

# Fellowship News

## *Infolettre UUFO*

FALL ISSUE  
SEPTEMBER 2018



Traditionally, here at UUFO things slow down over the summer. After our Flower Communion service in June, we take a break from Sunday services, allowing for some time to rest, retreat, explore, and re-energize before gathering together again in September.

This Summer, however, over half of our Sunday mornings brought opportunities for our community to come together; we sang, we feasted, we skipped the service and went straight to coffee hour, with TED talk videos, and lively discussions!

*Read the story on p.4 to find out...*

## *What We Did On Our Summer Vacation*

Outside Sundays, our activities also continued, with bi-weekly meditation continuing through the summer months (see p. 15 for a reflection on meditation and dance) and don't forget our monthly Pub Night!



## Fellowship Pub Night

*By Pat Lucey*

Summer may be vacation time, but our Pub Nights carried on! In July we tried out the Newfoundland Pub on Montreal Road, and in general, people liked the atmosphere and service there, and the parking and bus access were very convenient. Our August outing took us back to the Arrow and Loon on the corner of Fifth and Bank – good food, excellent selection of craft brews, and with nothing special going on at Landsdowne that evening, we were all able to find parking spots nearby.

Both summer pubs were happy to make a reservation for us, and could seat us all together for easy conversation – a definite plus, as we've had some difficulties getting satisfactory seating in some other pubs. And we were grateful for this support, because turnout was high and conversation was lively (as usual).

### INSIDE THIS ISSUE:

Caring & Sharing	2
Summer Sundays	4
Board Walk	5
Coin Français	6
Introducing Joe McDonald	7
RE News	8
<i>Coming Out Of My Spiritual Closet</i>	9
SAC Update	10
UUFO Cookbook project	12
Dancing Meditation	15

## PUB NIGHT

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



Friday  
6:30 pm  
Sep. 21st  
Oct. 19th  
Nov. 16th

*Everyone Welcome!*

## Caring and Sharing

How time flies when you have a new little one! Baby Azriella has been taking her first steps this summer – we'll be seeing Toddler Azriella at the Fellowship this fall, and Toddler Leander will be toddling right along with her.

Marlene and Marina are off to Iceland at the beginning of September. Was it ever in question that Marina would be walking around Reykjavik?

Laura is cheering on her daughter who got an apprenticeship in Hamilton after graduating as an aviation technician.

Liz is happy to report her encounter with shingles so far has been very quick and light, possibly because she is on a lot of pain killers. So except for one day, her experience has been only layered fatigue. And Ken experienced an extended medical situation over the summer, so we're very happy to learn that the care he received during his hospital stay was top-notch. Best wishes for good

health to both Ken and Liz!

Lawreen celebrated her birthday on July 31<sup>st</sup>. And June and John Johnson celebrated both their birthdays, plus their wedding anniversary, during our summer break. Congratulations!

Marlene may have set a new Fellowship record – she attended 42 concerts this summer!

We're going to miss our dear friend Pat Johnston as she heads west for a new life in Victoria, where she will be close to family. Pat has been a faithful Fellowship volunteer over the years, contributing much to the work of our Caring Circle, never failing to help out at the High Horizons lunch program for disabled adults and their caregivers. *Au revoir* and best wishes to you, Pat!



May 13, 2018  
Congregation  
Consultation

## Summer Fun!

By Elinor Mueller



Cottage Life!

Rodrigue and Pacifique have been busy this spring and summer working full time as cleaners at the Centre and West Blocks on Parliament Hill. This has added to their bank accounts as they prepare for entering La Cité on September 4th. In addition to working, they have also had time for some summer activities. A group from the Settlement Team took Rodrigue to an Ottawa Champions baseball game in early July, Pacifique has proven his soccer skills and is a member of a soccer team, and in August the Settlement Team held a potluck at the Mueller's cottage where Rodrigue and Pacifique thoroughly enjoyed the water!

At La Cité, Rodrigue is beginning his Heating/Ventilation and Air Conditioning (HVAC) course and Pacifique is taking make-up courses to enable him to start his Respiratory Technician's program a year September (2019). Their courses are in French but they have picked up an amazing amount of English in the 11 months since arriving. Our sponsorship year is almost over but in this time we have come to treasure our friendships with Rodrigue and Pacifique. We know that we are really lucky to have such friendly, enthusiastic and smart young men in our community. Congratulations to them and a huge thanks to Urbain who told us about his brothers, and who has supported them along with Leila, Orla and Azriella over the year.



## Membership Group Update

The Membership Group met on August 22 to set up the plans for the Fall. Following up on recommendations arising from the Congregational Consultation (see more below) several new ideas were identified. We are looking forward to incorporating some of the ideas in the new year.

One recommendation is to have an Information Table at the back of the Fellowship Hall by the bulletin board to encourage newcomers to have more access to information and newcomer kits. Keep an eye out for new displays this fall!

The UUFO Directory will be updated by the end of September for publication and distribution in October.

## Following up on the May 13, 2018 Congregational Consultation “Where to this Year and Beyond”

On May, 13, 2018 a “Congregational Consultation on Going Forward in the Fellowship” was held to provide an opportunity for members of the congregation to share ideas for moving forward in the near term (next year) and to the longer term (beyond next year). One of the motivating factors for holding the meeting was the end of Rev. Rod’s contract and the need to provide members and attendees with assurance that the congregation can manage without a minister. The congregation needs to feel that leadership has the life of the Fellowship in hand and incorporates ideas into actions.

There were many ideas generated during the consultation. In August, a meeting with the facilitators and cluster group representatives was held to look at the information gathered and to plan for follow-up actions for the upcoming year.

A number of innovative proposals were discussed that the community will see during this year. One area of considerable discussion related to Transparency and Connections within the UUFO community. Ideas to promote this include: A weekly table at coffee hour, with the purpose of getting to know each other. A weekly topic will be identified with the idea that anyone can sit down and engage in discussion prompted from topics.

Andrea Young, Facilitating (May 13)



Another idea is the creation of a large, attractive Calendar of “What’s Going On” this month. It will be posted on the wall of Fellowship Hall and updated regularly.

The other major discussion was on how to promote new ideas to engage and inspire members to participate in activities outside of Sunday services. To this end, a new cluster group is being developed. Its purpose will be maintaining and increasing the enthusiasm of members for engaging in and contributing to the life of the Fellowship. Its primary focus is to be a place for people to bring ideas and suggestions for engaging people in the life of the Fellowship, and to coordinate our activities with Sarah’s support. This will bring established favourites like Movie Outings and Pub Nights under the same scheduling umbrella, along with planning for new, inspiring offerings. Its function will be primarily advisory and will report to the Board.

By working with Sarah’s support, this new cluster will be a touchstone for anyone looking to start a new project, group, or activity, including Adult RE offerings. The founding members of this group will meet early in September to firm up roles, plans, and (of course!) our name: the Inspiring Activities Cluster!





Coffee Hour TEDTalks



Summer Potlucks



Summer Singing Sundays

## What We Did This Summer

This summer we had two TED talk video presentations. Fred Harland, visiting the Kuhns, facilitated the discussions that followed. About 20 people attended each session.

The first talk, on June 17, was by Emily Esfahani Smith: "There's more to life than being happy." In her recent book "The Power of Meaning," and in this presentation, Smith discusses the 4 pillars that to her make up a meaningful life:

1. **Belonging**—being in relationships where you are valued for who you are intrinsically and where you value others as well,
2. **Purpose**—what Smith says comes less from what you want than from what you give,
3. **Transcendence**—what Smith refers to as stepping beyond yourself, and
4. **Storytelling**—your personal narrative... the story you tell yourself about yourself.

The second presentation, on July 15, picking up on Smith's fourth pillar, was by David Isay: "Everyone around you has a story the world needs to hear." Isay records stories and encourages others to record them. Indeed, the archives of StoryCorps --which Isay founded in 2003 --now constitute the largest single collection of common people's stories in history.

Our discussions were wide-ranging with people talking about how each of the four pillars had been important to them. Reactions to the TED Talks discussion format we positive, and will surely be repeated in the future!

On the last Sundays in July and August we gathered at the Fellowship for summer potlucks.

Delicious recipes (some that will surely show up in our UUFO cookbook column!), scintillating conversation, and a casual vibe is just what a summer potluck needs.

Over 20 people came out for each gathering. One of the highlights of the August potluck was getting to watch Leander and Azriella toddle around, exploring the Fellowship (the ramp is a really fun jungle gym, and the buttons that operate the inside door are a huge draw!)

Some of us felt that we really couldn't get through the summer without some singing time together, and so we met on July 22<sup>nd</sup>, and again on August 12<sup>th</sup> for Summer Singing Sundays. Attendance was good (lots of voices, for lots of parts!), and as a special attraction, we were accompanied and supported by Joe McDonald, our new Sunday accompanist. (Refer to the "Worship Cluster Notes" on page 7 for more about Joe.) With the addition of a professional accompanist, our dreams of a Fellowship Choir seem closer to becoming a reality – we sounded pretty good, and more importantly, we all had a really good time lifting our voices in song!



August 26, 2018 Summer Potluck

### Invitations to Venture Abroad:

1. *Volunteer Construction Expedition:* First Unitarian Congregation of Toronto invites UUs to join the Central American Community Development Project
2. *Mindful Journey to Vietnam:* Neighbourhood Unitarian Congregation (Toronto) invites UUs to join their annual pilgrimage journey for a mindful travelling experience

Check out the UUFO bulletin board for more information

## Board Walk

By Brandon Milk

Fall already? Life changes this time of year. Time to re-connect with friends and activities that may have been absent from our lives over the summer.

The board was busier than usual this summer. In July, our esteemed treasurer Dave Edmunds gave us a tutorial on how to read UUFO financial statements. In August, past president Laura Evans gave a detailed orientation to both new and old members of the board, sharing the wisdom of her experience.

At the beginning of August, the board held a follow-up meeting to the congregational planning meeting that was held on May 13<sup>th</sup> this year. Andrea Young facilitated the follow-up meeting and representatives from the various committees and clusters also attended. The meeting focused on the short-term needs of the congregation, and several concrete ideas were developed from it. Some of these ideas will be implemented this fall – stay tuned for more information. The board will schedule a further meeting to address the feedback that was gathered on longer-term goals.

August is also when Ottawa's annual Pride festival takes place. Normally, UUFO works together with First Unitarian to coordinate a presence at Pride. This year, due to a staffing shortage at First, nothing was planned. However, several UUs attended the parade and we were able to display the UUFO Pride banner. In addition, I got in contact with someone at First who is keen to ensure that we are better prepared next year.

Fall will be a season of both the new and the renewed for UUFO. We on the board are looking forwards to another year of worship, activities and fellowship.



## Engagement Sunday: September 30<sup>th</sup>

By Pat Lucey

In September 2017 we tried something new: an “Engagement Sunday,” during which we gave time and space to our committees, clusters, and working groups to educate people about the work we all do as a Fellowship, and what it means to us personally. And it was deemed a success, in that many members and friends told us that they had discovered new ways to become involved in our Fellowship life.

And so we will attempt to re-create last year's success with another Engagement Sunday scheduled for September 30<sup>th</sup>. On that day, we will have representatives from various Fellowship activity groups available during and after the service to share their experiences, and to meet and greet everyone, and to answer all your questions about who we are and what we do. And as an added enticement, we are offering a nifty take-home handout summarizing the organization of our Fellowship, and the opportunities we offer to get involved.

So please join us on our “Second Annual Engagement Sunday” in exploring the many ways in which our community carries out our mission, and in finding how to contribute your own unique gifts to our congregational life.

Worship Cluster | Membership | SAC | Caring  
Inspiring Activities | Board of directors  
Workshops | Children's RE | Movie outing  
Pub night | Perkins lunch | Excursions  
Discussion Groups | Coffee Hour | Meditation  
Rassemblement | Small Group Ministry  
How would you ENGAGE in UUFO?

## Notre page Facebook (française)

par Maurice Cabana-Proulx

Pendant quelques années, le Regroupement francophone unitarien universaliste a piloté plusieurs projets qui visaient à promouvoir « l'émergence de l'UUisme en français ». Léo Poncelet éditait Tribune Libre unitarienne, Nancy Labonté avait créé un site web, Lucie-Marie Castonguay-Bower animait des ateliers. Une période d'essoufflement a suivi cet âge d'or, mais la promotion du fait francophone a continué à trouver ses appuis, notamment ici au Fellowship.

La page Facebook du Regroupement francophone unitarien universaliste cherche à renouer avec ce dynamisme d'antan et il est donc souhaitable de stimuler la participation des gens. C'est une page ouverte et donc tous et toutes peuvent y afficher du matériel en français. Toute information qui puisse intéresser les UUs est bienvenue.

Si vous avez coché « aimer » pour cette page, il y probablement un lien dans la section Raccourcis à gauche sur votre page d'accueil. Si vous cliquer sur le raccourci, la page du RFUU devrait s'ouvrir avec la fonction Exprimez-vous déjà en haut de page. Vous pouvez y écrire ou télécharger votre texte ainsi que des photos ou vidéos.

Plus tard, on vous invitera à participer aux échanges dans le Groupe de Regroupement Francophone Unitarien Universaliste. À suivre.



Coin Français

## Coup d'œil pour l'automne

A notre Rassemblement français en juin dernier, nous n'avons pas seulement partagé nos meilleurs plats mais aussi nos aspirations, notre vision et nos raisons d'être en tant que Rassemblement Francophone au cœur de notre « Fellowship ». C'est dans la joie et le plus grand respect de chacun(e) que notre petit groupe a fait sa rétroaction de l'an terminée et la planification de celle à venir.

Voici les thèmes et coordonnateurs(trices) pour l'automne :

- \* 23 Septembre : Possibilités (éventualités, ressources) ... Gustavo et Lucie-Marie
- \* 28 Octobre : Abondance et parcimonie (insuffisance) ... Claire et Andrea
- \* 25 Novembre : Libération unitarienne ... Gustavo et Miriam
- \* 23 Décembre : Solstice... Tout le Rassemblement

Si parfois tu aimais et pouvait venir porter main forte à la préparation de l'un ou l'autre de nos rassemblements nous t'en serions fort reconnaissant(e)s. Tu n'as qu'à contacter Lucie-Marie. Tes suggestions, tes commentaires et ta créativité nous seraient très enrichissant(e)s. Merci à l'avance.

Bienvenue à toi et tes ami(e)s. Bienvenue spéciale à nos francophiles qui savent si bien nous supporter et participer.

Merci à toute notre grande communauté qui sait nous accueillir et nous faire sentir que nous sommes part intégrale de notre « Fellowship ».



## Groupe de croissance spirituelle

À tous les deuxièmes mardis du mois, de 18 h 30 à 20 h 30 le Groupe de croissance spirituelle (5 à 7 personnes) vient s'ajouter à notre Rassemblement. Cette rencontre permet un partage plus profond axé sur l'écoute et l'échange sans discussion. Ce groupe se veut être une expérience personnelle spirituelle qui mène à son application pratique journalière dans tous les aspects de la vie. Si tu aimerais profiter de cette expérience n'hésite pas à nous contacter.

Maurice, Claire, Andrea, Gustavo, Lucie-Marie ([luciemarie@gmail.com](mailto:luciemarie@gmail.com)) Équipe de programmation.

## Fall Worship Cluster Notes

By Pat Lucey

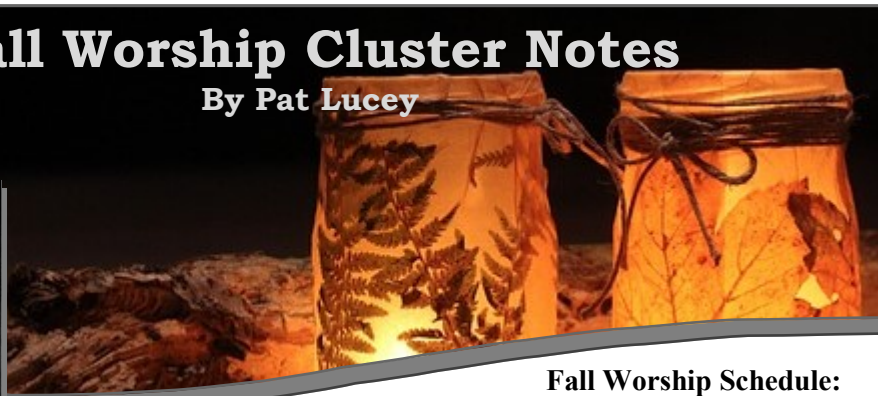


**Sunday Music:** The Worship Cluster has exciting news for you: a talented young professional musician will be joining our Fellowship music team!

Joe McDonald recently graduated from uOttawa with a B.Mus. degree in piano performance. He's been studying piano from an early age, and is experienced in accompanying soloists and choral groups. In addition to the study of piano from age 5, Joe says that "I also found time during my teenage years to learn various other instruments in a variety of diverse settings; these instruments included guitar (electric and classical), drums, voice, and saxophone, and included the idioms of pop, rock, jazz, metal, and world music."

Joe is currently teaching at local music schools, and our Sunday requirements handily dovetail with his professional life at the moment – we look forward to having him as our regular accompanist on 2-3 Sundays per month, in addition to scheduling singing rehearsals with him. He has already begun his musical journey with the Fellowship, accompanying us in July and August at our Summer Singing Sundays, and his striking talent and experience added another whole dimension to our singing sessions. It was obvious when we worked with him that—to quote Joe himself—"Music is my life and what I love, and I want to pass that on to others!"

**Worship Cluster:** Pat Lucey (contact), Martha Nabatian, Lucie-Marie Castonguay-Bower, Lorna Erickson-Fraser, Nancy Rubenstein, Nick Lepan, and Chris Baddeley Girard



### Fall Worship Schedule:

It's been a hard-working summer for us! Our September-December Sunday services are all planned, and we're moving ahead to our 2019 calendar at this point. In keeping with our practice of setting a theme for each month, we have assigned the following opportunities for reflection and exploration for Fall 2018:

<b>September</b>	Possibilities
<b>October</b>	Plenty and Scarcity
<b>November</b>	Exploring
<b>December</b>	Whole-Hearted Living

*Note: Themes for the year are listed in each Friday Notes and can be found at [uufc.org/category/themes](http://uufc.org/category/themes)*

Sunday speakers for the coming months include Rev. Linda Goonewardene, Rev. Ellen Bell, Rev. Evangeline Danesco, author and speaker Caroline Balderston Parry, Algonquin Elder Verna McGregor, and several Fellowship members. We're looking forward to a program year of thoughtful and meaningful Sunday services, of spiritual exploration, of reflection upon the deeper meanings of our monthly themes, and of new insights into ourselves and the world around us.

## Children's Religious Exploration

By Martha Nabatian

Our all ages, one-room classroom approach to Religious Exploration for Children is anticipating big changes this year! We hope to have a new R.E. teacher in place by September and are continuing in our search. Any suggestions from members and friends are welcome!

We said good-bye to the Pigeon family in June, and are hoping that the big gap created by their move will be filled by new folks. It is so important to have a comprehensive program in place, so that visitors can see what a wonderful program we have! We welcome anyone wishing to help out with the children to get in touch. Why not be a regular helper or plan a Sunday morning session around something that is particularly interesting to you?

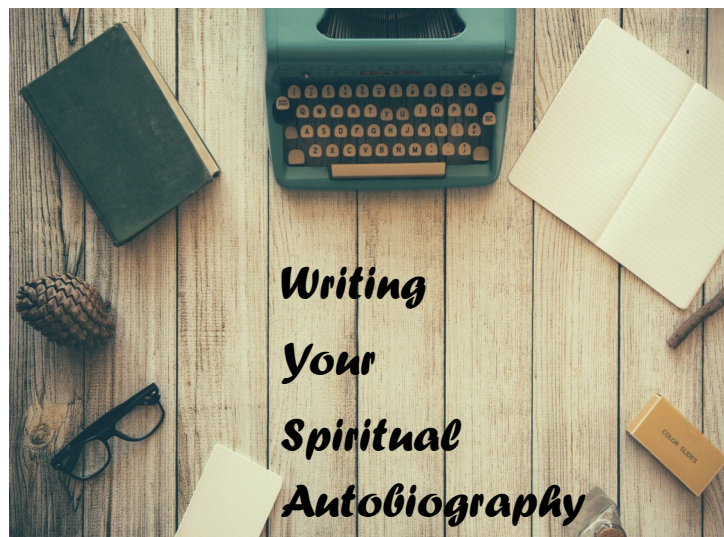


Getting to know UU: Workshops  
exploring UU history  
and experience:



Faith in the  
Covenant:  
Exploring our  
Sacred Promises,  
Direct Experience:

Sourcing our Spirituality, Worth-ship:  
Serving the Spirit



This Fall we are excited to be offering an Adult RE course taught by Rev. Linda Goonewardene, focusing on writing as spiritual discovery.

The enthusiasm we have seen for this course demonstrates how valuable Adult Programming is to our community. Courses and workshops offer us opportunities to learn and grow, but also to pause, reflect, share, and express ourselves while coming together in community.

**Plans in the works:** Plans are underway for lots of engaging Adult RE offerings this year, from book discussions, to personal growth circles, to a series of one-off workshops delving into our past and present, our quirks and our depths: Getting to know Unitarian Universalism.

Contact Sarah ([uufo@uufo.org](mailto:uufo@uufo.org)) or talk to someone from the brand new Inspiring Activities Cluster if you would like to share your ideas or get involved in a group or workshop!

**Adult RE**



## Coming out of my spiritual closet: Becoming an interspiritual minister

By Rev. Dr. Evangeline Danseco

You might have heard of people who refer to themselves as “spiritual but not religious” – sometimes referred to as SBNRs. Religiosity and spirituality are increasingly becoming seen as separate, particularly among younger people. A spiritual but not religious person may not formally practice rituals in the tradition of their birth or youth, but still actively explore activities that reflect their beliefs and values about the meaning and purpose of their lives. Often, SBNRs express a desire to be of service to others and pursue social justice. Spirituality is an expression of deep personal experiences beneath the ordinary quotidian events of our lives.

A related trend to the increase of SBNRs is the interspiritual movement. It’s as if SBNRs found each other and actively explore ways to deepen their inner life. The focus is not on understanding religious traditions of each religion as in interfaith groups. In interspirituality, the focus is on spirituality and not religion: discovering the many faces that we know (or not know) Spirit and experiencing our profound interconnectedness. We discover the common roots and gifts of each tradition: the gifts of wisdom, compassion, peace and service.

For the past two years, I have been participating in a part-time seminary program at One Spirit founded by Rev. Diane Berke; and in June 2018, I was ordained as an interfaith interspiritual minister in the beautiful and historic Riverside Church in New York City. The program took place largely online, where I joined people from across the United States, as well as some from as far as New Zealand and Australia, for one weekend a month. At the end of each year, we gathered together for a week-long retreat to further enrich our learning and personal connections.

For the first year of the program, we learned about the interspiritual movement. Exploring, for example, the various stages in the development of spiritual consciousness, and integrated teachings from psychology, physics and other sciences with those of religious traditions like Buddhism. We also studied many faith traditions each month, such as Buddhism, Hinduism, Islam, Judaism and Christianity.

For the second year of the program, we focused on different ceremonies and rituals such as baby blessing, weddings, funerals and worship services. This work I hope to continue with, as I apply to become a Lay Chaplain with the Canadian Unitarian Council, able to perform rites of passage in the UU context. So what’s next? I am cooking up some potential workshops and will be participating in some worship services this year at the fellowship. The meditations sessions will continue and at



my work, I am also beginning a project on improving joy and meaning in work for mental health service providers here in Ontario. As I reach out in service, I also feel a need to be more mindful and to slow down, allowing these intentions and hopes to unfold, all in good time.

To be “spiritual and not religious” may seem like a cop-out to some, shunning religious institutions and avoiding personal responsibility. But to be spiritual is a call for a deeper maturity into fully being human – a call to love in the deepest possible way.

**What’s a Lay Chaplain?** The Canadian Unitarian Council Lay Chaplaincy program trains lay individuals from UU congregations to serve as officiants at rites of passage ceremonies (weddings, memorials, child dedications, etc). Lay Chaplains work within a UU congregation, and also offer services to the public, and act as outreach ambassadors for the UU movement.



## Social Action Cluster Report

By Marilynn Kuhn

The *Truth and Reconciliation Report* was submitted to the Canadian government in June 2015. For the past three years the Social Action Cluster (SAC) has explored “Truth” through many lenses – books, films, discussions, talks. In 2018-19 our efforts will focus on deepening our understanding of the many faces of Reconciliation. Some perspectives are seen in the following quotes from an article in the *Ottawa Citizen*, July 1, 2017, Canada’s 150<sup>th</sup> anniversary.

*“I started to heal with the help of reconnecting to ceremony and culture as well as mainstream medicine.” Colleen Cardinal*

*“The basic element of reconciliation is respect. In particular, respect for indigenous people.” Romeo Saganash*

*“I think reconciliation can happen on a local scale and a large scale. For me, it’s about starting to learn about the territory you’re in.” Jaime Knoebel*

*“There is no simple answer to the reconciliation question. The context is so complex. I would call myself a refugee in this country. I get tired of unemployment and underemployment. My adoption records are sealed. Much of my family history is unclear and I wish I knew the answers. I don’t fit in either world, really.” Philip Edwards*

*“The project of reconciliation, as it is currently framed, is a project I have little faith in. The reasoning is simple: The root of historical and current conflicts between indigenous nations and the Canadian state is land, more specifically the occupation of indigenous lands and the dispossession of indigenous bodies from our lands. Therefore, if reconciliation is a goal that the Canadian state and the Canadian populace are fully committed to achieving, then why are we not resolving the primary issue of contention between our nations — that being land title and the ability of indigenous nations to have autonomous control over our lands and affairs?” Shady Hafez*

*“When it comes to reconciliation, they should fund healing. They should put out requests for treatment proposals. Fund it, don’t question it. So much money was given to ensure that we were disconnected. Some should be spent to ensure that everyone feels safe and comforted.” Elaine Kicknosway*



**SUMMER  
SOLSTICE**  
INDIGENOUS FESTIVAL

We hope you will join us in this exploration in the coming year.

## Summer activities

Summertime opportunities for fun and learning for many of us included:

- Attending pow wows
- Viewing the film “Village of Widows” that tells the story of the Sahtu Dene community on the shore of Great Bear Lake NWT where villagers transported uranium in 100 lb. sacs during the 1940s to 1960 and suffered devastating consequences.
- Hearing a talk about reconciliation by Dr. Marie Wilson at the Wabano Centre
- Discovering the music of *Twin Flames* ([www.twinflamesmusic.com](http://www.twinflamesmusic.com))

dedication of the plaque in our foyer acknowledging that our building is situated on unceded Algonquin territory. This will also be an opportunity for members of the Fellowship to renew our dedication to reconciliation.

## Community excursions

We will be focusing significant effort this year on participating in activities outside of the Fellowship.

Each month we will promote an indigenous event/activity in the community and arrange for a group excursion. We hope you will join us. Here is our plan for September:

### A VISIT TO KUMIK Elders Lodge

We invite you to join some SAC members at noon on Friday, September 28 for teachings and a potluck at Kumik Elders Lodge, on the main floor of the Indigenous and Northern Affairs building (INAC), 10 Rue Wellington, Gatineau, QC.

Elder George Paul a Mi'kmaq from New Brunswick is a knowledge keeper and traditionalist and the elder we will be going to hear.

In Kumik Lodge, Aboriginal Elders provide essential guidance and counselling services to both Aboriginal and non-Aboriginal employees of INAC in the National Capital Region. Services of this sort are unique and can only be provided by Aboriginal Elders, given their training and experience in matters pertaining to Aboriginal culture, philosophy, practices and the holistic approach to life: an unparalleled opportunity to participate in a spiritual activity with our indigenous neighbours and share a meal with them. Please bring a cold snack contribution to share.

## Plans for fall

SAC has several “works in progress” for the coming year. Specific plans so far include:

**Sunday Service, October 14<sup>th</sup>. Elder Verna McGregor will be our speaker.** Elder Verna is from the Algonquin community of Kitigan Zibi Anishinabeg and works at Minwaashin Lodge, an Aboriginal women’s support centre in our community. She has remained firmly grounded in her community and nation by also being part of a group of traditional grandmothers (Kokomisag) and elders. Included in the service will be a formal



Elder Verna McGregor (photo from CBC.ca)

*Participating in community events is a good way to develop knowledge and understanding of indigenous issues, culture and practices. We will be developing an e-mail list for those who want information on current events and might be interested in joining us. Speak to Claire if you wish to be included.*

## Other activities

The SAC is exploring several other activities and also monitoring initiatives by the federal government related to reconciliation. We will bring you regular updates.

With peace,  
Marilynn Kuhn for the SAC



## Food, Fellowship, and Fun: Our Cooking Together Cookbook

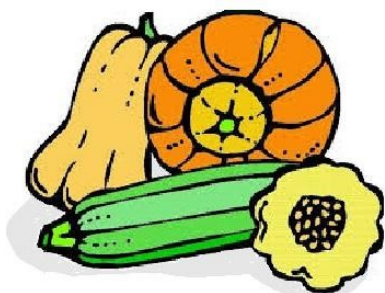
Creating a UUFO Cookbook one or 2 recipes at a time . . .

### Recipe #18 Fall Harvest Soup

*A Vegan Soup-Making Template for Our Local Abundance of Autumn Vegetables*

*Submitted by Pat Lucey*

The Eastern Ontario harvest season is upon us in full force – tomatoes! squash! They're everywhere! And when it comes to making soup from scratch, these two "vegetables" (which are really "fruits," botanically speaking) are a match made in heaven, with the tangy flavour of tomatoes complementing the rich, full-bodied sweetness of ripened winter squash.



When Andrea asked me for an "autumn harvest soup" recipe, I had to admit that I make all my soups from scratch – and I never make the same soup twice! So rather than sharing a "recipe", I'm sharing my "template" for making an autumn harvest soup featuring those two annual fall favourites, winter squash and tomatoes, which are currently overflowing the counters in your local farmer's markets.

#### INGREDIENTS:

- Olive oil (not too much, or soup will be greasy; not too little, or onions won't fry properly)
- Onions (diced)
- Winter squash (deep orange, sweet-fleshed -- Butternut is my favourite, just the right flavor, and **much** easier to peel than Buttercup, Kabocha, or Hubbard)
- Tomatoes (fresh, preserved, whatever you like)
- Any other vegetables you'd like to add (but not broccoli or cabbage, which certainly deserve their own soups, but are too strong-flavoured for this one)
- Your favourite herbs and seasonings (see NOTES at the end for some suggested combinations)



#### TECHNIQUE:

1. Prepare squash in one of the following ways:

A) Cut in half, scoop out seeds, lay the halves flat on an oiled baking sheet, and bake at 350°F until soft (scoop out insides and discard the rind); OR

B) Peel, cut into bite-sized cubes, and steam until tender but not mushy.

TIPS: Baking takes more time, but gives you a soft-textured squash with a roasted flavor, which can be mashed into the tomatoes for a thick stewy broth, whereas steaming is faster, and gives you tender chunks which can float in the tomato broth along with other vegetables.

2. If using preserved tomatoes, no further preparation is required. If using fresh whole tomatoes, remove the skins by plunging them into boiling water for 1 minute, draining them in a colander, and then plunging them into a pot of cold water to loosen the skins, which you can then easily peel off with your fingers.

3. Heat olive oil in a large, heavy pot over medium heat, and fry onions until they are fragrant and tasty and somewhat caramelized.

4. If you are adding celery, peppers, parsley, garlic, or any other “brothy” vegetables or herbs, add them to the onions and fry them for a few minutes. (“Brothy” vegetables and herbs are those which are intended to add flavor to the tomato-based liquid, and should be finely chopped before adding them to the onions.)

5. Some seasonings, such as curry blends, also benefit from a bit of frying in oil, so you can add them to the mixture as well – but don’t over-fry dry seasonings or you will scorch them. Add dry seasonings only after the vegetables and herbs have softened.

6. Pour in the tomatoes. If using whole skinned fresh tomatoes, chop them up coarsely right in the pot (saves time – i.e., no need to pre-chop them).

7. Add the pre-cooked squash. If you’re going for a thick, non-chunky broth, then mash the squash into the tomato base.

8. Now add any other vegetables (e.g., beans, peas, corn) you have chosen, cover the pot, and cook over medium-low heat until the fresh vegetables you’ve added are tender but not mushy.

9. Season to taste. Never add salt to your soup until it’s all cooked – I guarantee you will oversalt it if you don’t do this!

#### NOTES:

- “Summer’s End” version: use celery and parsley as your “brothy” vegetables in Step 4, leave the squash in chunks, and add fresh green beans, cut into 1-inch lengths, in Step 8.
- “Mexican” version: use minced garlic, peppers, and chopped cilantro as your “brothy” vegetables in Step 4, plus cooked, drained black or red beans, whole kernel corn, fresh or frozen (HINT: fresh is a lot of work and I always use frozen) in Step 8. Season with chili powder.
- “Middle Eastern” version: use garlic and parsley as your “brothy” vegetables in Step 4, add cooked lentils to the tomato broth, and leave the squash in chunks. Season with cumin, coriander and ginger.
- “Indian” version: use minced garlic and finely diced hot peppers as your “brothy” vegetables in Step 4 and add curry seasonings (perhaps include some brown mustard seeds) near the end of Step 4. Add fresh or frozen peas in Step 8.

## Recipe #19 Socca flatbread (or nicoise chickpea pancake)

*Submitted by Andrea Young*

Socca recipes appear in many places with many variations. I have been making it for several years both as a flatbread and as a baking soda raised loaf. It pairs really well with a fall soup. The variation here is the traditional one from the south of France. These are made with chickpea flour and are commonly served in paper cones as a savoury street food in the south of France, especially Nice. It can be made softer by adding the amount of water in the recipe by about a cup.

My original recipe comes from “HUMMUS and 65 Other Delicious And Healthy Chickpea Recipes” by Avner Laskin

#### Notes:

- *To Bake on the Stove Top (oven method in instructions below): Film a pan with oil and set over medium-high heat. Pour in the socca batter. After about 3 minutes when the edges are firm, gently lift the pancake and flip it. Cook on the other side for another 2 to 3 minutes, until both surfaces are dry and beginning to brown.*
- *Finding Chickpea Flour: You can find chickpea flour in the bulk bins as well as packaged at many health food markets*

#### Ingredients

- 1 cup (4 1/2 ounces) chickpea flour
- 3/4 teaspoon salt 1 cup (8 ounces) water
- 2 tablespoons extra-virgin olive oil
- Optional seasonings:
- 1 1/2 teaspoons minced basil or 1/2 teaspoon dried basil
- 1 tablespoon chopped fresh herbs (rosemary, thyme, oregano),
- 1 - 2 cloves minced garlic,
- 1/4 teaspoon spice (chili powder, cumin, smoked paprika, za'atar)

#### Equipment

10-inch cast-iron skillet, pie tin, or other metal baking dish, Spatula, Knife

## Chickpea flatbread cont...

### Instructions

*Makes 1 thick 10" pancake or 2 thin 10" pancakes (recipe can be multiplied)*

- 1. Prepare the Chickpea Batter -** Whisk together the chickpea flour, water, olive oil, and salt in a small bowl. Let rest for 1/2 hour to 2 hours to give the flour time to absorb the water.
- 2. Pre-heat the oven** to 375°F and the Pan - Place 9 - 10-inch cast iron skillet in over to heat 10 minutes before ready to bake.
- 3. Add the herbs** to the batter and whisk until smooth.
- 4. Pour the Batter -** Remove the skillet from the oven using oven mitts. Add a teaspoon or so of olive oil and swirl to coat the bottom of the pan. Whisk the chickpea batter quickly and then pour half into the hot skillet (or all if making a thicker pancake). Tilt the pan so the batter coats the entire surface of the pan.
- 5. Bake for 40 minutes** in conventional oven or 25 minutes in a convection oven. It is done when the edge begins to pull away and centre is firm. Remove from oven.
- 6. Optional:** set oven to broil brush Socca with 1 tablespoon oil and broil 2 - 4 minutes until dark brown spots appear
- 7. Slice and Serve -** Use a spatula to work your way under the Socca and ease it from the pan. Slice it into wedges or squares, and sprinkle with salt and pepper. Repeat with any remaining batter.

Socca is best if eaten immediately after baking while still warm, but can be refrigerated and re-toasted for up to a week.



## Coughing Up the Dough!

By Laura Evans

We can all take pride in being a fiscally sound Fellowship. It might sound trite, but it is something to be proud of. After two years with a Minister (part-time I'll grant you) we have been able to still have a bit of a financial cushion to move ahead. It is the commitment made by each of us, of time and caring and money, that continues to make our Fellowship strong and growing.

There will be information elsewhere in this newsletter and as the fall unfolds about some of the new initiatives the Board has initiated because there is enough money in the budget. We will again have a paid pianist on Sunday mornings when we raise our voice in song. There is enough money to pay for the increase in outside speakers after our two years with a minister. Adult Religious Exploration is being supported by Sarah Baxter. She is being paid additional hours to coordinate programming outside of our regular Sunday services. And it might not be flashy, but next year we hope to pay for our annual transfer to the major maintenance fund from the annual contribution budget. This means that we are truly self-sufficient and able to plan ahead for our share of roof repairs, carpet replacement, or whatever need arises to keep our facility in tip-top shape.

Fall is the time we plan next year's budget. The Fellowship has been raising about \$69,000 in pledged contributions. An early calculation by the Treasurer estimates the budget will come in requiring \$70,000, so just a little bit more. The Board will be starting to look at the budget this fall. The Fellowship had built up reserves that covered much of Rev. Rod's salary; the annual budget is once again in balance so that we spend what we raise each year.

The Pledge Campaign will launch in October to receive financial commitments for 2019. Through the end of this year we all must remember to pay the pledges we made last year. Laura Evans and Urbain Rwuhiriro are leading the Pledge Campaign. We ask for your support to pledge when you receive your letter from us.

Other plans are afoot for long-range financial planning, spearheaded by Dave Edmunds. Being financially sound means we can put our attention to the reason we gather in Fellowship: for spiritual reflection, for putting words into action, for supporting and caring.



## Dancing Meditation? Are You Kidding?

By Gustavo Gottret

*What images do you associate with the word mindfulness?*

*Do you see a fit yogi meditating on a beach in a perfect lotus position, entranced by the surrounding calm?*

Jamie Marich

In our bi-weekly meditations, at the UUFO, we follow the main principles of Thích Nhất Hạnh. This, nevertheless, allowing each of the facilitators to share a little of their own spiritual path. Lately, this has also included a bit of dancing meditation!

One of the main goals of meditating is to achieve mindfulness, the art of being fully aware here and now. The “easiest” way is through “sitting meditation” reducing, as much as possible, external distractions. The idea however is to generalize this state of mindfulness to our daily activities. One step toward this is developed through “walking meditation.” Thích Nhất Hạnh has even developed a kind of “driving meditation,” as he illustrated it:

*A number of years ago, I went to Canada to lead a retreat, and a friend took me across the city of Montreal. I noticed that every time a car stopped in front of me, I saw the sentence, "Je me souviens" ("I remember"), on the license plate. I did not know what they wanted to remember, perhaps their French-speaking origin, but it gave me an idea. I told my friend, "I have a present for all of you here. Every time you see a car stop in front of you with the line 'Je me souviens,' you can see it as a bell of mindfulness helping you remember to breathe and smile. And you will have plenty of opportunities to breathe and smile while driving in Montreal."*

*The next time you are caught in traffic, don't fight. It is useless to fight. If you sit back and smile to yourself, you will enjoy the present moment and make everyone in the car happy. The Buddha is there, because the Buddha can always be found in the present moment. Practicing meditation is to return to the present moment in order to encounter the flower, the blue sky, the child, the brilliant red light."*



So, why not “dancing meditation?” In *Dancing Mindfulness: A Creative Path to Healing & Transformation*, Jamie Marich notes that “Like mindfulness, dance has been revered as an intrinsically healing art form by various cultures across the continents and across millennia of human existence.”

What Miriam and I have been proposing in some of the recent meditation sessions is, instead of walking meditation, to work some sensitive exercises of encounter with a partner accompanied by a delicate sound. These exercises are inspired by Rolando Toro’s “Biodanza,” a technique we have been practising for years. Toward the end of each session, we feel that we get closer to Jamie Marich’s idea of a dancing mindfulness practice:

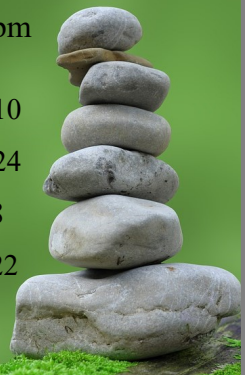
*“Tapping into our potential for movement, creating beauty, and achieving mindful awareness [...] Through such a practice we learn to respond to the needs of our body, mind, and spirit.”*

Would you like to walk/dance this path with us?

### Fall Meditation Sessions

Every other Saturday, 10am-12pm

- September 1      • November 10
- September 15    • November 24
- September 29    • December 8
- October 13      • December 22
- October 27



# Unitarian Universalist Fellowship of Ottawa

*Everyone Welcome | Bienvenue à tous*

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

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

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

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## Fellowship News

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[newsletter@uufu.org](mailto:newsletter@uufu.org)

Submissions for the Winter Issue are  
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Many thanks to our contributors and  
editors!

## Editorial Team

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

**Layout:** Sarah



## Fall Services of Note

### September | Possibilities

**Sunday, Sep 9**      **Water Communion**      **10:30**

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

**Sunday, Sep 23**      **Rassemblement Français**      **11h30**

Thème: Possibilités (éventualités, ressources). Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.

**Sunday, Sep 30**      **Engagement Sunday**      **10:30**

Come out and find out more about all the activities and groups and opportunities for engagement in the Fellowship community

### October | Plenty and Scarcity

**Sunday, Oct 14**      **SAC Sunday**      **10:30**

Our speaker will be Elder Verna McGregor, from Minwaashin Lodge, and the service will include a dedication of our plaque of acknowledgement

**Sunday, Oct 28**      **Stewardship Sunday**      **10:30**

This week your Board of Directors will lead a service on the theme of stewardship. How do we engage with and support this community?

**Sunday, Oct 28**      **Rassemblement Français**      **11h30**

Thème: Abondance et parcimonie (insuffisance). Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.

### November | Exploring Redemption Stories

**Sunday, Nov 18**      **Parliament of World Religions**      **10:30**

Our speaker will be our own Rev. Evangeline Danseco

**Sunday, Nov 25**      **Rassemblement Français**      **11h30**

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

Weekly event announcements come to your inbox in our Friday Notes!