



SUMMER ISSUE

JUNE 2019

# Fellowship News

## *Infolettre UUFO*



## Spirit In the Sun

By Sarah Baxter

Ah Summer! I absolutely love sun on my face, garden soil on my fingers, and fresh food on the barbeque! My neighbourhood emerges in the summer, like a community of hibernators. “Wow look how tall the kids have grown over the winter!” We greet each other in the street and stop to chat, re-igniting relationships that rely on being together outside, where our street community cohabitates.

At UUFO, we take a break from Sunday Services through the summer months. We need time to relax and recharge, but our community connections pull us back together, to seek, to rejoice, to sing! The Spirit of Community, Spiritual Growth and Deepening, those don’t take a summer vacation!

Although our Summer Sundays look a little different than usual, they offer rich opportunities to come together: to share thoughts and opinions through guided discussions, to share meals and laughter at potlucks, and to share spiritual explorations of a different kind than we normally get at a Sunday service.

It has been a pleasure to coordinate this summer’s slate of activities, seeing the enthusiasm this community has to explore and develop relationships with one another, to expand our knowledge, and deepen our spiritual wells.

It may not surprise you that my work for this community has burst the bounds of my original “office administrator” job description. Last year I took on the additional job of coordinating Adult RE, without much guidance as to what that would mean. Over the course of the year, I have done this work with the new Inspiring Activities Cluster, and the board, and have been figuring out what my role truly is. In May, the board and I agreed on a new title that better reflects my current role here: Programs and Administration Coordinator.

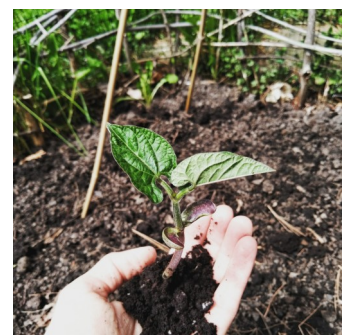
This title offers authority and responsibility. It reflects my commitment to ensuring that our adult programming is varied and valuable, that it offers opportunities to learn and connect, and delve into questions of the world and of our selves. It also reflects your trust in me, to do this work with you!

So this summer, step into the sun and connect once again with UUFO friends!



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## Caring and Sharing

We're glad to learn that **Liz** is home and is attending all of the Fellowship activities she can manage. Her Bruyère rehabilitation is completed. And **Diane** is back home as well, after rehab for a broken leg. Our UUFO book table has been the beneficiary of her rapacious recovery reading. Thanks Diane!

**Laura** was asked to represent UUFO at a service at First Unitarian to honour Fred and Bonnie Cappuccino on May 26.

**June** reports that she recently had a nice phone conversation with **Lawreen**, who isn't able to visit us on Sundays.

**Laura** travelled with her brother to find some family history in the Czech Republic. They found the house where their father grew up and the house of their great-grandparents. And enjoyed every bite of Czech food and beer.

We received this email from **Nanci** and **Tom** during their sojourn in the UK: "This guy greets you as you walk into the Chester Cathedral in England. Not sure why they call him Fred but thought our own **Fred** would love the sentiment. We're having an amazing adventure but glad to be back on land again. In a guesthouse that was built 500 years ago so the footing is still a bit rocky! Visiting so many beautiful churches I am curious about **Nancy's** words on praying. I'll light a candle for you all."



I was minding my own business skiing along the trail on April 1 when I heard shouts.....Mark ..Mark... After a few moments of non-recognition, I realized they were Fran and Nick.



April Fools? No, no... Unitarians! Chance encounter on Trail 50, April 1st (Mark, Fran, & Nick)

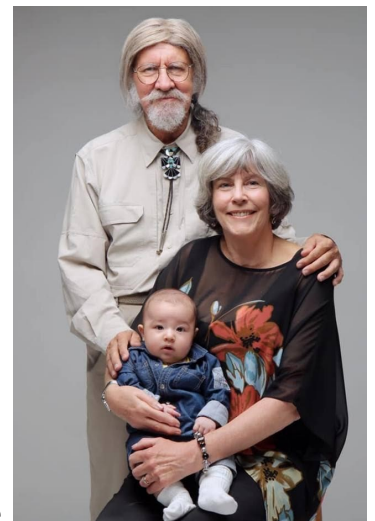
**Wendy and Wally** visited their new grandson in Korea, and then went traveling in Japan before heading north and east toward Alaska. Wendy wrote the following email to us: "Greetings from the North Pacific ... We have 6 sea days in a row. It is wonderfully relaxing. Heading for Kodiak in the Aleutians."

**Lorna** is away at present for an extended stay at her daughter's home – lucky Grandma to have so much face time with the young ones!

**Meagan** is starting a new chapter in her life, going back to school to upgrade her professional skills – good for you, Meagan!

**Ysabeault** is moving to Toronto to live with her daughter, and has been quite busy for the last couple of months preparing for her big move.

The New Edinburgh Community Choir had its final concert on Monday, May 13 to a packed audience at St. John Lutheran Church. **Claire, Isobel, Mark, Hoppy, Tudy, and Carolyn** are all members of this choir, which always welcomes new members – no auditions, a love of singing is all that's required.



# High Horizons—The End of an Era

By Pat Lucey

Many years ago, shortly after our family moved to Ottawa and began attending the Fellowship, I was approached by our dear Elaine Lund, so fondly remembered by many of us. A tireless, energetic, and deeply involved member, she invited me to participate in a regular volunteer opportunity which she organized a few times a year. “You’ll enjoy this,” she urged. “We help the good people of MacKay United Church with their weekly lunch and social outing for disabled adults and their caregivers. These participants deserve to get out once a week and have some fun together, and goodness knows the MacKay United volunteers could use our help – they do this every week, with help from other area churches. Come on. It’s fun. And we can involve the RE kids.” (I was the Religious Education leader at that time.)

Well, I always found it impossible to say “no” to Elaine, so I soon became a regular member of the High Horizons team. And she was right – it was really enjoyable and fun to create a nice luncheon for our guests. We took our RE children over to the Lunds’ kitchen to make sandwiches and desserts to bring for our lunch dates, and Elaine shared her special recipe for “Wacky Cake” with the kids – a cake so easy they learned to make it right in the baking pan. On the days we served lunch at MacKay United, Ken and Elaine anchored the UUFO kitchen team, and on some very special lunch days in January, around Robert Burns’ birthday, Ken would show up in a kilt and entertain after lunch time with his Scottish dance ensemble.

When Elaine stepped down from leading our team after 10 years, she passed the baton to one

of our other regular High Horizons team members, and we continued to recruit successive team leaders from our ranks until the job landed in my lap a few years ago. Somewhere along the way, it was leaked to the High Horizons organizers that a few of our regular Fellowship volunteers could sing and play musical instruments, so our lunch days also became our performance days – and we had even more fun, as we would lead the guests and volunteers in hearty singalongs of some old, familiar songs.

And now the High Horizons era has come to an end. When MacKay United launched the program 50 years ago, there were few if any opportunities in Ottawa for disabled adults and their caregivers to regularly get together and socialize. But as the years passed, many more programs and opportunities of this sort have opened up, and participation in High Horizons has continued to taper off accordingly. MacKay United will be ending the program this month, and our Fellowship volunteer team helped out for the last time on April 30<sup>th</sup> with a nice lunch and a farewell singalong concert.

So to all those in our Fellowship who have participated in High Horizons over the years, I want to thank you – so much! – for your kindness and generosity, which were always greatly appreciated by the program’s participants. And great honours to the MacKay

United volunteers who gave so much of themselves for 50 years. Pictured here (photo credit to John Twemlow and his amazing iPhone) is the current team of MacKay United volunteers we have had the pleasure of working with for the last several years. Hats off to them -- heroes, every one.



McKay United High Horizons Volunteer Team

## A Community of Caring

From the Caring Circle

Caring is an art form, born out of a genuine interest in the well-being of another person. Caring is an act of peace between the carer and the 'caree', the one being cared for. Caring is a personal gesture between two or more individuals within a relationship of trust and appreciation. True caring is humble. There is no pretense or agenda other than an expression of compassion toward the caree. The carer listens and observes for signs and opportunities to give of themselves. The greatest gift a carer can give is their presence, in all its forms, whether it be in person, a card, an e-mail, a visit, a hug, a meaningful telephone call that shows a genuine interest in the other's well-being. Caring is not limited by time. Sometimes our acts of caring may never have an effect at all. Or, if there is an effect, it may only be appreciated weeks, months, or even years later. Therefore genuine caring is never lost.

We believe that every member of the UU Fellowship is a caring person, and the Caring Circle relies on you all to let us know of people who might need an extra bit of attention. Thus we ask a different "Caring Contact" each month to do what he/she can do, be it to send a card, make a phone call, send an email, or possibly pay a visit. The monthly contacts are asked to join the committee for a meeting before their month to

receive guidelines and cards for them to use during their month.

Later, we request a report at the end of their month - either at the committee meeting or by email or phone call. In this way, we can establish a record of the number of folks who have been contacted. If we



“ True caring is humble. There is no pretense or agenda other than an expression of compassion...”

have missed someone, it might be that we didn't know about their difficulty or celebration, so we rely on everyone to help. We are considering making a "suggestion box" for

the welcome table so that people can make us aware of something we might miss - stay tuned!

The Caring Contact is listed in both the Friday Notes and on the Order of Service program. These generous folks also keep in touch with our Pastoral Care Visitor, Rev. Ellen Bell if there is a special need such as a hospital visit or memorial service. Ellen has emphasized that it isn't necessary to know someone to sign a card or make a phone call - folks usually appreciate being contacted by the Fellowship for various reasons. She also emphasizes that it is essential to keep all communications private and confidential.

The Caring Circle is a vital element of the heart of our Congregation and a true expression of Fellowship.



Anniversary Potluck! (March 17)

### PUB NIGHT

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



Friday  
6:30 pm  
Jun. 21st  
Jul. 19th  
Aug. 16th

*Everyone Welcome!*

## Board Walk

By Brandon Milk

Spring brings renewal, and plenty to report on.

At our AGM on May 5<sup>th</sup>, UUFO inaugurated its board for 2019-2020. The board is:

- Brandon Milk (President)
- Dave Edmunds (Treasurer)
- Allison Calvern
- Janet Creery
- Fran Mowbray
- Laurie-Anne Muldoon
- Martha Nabatian

A seven-member board provides more depth, and the new members bring a wealth of experience. The board has already had its first meeting, and in June we are planning a board “retreat” at the Fellowship. The purpose of the retreat is to provide a thorough orientation for new board members, to continue follow-up from the April 7<sup>th</sup> congregational forum, and to start a discussion on long-term “visioning” for the Fellowship.

### Canadian Unitarian Council Update:

On May 11<sup>th</sup>, Marilyn Kuhn and I attended the AGM of the Canadian Unitarian Council (CUC). Six motions were passed this year, including one to change the Annual Program Contribution charged to congregations for belonging to the CUC. Previously, the APC was a flat rate per member. For the past few years, the CUC has been looking at changing this since it creates a heavier burden on small congregations and may cause congregations to discourage membership. Starting next year, the Annual Program Contribution will be determined by a calculation that uses the number of members of a congregation, donations to the operating budget, and the Canadian Consumer Price Index to calculate a unique amount for each congregation. According to Dave Edmunds, our treasurer, this will slightly reduce the amount UUFO pays to the CUC.

Another important motion passed at the CUC AGM was to form a study group on the subject of “dismantling racism.” This was originally a proposal to form an 8<sup>th</sup> Unitarian Universalist principle around racism. However, after receiving some feedback, it was changed to be a study group only. The study group will consist of 5-7 people,

including the minister who brought the motion. The goal of the study group is to produce a report “that names where racial justice is present in our Canadian

Unitarian and Universalist institutions and gathering places, along with any accompanying resolutions arising from this work, to be considered at the CUC’s 2020 Annual General Meeting.” The other motions involved changes to CUC’s bylaws that were largely procedural in nature.

The board would like to thank Marilyn Kuhn for acting as our second voting delegate for the CUC AGM. We would also like to thank everyone who comes to UUFO for their engagement and enthusiasm throughout this past year. There are many activities planned this summer, and we are looking forward to another exciting and engaging year of services in the fall.



CUC delegates participated both in person and online via Zoom and webcam

## What does the CUC do for us, anyway?

If it’s all business meetings and contributing a significant amount of money every year, what do *we* get out of our relationship to the Canadian Unitarian Council?

Take a moment and breathe. What does UUFO *do* for *you* as an individual? Why contribute your time, talent, and money to this organization?

We give because *we are fed* by this community of shared values that holds us together in our personal spiritual journeys. It fills us with joy, connection, spiritual deepening.

In a similar way, the CUC holds us, Canadian UU Congregations, together in community. We are a collective of congregations, and it’s when we come together that we can appreciate the depth of spiritual community we share. The CUC may not be part of our weekly practice, or local community, but they are such a valuable resource for connection. Through this network of UUs, we can feel the interdependent web extends beyond our small Fellowship, and across this wide country. We are part of a larger movement, of shared values, shared principles, and a shared vision for a better world.

Coïn  
Français

## Témoignages et réflexions sur notre Rassemblement francophone et notre Groupe de croissance spirituelle.

Assemblé par Lucie-Marie Castonguay-Bower

« Le rassemblement français c'est un lieu où je peux me sentir à l'aise de m'exprimer en français sur les grandes questions de la vie. D'exprimer mes sentiments, mon questionnement, de faire mon cheminement spirituel. La rencontre qui m'a la plus touchée c'est quand Urbain a partagé sa détresse avec nous quant à la situation périlleuse dans laquelle se trouvaient ses frères. De cette rencontre et de notre petit groupe du Rassemblement est venu le parrainage de ses deux frères par le « Fellowship. » (Carolle)

« Le Rassemblement a offert des perspectives diverses pendant l'année passée. Mémorables pour moi ont été la session de danse coordonnée par Gustavo et la discussion de pratiquants Unitariens engagés organisée par Maurice.

Gustavo nous a invité, par des moyens concrets et intimes à devenir conscient de la façon dont nous nous engageons les uns envers les autres,

Maurice nous a plongés dans l'histoire de partis-pris sociaux de personnages unitariens. Henry David Thoreau, Unitarien qui refusait de payer ses impôts à un état qui appuyait l'esclavage et la guerre. Plusieurs pasteurs unitariens se sont joints aux manifestations des droits civiques des afro-américains à Selma en 1965 et ont subi les attaques violentes de racistes. L'un d'eux, James Reeb, a souffert de graves blessures qu'il n'a pas pu survivre. C'était un rappel qu'un changement social demande souvent des sacrifices personnels et que le mouvement Unitarien y a joué sa part. » (Janet)



« Comme anglophone j'apprécie la possibilité de passer du temps dans un milieu francophone. Il y a une façon d'être qui est différente parmi eux! J'aime l'intimité de ces réunions. » (Fran)

*« Une fois par mois j'ai la chance de partager mon parcours spirituel en français, ma langue maternelle, au sein du Rassemblement francophone. Je ne pourrais pas m'en passer car les échanges de cœur sont des plus faciles dans notre propre langue. Un gros merci aux animateurs/trices cette année qui nous ont accompagné(e)s pour le bout de chemin. (Claire)*

Tout récemment Suzanne s'est jointe à nous et nous fait part de son ressenti :

« Je frappe. On m'accueille.  
C'est ça, le rassemblement.  
On récite un poème, on chante,  
On bricole, on rigole.  
On partage nos peines, nos joies.  
C'est ça le rassemblement.  
On crée des liens.  
Comme ça, tout simplement. »

« Cela fait presque 13 ans que j'appartiens au Groupe De Croissance Spirituel inauguré par Lucie-Marie.

Les participants de ce groupe m'ont fourni un soutien émotionnel crucial alors que je faisais face à une maladie grave et ils continuent de me soutenir dans mon cheminement.

La sélection des thèmes par chaque participant(e) encourage la croissance spirituelle/personnelle et l'intimité d'un petit groupe encourage le partage et favorise la confiance.





## Membership and Welcoming

Le groupe permet à chacun(e) de nous de prendre le rôle de leader dans un cadre intime et de développer un thème spirituel en profondeur et l'occasion de générer de nouvelles idées, de la créativité et constitue un lieu sûr qui permet à chaque personne d'exprimer sa vulnérabilité. Les soins et l'acceptation que nous développons les un(e)s envers les autres au cours de notre réunion ne peuvent être obtenus simplement en assistant à un service le dimanche.

Je remercie Lucie-Marie de m'avoir invité à rejoindre le groupe il y a plusieurs années. En tant que chercheur spirituel et engagé dans la croissance spirituelle/personnelle, je continue à considérer le groupe comme une partie importante et essentielle de mon parcours. »  
(Marie-Claire)

***Prochain Rassemblement à ne pas manquer, (toujours le 4<sup>ième</sup> dimanche du mois) Le 23 Juin 2019 à 11hrs dans le sanctuaire : Nous aurons notre dîner partage, « à la fortune du pot » (potluck) ainsi que notre rétroaction sur l'an écoulé et notre vision pour l'autre à venir. Bienvenue à toi et tes ami(e)s.***

Merci du fond du cœur à tous ceux et celles qui ont contribué à l'animation et la coordination du Rassemblement et du Groupe de croissance spirituel et merci à tous ceux et celles qui ont participé(e)s à nos célébrations et rencontres. Votre grande générosité, votre temps et surtout la richesse de votre « être » nous permet de grandir dans notre quête spirituelle.

As we break for the summer holidays, it is a good time to reflect on the 2018-2019 year. Our Welcome Table at the back of the sanctuary has been very successful. Its location allows newcomers an easy opportunity to chat to UUFO members, "old-timers" or other visitors at coffee hour.

The Welcome and Membership Cluster met in August to discuss our goals for this year. We also held a couple of short planning meetings in December and February. Lucie-Marie worked with Sarah Baxter, our Administration Coordinator, to update the annual Membership Directory. Thank you, Lucie-Marie and Sarah!

The Newcomers' Get-Together and luncheon on March 31, 2019 was again, very successful. Six "newcomers" attended as well as five UUFO members including one board member. It was a wonderful opportunity to share stories about our different spiritual paths leading to an interest in, and curiosity about our Unitarian Universalist Fellowship.

We are delighted that five regular attendees at our UUFO Sunday services have recently decided to become members of our Fellowship. Isobel Bisby, Mark Bisby and Laurie-Anne Muldoon were welcomed at the Recognition of New Members Ceremony on May 5. As well, Katie Lunn will become a new member and Allison Calvern will be transferring her membership to our Fellowship at a ceremony, hopefully before the summer break!

We are always happy to welcome new members to help with this little team! Our key duties are:

- To help welcome newcomers to our Sunday services
- Conduct planning meetings as needed during the year
- Plan and deliver Newcomers' Get-Togethers' (including lunch), once or twice a year
- Present potential new members to the board for approval
- Plan and organize the Recognition of New Members' Ceremony (or transfers of membership) as needed
- Ensure the Member List and Directory are up-to-date
- Assist in the annual publishing of the UUFO Directory

The Membership and Welcome Team wishes everyone a wonderful, safe, relaxing, and enjoyable summer.

In fellowship,

**Lucie-Marie Castonguay-Bower, Carolle Séguin, Hoppy Roy, Andrea Young.**

## Shared Ministry at UUFO

By Martha Nabatian

In the Spring newsletter this year, there was an article about 'Shared Ministry' and its central role in our Fellowship. Since then, the Board has approved Terms of Reference for a Committee on Shared Ministry.

The Preamble reads:

*Ministry happens wherever individuals embrace the belief that their good works, their volunteerism, their acts, can help serve the mission and vision of their congregation. Shared ministry is the individual and collective acts of serving each others' and the congregation's needs. Staff, lay members and friends work together to create a caring and dynamic space by crafting worship services, educational opportunities, social justice and other projects, social events and systems. Together they all constitute our "shared ministry".*

As written in the Purpose:

*The Committee On Shared Ministry (COSM) works to promote healthy communication between and among any combination of congregation members and friends, lay leadership and staff. **The overarching goal of the COSM is to strengthen the quality of shared ministry within the Unitarian Universalist Fellowship of Ottawa.***

We are very fortunate that a small committee has been formed which will be looking at a broad overview of the congregation, checking in on how the systems and communications are working, and making any recommendations, as needed. Members of the committee are Enrique Soto, Marion Balla, and Frances Cosstick.

## Notes from the Worship Cluster

By Pat Lucey

As a member of our Worship Cluster team, I often feel that I'm living in an alternate dimension, where the short-term (this year) and long-term (next year) planning timelines coexist with, and overlay, the immediate present (this coming Sunday), and all these time slices are bathed in the Eternal Past of all the Sunday services which have gone before. Am I in an episode of *Dr. Who*, or what?

All this to say that the long-term planning time slice now looms large – the 2019-2020 Sunday Worship Program Year is almost upon us -- and we are so grateful for all the support you have given us in mapping out our monthly themes for September 2019 through June 2020! We sat down together a few weeks ago with the flip chart on which you'd written your suggestions for themes, and we consolidated everything into a general plan, where each contribution coming from you can be included in at least one Sunday service under a broader theme (bearing in mind that we have only 9 themes to work with).



Here is the list of themes we have assigned to our new Program Year:



<b>September</b>	Welcome
<b>October</b>	Community
<b>November</b>	Remembrance
<b>December</b>	Light in the Darkness
<b>January</b>	Faith
<b>February</b>	Black History Month
<b>March</b>	Inclusion
<b>April</b>	Earth
<b>May-June</b>	Joy

We will again be reaching out to the guest ministers who visited us last year, as well as some other guest speakers who we feel will bring new insights to our personal spiritual explorations, and will enliven our collective discussions about how we want to live out our stated aspiration to "nurture meaning, hope, and reverence for the earth as we pursue a more just and compassionate world."

## Lay Chaplaincy for Rites of Passage

By Evangeline Danseco

What is a lay chaplain? What are the regulations governing marriages in Canada and Ontario? What's the difference between funerals, celebrations of life, memorial services and interment services?

From Friday evening to Sunday afternoon on April 12<sup>th</sup> to 14<sup>th</sup>, Martha and I participated in the lay chaplaincy "basics" training workshop. It was an intense weekend with 12 other participants from across Canada who are interested in becoming lay chaplains in their UU congregations: from Newfoundland, Montreal, Kingston, Thunder Bay, Edmonton and of course, Toronto and Ottawa. Our excellent facilitators were former lay chaplains and now members of the CUC lay chaplaincy steering committee, Ellen Newman and Anne Coward.

Martha came to represent the *lay chaplaincy committee*.



Neighbourhood UU Congregation

Martha and Laura represent the Fellowship at the joint Ottawa First-UUFO lay chaplaincy committee.

This committee supports the lay chaplains and provides guidance on policies and procedures for rites of passages to the broader Ottawa community.



Evangeline, Lay Chaplain!

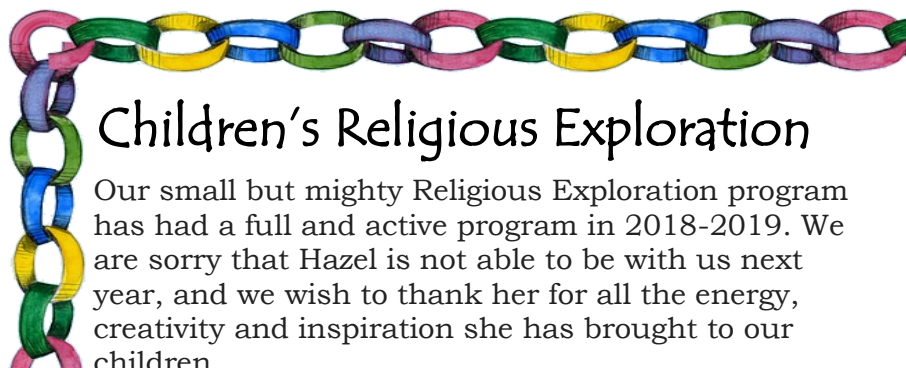
We are still doing the proper paperwork for me to be able to officiate weddings in Ontario. And we are working behind the scenes to develop our processes and a few promotional materials on these services for the community.

Meanwhile, I am happy to say that I am now available to perform personalized ceremonies such as renewal of vows, baby blessings, or celebrations of life. I am inspired to co-create meaningful ceremonies that respect and integrate one's values and individual spiritualities.

Tell your family, friends, and acquaintances to consider our services! And talk to us if you have any questions or suggestions about lay chaplaincy. And note our special email address:

[lay-chaplain@uufu.org](mailto:lay-chaplain@uufu.org)

For more information, you can also visit our UUFO website page on lay chaplaincy, the CUC website, or email me!



## Children's Religious Exploration

Our small but mighty Religious Exploration program has had a full and active program in 2018-2019. We are sorry that Hazel is not able to be with us next year, and we wish to thank her for all the energy, creativity and inspiration she has brought to our children.

Fellowship parents of young children will be meeting soon with our R.E. volunteers to shape the future of our Religious Exploration program. New volunteers are welcome to join us - our kids are a delight to be with!



Louka: "Aha!" Katie: "Hmmm..."

*"Sing me a song of love,"  
The dying man whispered low  
He who allowed not the love of his friends  
Through music, sweet music, bid love  
enter in.  
I sang of love's tenderness, songs for his  
heart  
And the music opened him slowly*  
—From **Sing Me a Song**, by Pamela Holm

Poetry erupts from emotion. Intentionally or not, the poet uses metaphor and image to distill and present one salient moment, which gives the reader a brief glimpse of what it means to be human. Sound, whether hard or soft, whether whispered or wailed, enters the craft on multiple levels, especially in song.

Recently I spent a couple of hours in Pamela Holm's cheery apartment, shoulder to shoulder with books, singing bowls, artworks, and a pot of lemon ginger tea. She spoke of professional choices and personal trauma, and of how she writes songs in response. She told me that her mother and father sang while doing the dishes, her father harmonizing to her mother's melody. And still they divorced.

*"Sing me a song of love,"  
The dying man beckoned me near  
I carried him back to his fisherman's days  
With songs of the ocean being rocked on the  
waves;  
With pebbles and seashells again in his gaze,  
The music opened him wider.*

—Holm, verse 2

We are always trying to make sense of our emotional lives, often from near the edge, ready to fall. Or to hang on. Pamela's dysfunctional family gives her a front row seat on how people struggle. As a toddler, she suffered a sexual assault by a babysitter. Pre-verbal, no voice to tell the story, and anyway, who will listen?

She leaned into music, prevailing upon her older sister to teach her songs until she was old enough to go to choir herself. Learning (also from her sister) to play the ukulele and recorder. And then the guitar, the piano, the flute. At one point her

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*Interview with Pamela Holm,  
By Allison Calvern*



school tested for musical intelligence and Pamela was found to be the most gifted in her class.

*"Sing to me of love," and amid angel's wings  
We pondered together the deepest of things;  
Remembering losses and fears of the night  
Passions of living when spirit takes flight.*  
—Holm, verse 3

A fusion of physical/emotional trauma, the discipline of studying health, and brilliant engagement with music,

Trained in spiritual practices and Shamanic forces from around the world—singing bowls, sound-medicine, chakra techniques, imagery, and music therapy, Pamela has learned to be open to life-changing moments. Having experienced co-counseling in her early twenties, she knows that difficulties can be overcome with knowledge and self-expression. Using her own trauma and healing as a guide, she helps clients see their own life patterns and understand cycles of abuse. In teaching how to name and explore the cracks, in allowing music to support healing, Pamela nudges us all towards health.

*"Sing me a song, one more song of love,"  
The dying man rattled on.  
A song of hope from a mother's breast,  
A beacon that drew his soul to its rest  
As the sun of his living reclined in the west  
The song of his life echoed softly*

—Holm, verse 4

## Better Together: Heartwood House and UUFO

By Isobel Bisby

### Did you know?

**Heartwood House and the Unitarian Universalist Fellowship of Ottawa** enjoy a highly successful partnership in the ownership of the property at 400-412 McArthur Avenue. Heartwood owns 87.5% and the Unitarians 12.5% of the building. But we are much more than a shared space building as we live our shared values and principles promoting social justice and strength through community.

How are we similar? How much do you know about Heartwood House as a community hub?

#### Heartwood House:

- **supports residents of Ottawa who are marginalized** and/or in need of educational, mental health, emotional, physical, economic, employment, training or recreational support.
- **could not survive without volunteer support.** In the spirit of collaboration participants from member groups volunteer on the Heartwood Board, committees, preparation for and participate in fundraising events.
- **supports people living in poverty.** Heartwood's diverse services directly benefit the Vanier-Overbrook community. Heartwood has become a good neighbour of the Vanier and Overbrook Community Associations, as well as other community agencies in our area.
- **provides a mutually supportive, collaborative, hospitable, empowering, affordable, and fully accessible workplace** for small non-profit and charitable organizations to **maximize** their services for their clients and participants.



Every day Heartwood House is a hive of activity and we encourage you to explore the websites of our 20 member groups!

Here are a few examples:

**ACORN:** Ottawa citizens are assisted on critical issues of social and economic justice. [www.acorncanada.org](http://www.acorncanada.org)

**ALSO Children's Program.** Provides free, part-time child care, and family literacy programs to families accessing Heartwood House programs and services. [www.also-ottawa.org](http://www.also-ottawa.org)



**Community Laundry Co-operative** provides affordable laundry services, a chance to develop job skills and a network of support for low-income residents. [www.communitylaundrycoop.ca](http://www.communitylaundrycoop.ca)

**EcoEquitable** provides sewing training and employment support for people in need, especially immigrant women. [www.ecoequitable.ca](http://www.ecoequitable.ca)

**Multifaith Housing Initiative:** promotes safe and affordable housing for individuals and families who are homeless or at risk of homelessness. [www.multifaithhousing.ca](http://www.multifaithhousing.ca)

**Hopewell Eating Disorder Support Centre:** Offers support, resources, and information for individuals affected by eating disorders, and also to their families and friends. [www.hopewell.ca](http://www.hopewell.ca)

**Twice Upon a Time.** Gives new and gently used children's books to Ottawa kids! We collect books of all types in English and French suitable for children up to 12 years of age. [www.twiceuponatime.ca](http://www.twiceuponatime.ca)

## Social Action Cluster Focus:

*"We maintain the single, unbreakable connections...  
with Mother Earth... and we have to assert this reality...  
with even greater vigour and perseverance...  
In these times of war and strife... climate change...  
and environmental crisis...  
Without doubt...  
Mother Earth's voice is loud now...  
And she is calling urgently to draw us back to her"...*

Chief William Commanda, Algonquin Nation Elder  
Opening message to the Algonquins of the Ottawa  
River Watershed; June 10, 2010

As the Social Action Cluster moves into its fifth year of learning, listening and responding to the challenges of reconciliation with the Indigenous Peoples of Canada, we plan to expand our focus to the environmental crises that surround us. We are painfully aware that indigenous communities have been the victims of these crises long before many of us were aware of them. Further, we know that the traditional wisdom of Indigenous Peoples who lived on and off of the land for millennia has much to teach us about caring for our Earth home.

It is easy to feel overwhelmed by the many environmental crises that are reported daily. Sadness and even depression can be triggered by the ever more bleak scientific reports being published. We have much to learn from the vision and resilience of many indigenous leaders. The voices of youth are also inspirational. Despite the inadequate action of our political leaders, millions of people are acting to build a healthier, safer planet.

On March 15th approximately 1.6 million students in over 120 countries left school in protest of adult inaction on climate change.

On May 24th youth marched again for global action to promote climate justice. An indigenous community from the Torres Strait is taking the Australian government to the U.N. Human Rights Commission for lack of action to protect their islands currently disappearing with rising sea levels and storm surges. Among many actions in Canada, The Traditional Ecological Knowledge Elders of the North Shore of Lake Huron, will be going to court to force the government to live up to the promises made in the Robinson Huron Treaty of 1850. They argue, "We are dependent socially, economically, spiritually and culturally on the health of the forest... we cannot trust that the medicines and foods we harvest are clean and uncontaminated. The aerial spraying of glyphosate violates our treaty rights to the water and to hunt, fish, and gather berries and plant medicines in our traditional territories."

Opportunities for action exist – personal, community, political.

Let's share what we are doing and challenge each other to do more over the next year. Please bring your ideas, suggestions or offers of help to someone in the Social Action Cluster.



## Summertime House Concert

If you've ever been to a house concert, you've probably had a wonderful time. House concerts are an ages-old tradition, and are an enticing combination of food, fun, friendship, and music.

So why not host a house concert in our own Fellowship house? Why not, indeed. On **Saturday evening, July 13<sup>th</sup>**, we'll be hosting our own Summertime House Concert for Fellowship members and friends, and their friends and families. Everyone is invited!

The music will be provided by a number of local singers and musicians. We'll start with a potluck dinner, and then proceed to the music – lots of singalongs, performances, musical surprises, and opportunities for spontaneous musical fun.

Come join us, and bring food, voices, instruments, love of music, and willingness to have a really good time!

Respectfully submitted by, The Social Action Cluster: Claire, Elinor, Fran, Gary, Helmut, Lorna, Marilyn, Nanci, Janet

In February we had a movie outing to see "Shoplifters" a film about a poor Japanese family who take in a six year old girl because they feel her parents are not taking care of her. They kidnap the girl but they believe it is for her own good. It was a touching and moving film which we all liked. In April we went to see Rafiki about two young African women who fall in love and have to deal with the homophobia of those around them. We all enjoyed this film as well.

For a while the restaurant just beside the ByTowne Cinema has been closed so we went to a Shawarma place close by, however now a new restaurant has opened just beside the ByTowne Cinema. It is called "La Brochette" and serves African food. We tried it after seeing Rafiki and enjoyed it. In May we will go see "The Grizzlies" about a teacher who goes to the north to teach and decides to organize and coach a LaCrosse team comprised of some of his students. In June we will go to see "The Fall of the American Empire" directed by Denys Arcand. This is a newer film as compared to his "The Decline of the American Empire." Both the May and June films are Canadian and thus are a good lead up to Canada Day. If you have Canada flag t-shirts you may want to wear them to get into the spirit. After all, Canadian cinema is amongst the best in the world.

I cannot end this column without promoting "The Criterion Channel," which is a new streaming service provided by Criterion, the premier serious cinema provider known by all film buffs. Some of the films available right now are "Mildred Pierce," "Persona," "Mulholland Drive," "Twin Peaks: Fire Walk With Me," "Paths of Glory," "Rashomon" and the films just go on and on. There are also interviews with directors, screen writers, actors and so on.

I hope to see you at our next movie outings and please email me, Mike Jan, with suggestions. My email is: [swissguy@rogers.com](mailto:swissguy@rogers.com)

## Movie Musings

By Mike Jan



## New Moon Chanting Group

By Pat Lucey



In spring, the Fellowship began hosting a New Moon Chanting Group, led by April Lilley, a very experienced Unitarian creator, facilitator and leader of ceremonies and activities related to earth-centred spiritual practices.

All genders are welcome to the New Moon Chanting Group. We meet as close to the new moon as our schedules allow, to sing and celebrate through song, movement, and meditation. Each chant is taught in a lead and follow format and then we sing the chant together a few times. The origin of each chant is shared when this information is known and available, and all the chants have been collected by

April and her mother over the past 30 years of chanting together and with other groups. Chants are usually short, repetitive phrases that are fairly simple to learn. All voices are welcome: big or small, brilliant or timid, trained or learning.

We take time to move and stretch about half-way through our time together, in some form of moving meditation: sacred dance, yoga, interpretive movement or other. And we bring snacks to share during our mid-session tea and juice break.

Our last New Moon Chanting Group meeting of the program year was held on May 31st, and we hope to meet at least once during the summer months, so watch the Friday Notes for more details if you are interested in joining us.

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

### Creating a UUFO Cookbook one or two recipes at a time . . .

With this column we will have gathered 23 recipes from our community. All of these have been or will be served at UUFO community potlucks.

## Recipe #22 Roasted Asparagus

*Submitted by Indigo Holley*

**Source:** this recipe was originally in Vegetable Heaven by Molly Katzen. Similar recipes can also be found online by Googling (such as [simplerecipes.com/recipes/roasted\\_asparagus](http://simplerecipes.com/recipes/roasted_asparagus))

**Notes:** Oven roasted asparagus is a healthy, fast and easy side dish that goes with just about anything on your table. No matter what type of diet you follow, asparagus is a good addition to it, and obviously good for you too. It's high in fiber, loaded with nutrients, and won't spike glucose levels like carrots or potatoes can after you eat it.

This recipe brings out the best flavour of this delicious spring vegetable. Once you have roasted them, you may never boil or steam them again. For best results, use thick asparagus spears, not skinny ones. The thin ones will dry out too quickly and will end up tough and stringy.

**Prep time:** 6 minutes

**Cook time:** 12 minutes

**Yield:** Serves 4

### INGREDIENTS

- 1 lb asparagus spears (thick spears are best for roasting)
- 1-2 Tbsp olive oil
- 2 cloves garlic, minced (optional)
- Salt
- Freshly ground black pepper
- Lemon juice (or balsamic vinegar)

### INSTRUCTIONS

1. *Preheat oven and prep asparagus:* Preheat your oven to 400°F (205°C). Rinse the asparagus spears. If the ends are tough, break them off and either discard or save for stock. You can also use a vegetable peeler to peel away the tough outer skin of the fatter ends of the asparagus if you want.
2. Drizzle asparagus with olive oil, and rub the spears to coat. Sprinkle with salt, pepper and garlic if you're using it. Line a roasting pan with foil or parchment paper. Arrange the asparagus spears in a single layer on a the lined baking sheet.
3. *Roast in oven:* Roast at 400°F (205°C) for 10 minutes, more or less, depending on your particular oven and how thick the spears are, until the asparagus are just lightly browned and tender when you pierce them with a fork. Turn the spears 1/2 way through.



Potlucks! Our recipe testing grounds!

4. *Drizzle with lemon juice or balsamic to serve:* To serve, drizzle with fresh lemon juice or balsamic vinegar, and if you want, a sprinkling of grated Parmesan cheese (skip if cooking vegan).

## Recipe #23 Gram's Toll House Cookies

*Submitted by Allison Calvern*

**Notes:** I make the recipe gluten-free by using gluten-free flour and adding a 1/2 tsp xanthan gum. Gram always made brownies at the same baking session, to use up the egg yolks. I cheat and use the whole egg for the cookies. Simultaneously buttery and chocolatey, everybody will LOVE these cookies.

When I married George, I told him this recipe was my dowry; he did not complain.

### INGREDIENTS

- 1 cup butter
- 3/4 cup brown sugar
- 3/4 cup sugar
- 2 egg whites (or whole eggs if preferred)
- 1 tsp baking soda
- 1 tsp vanilla
- 1/2 tsp salt
- 3 cups flour (can be gluten or gluten-free depending on your needs and preferences).
- 1/2 tsp xanthan gum if you use gluten-free flour
- 1 cup chocolate chips (you can also add walnuts, yum, or almonds, pecans, or macadamia! Chop them first.)

### INSTRUCTIONS

1. Cream butter.
2. Add sugars; cream together.
3. Add egg whites; keep creaming.
4. Stir soda into a small bit of hot water, enough to wet it-- Gram just used a handy tablespoon--and toss the resulting slurry into the bowl;
5. cream all together.
6. Sift salt and flour together
7. add to bowl and mix thoroughly.
8. Fold in the chocolate chips.
9. Drop this delicious mixture by teaspoon onto ungreased cookie sheet
10. bake at 350 until golden, 12 to 15 minutes. (Tasting the dough is perfectly ok.)

**Some Fascinating facts about the invention of Toll House Cookies** by Ruth Wakefield in 1930. Back in 1930, Kenneth and Ruth Wakefield purchased a Cape Cod-style toll house located halfway between Boston and New Bedford, on the outskirts of Whitman, Massachusetts. Originally constructed in 1709, the house served as a haven for road-weary travelers. Here, passengers paid tolls, changed horses, and ate much-welcomed home-cooked meals. It was also here, over 200 years later, that the Wakefields decided to open a lodge, calling it the Toll House Inn. In keeping with the tradition of creating delicious homemade meals, Ruth baked for guests who stayed at the Toll House Inn. As she improved upon traditional Colonial recipes, Ruth's incredible desserts began attracting people from all over New England. One day, while preparing a batch of Butter Drop Do cookies, a favorite recipe dating back to Colonial days, Ruth cut a bar of Nestlé Semi-Sweet Chocolate into tiny bits and added them to her dough, expecting them to melt. Instead, the chocolate held its shape and softened to a delicately creamy texture. The resulting creation became very popular at the Inn. Soon, Ruth's recipe was published in a Boston newspaper, as well as other papers in the New England area. Regional sales of Nestlé Semi-Sweet Chocolate Bar skyrocketed.



[Ruth eventually approached Nestlé and together, they reached an agreement that allowed Nestle to print what would become the Toll House Cookie recipe on the wrapper of the Semi-Sweet Chocolate Bar. Part of this agreement included supplying Ruth with all of the chocolate she could use to make her delicious cookies for the rest of her life.]

# 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

is published quarterly by UUFO

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

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

Submissions for the Fall Issues are due August 15

Many thanks to our contributors and editors!

## Editorial Team

**Content:** Andrea, Pat, Nanci, Allison

**Layout:** Sarah



## Summer Sundays and Special Events!

### June

#### Sunday, June 2

A theatrical worship experience! "Climate Disruption"

10:30am

#### Sunday, June 9

Flower Communion:  
Our final worship service of spring!

10:30am

#### Dimanche, le 23 Juin

*Rassemblement Francophone: dîner partagé, « à la fortune du pot »*

11h

### July

#### Sunday, July 7

TED Talk  
Discussion Circle  
11am

#### Sunday, July 14

POTLUCK!  
11:30am

#### Sunday, July 21

Poetry as  
Spiritual Practice  
11am

#### Saturday, July 13

House Concert and  
Potluck  
7pm

#### Saturday, July 20

Day of Mindfulness  
at the Tu-An Pagoda  
8:30am—3:30pm

### August

#### Sunday, August 11

TED Talk  
Discussion Circle  
11am

#### Sunday, August 18

POTLUCK!  
11:30am

#### Sunday, August 25

Music as  
Spiritual Practice  
11am

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