audit took 1 ½ years to complete and has required changes to bookkeeping processes, tracking of political activities and requiring CRA-approved agreements with international partners. The most significant change was to the CUC's charitable purposes which have



been rewritten to make them much more specific. A result of the audit has been to educate the CUC staff, who are now in a position to advise congregations such as ours as we review our policies.

The CUC presented a balanced budget, which was balanced due to an increase in the per member fee from \$93 to \$100. The discussion of moving from a per member-based contribution to a budget-based calculation is on-going. The UUFO Board and delegates were expecting that the issue would be put to a vote at this AGM but it will be discussed for another year to address a number of questions such as phase in allowances, special circumstances and budget jumps for new hiring.

The CUC has assisted our Fellowship, through their Social Responsibility coordinator April Hope, in our refugee sponsorship application. Their Youth and Young Adult Ministry, led by Asha Philar, may help us as we reach out to younger communities. Linda Thomson has assisted us recently with our Ministerial search and start-up workshop. The CUC is actively involved in developing an action plan for the Canadian Truth, Healing and reconciliation between Indigenous and Non-Indigenous Peoples including various workshops (our Blanket exercise service among them).

The meeting ended with the election of a new Board of Directors. Reverend Rod has been elected to the Board for a two year term. Congratulations. We look forward to the interplay of ideas that he brings back to our congregation.

New CUC Board 2017-2018

We strive to foster healthy relationships amongst and within UU communities, with the broader world and with all life. *Nous travaillons à cultiver des relations saines entre nous, parmi nos assemblées, avec la société et toute la vie qui nous entourent.* Canadian Unitarian Council



Worship Cluster Update

By Pat Lucey

We want to sincerely thank everyone who contributed to our crowdsourcing flip chart (new terminology, but old technology!) for monthly themes for the coming 2017-18 program year. We asked the question “What does it mean to live a life of _____?” and you answered with an inspiring, intriguing, and thought-provoking list of thoughts and ideas.

We devoted our April meeting to all the concepts which you passed along to us, discussing the list in depth, and noting where some ideas seemed to overlap a great deal, while others could become a study in contrasts, and still others required us to delve more deeply into our understanding of the words and phrases you used to express your thoughts. We also noted some concepts which we have recently presented as monthly themes over the last year or two, and we chose to carry those themes forward for a future program year.

Our goal was to incorporate all the remaining thoughts you presented to us into nine monthly themes for the coming program year, weaving together similar (or opposing) concepts into more complex themes. In the following list of themes we have developed for the coming months, you may recognize those places where your own contribution to the flip chart has landed and taken root:

We encourage you to look at this list a few times over the summer, and perhaps think about how you might like to participate in some way in the development and presentation of a monthly theme which particularly appeals to you. Everyone benefits from a wider involvement in our Sunday gatherings – the Worship Cluster really includes us all! -- so please consider how you could share your own thoughts, ideas, talents, interests, and spiritual journeying with your Fellowship friends.



Worship Cluster

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

Month	Concept
September	Fellowship (Q: Why are we a “Fellowship” and not a “church”?)
October	Connections and Belonging
November	Healing the Spirit
December	Solemnity and Play
January	Covenant (Q: What is our covenant with one another?)
February	Self-reflection
March	Justice and Activism
April	Faith and Trust
May-June	Meaning

Religious Exploration News

By Laura Ndoria



In the new year, I have had the pleasure to work with the children on a variety of topics and themes, and they have responded well to the Holidays and Holy Days UU curriculum. It is really interesting to note how many common threads run through celebrations globally at this time of year. With the change of season and coming of spring and summer, many of the activities and crafts we built focused on cleansing, and creating a

fresh new space for the coming year. They are celebrations full of light, greenery and enchanting stories.

I have been striving in my lesson plans to have a variety of both more active learning games based activities, as well as crafts and team building activities. With the variation it helps make sure that all the children, no matter their age, are engaged and actively participating.

Laura Ndoria, Religious Educator



Take Home Craft: Play Dough Mandalas

We discussed Vesak, also known as Buddha's Birthday in May, and we built our own play dough mandalas. Start with playdough in the shape of a circle as the base and can use lentils and beans as well as glass or beads to then build a pattern around your circle. Get as creative as you wish with the colors and patterns. Once completed you can put the play dough mandala in the oven set to low for 20 min to harden, and you will have your very own play dough mandala. Here are some of the examples from our congregation !

<http://nurturestore.co.uk/play-dough-mandalas-sensory-play>

"Leading Worship and Having Fun Doing It"

Second Annual Summer Service Coordinators Workshop

by Pat Lucey



Save the Date:
Aug. 20th
11:00 am

for those interested in learning more about how we design, organize, lead and conduct our Sunday services. We opened the session with a spiritually-focused, reflective "mini-service" which explored the history and meaning of our chalice, and experienced Service Coordinators then shared their deeper feelings about what it means to them to participate in the shaping and presentation of a Sunday service. We then launched into the "nuts and bolts" section of the workshop, with lots of

information about finding good quality worship resources, working with guest speakers, timing your service, managing the sound system and projector, and selecting songs, guest musicians, and accompanists. The workshop was well attended, and the Worship Cluster received positive feedback about the experience, so-o-o ... we're going to do it again this summer.



On Sunday, August 20th, at 11:00 a.m., members of the Worship Cluster will lead another workshop on the joys and rewards (and some of the finicky bits) of leading a worship service. This interactive multimedia experience will be especially helpful for experienced service coordinators, aspiring service coordinators, individuals who would like to learn more

about how we plan our Sunday services, musicians and singers, technophiles who want to learn more about the sound system and the projector, those who would like to share their ideas for planning Sunday services, people who would like to improve their speaking skills, and everyone else. So please do come if you're around – you'll see some of your Fellowship friends whom you've been missing over the summer months, you'll have some fun, and you're sure to learn something new about how to plan and lead a Sunday service!

Photos from 2016 workshop



Social Action Cluster Update

By Marilyn Kuhn

To conclude the Social Action Cluster (SAC) program year, Andrea Dykstra offered an inspiring and hopeful talk on Sunday, May 14th speaking about the importance of “Indspire”, an organization offering financial support and mentoring to encourage indigenous youth to complete higher education. Last month the SAC also presented the film “Honour Your Word.” The film gives a glimpse of the daily lives of Algonquins living at Barrière Lake and their ongoing, intergenerational, peaceful struggle to arrive at an agreement with the government of Quebec about the co-management of their traditional territory.

Each book we read, film we see or discussion we participate in helps to build knowledge and understanding of our shared history with indigenous peoples and their current struggles for respect and justice. This understanding in turn continues to challenge us to ask ourselves how we can walk the road of reconciliation as genuine allies. Next year, the SAC has decided to continue to offer opportunities for learning about issues and for action related to reconciliation with indigenous peoples. We will focus on learning more about the Inuit community – its history, its current successes and challenges, and its presence in Ottawa.

While learning more, we also want to find ways to reflect more deeply on what reconciliation means to us individually and collectively. We look forward to continuing this journey with you.

While the SAC initiated events are over for the year, many community activities are taking place. Get together with a friend, invite someone else from the Fellowship or just show up to take advantage of these opportunities:

Thursday, June 8, 7 pm, 251 Bank St – 2nd floor (there is an elevator).

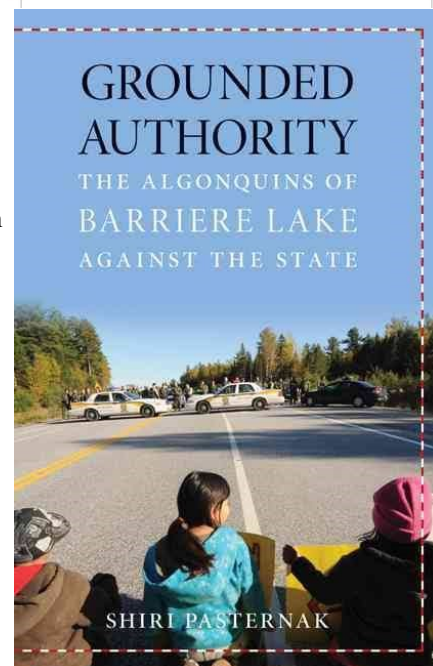
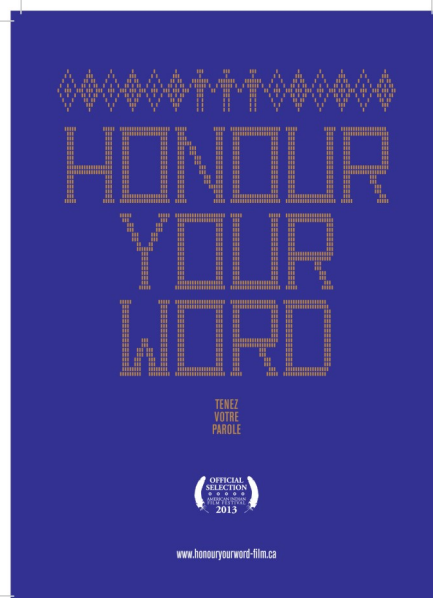
Book launch - **Grounded Authority: The Algonquins of Barrière Lake Against the State** with the author, Shiri Pasternak and hosted by Hayden King, an Objibwe scholar. For information go to: <http://tinyurl.com/k3jzwx3>

Sunday, June 17, 1:30 pm, Parkdale United Church, 429 Parkdale Ave.

Fundraiser for Centre 510: Statistics Canada Choir, \$15 at the door. Contact: Elise Mennie (819) 595-1294

Tuesday – Sunday, June 20 – 25, Vincent Massey Park

Summer Solstice Aboriginal Festival and Pow Wow – for more information - <https://www.facebook.com/OttawaSolstice/>



Refugee Sponsorship

By Helmut Kuhn

A little and a lot has happened with our Refugee Sponsorship applications since the new-year. In February Urbain's brothers had their interviews with a Canadian immigration visa officer and these appear to have gone well. In April they had their official medical examinations, and there appear to be no issues that would affect their acceptability for immigration. We believe the last hurdle is security clearance and assume required investigations are still underway. We have to use words like "appear" and "assume" because neither we nor the brothers have received any official indication of the results of these procedures.

Our settlement committee, in the meantime, has been preparing for the brothers' imminent arrival. Volunteers have been exploring accommodation, beginning to collect furniture, identifying connections the brothers will have to make for health and other services, and working on a budget that will meet the brothers' needs during their first year as permanent residents in Canada.

Of course, additional volunteers will be very welcome. Speak to Carolle Séguin or Helmut Kuhn. And watch for news that the brothers have arrived...and for an accompanying celebration.

Contact: Helmut Kuhn: kuhnswine@gmail.com
Carolle Seguin: 4carolle@gmail.com

Application ready: August 2016



Refugee committee: May 2016

Summer Pub Nights

Ah ... summertime in Ottawa: sunshine and flowers, outdoor music and theater festivals, swimming and boating at the cottage, and -- Pub Nights on the patio! Yes, our Fellowship Pub Nights will continue through the summer, and we'll be on the lookout for the best pub patios in the region.

Our regular Pub Nighters have come up with some promising suggestions for the summer months, and we'll explore three of their most-favoured pub patios during those lazy, hazy, crazy days of summer – watch your Friday Notes for more information.

Contact: pattylucey298@gmail.com



Coin Français

Un petit mot à propos du rassemblement français

Par Janet Creery

Quand j'ai commencé à fréquenter les réunions unitaires l'année dernière, je me suis tout de suite senti chez moi grâce à l'intelligence et la bonne volonté du groupe. Par contre, ce n'était pas si facile de réellement m'intégrer : les gens étaient accueillants mais les connaître de par des causeries-café allait prendre longtemps. Heureusement on m'a invité au Rassemblement francophone, qui m'a donné l'expérience d'être vraiment accueillie dans la communauté. Je me suis nourri de ces rencontres en petit groupe, où pensées reliées au thème du jour se mélangent avec partages personnels autour d'une table ornée de chandelles dans une belle salle ensoleillée.

Pour moi et pour plusieurs autres « francophiles » - ceux qui parlent l'anglais la plupart du temps mais qui connaissent aussi le français et sentent un lien avec cette langue - le rassemblement offre une occasion précieuse de renouer avec la culture francophone. Son atmosphère positive, intime, et sans jugement nous donne la chance d'engager, dans cette belle langue, avec d'autres qui essaient d'aligner leur vie avec leurs valeurs. Je remercie vivement Lucie-Marie pour son initiative et son travail continu pour soutenir le groupe, et j'espère que d'autres francophones et francophiles se joindront à nous pour nourrir notre petite communauté.

Extrait du Rapport Annuel

préparé par Lucie-Marie Castonguay-Bower



Cette année notre groupe a resserré ses liens de fraternité et d'entraide. Le support que nous avons apporté à Urbain concernant sa famille s'est étendu à tout le Fellowship. Chacune de nos célébrations a été des plus enrichissantes, variée et intime. Nos thèmes sont ceux de la grande communauté.

C'est un temps où chacun(e) se sent totalement accepté(e), écouté(e), enrichi(e) de la sagesse de l'autre. Toujours nous sommes beaucoup plus préoccupés(e)s de la qualité de nos célébrations que du nombre de personnes.; qu'il y en ait cinq ou seize c'est toujours la même atmosphère de joie et de partage.

Rassemblement français et culinaire

18 juin à 11h au UUFO

Dîner à la fortune du pot (*potluck*)



Thème : Rétroaction sur nos activités de cette année.

Si vous avez participé au service dominical mensuel en français, venez nous livrer vos impressions et vos suggestions.

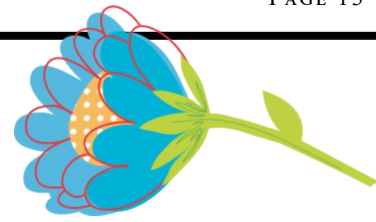
Si vous n'avez pas participé mais vous souhaitez en savoir plus sur nos activités, venez nous rencontrer.

Nous allons déguster un modeste repas-partage; apportez un petit quelque chose à boire ou à manger.

Info : Maurice Cabana-Proulx
cp4@videotron.ca

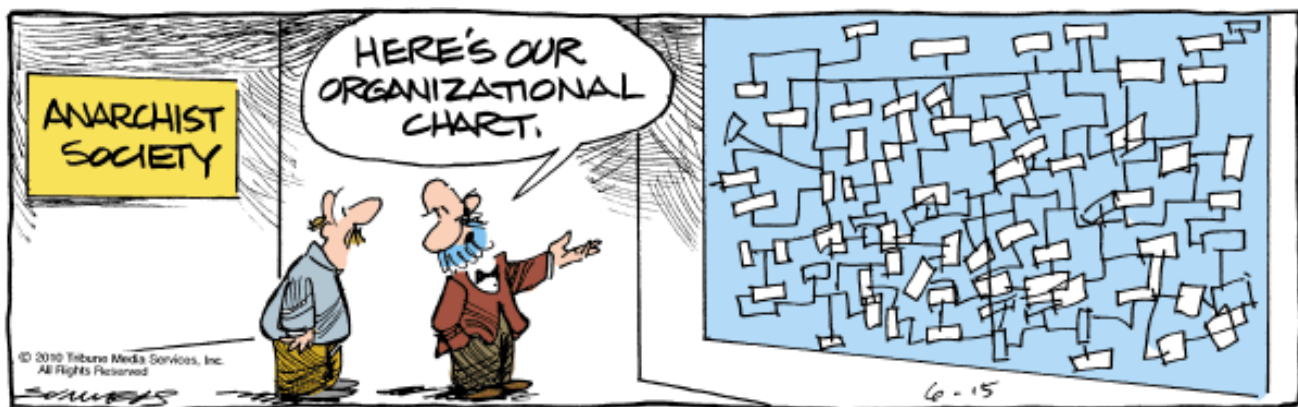
Engagement Sunday

By Pat Lucey



Do you have some special talents and interests which you would like to share with the Fellowship? Would you like to help our Fellowship by volunteering to take on a particular task or project? Do you want learn more about how to become involved and what needs to be done? Are you interested in exploring the personal spiritual growth which can evolve from active participation in the life of the Fellowship? Fellowship volunteers are critical to our congregation's vitality, sustainability and growth, but many of us can confirm that the act of volunteering – the gift of giving yourself -- is usually its own reward.

On **September 24th**, we will be having a unique Sunday experience, which we're calling "Engagement Sunday," and which is being created and organized by the Developmental Ministry Task Force, the Worship Cluster, and Reverend Rod. On this special Sunday, everyone will have the opportunity to explore the way our Fellowship **really** works – i.e., not according to a formal "org chart," but how our individual and collective energies are actually engaged in real life, and what it means to be an active volunteer in our Fellowship.



Please join us on Engagement Sunday – it will be an opportunity for you to reflect upon the deeper meaning of engagement within your beloved community of unique and cherished individuals.

NOTE: As September 24th is also a Rassemblement Sunday, the morning will be structured so that those who are planning to attend Rassemblement will also be able to fully participate in all our Engagement Sunday activities.

My stake is humanity. I always try to be clear that
I'm here to be in service to the city. My spirit is
being fulfilled in ways that I couldn't buy.

Paul Eisemann (Unitarian Universalist, contractor, social activist) on working to rebuild New Orleans after Hurricane Katrina, quoted by Michelle Bates Deakin, Social Action Heroes: Unitarian Universalists Who Are Changing The World

Creating a UUFO Cookbook : One Recipe at a Time

Edited by Andrea Young

The theme this issue is 'remembering some of our favourite grandmother's recipes'. I am sure that all of us have fond memories of cooking by our grandmothers (or grandfathers). With this in mind, we hope you will enjoy this. If perchance, you have a favourite recipe, we look forward to hearing from you and sharing your memories with the Fellowship.

The first is a coconut macaroon recipe from Liz Darling Griffis's grandmother. The second is a banana bread recipe from Laura N. In preparing to present these for the newsletter, we were reminded of the challenges of using old recipes. To this end, Laura and I have transcribed and somewhat adapted the recipes into a format that more easily usable in our kitchen's today.

To this end, here is a little poem that reminds of the challenges of using the original:

*This has always puzzled me, just how much is a pinch?
These recipes of dear Grandma's surely are no cinch.
A "snip" of this, a "dab" of that, a "lump" of something else,
Then "beat it for a little while", or, "stir until it melts."
I have to be a wizard to decipher what she meant.*

(Author unknown, source: <https://www.scrapbook.com/poems/doc/5556.html>)

Recipe #9: Liz Darling Griffis's Grandmother's Coconut Macaroons

Liz "This recipe comes from my grandmother's recipe book and has been much loved by all generations of the family. The original recipe came from St. Lawrence Starch Company and was probably published in one of their recipe books in the 1920s or 1930s." [Editor's note: I have transcribed and somewhat adapted the recipe to it easier to make, using reference to one of the original St. Lawrence Starch Company cookbooks found online]

It is a **Gluten-free** recipe.

Yield: number of servings (22 est.)

Timing: Total time: 40 – 45 min

Prep time: 15 - 20 min. est.

Bake Time: 20 – 25 min.

Ingredients :

- 1 teaspoon vanilla extract (or to taste)
- 1 cup white sugar OR if preferred, 2/3 cup honey (melted slightly if solid)
- 1/8 teaspoon salt
- 1 tablespoon cornstarch
- 3 cups shredded, unsweetened coconut
- 4 egg whites
- [Optional - 1 teaspoon cream of tartar]



Liz's Grandmother



*Grandmother Edith
Read with infant
Laura Ndoria, 1993*

Instructions:

1. Preheat the oven to 350 - 370 degrees Fahrenheit.
2. Mix sugar (or honey), salt, vanilla extract in top of a double boiler (or other pan as available). Heat over boiling water, stirring until warm.
3. Keep mixture over boiling water while adding in shredded coconut.
4. In a separate bowl, beat egg whites until stiff peaks form. Fold into coconut mixture along with cream of tartar.
5. Mix well over high heat, and then bring down to a simmer for two minutes, or until it thickens and is stiff enough to drop from a spoon
6. Remove from the heat.
7. Place parchment paper or reusable non-stick paper on a baking sheet.
8. Scoop mixture into balls and place on the baking sheet.
9. Bake for 10 – 15 minutes, or until browned. (depending on your oven. Be sure to check every few minutes).
10. Allow to cool and set for several minutes, and then enjoy!

Recipe #10 : Edith Read's Banana Bread

By Laura Ndoria

I sat down with my Aunt Rhondda for tea on one of the few sunny afternoons we have had in May, and got her to pull out the box of recipe index cards that she had, I knew she would be the most likely to have my grandmother, Edith Read's recipes. As my aunt rifled through the cards pulling out various different recipes and handwriting from different generations of our family, I enjoyed talking to her about our very contrasting memories and association of my grandmother's (her mother's) cooking. My aunt remembers the meals on the farm that consisted of hearty fare growing up when my grandmother was a school teacher, while I knew my grandmother in her retirement and after they had already sold the farm and moved to Ottawa, and she had more time for elaborate baking. I grew up visiting my grandmother every summer until she passed away.

As the only granddaughter, my 12 cousins are all boys, I always had a privilege of being a little spoiled. I remember afternoons in her apartment as the only time I spent seriously around baking and she would try to teach me bridge. Unfortunately the bridge lessons did not stick, but the warmth of her home and delicious baking tid-bits, always remind me of her, and I'm glad to say that I can reproduce some of her recipes. I chose to highlight her banana bread recipe, and present it to you in its original form.



Rhondda MacKay and Grandma Edith's handwritten recipe card

Ingredients:

Cake: 2 cups flour

1 1/2 teaspoons Baking Powder

1 cup sugar

1 cup mashed bananas

1 teaspoon baking soda

1/2 cup soft shortening

1 1/4 cup sour milk

1 teaspoon vanilla extract

2 eggs

Topping: 1/4 cup butter

3/4 cup brown sugar

1/2 cup coconut shavings

1/4 cup walnuts

Instructions:

1. Preheat the oven at 365 degrees Fahrenheit.
2. In a mixing bowl combine flour, sugar, mashed banana, shortening, baking powder and baking soda and only 1/4 cup of the sour milk.
3. Stir until all ingredients are well combined.
4. While beating at low speed for 2 minutes, add in eggs, the rest of the sour milk, vanilla extract.
5. Pour into greased pan
6. Bake for 35 to 42 min.
7. Let cool for 5 min.
8. Take all the topping ingredients mixed together, pour them over the cake
9. Put the cake back in the oven at broil setting
10. Watch the cake, remove once the brown sugar starts to bubble.
11. Let cool and enjoy!

I will suggest a few adjustments or recommendations:

- half the sugar in the cake batter
- To make sour milk quickly you can add a tablespoon of vinegar or lemon juice to ordinary milk
- If you choose to omit the topping add some walnuts into the cake batter.



Banana bread with the topping going back into oven

Feeling inspired? Try a recipe for the SUMMER POT-LUCKS

Last Sunday every
month, 11:00 am
at the UUFO

Stay connected this
summer! We will be
having pot lucks once
a month. Dates:

June 24th
July 30th
August 27th



PUB NIGHT

*Fun, food, and good conversation with
Fellowship friends!*



Friday
6:30 pm
June 23rd
July 21st
August 18th

Everyone Welcome!

Unitarian Universalist Fellowship of Ottawa

Everyone Welcome | Bienvenue à tous

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

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

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

Unitarian Universalist
Fellowship of Ottawa

400 McArthur Ave
Ottawa, ON
K1K 1G8

613-421-8360
uufo@uufo.org

We're online at:
uufo.org



Find us on Facebook!
@UUFellowshipOttawa

Fellowship News

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

Submissions for the Fall Issue are
due August 21st

Many thanks to our contributors and
editors!

Editorial Team:

Content: Andrea,
Lucie-Marie, Pat

Layout: Laura N.



Summer Services and Events of Note

June

- Thursday, June 8 Book Launch 19:00**
Join Octopus books for **Grounded Authority: The Algonquins of Barrière Lake Against the State** with the author, Shiri Pasternak.
- Sunday, June 11 Flower Communion 10:30**
Join us for the last English service before the summer
- Sunday, June 11 First Unitarian 50th Anniversary 12:00**
Join the First Unitarian congregation as they celebrate their 50 years.
- Saturday, June 17 Fundraiser 13:30**
Statistics Canada Choir, \$15 at the door. Contact: Elise Mennie (819) 595-1294
- Sunday, June 18 Rassemblement: Pot Luck 11:00**
Friends are invited to join us on this rassemblement sunday
- Friday, June 23 Fellowship Pub Night 18:30**
All are welcome for fun, food, and conversations with Fellowship friends.
- Sunday, June 25 Summer Pot Luck 11:00**
Come together for the first of the summer Pot lucks.

July

- Friday, July 21 Fellowship Pub Night 18:30**
All are welcome for fun, food, and conversations with Fellowship friends.
- Sunday, July 30 Summer Pot Luck 11:00**
All are welcome to UUFO to share a meal.



August

- Friday, August 18 Fellowship Pub Night 18:30**
All are welcome for fun, food, and conversations with Fellowship friends.
- Sunday, August 20 Service Coordinator Workshop 11:00**
All are welcome to build and learn together about service coordination.
- Sunday, August 27 Summer Pot Luck 11:00**
All are welcome to UUFO to share a meal.

September - Fellowship

- Sunday, Sept. 11 Water Communion 10:30**
Join us for the first service since summer break
- Sunday, Sept. 18 Sunday Service 10:30**
All are welcome for fun, food, and conversations with Fellowship friends.
- Sunday, Sept. 24 Engagement Sunday 10:30**
Come join us for this special service!