

# Fellowship News

## Infolettre UUFO

WINTER ISSUE

DECEMBER 2018



## Why I am a UU...

We asked members of our community to tell us *why*. Why do you come to the Unitarian Universalist Fellowship of Ottawa? Why do you identify as a Unitarian Universalist?

We gather weekly, a community of diverse beliefs and shared values. So why do we come? We have sprinkled your answers throughout this newsletter!

“I am a Unitarian Universalist because it is part of me; it is bred in the bone. I am a born Unitarian. My mother and father met at the Unitarian congregation in Toronto in the 1950s. When I came along, I attended the children’s RE and then “LRY” the youth group. Then like most of my peers I went off to university and into adulthood. We drifted away from attending church.

But I came back. I was looking

*(Continued on page 5)*

I love how the children’s religious exploration is woven into opportunities for multi-generational learning. It makes me so happy to know that our son’s world is

*(Continued on page 13)*

Why am I Unitarian?

"This fellowship has everything I need in my spiritual journey. I am surrounded by good souls for whom love and compassion are some of their core values, when I come to Rassemblement francophone it is a circle of intimates, judgement has no place as in the entire fellowship, but deep listening and warm welcoming characterize

*(Continued on page 6)*

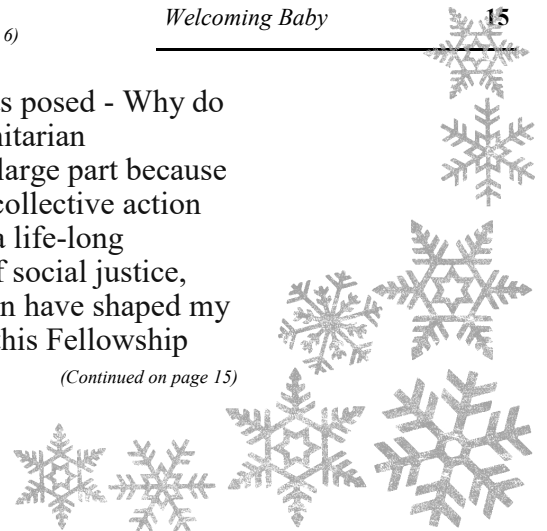
“The question was posed - Why do I come to the Unitarian Fellowship? In large part because I can be part of collective action for social justice. As a life-long Unitarian, the values of social justice, service, and compassion have shaped my life. Since arriving in this Fellowship

*(Continued on page 15)*

## Voices From Our Fellowship

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## Caring and Sharing

We were overjoyed to see **Peter and Paula** at the service on Nov. 18<sup>th</sup> – Paula is so remarkably well after her stroke! And **Lois** Buchanan was in attendance that Sunday as well, escorted by her son – so good to see you, Lois.

News from **Pat Johnston's** family is that she has settled quite happily into her new home, Somerset House, in Victoria BC, and is having a great time in her new surroundings – lots of activities, outings and social events, plus many new friends at Somerset House, regular visits with her son and his family, and frequent attendance at her new Unitarian congregation. We miss you, Pat!



We've warmly welcomed **Carolle & Dave** and **Helmut & Marilynn** back into our midst during the month of November after their recent globetrotting adventures.

Kudos to **Mark** for developing a schedule for our Fellowship drivers to shuttle **Ken** to his hospital visits for his regular hyperbaric therapy sessions. As of this writing, Ken reports that he is halfway through his treatment regimen, with "15 down and 15 to go", and the therapy is apparently working well, as Ken has been up and around and engaging in his regular Fellowship activities.

Many of us are aware that **Laura's** husband **Jonathan** recently sustained a serious back injury when he fell from a ladder. He is participating in an intensive residential physical therapy program at present, and hopes to be back home before too long. We got a Fellowship work crew out to their house and yard last month for various winterizing activities, and Laura has been applying her typical boundless energy toward the work she's doing with a renovation team, making their home a more welcoming environment given Jonathan's new physical limitations.

**Jean's** husband **Farid** recently took a fall and broke his hip at the Garry Armstrong Residence where he lives. Our hearts go out to you both, Jean.

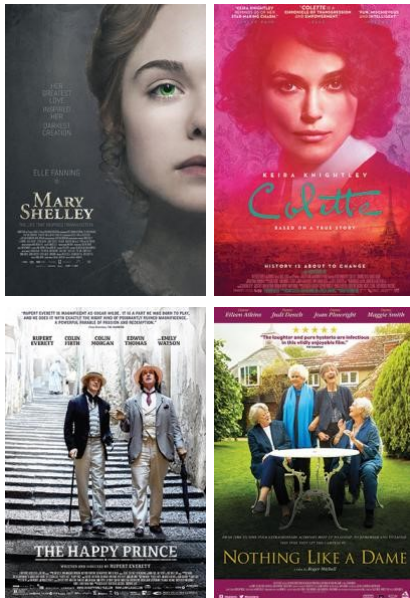
**Elinor** has sent us the following update on **Lorna's** condition: "Our dear Lorna was diagnosed with a cancerous tumour in her colon in late September. The cancer had not spread, which was a relief, but it was crucial that the cancer be removed quickly. She had emergency surgery on October 13 at the Montfort Hospital. The surgery was successful but unfortunately her recovery was somewhat compromised when she got C. difficile. She recovered from it and the surgery itself well enough to be transferred to Rehab at the hospital in early November.

However, following this move, the C. difficile returned and her health became very precarious. With extensive medical intervention, she has avoided further surgery for now. Although weak and exhausted, she seems to be making a slow recovery. This has been a frightening time for her daughter, Reyna, and for all of us. We are hugely relieved for her indomitable spirit! Her lovely smile (see below) has never really left her



and that 'prairie determination' of hers has pulled her through thus far. She still has a long way to go to fully recover, but as I write this, we are hopeful that the worst is behind her. Keep her in your hearts and keep on sending your love and positive healing messages. She does get them and they do help!"

The Newsletter Editing Team would like to send our most grateful thanks to Lucie-Marie for three years of wonderful, thoughtful contribution to this publication! This winter, we are also delighted to welcome Nanci as our third editor! We welcome new insights, new perspectives, and new energy to produce the best newsletter we can, every season!



I was happy with the turnout for our fall movie outings and with the movies as were my fellow UUFO movie fans. In September we went to see

“Mary Shelley” which is a period piece about the author of Frankenstein. It was also about Mary Shelley's emancipation from her husband. Her husband had convinced her to let him pretend to be the author of her books. Following in the theme of period pieces and emancipated female authors in October we went to see “Colette” about a French female author who also let her husband take the credit for her work and who eventually left him and asserted her authorship. These were both very good films with great cinematography and costumes.

In continuing with the theme of period pieces and authors we also saw “The Happy Prince” about the life of Oscar Wilde after he was released from prison. This was a sadder and darker film but very well made with Rupert Everett and Colin Firth. One of the people who came said that it depicted his last years faithfully.

On December 13th we will shift from authors to actors, and go to the ByTowne cinema to see “Nothing Like a Dame” in which four of Great Britain's greatest actresses get together to discuss anything and everything. Please check Friday Notes or the ByTowne Cinema to learn more. I hope to see you there. If you have any questions please contact me, Mike Jan, at [swissguy@rogers.com](mailto:swissguy@rogers.com).

## Movie Musings

By Mike Jan

## Turn Your Inspiring Idea into Action!

As you learned at Engagement Sunday in September, the Fellowship has a new cluster called the Inspiring Activities Cluster (IAC)!!! The mandate of the IAC is to provide support to UUFO members and friends who have ideas for events and programs that will enhance and offer inspiration to our community. Our Fellowship is full of interesting people who periodically come up with proposals for inspiring activities. Sometimes those ideas come up in the context of Social Action, or Membership and Welcoming, but what about those ideas that fall outside the purview of other groups? This Cluster is one way to harness this creative and community-spirited energy, and ensure that your great ideas can be realized!

The IAC does not plan or create these events and programs, although we hope to act as a catalyst, igniting the fire that can create community-building and learning opportunities for all. Our goal is to help ensure that members and friends are empowered to turn ideas into real events. To this end, an “Event Planning Guide” and related

brochure are being developed to help event sponsors turn ideas into activities.

Critical to the success of this new group is Sarah Baxter, our office administrator. She helps in many ways including with the details and timing. Also, she is key to the development and implementation of Adult Religious Exploration activities.

We are very excited by the enthusiasm with which this Cluster has been received. As we had hoped, we have received many proposals, and the 2019 Winter and Spring seasons promise some wonderful activities. Included in the ongoing activities are several Adult RE workshops (*see page 11 for more information*), the monthly Pub and Movie Nights, and the *Groupe de Croissance Spirituelle* (Spiritual Growth Group). More social activities such as potlucks, movies, games nights, hikes in Gatineau (with dessert!) are also being considered. If you have ideas to inspire us, contact the IAC to see how we can help you make it a reality!

Please see the list of specific activities in the calendar at the end of the Newsletter and in the Friday Notes.

### Current Members (Winter 2018):

Janet Creery, Andrea Young, Nick Lapan, Sarah Baxter (Office Admin and coordinator of Adult RE)



## Lay Chaplaincy at UUFO

By Martha Nabatian

It is a pleasure to reintroduce the concept of lay chaplaincy to our Fellowship. From the Canadian Unitarian Council:

*The Canadian Unitarian Council's unique lay chaplaincy program was created in 1971. The program trains and supports carefully chosen lay members of Unitarian Universalist congregations who create and perform rites of passage, including weddings, child dedications, and memorial services. Lay chaplains are pleased to provide this outreach service to people who want a religious or spiritual ceremony: both to the general public and to Unitarian Universalists in congregations without a minister.*

UUFO and First Unitarian have a joint lay chaplaincy committee with a view to working together to offer lay chaplaincy, both in our congregations and as an outreach service. Members of the committee from UUFO are Martha Nabatian and Laura Evans.

Many years ago, we had a lay chaplain, Elaine Hartman. Since she and her family moved to Toronto several years ago, we have not had another lay chaplain. We have been fortunate to have ministers and intern ministers with us who were able to perform rites of passage for us. We are again fortunate to have a recently ordained minister in our midst, Evangeline Danseco, who has applied to serve as a lay chaplain with us. The Board of Directors has endorsed her application, and now it's your turn!

We as a congregation must affirm Evangeline to appoint her as a lay chaplain, representing and serving our Fellowship. To that effect, the Board will bring a motion forward at the January 6 Preliminary Budget Meeting. Once endorsed, Evangeline can complete her application to the CUC for licensing to perform weddings, and in the meantime can begin performing rites of passage for life stages and events for which you don't need provincial licensing (child dedications, memorials, and all manner of life stage blessings).

## Sustaining The Fellowship in 2019

### Pledge Campaign Update

By Nelson Rowell

This article reports on the fund raising activities for the Fellowship by the pledge committee of Laura Evans, Urbain Rwuhiriro and Nelson Rowell. We are happy to report that thanks to the generosity of our members and friends our 2019 fund raising goal has been met with over 50 pledges representing the commitment of more than 62 of our people. To date approximately \$73,500 has been pledged.

The pledge committee is very grateful to everyone who has pledged their support, making our task a pleasant one, while being mindful that many people make contributions beyond financial ones. We are very happy to report that six individuals have pledged for the first time, which helped soften the effect of departures from the fellowship this year. There was a wide range of pledge amounts with every pledge being gratefully received. A remarkable 36% of the pledges were over \$1500 for which we are most appreciative.

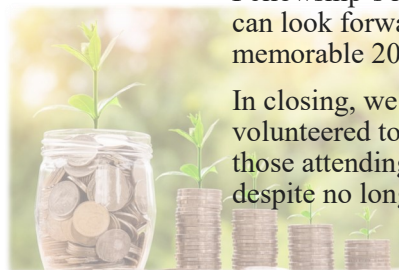
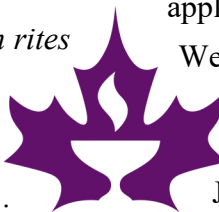
The board tells us that the money raised will allow us to sustain and grow our endeavors, with

money for more guest speakers, an expanded Adult Religious Exploration program, and increased charitable disbursement. A first time milestone for us in 2019 will be to fully fund long term maintenance in a

balanced budget. As the pledge campaign continues for a few more weeks, further pledges would be very welcome and the money put to good use.

The campaign was ably supported by our office manager Sarah, who provided the committee with essential logistical support and organization, especially around the individualized pledge letters that were distributed. With the sustaining support of so many of the Fellowship's members and friends, we can look forward to a fulfilling and memorable 2019 in the Fellowship.

In closing, we thank Irène Morin who volunteered to translate the letter for those attending the Rassemblement, despite no longer living nearby.



## Board Walk

By Brandon Milk

The last few months have seen UUFO successfully adjust to being a lay-led congregation once again. We continue to host engaging Sunday services and a variety of other activities.

It's been a challenging autumn for the whole congregation in terms of the health of our members. At one time, the Board was down to four active members. We'd like to thank Andrea Young, who was on the Board last year, for stepping in as a temporary member. Our progress in implementing some of the ideas from the congregational planning sessions held last spring and summer – such as the “coffee hour table” – has also been delayed by events in the Fellowship. We're now working on remedying this situation.

Two initiatives have gotten underway, however. The first is a Long Term Financial Advisory Group working with the Treasurer, Dave Edmunds. The purpose of the Group is to develop recommendations for the longer-term financial sustainability of the Fellowship. In the near term, the group is looking at making sure we have the capability to accept larger contributions (legacy or otherwise). This includes developing recommendations on possibly setting up a fund to receive contributions, what criteria would

*« ...the board continues to seek to put the Fellowship's vision for itself into practice. »*

apply to gifts and bequests the Fellowship would be prepared to accept, what criteria might be set for the use of funds, and what would be the governance process for deciding on management and use of funds. The group will work on considering options and presenting them to the Board, for consideration by the Fellowship. (Thanks to Nick LePan for this information).

The second initiative is a new cluster called “Inspiring Activities.” The purpose of the cluster is to field ideas for Fellowship activities outside of Sunday services and support their implementation. While other clusters such as the Social Action Cluster will continue to plan their own events,

this new cluster will offer a place for individuals unaffiliated with any other cluster – or affiliated with one but wanting to organize something unrelated to it – to bring their ideas. This new cluster is still working out how to operate, but has met several times this Fall and has some activities planned for later this year and 2019. Sarah, our office administrator, is helping with the details, particularly for adult religious exploration activities.

As the holidays draw near, the Board continues to seek to put the Fellowship's vision for itself into practice.



Winter Solstice Celebration is at 4:30pm on December 23rd

(Continued from page 1)

## Why I am a UU

for a community where I could explore the underpinnings of my life, the values to live by.

I have been a member here at the Fellowship for about 10 years. I am here to be challenged to be the best possible person I can be. I am here to be reminded to live

my values. I am here because we live in covenant with each other, we care for each other.

I took up Fred Cappuccino's challenge to me when, a few months after starting to attend, I said I didn't feel a connection to the Fellowship. He challenged me to get involved. I did, and I haven't looked back!"

- Laura Evans



## Coin Français

### Laisser son coeur parler

(Publié le 10 juin 2015 par Natacha Verstaevel)

#### *Laisser son cœur parler*

*C'est important de donner ses sentiments, de parler, de montrer que nous sommes sur la même longueur d'onde.*

*Privilégier les relations humaines et apporter toute l'émotion nécessaire pour toutes celles qui manque d'humanité.*

*Quand je ressens la présence du bien et que de bonnes émotions prennent place il faut le dire pour que chacun se rappelle ce qui est important et primordial, que cet instant est précieux, que cette démarche est à faire et qu'elle a toute son importance.*

*Ne jamais oublier ce qui est essentiel, pour se rendre compte que c'est évident, pour y parvenir laisser ses émotions s'exprimer même si le début est difficile à entendre et que derrière ces paroles se cachent un pardon, une explication, un secret à dévoiler.*

*La force du cœur peut tout combattre, briser toutes les chaînes, rassembler, guérir, comprendre, pardonner et être pardonné.*

*La force du cœur donne des bons souvenirs et cicatrise nos blessures du passé. Son intensité et sa valeur pèsent bien plus à notre âme que tout le mal que l'homme commet sur la Terre.*



« Il y a trois trésors importants pour notre vie spirituelle: l'espérance, le respect et l'amour ; puissent-ils être toujours présents en nos cœurs afin que nous puissions les offrir avec générosité. La lumière de cette flamme en est un symbole également puisque l'espérance, le respect et l'amour sont la pierre d'angle de notre cheminement spirituel et de notre liberté. »

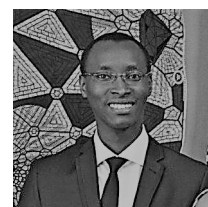
(Texte de Petr Samojsky, ministre du culte de la Société religieuse des unitariens tchèques.)

Ces trésors ne sont-ils pas dans nos cœurs?

## Why I am a UU...

(Continued from page 1)

both members of the rassemblement and fellowship. I have no regrets to be part of this fellowship; we are connected, united as family. Stewardship is more than giving money, it is giving time, skills, and thought to our fellowship. Most importantly, it is giving to all the good causes that will help to sustain the place we love and spend time with our families and friends. —Urbain Rwihiriro





## Rev. Fulgence Ndagijimana – Our Special Guest! By Pat Lucey

Our Fellowship is honoured to be hosting the distinguished Unitarian minister, Rev. Fulgence Ndagijimana, on the last weekend in February as our Sunday guest speaker for both the 10:30 service and the *Rassemblement* which will follow it.

Rev. Fulgence is a Community Minister, affiliated with Saskatoon Unitarians, and Vice-President of International Council of Unitarians and Universalists (ICUU). He founded the Unitarian church in Bujumbura, Burundi and served as its minister until he and other Burundian Unitarians were forced to flee the country during the violent civil unrest of 2015, when the Unitarian church and its members were targeted by the government.

During Rev. Fulgence's weekend with us, we will be organizing a Saturday evening event in support of his work with those Burundian Unitarians through Flaming Chalice International (FCI), a Canadian registered charity that assists refugees in Rwanda. They need support in the form of food, shelter and scholarships to go to school, as well as for small business development.

On Sunday, February 24th, Rev. Fulgence will present his Francophone Project, which seeks to open the Unitarian Universalist doors to all who are searching and exploring by setting up a website, holding a weekly worship service online, and having a Minister serving the community. We will be given the opportunity to contribute to the support of the Francophone Project concurrently with the two services at which Rev. Fulgence will be speaking.

In Rev. Fulgence's own words to our francophone community :

Rev. Fulgence Ndagijimana



*« Il y a deux projets qui tiennent à cœur Rev. Fulgence Ndagijimana. Le projet francophone qui consiste à ouvrir les portes du Mouvement Unitarien Universaliste au Francophones et francophiles.*

*L'accès sera facilité par un site web qui met à disposition du public Francophone les documents en Français, un service hebdomadaire en Français et Une disponibilité d'un pasteur. Ce projet est construit sur d'autres modèles qui existent en Anglais et en Espagnol et cible les Francophones partout dans le monde. Le projet est sponsorisé par les Unitariens de Saskatoon; « Saskatoon Unitarians ».*

*L'autre projet est le soutien des réfugiés Unitariens qui sont au Rwanda. Ils ont fui le pays en 2015 et ont besoin de nourriture, de logement et de bourses pour accéder l'éducation. Un organisme caritatif a été mis en place au Canada pour Faciliter ce travail. « Flaming Chalice International ».*

*Le weekend du 23 et 24 Février sera une opportunité de levée des fonds pour ces 2 projets. Le samedi sera un moment de levée des fonds pour les réfugiés en Afrique et spécialement au Rwanda et Dimanche sera le moment de levée des fonds pour le projet Francophone. »*

### Prochains Rassemblements :

**27 Janvier :** Amour et solitude

**24 Février :** Grâce et guérison

**24 Mars :** Liberté et conflits



[flaminginternational.org](http://flaminginternational.org)

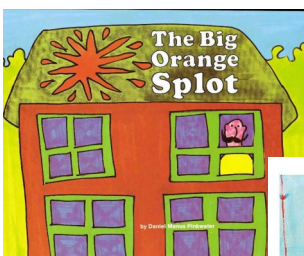
## Children's Religious Exploration

By Hazel Gabe,  
Religious Educator

Hello from RE!

Every week, the children come into the RE room and as I close the door behind us, everyone is already heading over to the windowsill, where the chalices are. There in a row are

beautiful, unique chalices that have been made out of clay by children in years past. Everyone chooses their own chalice, and we place them on the table and pass along the taper between us to each light our own special light. We sing *Chalice Chalice burning bright*.



Then the kids take a rock out of the drawer and sit in a circle. There are different rocks for each season and choosing the rock is important. They pass the rock and share something they've done this week.



SOMETIMES I FEEL LIKE A FOX

Danielle Daniel

words of Alqonguin to introduce the history of the land we live on and read books by Indigenous authors such as *Sometimes I Feel Like a Fox* by Danielle Daniel and *The Water Walker* by Joanne Robertson. We've learned about Henry David Thoreau in *Henry Hikes to Fitchburg*, in which Henry decides to hike to the next town while his friend decides to work for a train fare. Henry loses the race to Fitchburg but enjoys blackberries on the way. We agreed that 35 cents would no longer get you to Fitchburg today! We went on our own walk and for every experience that they noticed made them happy or joyful, I gave them a bead to celebrate it.

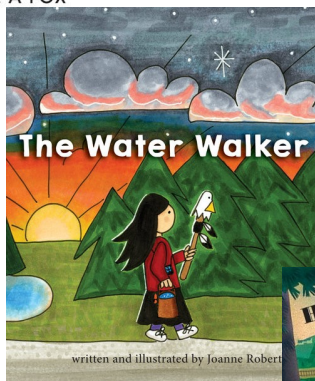
Rituals like this are important. So is play and having fun in a

This is a holy ritual that's very important to them!

In December we are having the Mitten Tree service. I will be bringing some of the children's chalices into the main hall so the children can light their own chalices at the beginning of service. Please hold them in love as they perform their ritual. Part of making children the centre of our religious community is making space for their needs and rituals.

This year so far, we've learned about accepting each other and enjoying our differences with the

*Big Orange Splot*. We've learned some

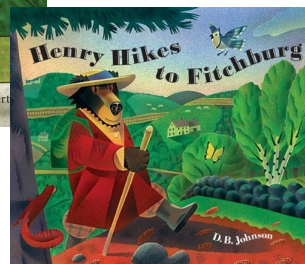


warm, supportive community.

Getting to know the religious exploration community has been a joy. The circle of dedicated volunteers provide so much love and joy when they play with the kids.

Please reach out to your friends and neighbours and invite them to bring their kids to RE!

You can reach me at [RE@UUFO.ORG](mailto:RE@UUFO.ORG).





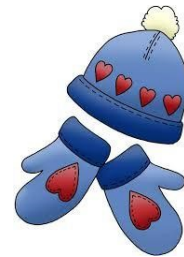


## WORSHIP CLUSTER NOTES



### Mitten Tree Celebration Sunday, December 9<sup>th</sup>

Sharing our gifts of mittens, hats and scarves with kids in our neighbourhood, along with holiday songs and a wonderful story!



### Winter Solstice Celebration Sunday, December 23<sup>rd</sup> – 4:30 pm

Join us to celebrate the return of the sun as we light candles in the dark, pass the light, sing, celebrate, and sit down together to a delightful holiday potluck dinner.

### February is Black History Month

We will host some special celebrations honouring Black History Month, and we will have a visit from a distinguished guest minister, Rev. Fulgence Ndagijimana (more information about his visit elsewhere in this newsletter).



### International Women's Day Celebration Sunday - March 10<sup>th</sup>, 2019

This will be our annual celebration honouring women all over the world.

### Fellowship 23<sup>rd</sup> Anniversary Celebration Sunday – March 17<sup>th</sup>, 2019

Our founding minister, Rev. Fred Cappuccino, will be joining us as we honour the Twenty-third Anniversary of the birth of UUFO.



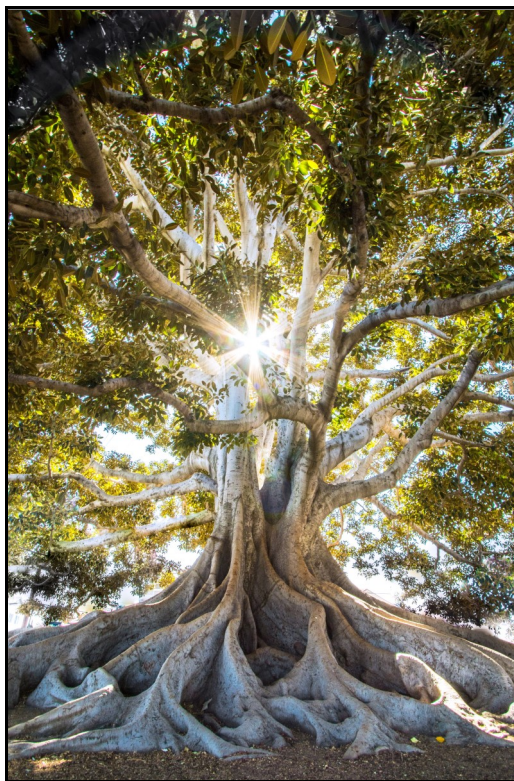
## What is the Parliament of World Religions?

By Evangeline Danseco

The Parliament of World Religions is considered as the mother of the interfaith movement. The 7<sup>th</sup> Parliament of World Religions was held in Toronto from November 1 to 7, 2018. It was the first time it was held here in Canada. It was the first time that there was space held for LGBTQ individuals. It was the first time that there was a certificate for indigenous cultural awareness. It was the first time that a female chair was named for the next Parliament. It was my first time to attend an event with more than 8000 delegates, representing over 50 religious from more than 200 countries. And it won't be my last time!

The Parliament was an opportunity for **connecting with kindred spirits**. Much like many interfaith events, the Parliament had many sessions to learn about the teachings of many traditions, and how those traditions linked to the global ethic. The global ethic is a document that members of the Parliament developed, and outlines the ethical commitments held in common by various religious, spiritual and indigenous traditions. I met many people who were like me in my “not this, and not that” when explaining who I am or what I do, like the “Hindu-palian” (Hindu and Episcopalian), or “Bu-ju” (Buddhist and Jewish), or B<sup>3</sup> (Black, Buddhist and Baptist). Elder Jim Dumont encouraged us that “we each have a right to be who we are.” And in this time when many are not affiliated with any religion (the “nones”), our shared values and principles can bring us together since spirituality is not contained in any religion but one that is part of our human experience.

The Parliament was also an opportunity for **connecting with community**. One realizes that one is not alone in the aspirations towards a more just and equitable world, in integrating spirituality with climate action, or in working with youth for the next generation of spiritual leaders. There was a sea of women from many religious traditions who were connecting about their journey in becoming spiritual leaders in their communities. I learned that there is an association of Catholic women priests based right here in Windsor, Ontario. I



learned about a project to have more than 1000 women spiritual leaders represented in Wikipedia, a mentoring program for women's leadership, an arts program for women's wisdom to be expressed such as the Red Tent movement, a bicycle program in India to support the education of girls from remote areas, an effort in Haiti to increase the number of women owners of smallholder farms, and the work of a strong Afghan woman and her nonprofit organization to bring education to young girls and end child marriages.

The Parliament was a place for **connecting in diversity**. In acknowledging that there are many paths towards the Source, we also acknowledge that each path brings its own gifts towards the whole, much like a quilt. Each person's and each tradition's unique contributions are welcome, because spirituality in its essence is inclusive. Love is available for all, it is always inclusive, and not just for a select few. The “Quilt of Belonging” complemented the Parliament's theme by showing quilts representing all the indigenous groups in Canada and other countries.

The next Parliament will be in 2021, with the place still open for any city in the world to host it. In between the conferences, one can explore ways to get involved. Program streams include: women's dignity, climate change, indigenous task force, interfaith ramadan, educating religious leaders, faiths against hate, and the UN Task Force. Look through the various program streams, and in each one there is a contact person that organizes activities or links to initiatives around the world. Explore more at this website: <https://www.parliamentofreligions.org/> and let me know what piques your interest!



Interested to learn more about interfaith? We are delighted to be offering an Adult Learning opportunity in the spring! We will have three bi-weekly Saturday sessions with Evangeline. (March 9<sup>th</sup>, 23<sup>rd</sup> and April 6<sup>th</sup>) Sign-up at [uufu.org/adult-re](http://uufu.org/adult-re) or [uufu@uufu.org](mailto:uufu@uufu.org)

## Getting to Know Unitarian Universalism

How well do you understand our Unitarian Universalist faith? Our traditions and beliefs are often a complete mystery to strangers and newcomers and even some of us who have been attending a Unitarian community for years



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

may have difficulty articulating what our little liberal religion is when asked out in the world.

This winter, we will have the opportunity to explore our wider Unitarian identity in *Getting to Know UU*, a series of drop-in workshops on Sunday afternoons.

In **January (20th)**, we will begin with the Sources of Unitarian Universalism, and the personal experiences that bring us together in this pluralistic community.

In **March (3rd)**, we will continue with our 7 UU Principles, the closest thing we have to a religious text!

In **April (21st)**, we will conclude with an exploration of practices and ritual in UU Worship, and examine the question: *If UUs don't worship a particular deity, then what do we worship?*

*All are welcome to one or all of these workshops!*

## Adult Religious Exploration

## Writing Your Spiritual Autobiography

by Pat Lucey

Our Fellowship was very fortunate this autumn in being able to host Rev. Linda Goonewardene in teaching a six-session course in "Writing Your Spiritual Autobiography." The course is based on the book *The Story of Your Life* by Dan Wakefield, and there were nine of us who attended some or all of the sessions.

Every other Saturday afternoon from late September into early December, we lit a chalice, shared poetry and prose, talked, listened, drew, and wrote about the following topics: childhood, adolescence, mentors/friends/guides, and our spiritual journeys. During the last two sessions, people read their spiritual autobiographies to the group. It took creativity, courage, and the ability to go deeply into their own stories.

As one of those nine participants, I found the work we did in this short course to be richly rewarding and soul-enhancing, and I'm grateful to Linda for making time in her busy professional schedule to offer this course to our Fellowship.

Rev. Linda





## Membership Team Update

The Membership Team is very happy to welcome Mike Jan as a new team member, which now consists of Lucie-Marie Castonguay-Bower, Carolle Séguin, Hoppy Roy, Andrea Young, and Mike Jan.

In May, we were delighted to welcome four new members to our Fellowship, Meagan Wiper, Alenka Paquet, Fran Mowbray, and Janet Creery and then in September, we also welcomed Nick LePan as a new member.

Marilyn Glenn, who was formerly a member of First Unitarian, will be officially welcomed to our Fellowship in November.

We are pleased with the Welcome and Information Table that is now set-up at the back of Sanctuary. This makes it much easier for newcomers to talk to other members during coffee hour, to have access to materials about Unitarian Universalism and to sign up to receive our Friday Notes and the UUFO Newsletter.

Lucie-Marie and Sarah Baxter, have been instrumental in updating and distributing our annual UUFO Directory. Everyone whose name appears in the directory is entitled to a copy. This is a huge task and we owe a big thank you to Lucie-Marie, Sarah and anyone else who helped with this project.

We will be holding a Newcomers' Gathering early in 2019. This is an excellent opportunity for newcomers to meet each other, share stories and ask questions about our Fellowship. There is also lunch! We will announce the date in early January.

This is a good opportunity to thank all the Program Support Teams for helping to welcome members, visitors and new comers at the front and back entrances each Sunday.

We are always looking for new team members to help with this important Cluster. If you are interested, please contact Lucie-Marie or any of the Membership Team members.

Lucie-Marie, Carolle, Hoppy, Andrea, Mike

## You're Invited to the 30th Annual Midwinter Retreat

"Connecting our Stories."

February 1-3, 2019

YMCA Cedar Glen Retreat Centre, Bolton, ON

Get away this winter with Unitarians from Southern Ontario by attending the annual Midwinter Retreat! This thought-provoking, fun, and relaxing weekend is a chance to explore our communities, our universe, and ourselves.



**WINTER MEDITATION**  
Saturday, 10am-12pm

December 8	February 2
December 22	February 16
January 5	March 2
January 19	March 16

## PUB NIGHT

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



**Friday**  
**6:30 pm**  
**Jan. 18th**  
**Feb. 15th**  
**Mar. 15th**

*Everyone Welcome!*



### Cooking up holiday traditions

Even the simplest, most generic recipes can sometimes become our favourite family traditions. From cranberry sauce to salad, to cookies or pie, once you hit on a recipe your family likes, it can become a staple of your holiday menu. How many of you take for granted that you will be cooking (or eating!) your favourites this holiday season?

*Bon appetit!*

*(Continued from page 1)*

## Why I am a UU...

expanding with lots of wonderful influences such as the ideas shared in religious exploration but also the incredible educators and volunteers who put so much thought and energy into making the weekly sessions inspirational, magical, and fun.

- Laurie-Anne

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

Creating a UUFO Cookbook one recipe at a time . . .

### Recipe #20 Wild Rice Cranberry Pecan Salad

#### A Holiday Recipe

*Submitted by Marilyn Glenn*

#### INGREDIENTS

- 1 cup rice (2/3 wild rice and 1/3 white or brown rice)
- 2 1/3 cups water (see package instructions)
- 1/2 teaspoon salt
- 1 teaspoon butter
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans (toasted or un-toasted, your choice)
- 1/4 cup sliced green onions
- 1 Tbsp lemon juice
- 2 Tbsp olive oil
- 1/2 teaspoon sugar
- 1 teaspoon grated orange peel
- Salt and freshly ground pepper



#### METHOD

**1 Make the rice:** Check your package for rice to water ratio. Typically straight brown rice is a 1:2 ratio of rice to water. Straight wild rice is a ratio of 1:3 of wild rice to water. For a brown rice wild rice mix I used a ratio of 1 cup of rice to 2 1/3 cups of water.

Bring rice, 1/2 teaspoon salt, butter, and water to a boil, reduce heat to low, cover and cook for 50 minutes. Do not stir. Do not uncover.

Remove from stove and let sit, covered for 10 minutes.

Then uncover, fluff up with a fork, and let cool to almost room temperature.

**2 Mix together:** In a medium sized serving bowl, mix the rice, cranberries, pecans, and green onions together.

**3 Make the dressing:** In a separate jar, mix the lemon juice, olive oil, orange peel, and salt and pepper to taste.

Just before serving, mix dressing in with the rice mixture. Serve warm, chilled, or room temperature.

Recipe originally from Simply Recipes.com with minor modifications from Marilyn

## Social Action Cluster PRESENTS!

By Marilynn Kuhn

The program of the Social Action Cluster in 2018-19 is focusing on building a deeper understanding of the meaning of “reconciliation” both for indigenous people and for us as settlers. We are planning study groups within the Fellowship and group excursions to indigenous events/activities in Ottawa. This fall, SAC has organized three community excursions: 1) to hear Elder George Paul a Mi’kmaq from New Brunswick at the Kumik Elders’ Lodge; 2) to listen to well-known author Lee Maracle at the Wabano Centre; and 3) to see the art of Alooook Ipellie at an exhibition at the Carleton University Art Gallery. To promote the many opportunities to learn from indigenous events in Ottawa we have also set up a weekly e-list bulletin. (Contact Claire Heistek ([cheistek@sympatico.ca](mailto:cheistek@sympatico.ca)) if you would like to be added to this list.)

At the service on Oct. 14<sup>th</sup>, Verna McGregor, an Algonquin elder — through sharing of Algonquin history and world view — helped us to appreciate the importance of the plaque in the front foyer acknowledging that our building is on unceded, unsurrendered Algonquin territory.

Our educational focus within the Fellowship this year is the Indian Act and efforts to move beyond it. The Act, passed in 1867, and modified over the past 150 years, is the legal foundation of the relationship between First Nations and the Government of Canada. Both parties agree the Act needs to go. But, the questions of how to do this and what to replace it with have found no simple answer or agreement among Indigenous nations or between Indigenous nations and the federal government.

The core purpose of the Indian Act is evident in the following quotes:

“The great aim of our legislation has been to do away with the tribal system and assimilate the Indian people in all respects with the other inhabitants of the Dominion as speedily as they are fit to change.” (1887- Sir John A. MacDonald)

*The Indian Act is a far sweeping Canadian federal law that is legislated to deal with Indians, bands and reserves, a very paternalistic and colonial way to administer and regulate Indians and lands reserved for Indians. From the beginning it took away our Nations’ practices in governance, culture and traditions, and states who is defined as an Indian and land base determination. We as sovereign Nations will decide when and how replacing the Indian Act will happen. (Idle No More)*

*“I want to get rid of the Indian problem ... Our objective is to continue until there is not an Indian that has not been absorbed into the body politic, and there is no Indian question, and no Indian Department...”*  
(1920- Duncan Campbell Scott, as Deputy Superintendent General of Indian Affairs from 1913 until

1932)

In her book, *Beyond Blood: Rethinking Indigenous Identity*, Dr. Pam Palmater argues that this goal has not changed. Given the Act’s rules related to loss of status linked to marriage to non-status “Indians” and the second generation cut-off of status, she estimates the extinction date of her nation, the Mi’kmaq, would be in approximately 75 years.

Eighteen people initiated a UUFO conversation about the Indian Act at a coffee house on Nov. 21. With videos and readings, we learned more about the Indian Act and its impact on Indigenous nations, including:

- the differential impact of the Act on women who lost their Indian status when they married a non-Status man
- the loss by First Nations of all effective powers to govern themselves by their own laws and tradition. For example, while they were given minimal powers such as regulating beekeeping on their reserves, only the Government could determine who was an Indian.



The discussion answered some questions but raised more on a complicated subject. Many participants left asking to learn more about the way forward. On February 5, 2019, we will have a second coffee house to learn about proposed processes and outcomes of a renegotiated relationship. Over the next year there will likely be considerable public dialogue and debate on this issue. We hope our discussions will leave us better prepared to understand it. Hope you will join us!



## Other SAC plans for winter 2019

### Sunday Services

**JANUARY 20** –Aline Abdalnour, Coordinator of Community Support Programs at the Rideau Rockcliffe Community Services Center will share her experience working with the community around our Fellowship.

### MARCH 31 – USC Sunday

More community visits are being planned.

Watch for future announcements! In addition to announcements at services, information is available on the bulletin board (posters), in Friday Notes and the Order of Service and, on the UUFO facebook page:

[www.facebook.com/UUFellowshipOttawa](http://www.facebook.com/UUFellowshipOttawa)

Respectfully submitted by:

The Social Action Cluster: Claire, Elinor, Fran, Gary, Helmut, Lorna, Marilynn, Marilyn, Nanci, Brandon (board rep.)



## Welcoming Baby

By Laurie-Anne Muldoon

As many of you know, John, Louka and I have started volunteering as a family with OCISO (Ottawa Community Immigrant Services Organization) since August. We have been paired with a young refugee family that have been in Canada since March 2018. They are a young couple with a 7-year old boy, and the mom is 8 months pregnant. As you can well imagine, this has been a year of transitions for them: move to Canada, move to a new home in August, son changed school in Sept, new baby on the way, both parents are in school learning English and the father is volunteering nearly everyday to gain Canadian work experience as they look for work.

We decided to put together a welcome basket for this family's new baby. They didn't come to Canada with very much, and it's been particularly challenging for them to prepare for baby as they don't have a vehicle, the parents are busy with school and volunteering and more recently the mom has had to be on bed rest because of medical complications.

So, I am putting a call out to family and friends for their help in making a donation. I would prefer baby items (0-12 months), but will also take cash donations that I will put towards a gift card for them. They know they are having another son, and she is due in early December. I will collect items until the beginning of December and will likely deliver a basket to them just before Christmas.



Here are a few ideas:

- onesies, sweaters, hats, diaper cream, blankets, washcloths, bibs, snowsuit

Please feel free to approach me if you would like to make a contribution

Laurie-Anne and Louka

(Continued from page 1)

some 14 years ago, there have been many opportunities to work in "the pursuit of a more just and compassionate world". I welcome Sunday Services as a time for my spirit to be replenished and for the inspiration to continue to pursue a life of social action and meaning.

- Elinor Mueller

## Why I am a UU...



# 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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[@UUFellowshipOttawa](https://www.facebook.com/UUFellowshipOttawa)

## Fellowship News

is published quarterly by UUFO

Send submissions, comments, or letters  
to the editors to:

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

Submissions for the Spring Issue are  
due February 15

Many thanks to our contributors and  
editors!

## Editorial Team

Content: Andrea, Pat, Nanci

Layout: Sarah



## Winter Services and Events of Note

### December | Whole Hearted Living

**Sunday, Dec 9**      **Mitten Tree**      **10:30**

Join us for this holiday ritual, a festive service for all ages (especially the youngest among us)!

**Sunday, Dec 23**      **Winter Solstice Celebration**      **16:30**

Join us for an evening solstice service followed by a Fellowship potluck.

**Sunday, Dec 30**      **Circle of Stories**      **10:30**

This week will not be a traditional service, but a casual gathering of stories and songs. Bring a snack and a story to share with the circle!

### January | Love and Loneliness

**Sunday, Jan 6**      **Preliminary Budget Meeting**      **12:30**

Plan to stay after the service for this congregational meeting.

**Sunday, Jan 6**      **Chanting Workshop**      **19:00**

Join Nathan Aswell as he leads a circle of chanting and soul singing.

**Sunday, Jan 20**      **SAC Sunday**      **10:30**

Our speaker will be Aline Abdunour, Coordinator of Community Support Programs at the Rideau Rockcliffe Community Services Center.

**Sunday, Jan 20**      **Getting to Know UU #1**      **12:30**

Sourcing the Spirit: Explore Unitarian Universalism at this open workshop

**Sunday, Jan 27**      **Rassemblement Français**      **11h30**

Thème: Amour et solitude. Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.

### February | Grace and Healing

**Tuesday, Feb 5**      **SAC Coffee House**      **19:30**

Come continue our exploration of the Indian Act and "the way forward."

**Saturday, Feb 23**      **Fundraising for Refugees**      **18:30**

Join Rev. Fulgence in his fundraising work to support refugees in Rwanda

**Sunday, Feb 24**      **Rev. Fulgence Ndagijimana**      **10:30**

Our speaker this week is Rev. Fulgence, whose online francophone ministry project aims to serve francophone Unitarians worldwide.

**Sunday, Feb 24**      **Rassemblement Français**      **11h30**

Thème: Grâce et guérison. Le reverend Fulgence Ndagijimana nous joindra

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