



Fellowship News

Infolettre UUFO

SPRING ISSUE

MARCH 2019



Black History is All of Our History

This is the message our guest speaker, Adrian Harewood, impressed upon us on February 3rd, the first of our services celebrating Black History Month.



Adrian spoke to solidarity, and the power of stories, telling stories of his grandfather, his parents, and his own experiences as a professional storyteller (journalist).

Chris White led us in a song celebrating Canadian icon, Viola Desmond.

Born and Raised In Africa



As people who were born and raised in African countries, Patrick and Chipso shared with us their wider view of how the continent of Africa can be better understood in, and appreciated by, Western societies. And Chipso charmed us all with her birth culture's dramatic embrace of the ancestors through song and dance -- and an amazing balancing act!



International Focus

Finally, we were honoured to host Rev. Fulgence Ndagijimana on February 23/24 who spoke to two important projects designed to serve (respectively) Burundian Refugees, and Francophone Unitarians worldwide, in particular those in Africa in need of connection.

On Saturday night, Rev. Fulgence spoke about his Canadian charity, Flaming Chalice International, which works to support refugees who have fled to Rwanda. On Sunday morning, his focus was his project for an online Francophone Unitarian ministry La Communauté Sans Frontières, Unitarienne / Universaliste.

(Read more about Rev. Fulgence's visit on Page 4)

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Caring and Sharing

Elinor writes: “**Lorna** was welcomed back to the Fellowship on Sunday, January 27 with much joy! Having spent a month in rehab at Elisabeth Bruyère, she was thrilled to get back to her home in early January. Now she is busy trying to sort out the various ‘helpers’ and services she is entitled to, catching up on emails long ignored and generally getting back into the swing of her life. That amazing resilience has pulled her through. Well done, Lorna!”

Marina has recently been in touch with Ruth Milne’s sister Loie, who told her that Ruth has been spending time with her son Horton, and that Ruth is fine.

Wendy became a grandmother in January. She and Wally will go to Korea to meet the baby in March, along with a visit with both their sons.

Our late-winter travelers departed for different spots within the Western Hemisphere: **Elinor** and **Mark** visited Guadeloupe, **Martha** went down to Chile, and **Marlene** and **Marina** were off to Jamaica, and instead of splashing in the surf, they planned to play bridge on the balcony.

Ken has finished his treatments, thanks to the help of a roster of members (developed by Mark) who volunteered to drive him from the Revera to the hospital over a period of six weeks.

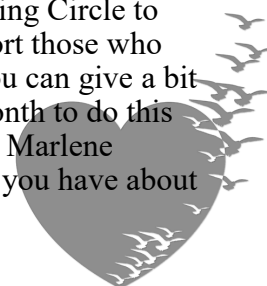
Our friend **Mo**, the Executive Director of Heartwood House, is now convalescing from her surgery – never an easy time for anyone. We wish her all the best for a strong recovery.



We were excited to celebrate with **Urbain, Leila** and family, as they took their Oath of Citizenship in January!

watchdog- advocacy in the medical system along with her own precautions of a medical alert bracelet saved her life and very much demonstrated how it should work. Liz was an active and communicative neighbour during her many years in Beacon Hill North. She took this neighbourly ethic with her when she and Turi, her little dog, moved to Wurtemberg St. Watergate apartment building. Ever thoughtful and generous, chatty and good humoured, it didn't take long for her to know and appreciate everyone she met there, especially the dog owners and walkers, even after Turi's demise. In January Liz had a stroke. While Liz has the health system at her command, the community she built at the Watergate, is giving back. They are looking out for her and even looking after her. What a wonderful example you are, Liz. Happy Birthday!”

A note from our Caring Circle, a small, dedicated, and loving group in our Fellowship who would welcome your assistance: each month we have a different person serving as our Caring Contact, working with the Caring Circle to reach out, and to be reachable, to support those who are in need of our caring ministry. If you can give a bit of your time throughout a particular month to do this valuable work, please get in touch with Marlene Hewitt, who will answer any questions you have about being a Caring Contact.





The UUFO movie outings have been successful with a group of regular attendees coming to the last two movies. In December we went to see *Boy Erased*. This was a dramatic film about teenagers sent to a place where they were to be converted from gay to straight along with a generous effort to force them to conform to behaviours expected for the sex their bodies represented. The movie was well made and left an impression. Afterwards we went to a Shawarma place near by as the restaurant beside the ByTowne cinema has closed. Hopefully another one will open soon in that spot.

Movie Musings

By Mike Jan



The movie we saw in January was called *Shoplifters*. This was a Japanese film and some of us found it difficult to figure out the relationships between all the characters in the film however many of us enjoyed the film. The consensus was that it was the kind of film that one would get more and more out of by seeing it a few times. It was about a family that is poor and so shoplifts, steals and begs to get by. They still take in a five year old girl because she is being abused by her parents. They decide that she is better off with them. It was a bitter sweet film.

I look forward to more movie outings in the coming months. If you wish to have reminders of upcoming movie outings please come and see me, Mike Jan, to be added to our movie outings email distribution list.

Membership and Welcoming Newcomers

We are glad to announce that our next *Newcomers Get-together* will be **March 31st from 12 to 1:30.**

This is a very informal gathering and gives newcomers (or not so new) the opportunity to meet each other, ask questions about Unitarian Universalism and to share their stories. Anyone who is curious about Unitarian Universalism, whether or not you have previously attended a get-together, is welcome! It includes a light lunch! There will be a follow up in our Friday notes. Please keep posted.



What about joining our Membership Team?

If welcoming people is one of your gifts, we would love to have you on the Membership Team. This is an opportunity to help newcomers feel welcome, give them the opportunity to learn a

bit more about our Fellowship at our Newcomer Gatherings and to recognize and welcome new members to our Fellowship at Member Recognition Services.

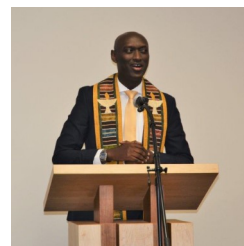
We are looking to recruit at least two new members for the Membership Team! We put out a special challenge to the men of our congregation to consider joining this important Team. To find out more, please contact Lucie-Marie or any of our other team members: Carolle, Andrea, Hoppy.

Rev. Fulgence's Visit to UUFO

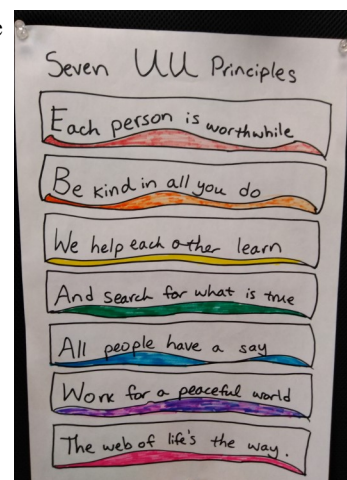


On Saturday, February 23rd, we hosted a reception and fundraiser to support Flaming Chalice International, a registered Canadian charity founded by Rev. Fulgence for the purpose of supporting Burundian refugees living in Rwanda. You can learn more about the important work they are doing, and how you can help, at <http://flaminginternational.org/>

On Sunday, February 24th, Rev. Fulgence spoke about another major project of his: developing an international online francophone Unitarian ministry. He spoke at our 10:30 Sunday service, and also at the monthly *Rassemblement Francophone*, on the importance of reaching out to the world's more than 200 million French language speakers to share our positive and inspiring Unitarian Universalist values. If you read his background message at ucsaskatoon.org/the-unitarian-universalist-u-u-story-told-in-french/, it will help you understand the worldwide importance of this initiative.



Rassemblement Francophone with special guest, Rev. Fulgence (Feb 24)



What do you love about volunteering in Children's RE?

“ I love the creativity. My favourite craft ever is making winter bird feeders with sunflower seeds larded onto pine cones to be attached to tree branches with yarn. What a fun and practical contribution to feathered friends who stay with us all year round. We hope that the birds don't get as sticky as we do when we make the feeders. Making and flying paper planes comes second. Louka introduced us to paper plane tag that transformed RE to a hilarious version of "dodge plane". For that, it was worth having a plane that flew!” - Frances C., RE Volunteer



Children's Religious Exploration

The new year brought a new addition to the sanctuary on Sunday mornings: The Soul Work table offers people of all ages the option to do some soul work during the service. You can draw or colour, make a meditative pattern in the sand garden, or close your eyes and follow the finger labyrinth. The labyrinth is an ancient shape and tracing it with your finger is a way of centering yourself or praying. Soul work can help occupy busy hands and allow children (and adults) to open their ears to the service. Do you listen better when doodling, or knitting? That's Soul Work!



Board Walk

By Brandon Milk

It's been a long but exciting winter at UUFO. Our Fellowship schedule has been packed with activities, particularly on Sunday afternoons. The Board had been looking for a calendar on which all activities could be tracked, and we'd like to thank Sarah for finding the attractive glass one that now hangs beside the kitchen window.

Over the last few months, the Board has been focused on events in connection with our wonderful building partners, Heartwood House. Ottawa First UU has taken on a new developmental minister, and as she settles into her role, we hope to renew our ties with them as well.

The approach of spring brings with it yet more important events for our Fellowship. Our annual anniversary service and pot luck is coming up on March 17th. The work of the Nominating Committee is underway, and the Fellowship's Annual General Meeting (AGM) will take place on May 5th.

In addition, we have scheduled another congregational meeting for April 7th. The goal of the meeting is to follow up further on the planning we did last year when the term of our developmental minister came to

an end. Our initial planning meeting, held on May 13th 2018, covered four topics: Sunday Services, Other Programing, Professional Leadership, and Lay Leadership/Volunteering. On Aug 2nd last year, we held a session to

develop a concrete action plan for the first two topics. The April 7th meeting will focus on the latter two, which together encompass Fellowship leadership and governance. What, if any, professional leadership do we want in the future? How can we continue to develop and encourage the lay leadership and volunteering we need to keep the Fellowship running smoothly? Both members and friends are invited to help us answer these

questions.

In December of last year, I attended a CUC webinar on the use of social media. Many congregations across Canada and the U.S. are finding this to be a thorny issue. If time permits, this is a topic we'd also like to address with the Fellowship on April 7th.

The Board is looking forward to an exciting spring of further development for our Fellowship.

« What... do we
want in the future?
[All] are invited to
help us answer this
question »



Spring Forward: Look Ahead to our Fellowship Future on April 7th

What Is Shared Ministry?

By Martha Nabatian

As you may have read on our website: "Throughout our life as a Fellowship, the concept of "shared ministry" has been central to who we are as a religious community. Whether we have had the support of a professional minister, or been lay-led, we have worked together to minister to each other and to the broader community...Our members provide leadership for our ministries of caring, of learning, and of sharing and witnessing for social justice, and have a strong voice in the development and presentation of our weekly services."

Shared Ministry is a fellowship-wide ethos of caring for and serving each others' and the congregation's needs. With open hearts, deep listening, a sense of commitment, and enthusiasm for building community, we are all ministers to one another, creating a fellowship with love and heart. As we move forward, watch for opportunities to grow and participate in our shared ministry!

Coïn
Français

Réflexions du Petit Prince, et du Groupe de croissance spirituelle

Par Lucie-Marie Castonguay-Bower

« Le Groupe de croissance spirituelle » est heureux de venir partager avec toi quelques-unes de ses réflexions utilisées lors d'une de ses rencontres mensuelles.

Je t'invite à choisir au moins une, ou plus si tu te sens inspiré(e), des cinq réflexions énumérées ci-dessous et de partager avec un(e) ami(e).

Voici quelques pistes qui peuvent t'accompagner :

- Quelle importance cette réflexion a-t-elle pour toi dans ta vie?
- Peux-tu voir la possibilité d'adopter une pratique spirituelle, pour intégrer au jour le jour une ou plusieurs réflexions que nous offre l'histoire?
- Laquelle de ces réflexions représente pour toi, le plus grand défi à vivre au quotidien?
- Crois-tu que l'intégration de ces réflexions pourrait avoir une répercussion sur ta santé?

(Définition de santé par Organisation Mondiale de la Santé « La santé est un état de complet bien-être physique, mental et social et ne consiste pas seulement en une absence de maladie ou d'infirmité. »)



1. L'essentiel est invisible pour les yeux...
2. Connais-toi toi-même et tu pourras mieux comprendre les autres : « C'est le plus difficile. Il est bien plus difficile de se juger soi-même que de juger autrui. Si tu réussis à bien te juger, c'est que tu es un véritable sage. »
3. Aimer, ce n'est pas se regarder l'un et l'autre, mais regarder à deux dans la même direction.
4. Maintenez l'illusion et l'innocence malgré les mauvaises expériences : « Les grandes personnes ne comprennent jamais rien toutes seules, et c'est fatigant, pour les enfants, de toujours et toujours leur donner des explications »
5. Osez connaître les personnes dans leur essence :

« Les grandes personnes aiment les chiffres. Quand vous leur parlez d'un nouvel ami, elles ne vous questionnent jamais sur l'essentiel. Elles ne vous disent jamais : « Quel est le son de sa voix ? Quels sont les jeux qu'il préfère ? Est-ce qu'il collectionne les papillons ? » Elles vous demandent : « Quel âge a-t-il ? Combien a-t-il de frères ? Combien pèse-t-il ? Combien gagne son père ? »

L'œuvre « Le Petit Prince, d'Antoine de Saint-Exupéry », est l'un des livres les plus lus de tous les temps. Même s'il est considéré comme un livre pour enfants à cause de la simplicité de son histoire, on y trouve des thèmes aussi profonds que le sens de la vie, l'amour, l'amitié, la solitude et la perte. Les grands enseignements du Petit Prince nous transportent dans un monde plein d'essence liée à la sagesse. Des images et des situations exemplifient nos difficultés et la manière ridicule dont parfois, nous nous comportons. La vie, dans

son essence, n'est pas aussi compliquée qu'elle n'y paraît. C'est nous-mêmes qui la compliquons. L'innocente histoire du Petit Prince nous montre un monde parallèle à notre réalité, qui a un rapport avec la véritable essence de nous tous, dans une réflexion profonde sur la condition de la nature humaine. Ses enseignements nous font questionner la manière dont nous vivons, pour que nous prenions conscience de comment nous pouvons apprendre à être de meilleures personnes.

“Les hommes, dit le petit prince, ils s'enfourment dans les rapides, mais ils ne savent plus ce qu'ils cherchent. Alors ils s'agitent et tournent en rond...” -Antoine de Saint-Exupéry- Réflexions que nous offre le Petit Prince

N.B. Si tu aimais venir partager avec le Groupe de croissance spirituelle vérifie la date dans les « Notes du vendredi ».



Rassemblement francophone, 24 fév avec Rév. Fulgence Ndagijimana

Prochains rencontres du Rassemblement francophone Unitarienne Universaliste:

24 Mars : Liberté et affrontement (lutte).

28 Avril: Créativité et imagination

26 Mai: Conscientisation

23 Juin: Célébration

Spiritual Explorations

Alongside our exciting line-up of Adult RE courses and workshops this spring (see pages 8-9), opportunities for spiritual exploration outside of Sunday Mornings continue this spring.

Our **bi-weekly meditation sessions** on Saturday mornings offer a chance for reflection, mindfulness, and sharing.

Our **monthly Groupe de croissance spirituelle** (Spiritual Growth Circle) gathers for deep listening in a small group setting, creating a safe space for individuals to feel heard, valued, and trusted (more on p. 6 about the GCS for French readers).

We hope to offer more opportunities for both spiritual exploration and discussion in the coming months. Keep your eyes on announcements this Spring/Summer for Deep Listening for English speakers, as well as a new Discussion Group, for those who seek less the intimacy of listening, but the connection of debate and conversation!

Nurturing Reverence for the Earth: Organic Gardening 101

With Pat Lucey

Saturday, April 20, 10am-12pm

Join experienced gardener Pat Lucey to learn how to get going on your own organic garden this spring!

Most Unitarians are familiar with our Seventh Principle, which is “Respect for the interdependent web of all existence of which we are a part,” but we may ask ourselves at times how we can solidly integrate this feeling of respect into our daily lives. Of course we can make respectful and responsible choices every day, such as reducing waste, reusing and recycling, limiting our carbon footprint, etc. – all good choices – but sometimes we long for a deeper and more elemental way to engage with the interdependent web of all existence. There are many avenues to a closer relationship with the interdependent web, and for myself, I have continued to live out this relationship year after year, for more years than I care to admit, by getting down and dirty in my organic garden.

I grew up in a gardening family, and we were “organic by default,” because my father found it a ludicrous notion that we should spend good money to buy fancy chemicals to sprinkle or spray on the food we were raising in our garden, instead of just pulling the weeds and picking the bugs and caterpillars off our plants. The only fertilizer we ever applied to our sandy, rocky New England garden soil was cow manure – cheap, plentiful and effective – and we had a magnificent vegetable garden year after year. I learned from an early age how to grow food in our family garden, and flowers in my own little personal garden plot, which was offered to me when I was six years old. I loved to plunge my hands deep into the

soil, to count the worms and bugs I found there, to feel the texture of the veins of pure sand vs. the dark, crumbly enriched living soil in



our carefully tended gardens. And I collected hundreds of small stones and pebbles from our gardens to inspect and classify – sandstone, granite, quartz, shale, limestone, pyrite – and I kept them in little secret fairy gardens throughout our 4-acre property.

Soil isn’t “just dirt.” Sand, clay and silt are the basic mineral elements of our soil, but real, living soil is the fundamental and critical element which supports the interdependent web of all existence on Earth. In addition to its basic mineral elements, which are derived from parent rock formations, the interdependent soil food web which can be found in a healthy soil is composed of structural components such as humus, raw and/or decaying organic matter, and tunnels and spaces; and of soil life – bacteria, protozoa, fungi, plants, nematodes, arthropods, insects, and burrowing creatures. Healthy, living soil is a miraculous resource, which sustains us and all living creatures.

As our 2019 gardening season approaches, I’d like to support everyone who aspires to actively promote our Unitarian Seventh

Our Enthusiastic Gardening Expert



Pat Lucey is an organic gardener who regularly teaches gardening workshops for Canadian Organic Growers, and at other special events such as local Seedy Saturdays, and Transition Cornwall’s “Incredible Edibles” garden festival.

Principle by growing plants in a healthy living soil, so on Saturday morning, April 20th, I will be sharing my years of organic gardening experience with you in a two-hour workshop. I'll give a presentation on best practices for organic gardening, including soil management, composting, optimal garden planning, starting your own plants, and keeping your plants healthy and productive the organic way. There will be ample time for your questions about your own gardening plans for 2019, and we will all share our gardening wisdom with one another. Please join us in celebrating our Seventh Principle together at the start of our 2019 gardening year!

Getting to Know Unitarian Universalism Better!

Our first Getting to Know UU Workshop was well attended, and though our one-hour time slot left some feeling as though we'd just scratched the surface, we're glad to be engaging in this exploration of our UU faith tradition together!

Coming up, we will be delving into our UU Principles (March 3rd), this special covenant that forms the basis for our relationships with one another and with the world. And finally we will be exploring UU rituals and practices (April 14th), reflecting on what is meaningful to each of us, and examining 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!

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

Introduction to the Interfaith Journey

With Rev. Evangeline Danseco

As Unitarian Universalists, one of our sources of inspiration and guidance is the "wisdom from the world's religions which inspires us in our ethical and spiritual life." We are also influenced by Jewish, Christian, humanist and earth-centred traditions. For 3 bi-weekly Saturdays (March 9th, 23rd and April 6th), Evangeline will lead participants in an overview of current interfaith frameworks and practices, such as integral theory, stages and styles of spiritual development, and interspirituality. We will have lectures, videos and engaging discussions, plus an opportunity to explore some of your questions about a faith tradition you are interested in.

The group will be exploring questions raised by participants, such as:

I would like to understand and be able to practice more effectively building bridges of love and respect. It seems to me that the "interfaith movement" is one path to do this.



I would like to learn the differences and commonalities between faiths and how to live respectfully of the differences (and the people of those faiths) and how to more fully incorporate the 'parts that fit' into my spiritual path.

P O INTERSECTIONS T R Y

*Poetry is a response to the human condition;
it can be fun, but it can never be false. —cc munro*

Hello everybody. My name is Allison Calvern; I moved to Ottawa three years ago, from Fredericton, and I have recently begun attending UUFO. Thank you for making me feel welcome. You are reading this just-now-being-declared poetry column, called **Intersection**. Poetry can delight and transform. You are invited to participate in this column by reading, commenting, and composing. Send your own thoughts and/or verse to newsletter@ufo.org.

We ingest poetry via the ‘poetic’ organs—heart, spirit, soul. It requires of us that we open to the world’s suffering and joy. This opening, which at some point becomes a constant state of openness, puts the poet at risk, because the suffering gets in. However this is nothing to be afraid of, because joy gets in, too.

Maybe you already know this. But if you are new to poetry, when you read it, and maybe begin to write it, you will learn to listen for both suffering and joy, and for all manner of stuff in between. You will probably like it; being UU gives you a head start. In any case, carrying an extra measure of suffering and joy keeps your spirit from being small and brittle.

Odgen Nash made poetry fun all his life; he wrote a poem for his tombstone: Nash’s Ashes. Arthur J. Haine, an atheist, also chose to mark his grave with a two-word poem: Haine H’Aint. His family—maybe his wife, who knew she would be sharing the tombstone—did not actually fulfill his wishes, but the story and the poem, lives on. Mary Oliver (1935-2019), American Pulitzer Prize-winning poet who died just last month, wrote about forty books, many of which are published by UU’s Beacon Press. While Oliver was not a UU, her poetry has touched UUs for decades. With a nod to spring, here is Oliver’s poem, **March**, from *New and Selected Poems*. Part essay, part postcard story, part transformation, **March** is a poem about the human condition, finely observed:



March

a poem by Mary Oliver

There isn’t anything in this world but mad love. Not in this world. No tame love, calm love, mild love, no so-so love. And, of course, no reasonable love. Also there are a hundred paths through the world that are easier than loving. But, who wants easier? We dream of love, we moon about, thinking of Romeo and Juliet, or of Tristan, or of the lost queen rushing away over the Irish sea, all doom and splendor. Today, on the beach, an old man was sitting in the sun. I called out to him, and he turned. His face was like an empty pot. I remember his tall, pale wife; she died long ago. I remember his daughter-in-law. When she died, hard, and too young, he wept in the streets. He picked up pieces of wood, and stones, and anything else that was there, and threw them at the sea. Oh, how he loved his wife. Oh, how he loved young Barbara. I stood in front of him, not expecting any answer yet not wanting to pass without some greeting. But his face had gone back to whatever he was dreaming. Something touched me, lightly, like a knife-blade. I felt I was bleeding, though just a little, a hint. Inside I flared hot, then cold. I thought of you. Whom I love, madly.

WORSHIP CLUSTER NOTES

By Pat Lucey

Monthly Themes for 2019-2020

For several years now, we have organized our Sunday services around monthly themes, and the Worship Cluster has found this an effective instrument for inspiring new ideas and developing our yearly speakers' roster. Of course, not every Sunday in each month is required to explicitly manifest the monthly theme – special occasions do crop up throughout the year, requiring special services – but overall, our adventures in exploring our designated thematic concepts and ideas have led us into some deep and rewarding spiritual experiences. And most of our monthly themes were taken directly from your responses, after the Worship Cluster invited Fellowship members and friends to bring their thoughts forward regarding the themes they would like to explore.

Now it's your turn again – what are your ideas for new themes to explore? Or do you perhaps long to revisit a past theme which you felt required some deeper exploration? The Worship Cluster will set up a flip chart in the Sanctuary for several weeks running in March and April, and you are all invited to make some notes for us to take back to the Worship Cluster for planning our 2019-2020 program year.

Please – share your favourite proposals for our Fellowship's monthly themes!



Preview of Spring 2019 Services

Our March exploration of "Freedom and Struggle" will take us back through history on International Women's Day, and far abroad in today's geography, through the voices of guest speakers with extensive knowledge of the developing world. And of course we will celebrate our Fellowship's 23rd birthday on March 17th when our beloved Rev. Fred Cappuccino, will officiate as our speaker, Founding Father, and revered song leader of our traditional Anniversary singalong (HINT: The Fellowship was founded in 1996 on St. Patrick's Day). A celebratory potluck lunch will follow the service – much merriment is expected to ensue.

In April, "Creativity and Imagination" will be front and center, with artists, writers and musicians sharing the ways in which their own creativity and imagination feed their respective spiritual journeys. And our May-June theme of "Awakening" will be expressed in a variety of ways – through music, reflection, social action experiences, and our annual Flower Communion, when we honour nature's awakening in spring, and we celebrate the beauty and diversity of our Fellowship and our Unitarian faith.

Social Action Cluster Focus: The Indian Act and Beyond

By Marilynn Kuhn

In our ongoing efforts to educate ourselves about the meaning of reconciliation, the focus of the Social Action Cluster (SAC) this year has been the Indian Act, passed in 1867, and modified many times since.

It 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 nor between Indigenous nations and the federal government. Eighteen people initiated a UUFO conversation about the Indian Act at a coffee house on Nov. 21, 2018, developing a basic understanding of the Act and some of its impact on Indigenous nations and individuals.

At the second coffee house, "Beyond the Indian Act," on Feb. 5th the SAC hosted about 25 participants. The focus of this event was on:

- different understandings of the concept of "inherent rights."
- a brief summary of some recent acts such as the Financial Management Act, that have given some indigenous groups more flexibility and control over their own affairs.
- different approaches of two modern nations, the Nisga'a and the Osoyoos. The Nisga'a negotiated a 'modern' treaty freeing them from the Indian Act and establishing an independent nation. The Osoyoos remained within the Indian Act and, under their Chief Clarence Louie, have successfully pursued aggressive economic development, taking advantage of their favored location in the Okanagan Valley. Following these presentations one participant shared her challenges as a member of the Nisga'a nation.

"The path of justice and equality is not advanced or achieved through half-measures, good intentions or lofty rhetoric, ... Hard choices, innovative actions, transformations in laws and policies, new understandings and attitudes, new patterns of behaviour – this is what is needed."

(The Globe and Mail, Opinion column Jan. 19, 2019, quoted Jody Wilson-Raybould from a September 2018 speech in Saskatoon.)

Our Fellowship has had many opportunities to learn a lot about and from indigenous peoples and cultures over the past three and a half years. Many of us have new understandings of our shared history and of current issues. But "understandings" are only one step in the path of reconciliation. According to Jody Wilson-Raybould, "hard choices, innovative actions, transformations in laws and policies, new understandings and attitudes, new patterns of behavior" are needed. Specific recommendations speaking to this are articulated in the Report of the Truth and Reconciliation Commission (2015). Perhaps it is time on our journey to ask, as individuals, what further understandings do we need to explore? Which attitudes and behaviours do we need to work at changing? What might be our next step?

Badge of the Nisga'a Nation



Social Action: Plans For Spring 2019

Feb 25th (5:30 to 8 pm) Wabano Centre - Monday Culture Night; community hand drum circle, drum dancing by David Serkoak followed by arts and crafts. Sign up with Claire.

March 10th (12:30) UUFO - Book discussion *Marrow Thieves* by Cherie Dimaline. Some books are available to borrow. Speak to from Claire

March 31st - Sunday Service – USC Canada

June 2nd – Sunday Service – Patrick Wilmott, After School Program Coordinator at the Wabano Centre for Aboriginal Health, is coming. Patrick has worked with youth in Nova Scotia and New Mexico. A specialist in experiential teaching, his goal is to help people learn through play. We look forward to a “different”, stimulating experience.

There are many opportunities to learn from and participate in indigenous events in Ottawa. Sign up for a weekly e-bulletin if you would like to be kept informed of current events. (Contact Claire Heistek (cheistek@sympatico.ca) to be added to this list.)

In addition to announcements at services, information is available on the bulletin board (posters), in Friday Notes and the Order of Service and at facebook.com/UUFellowshipOttawa

Respectfully submitted by:

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



The Ripple Effect

Be the pebble in the pond that creates the ripple for change

-Tim Cook

Take the plunge with the Canadian Unitarian Council as we explore issues surrounding water, our interconnections with it, and our responsibilities to it!

“Since Water is the life-blood of the earth, we need to shift our values, perspectives, and behaviours to protect it.” - Erin Horvath, CUC Social Responsibility Lead

We are pleased to announce that our two-year water campaign, The Ripple Effect, is officially underway! We invite you to take a look at our Kick Off Video and the resources posted on the CUC website, including our growing pool of resources that will help you learn about various issues impacting water and engage in action on personal, local, provincial, national, and international levels.

cuc.ca/social-justice/the-ripple-effect/

We truly hope that through our connections the actions taken in one region will have a ripple effect, supporting education and change across the country!

What's Happening This Spring?

More and more, our fellowship calendar is absolutely bursting with events. This month (March) we have activities planned for every single weekend day! And that doesn't even include our monthly gatherings, such as pub nights, Perkins' lunches, and our *Groupe de croissance spirituelle*, which take place during the week. We are thrilled to have an active Adult RE schedule, SAC events and programs, potlucks, and meditations, on the go throughout the year! But, with all of our UUFO activities, our weekly announcements (The Friday Notes) are getting quite long and full. Unfortunately, the longer the email, the less people read!

So, this spring we will begin limiting announcements for events that are not our own. Please be mindful when submitting announcements, and understand that while we strive to share valuable opportunities with our community, the time has come to set limits, so that our readers are not overwhelmed with information.

Sarah will be working on keeping our Friday Notes fresh, interesting, and relevant. Thank you for your understanding, and for working to support this active, engaged community!

Spring Perkins Lunch Dates

- **March 11**
- **April 8**
- **May 13**

Spring Pub Nights!

- **March 15**
- **April 12**
- **May 17**



UUFO

Annual General Meeting

May 5, 2019

Canadian Unitarian Council
Annual
General
Meeting
May 11, 2019



Fellowship Anniversary
Potluck Lunch!

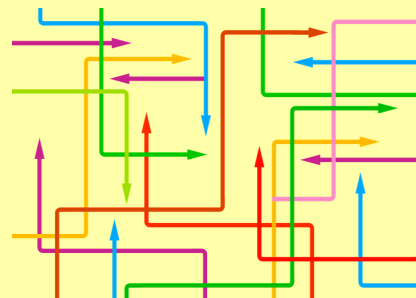
March 17, 2019



What do we want, and
Where do we want to go?

A Congregational Discussion

April 7th, 2019



Save the Date:

Multifaith Housing Initiative Tulipathon



Food, Fellowship, and Fun: Our Cooking Together Cookbook

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

Recipe #21 Slow Cooker Chicken Posole Stew

Submitted by Andrea Young

Yield: 4 - 6 servings

Posole is a Mexican stew, originally made with pork but can also easily be made with chicken or even tempeh. You can make Posole a million different ways but the one constant ingredient is hominy, which is just dried corn that has been soaked until the hull can be removed. Hominy gives the stew a rich corn tortilla flavor and makes it satisfying. Hominy is either white or yellow and can usually be found in the canned vegetable section of your grocery store.

This recipe is made with chicken breasts.



INGREDIENTS

For the Stew:

- 2 bone-in chicken breasts, skin removed
- 2 (15 ounce) cans white hominy, rinsed and drained
- 3 cups good quality chicken stock
- 2 (14.5 ounce) cans of diced tomatoes
- 3 carrots, peeled and sliced into thin rounds
- 3 scallions, both green and white parts, sliced thinly
- 3 cloves of garlic, minced
- 1 tablespoon cumin
- 2 teaspoons light ancho chili powder
- 1 1/2 teaspoons Mexican oregano
- 1/8 teaspoon cayenne pepper
- 1 teaspoon salt, or to taste
- 1/2 teaspoon fresh ground black pepper

Optional Toppings:

- Chopped cilantro
- Queso Fresco or other good quality Mexican cheese (monterey jack would work)
- Shredded radishes (Use the large holes on your box grater)
- Avocado
- Sour cream
- Gluten-Free Tortilla chips



INSTRUCTIONS

1. Place chicken breasts in the bottom of the slow cooker. Put remaining ingredients in and stir the top to mix in spices. Cover and cook on low for 5 – 6 hours, or until chicken and carrots are cooked through and tender.
2. Remove chicken from slow cooker and shred with two forks. Return chicken to crock, stir to combine.

Serve with desired toppings.

Unitarian Universalist Fellowship of Ottawa

Everyone Welcome | Bienvenue à tous

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

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

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

Unitarian Universalist Fellowship of Ottawa

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Find us on Facebook!
@UUFellowshipOttawa

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Many thanks to our contributors and
editors!

Editorial Team

Content: Andrea, Pat, Nanci

Layout: Sarah



Spring Services and Events of Note

March | Freedom and Struggle

- | | | |
|---|-------------------------------|--------------|
| Sunday, Mar 3 | Getting to Know UU #2 | 12:30 |
| Come explore UU Principles as Covenant in this experiential workshop. | | |
| Sunday, Mar 10 | SAC Book Discussion | 12:30 |
| Come discuss "The Marrow Thieves" with the Social Action Cluster. | | |
| Sunday, Mar 17 | Anniversary Sunday | 10:30 |
| Join us for our Fellowship's 23rd anniversary and potluck lunch! | | |
| Sunday, Mar 24 | Rassemblement Français | 11h30 |
| <i>Thème: Liberté et affrontement. Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.</i> | | |
| Sunday, Mar 31 | Newcomers Gathering | 12:00 |
| For all who are feeling new come learn a little more about us over lunch! | | |

April | Creativity

- | | | |
|--|----------------------------------|--------------|
| Sunday, Apr 7 | Congregational Discussion | 12:30 |
| All are invited to this Congregational Consultation. Come lend your voice to Fellowship planning, to shape our direction in the coming months/years. | | |
| Sunday, Apr 14 | Getting to Know UU #3 | 12:30 |
| Come explore UU Rituals and Practices in this experiential workshop. | | |
| Saturday, Apr 20 | Organic Gardening 101 | 10:00 |
| Nurture reverence for the earth... in your garden! Learn tips and tricks. | | |
| Sunday, Apr 28 | Rassemblement Français | 11h30 |
| <i>Thème: Créativité et imagination. Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.</i> | | |

May & June | Awakening

- | | | |
|--|-------------------------------|--------------|
| Sunday, May 5 | Annual General Meeting | 12:15 |
| Please plan to stay for our UUFO Annual General Meeting. | | |
| Sunday, May 26 | Rassemblement Français | 11h30 |
| <i>Thème: Conscientisation. Il nous fera grand plaisir de vous y accueillir. Votre présence sera pour nous une richesse.</i> | | |
| Sunday, Jun 9 | Flower Communion | 10:30 |
| In our final worship service of the season, join our annual flower ceremony. | | |
| Sunday, Jun 23 | Rassemblement Français | 11h00 |
| <i>"Dîner Partage" et retroaction.</i> | | |

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