

# Fellowship News

SEPTEMBER  
2017



## Presenting: Our Fellowship Babies of 2017

By Pat Lucey

Our Fellowship family has increased in size over the summer, with special activity occurring in our "Under One Year of Age" category.

Leila & Urbain welcomed the arrival of beautiful Baby Azriella on July 11<sup>th</sup> after a rather long wait for the Big Event! Here you see a recent photo of Azriella (top left), as well as a picture of her Big Sister's gorgeous smile as she takes care of the baby. Mom and Dad report that Orla is very proud of being a Big Sister, and that the girls have a good chemistry between them.

Sarah and Dale's baby boy Leander arrived a bit early, on May 27<sup>th</sup>. Now three months old, he loves to be outside, and loves music. Mom and Dad have had a wonderful summer at home with him, enjoying the sun on their back deck. They've also welcomed lots of visits from family members, and returned to visit them as well, with some adventures in nursing on the road at Algonquin Park (Sarah does not recommend this during black fly season!), the Renfrew Public Library (recommended by Sarah, as they have nice comfy chairs), and a 200 year old Quaker meeting house north of Toronto. From Sarah: "We can't get enough of Leander's smiling face, and can't believe how big he is already! (13.5 lbs!)."

And here (bottom right) we see new mom Heather with Baby Arthur – but wait! Wasn't it just a few years ago that she was regularly attending RE at the Fellowship? Yes, it's true: although Heather is now 31 yr old, she was in the Fellowship when it began, and our dear Audrey was the leader of the kids' program. We often enjoy the company of little Arthur's proud grandparents, Nanci and Tom, on Sunday mornings and at other Fellowship gatherings – don't hesitate to ask them for updates on their growing family!

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## Caring and Sharing

June is a busy "anniversary month" for the Johnsons. June and John both had birthdays - 90 and 91 respectively - and celebrated their 68th wedding anniversary. Maggie was in the hospital at the beginning of the summer – we hope you're feeling better now, Maggie.

It was such a pleasure to see Irène again at our July potluck. We miss you, Irène, but we're happy for you and your new life in Quebec.

Our hearts go out to Nancy R., whose brother passed away earlier in the summer.

Lorna has been getting her 'prairie fix' this summer in energetic Calgary and lovely Saskatoon. Her time was spent with extended family, with Bonnie Lee (our first part-time minister), and with a marvellous friend who is celebrating her 80th birthday. Great times!

Paula was hospitalized in late summer, and as of this writing, Liz was scheduled for surgery in late August. Sending warm and healing thoughts to both of you.

Eduardo is starting his first year at Carleton University's industrial design program, and Elisa is in her fourth year, also at Carleton, in the Public Affairs and Policy Management program.



Max graduated from uOttawa in June with a B.A. from the Arts Faculty, and was famously featured in a uOttawa publicity photo as he shook hands with the Prime Minister at his convocation ceremony.

Martha and Bahram traveled to New Jersey in late August to attend the wedding celebration of their elder son and his bride.



## Discovering the Neighbourhood:



### A New Restaurant on McArthur

*Submitted by Laura Evans*

There's a new option for lunch across from the Fellowship on McArthur: **Restaurant 7th Eye**.

Lorna and I have been sampling some of the

restaurants along McArthur from the low point of a plastic-wrapped tuna sandwich on white in the extension of a laundromat to the high point of discovering this delightful Afro-Caribbean restaurant. We happened upon it the day after it opened.

By now there is probably a menu and pictures on the wall, but the kitchen was open and welcoming when we dropped in. The woman who runs the restaurant is of Haitian origin and she explained that the name comes from her affinity for the number 7. She is the seventh child, born in the seventh month... she gladly chatted with us, though I didn't focus on the details enough to recount them.

With the menu at the printers we were offered a traditional Haitian meal. Did we want it spicy? The plate came with rice and black beans, turkey with a savoury dip, and salad. Too much for us to finish but thoroughly enjoyed. To top it off, we were offered a bowl of the sweetest, ripest mango.

Being so close to the Fellowship, this restaurant can become our new hangout. She will also cater and do take out. We wish her well.

**Submitted by Lorna Erickson-Fraser**



In addition to Laura's recommendation of the delightful Haitian restaurant right across the street from the Fellowship, I would like to talk about the restaurant/laundromat in the plaza when the Fresh grocery store is. Now Laura may have put some people off by saying that our lunch there was the low point. Well, it depends on what you were looking for: maybe you are starving and you couldn't go another step or you may be writing an essay for Sociology 101. There were colourful characters wandering in that were eager to talk to us and I am sure you could collect valuable data from them. However, when we arrived there was no one in the place so we helped ourselves to some hot soup. Conveniently, there were some tuna sandwiches in a cooler just waiting for us. When we were leaving, an older, tired-out woman miraculously appeared to take our cash. Perhaps she was there all along, resting on the floor behind the cashier's counter. Who knows? It was an adventure!



## News From Membership & Newcomers



UUFO is a friendly Fellowship. Oldcomers welcome Newcomers. The small but active Membership Committee ensures that the tradition is kept. The Committee or a member of the set-up committee on duty will welcome folks as they enter the foyer for the Sunday service, will guide newcomers to sign the guest book and will be given a name sticker and paired with a friendly face and will check that information materials are available on the welcome table. Twice a year, the Committee holds a newcomer lunch to brief them on the Fellowship. And about twice a year, newcomers who choose to become members are officially recognized in a special membership ceremony during a service. Ideally, we assign "buddies" to newcomers to informally chat, sit together and then steer them to coffee and snacks following the service. The Membership Committee welcomes new members to join in this vital role in the life of the Fellowship.

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

### Newcomers' Get-Together

Following the success of our Newcomers' Get-Together in March, we are delighted to host another get-together on Sunday, November 12 at 12:00 after the morning service. 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.



### Join the Membership Committee

Finally, we are looking to recruit at least two new members to the Membership Committee! We put out a special challenge to the men of our congregation to consider joining this important committee. To find out more, please contact Lucie-Marie -luciemariecb@gmail.com - or the other committee members -Carole and Hoppy.

## An English Bride in Egypt

*Adapted from a column in the Chartwell Rockcliffe Residence newsletter "The 'Cliffe", submitted by Marlene Hewitt*

Jean Ahmed had never travelled outside the U.K. until she travelled alone to Egypt in 1954 to marry her Egyptian fiancé, leaving an anxious family behind. She had met Farid at university and they fell in love there.

Jean sailed to Alexandria from London and Farid and his father met her and took her to meet his Muslim family. The wedding took place in the three-story family home and was conducted in Arabic by an imam. Farid's brother-in-law translated into English for Jean. The newly-weds lived on the top floor which had no air conditioning, and Jean cooked in their flat on a primus stove. Farid helped her to shop for mainly vegetables, with very little meat.

Their honeymoon was a group trip to Greece and Turkey with students and staff from the university where Farid was working. Jean remembers it as "different but jolly fun". Jean found employment as a teacher in an English school for girls while Farid searched for job opportunities as a scientist (he had received his PhD in England). While in Alexandria, Jean and Farid travelled to Giza and climbed the Great Pyramid of Cheops. This is no longer allowed, and it seems like an incredible achievement to those who visit the pyramids today. After one year in Egypt, Farid was offered a position with the National Research Council in Ottawa and the couple moved to Manor Park. They now live in The Rockcliffe Residence.

Jean now looks back on her daring move and marriage as an exciting experience - a leap of faith of which she is proud.



## ✓ Check-Ins and Check Lists—Hands On!

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

I'm eager to be back with all of you this fall season, as we share bold ministry with exciting programming this year! I was very encouraged with the success of our summer engagement, and I look forward to keeping that enthusiasm going as we gather into Water Communion on September 10. You will also get to find opportunities to find a leadership role that suits you on Engagement

Sunday, September 24 – all of you can be engaged leaders, and fellow members will share how they find fulfillment in their participation.

Our Themes this year fall under the larger question – What does it mean to live a life of...? And we'll begin that quest in September by asking: what does it mean to live a life of Fellowship? The Worship Cluster has taken in your suggestions and set an exciting series of themes that entice us to explore meaning in our spiritual community. In October, I'm looking forward to deepening our partnership with Heartwood House in offering a joint Stone Soup Lunch and Service on Wednesday, October 4 at 11:30am. This is an opportunity to put our principles of collaboration into practice, pitching in to make good meals, and reaching out to our wider community.

We will also get to explore scriptures from major faith traditions with the 5-part Scripture Seekers series, offered every other week during October and November. This is an opportunity to find a deeper understanding of scriptures – old and new! The images of Covenant feature prominently in scriptural tradition – and that's our theme for January! This will invite us into conversation around covenant, as our guide to be in right relationship with each other and with our interrelated web of existence. And we still have a chance to practice meditation four times per month! The Saturday Meditation group continues to meet every other Saturday morning, to experience diverse styles of meditation. And if you need to Slow Down in Hurry during the week, the Midweek Meditation is Thursdays at Noon on the weeks I'm here. How do you know I'm here? If I'm speaking on Sunday – I'll be here the whole week leading up to it! Generally, that will be every other week. I am grateful to be sharing this journey with



Rev Rod on Tepozteco, overlooking Tepoztlan

**Rev. Rod's Fall Office hours are 1-5 pm Tuesday sand Fridays on Scheduled weeks on :**

September 5-10  
September 19-24  
October 3-8  
October 17-22  
October 31-November 5  
November 14-19  
November 28-December 3  
December 19-24

### Midweek Meditations



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

Enter through Heartwood House 404 McArthur for midweek access.

September 7 September 21 October 5 October 19 November 2 November 16 November 30



## Board Walk

By Brandon Milk

Our last season of services was a time of change for UUFO, with Rev. Rod settling into his role as Developmental Minister. Through the summer of 2017, the wheels of change have continued to roll. Our new monthly summer potlucks have provided a way for members to stay connected, and the Fellowship pub night is increasing in popularity. With the imminent arrival of Urbain's two brothers, our Refugee Sponsorship Committee is close to realizing its goal.

The UUFO board is changing as well. In June, we elected a new board that will also have a new structure. Rather than feature a President and Vice-President, Laura Evans will fill the role of "past-president" and the roles of other members will change. In June, the board met to establish a new way of working to serve the needs of the Fellowship. We were successful in that endeavor and have progressed at full steam over the summer. The board's new structure has two goals: to more evenly distribute workloads and to make the board more visible in the congregation.

Beginning in the fall, board members will have a "board member" sticker added to our name tags. Each month, a different member will act as the main contact between the board and the congregation at large, as well as chair the monthly board meeting. The board contact will be announced at Sunday services and in Friday Notes.



Board 2017-2018: Dave Edmunds, Brandon Milk, Martha Nabatian, Ken Lund, Andrea Young, Paula Patton. Absent: Laura Evans

Board members will continue to act as liaisons with the various UUFO clusters and committees. Ken Lund will continue his work with the Caring Committee. Andrea Young will coordinate our efforts with the Ressemblment Francais and the Communications Cluster. Martha Nabatian will be our link to the Worship Cluster and Religious Education. Laura Evans will sit on the Developmental Ministry Task Force and the Nominating Committee. In addition to managing UUFO's finances, Dave Edmunds will sit on the Refugee Committee. Brandon Milk will act as liaison with the Social Action Committee. Paula Patton had signed up to be the liaison with the Membership Committee, however, in early August, Paula suffered a stroke. We wish Paula a full recovery and hope she will be able to return to the congregation soon. The board will discuss this situation at our next meeting. Our official secretary is Andrea Young, but Laura Ndoria, our religious educator and temporary office administrator, will kindly act as Recording Secretary at board meetings so that Andrea can participate fully as a board member.

In support of our new structure, the duties of the former President have been divided among board members. We are looking forward to another year of growth at UUFO. Unique services and events being planned, and the new board is set to play a key role in the congregation's development. If you have something to discuss with the board, you may continue to reach us at [president@uufu.org](mailto:president@uufu.org), or you can of course speak to any of us in person.



Handover meal June 2017 of new and old board members

## Remembering Audrey O'Callaghan

*November 21st, 1932 - June 12, 2017*

At the beginning of summer, our Fellowship lost a beloved longtime member, Audrey O'Callaghan.

She was a devoted wife, mother and grandmother, and she was a leader and a visionary in our Fellowship. She created the Wise Elders program – this after serving our congregation as President, and before that, as the Director of Religious Education.

In her professional life, Audrey was a social worker who helped develop the Home Support Program, which assisted clients with home management Skills such as cooking, cleaning, budgeting, childcare, parenting, etc., Clients were well supported and able to develop the skills and self-esteem necessary to go out into the work force. Some of the clients went on to become workers in the program.

She was known and loved as a wise, caring and funny person – quick with a joke, an amusing anecdote, or a witty observation, but always ready to help, to care, and to support those who needed it. Audrey's zest of life, her sense of humour, her smile and her infectious laugh were huge. She made life fun and whenever you left Audrey's, you always left feeling a little lighter and full of joy and love.



## Meditation and Difficult Conversations

*By Evangeline Danseco*

This August 2017 was a challenging month for me due to two incidents. The first was about my colleague Melanie (not her real name), who found out she had breast cancer. I was the officer-in-charge at work and had to break the news to staff. It was a somber day, and for a normally upbeat staff we were feeling sad that this disease could visit us. We supported each other, telling stories of friends and family who beat the odds and the ones who didn't. Last year, we had lost a 33-year old staff to cervical cancer so we were also remembering her. Working in the field of mental health, we were grateful that we can share and support each other at this time, keenly aware of the gap in the stigma around those who experience mental health difficulties.

The second incident was Charlottesville, which we all were affected by. I am a visible minority and fortunate to live in a community where I feel a sense of belonging. It is easy to say that racism exists only in the United States, and as we know, Canada is not immune to this. I was surprised to hear that there were members of the alt-right rally from Canada. In my work, I had to create a resource for a postsecondary helpline, as we prepared for the incoming schoolyear and the potential increase in the incidence of race-related stress.

I had so many questions and emotions: Are we going backwards? What can I do to counter the hate – what can we do beyond facebook posts and laughing with the late-night comedy shows? How do I “inoculate” my kids against this hate and misplaced prejudice? What does it mean for me to be engaged and have compassion? What is my sphere of influence and how can I leverage my actions beyond this sphere?

In these two incidents, what helped me was to first sit and be quiet, to be like the tree or the mountain that is grounded in the earth. Then, I had to reflect on my own experiences and my own biases, the lens with which I view my world. I recalled situations where I faced the death of loved ones, and situations where I felt limited by other's and my own beliefs about my achievements as a female minority. I tried to bring to light some of my hidden assumptions. The metta meditation and tonglen practices were helpful in opening my heart and confronting my own chaos and fears. The practice of radical gratitude became like a mantra.

The words of Buddhist leaders like Jack Kornfeld brought solace and inspiration. He encourages us to rise up as bodhisattvas – peaceful warriors – to help mend the sorrows around us and participate in activities towards truth and reconciliation. Each day brings opportunities for me to reach out to my colleagues who think differently from me. Each moment I can choose wisdom over ignorance, compassion over blame, and love over fear.



## Worship Cluster Update

By Pat Lucey

Summer Time is actually Fall Planning Time for the Worship Cluster, and we were fortunate in having a wonderful group of co-planners attending our August 20<sup>th</sup> Service Planning Workshop. Several Fellowship members joined us for a working lunch, during which we collaborated in reflecting upon what is involved in presenting high-quality Sunday services, and in delving deeply into the monthly themes which we will be exploring during the coming program year.

Theme Teams will be the foundation for planning our 2017-18 Program Year, and members and friends are strongly encouraged to join a Monthly Theme Team. Serving on a Theme Team is a one-month commitment which makes all the difference – to the Fellowship, to the quality of our Sunday services, and to you!

Each Theme Team will ideally consist of 2-3 Fellowship members/friends, plus Reverend Rod, who will be speaking on your theme for 2 Sundays in your chosen month, and will be providing ministerial support to the development of the Sunday services which grow out of your theme. The Worship Cluster has been working hand-in-hand with Rev. Rod for a year, and we can attest to the great value he brings to our worship planning mission. Join a Theme Team – it's good for you, and good for us! Contact Pat Lucey for details.

## Awards and More

Two members of First Congregation recently received the Ottawa Council on Aging's Margaret Griffith Award. Tara Upreti has occasionally attended UUFO services with Fred Cappuccino who was instrumental in bringing her to Canada from Nepal, where she was persecuted for her activism. Since 2006, Tara has been helping immigrants from Nepal and refugees from Bhutan here in Ottawa. Tara has helped 90 seniors, assisting with settlement, coordinating legal and health care, driving them to appointments and providing translation. More about her wonderful work is available online at <https://coaottawa.ca/about-us/awards>

The other recipient is Kathy Yach, a past president of First Congregation, and her long list of achievements is found on the same site.



## Worship Cluster

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

### Some Upcoming Services of Special Interest:

**Engagement Sunday, Sept. 24<sup>th</sup>:** Your engagement in the life of the Fellowship is our path to increased vitality, growth and sustainability. In this service, we will celebrate, honour, and encourage all our efforts, and look ahead to our Fellowship's future.

**Social Action Sunday, Oct. 1<sup>st</sup>:** During the coming year, our Social Action Cluster will make efforts to deepen our understanding of the history and current experience of the Inuit people. On Oct. 1<sup>st</sup>, the SAC will bring in a guest speaker, Martha Flaherty, who is the subject of the NFB film "Martha of the North".

**Winter Solstice Celebration, Dec. 17<sup>th</sup> (NOTE: Special Time of 4:00 pm):** We will join with the *Rassemblement français* for our yearly celebration of love, joy, and the return of the light at the darkest time of the year. Our celebration includes a sumptuous potluck holiday meal after our spiritual time together.

**Christmas Eve Celebration, Dec. 24<sup>th</sup> (Regular Time, 10:30 am):** Regardless of our wide theological diversity, many Unitarians love all those traditional Christmas carols. And in our Christmas Eve celebration, we'll give some of your favourite holiday songs a good workout -- let's sing in the holiday season with great gusto!



Tara Upreti



Kathy Yach



# Religious Exploration News

Submitted by Laura  
Ndoria



Laura Ndoria, Religious Educator



At the flower communion before the break, we had an opportunity to share some songs with the congregation and take part in the service. I hope in this new year to keep adding to the richness and beautiful diversity that the range of flowers so easily demonstrates during the flower communion. In working with the Children, Parents and committee members, we have a unique opportunity to foster and be part of making sure the children get to bloom in all their glory.

I hope all have enjoyed the summer and had opportunities to adventure and engage with the world in a different ways. The previous year we used the Holy Days and Holidays UU curriculum. As we gear up for a new year, we sat down with the RE committee and parents of children in RE to reflect and build a focus for the new year. We will be looking at add more elements of emotional growth as well as current events and how the children can engage with them. We will also be adding more music to the curriculum. If you are musically inclined, or would like to do some activities in any of the topic mentioned, please reach out to me, or any of the RE committee and we will gladly incorporate you into our planning.

We are also interested to hear back from you if there are any summer activities that you would like to see being started at the fellowship

## Call for Volunteers

We are looking for more volunteers to occasionally (once every 2 months for only 1 hour) help out with RE, as there are always 2 adults with the children. Please email [re@uufo.org](mailto:re@uufo.org) if you are interested.

Got some ideas for RE? anything you really enjoyed as a child ? Tell Laura N. during coffee hour!

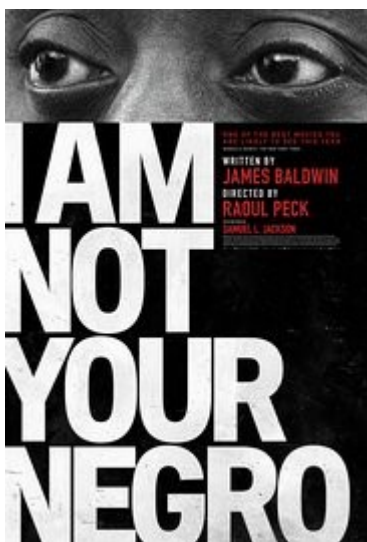




By Mike Jan

Late last month (July) a group of members of the Unitarian Universalist Fellowship of Ottawa went to the Bytowne Cinema to see "I am not your Negro" directed by Raoul Peck and starring Samuel L. Jackson as narrator. This was a documentary in which Samuel L. Jackson recited from a book James Baldwin was working on but which he never

## Movie Musings



finished. The documentary was about James Baldwin's thoughts on the lives and deaths of three of his friends: Medgar Evers, Martin Luther King Jr. and Malcolm X.

The documentary also included archival footage of race riots, speeches and public appearances by Evers, King and Malcolm X along with a few videos of more recent clashes between black Americans and the police and riots due to the deaths of black people at the hands of police who always got off without many repercussions.

This was a sobering documentary because one could see how bad things were for black Americans in the 1950's and 1960's in the United States and also how bad things still are, how much there is still to be improved upon. I learned a few things that I had not thought of in spite of the fact that I have watched other documentaries on civil rights issues in the United States during the 1960's.

I would have liked have seen a bit more time spent on the current state of affairs of race relations in the United States however I do recommend seeing this film if it comes back to the ByTowne or by renting it online when it becomes available.

I will continue to organize movie outings in which anyone is welcome to attend and writing reviews about some of them in our newsletters.

For people who like to watch repertory cinema films or the films of famous directors such as Ingmar Bergman Kanopy is now available for streaming free with an Ottawa Public library membership. I recommend it because the streaming quality is very good and the library will continue to provide it if there is an interest in it so sign up and watch.

## « The Dhamma Brothers »

Par Gustavo Gottret,

### Documentaire sur des détenus pratiquant la méditation Vipassana

*Au troisième jour de méditation, j'ai commencé à ressentir du calme. Et à partir de ce moment-là, pour la première fois dans ma vie, j'étais prêt à me prendre en charge...* Edward Johnson (The Dhamma Brothers, 2010)

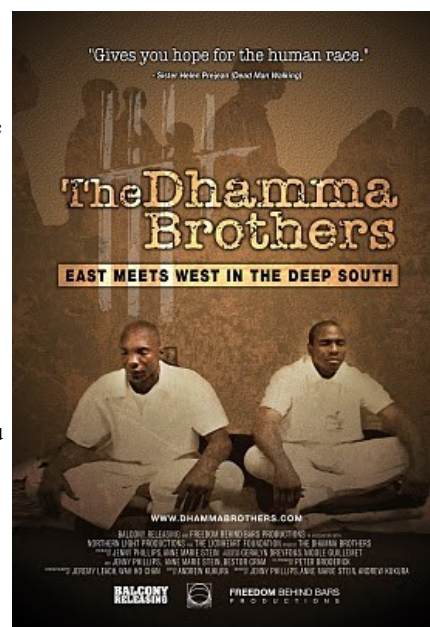
Dans l'État américain d'Alabama, des centaines des détenus sont enfermés dans la redoutable prison de sécurité maximale Donaldson, la plupart pour meurtre. De façon volontaire, quelques dizaines ont accepté de participer à dix jours de méditation intensive. Les résultats furent surprenants, les détenus ayant atteint un état de paix, de maîtrise de soi et de sagesse étonnants. Ce processus fut documenté dans le film « The Dhamma Brothers », disponible maintenant sur YouTube.

La méditation Vipassana, dont on a parlé dans « Le coin français », constitue un processus d'apprentissage qui se renforce à travers chaque expérience vécue et qui ne finit, en fait, jamais. Curieusement, on ne cherche plus à le finir, mais on dépasse plutôt l'obsession pour les *produits* tombant amoureux de la beauté ineffable du *processus* lui-même.

Plusieurs techniques de méditation considèrent l'importance de l'attention portée à la *respiration* (ou à un objet quelconque). L'originalité et la force de la méditation Vipassana tiennent, à mon avis, à la considération également des *sensations corporelles*. Ceci fait qu'autant la joie que la maladie ou la souffrance (physique ou mentale) peuvent devenir des instruments précieux de développement spirituel.

L'expérience de la prison d'Alabama n'est pas isolée. Elle a en fait commencé en Inde et a été reprise dans plusieurs prisons autour du monde. Il est curieux d'imaginer que, dans ces prisons, il y a un nombre grandissant de personnes qui jouissent de plus de liberté intérieure que celles qui sont (sommées) à l'extérieur!

Sources : Affiche : Wikimedia Commons. The Dhamma Brothers (2010). En ligne: [www.dhammabrothers.com](http://www.dhammabrothers.com)



## Social Action Cluster Update

By Marilynn Kuhn

As we announced at the AGM in June the Social Action Cluster will continue to focus our efforts on learning about Canada's First Peoples in 2017-18. This year we will make efforts to deepen our understanding of the history and current experience of the Inuit through Sunday services, education programs, advocacy and outreach.

The Inuit have a unique history and culture. And, they are also our neighbours. Ottawa-Gatineau is home to an estimated 3,000 Inuit, the largest community outside of the north. The provincial service organization, Tungasuvvingat Inuit (TI) (<http://tungasuvvingatinuit.ca/>), is based in Ottawa and has a community centre in Vanier. The TI web site states that the Inuit are experiencing an "Arctic Renaissance" in the south as well as the north. The Ottawa Inuit Children's Centre (<http://www.ottawainuitchildrens.com/>) is on McArthur down the street from the Fellowship. Like UU's they have a set of principles that guide their work:

- Fostering good spirit by being open, welcoming and inclusive
- Serving and providing for family and/or community
- Decision making through discussion and consensus
- Development of skills through observation, mentoring, practice, and effort
- Working together for a common cause
- Being innovative and resourceful
- Respect and care for the land, animals and the environment

We can probably all identify with these.

Our UUFO program begins on Sunday, Sept. 17<sup>th</sup> with the film "Martha of the North" ([https://www.nfb.ca/film/martha\\_of\\_the\\_north/](https://www.nfb.ca/film/martha_of_the_north/)) The film is the story of Martha Flaherty who will be our speaker on Sunday, Oct. 1<sup>st</sup>. On Nov. 5<sup>th</sup>, after the service., we will host a book discussion of *The Right To Be Cold: One Woman's Story of Protecting Her Culture, the Arctic, and the Whole Planet* by Sheila Watt-Cloutier.

A couple of other resources available on line or through the Ottawa Public Library (OPL) are listed at the end of this article.

We will also be looking for opportunities to go beyond our walls into the community to be with First Nations and Inuit peoples in their space. Stay tuned for more information. Hope you will join us.

Issues that challenge us to work for social justice surround us. Opportunities to learn, support and act are always present. In addition to the events related to First Nations and Inuit, the SAC will bring some other issues forward from time to time. These activities all represent UU principles in action. Chat with us about the issues. Let us know if you agree or disagree with a particular initiative. Suggest ways in which you would like to contribute to social action in our Fellowship.

Our cluster meets the first Tuesday of the month. Please join us. Bring your ideas and let us hear from you what successes you are celebrating or what issues you are concerned about.

### Resources

*Sanaaq: An Inuit Novel*

**Nappaaluk, Salomé Mitirjuk**

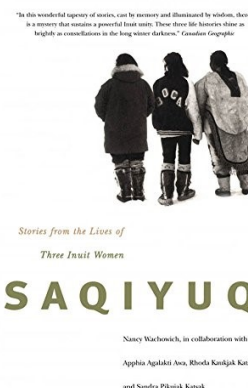
OPL description: "Story of an Inuit family negotiating the changes brought into their community by the coming of the qallunaat, the white people, in the mid-nineteenth century. Composed in 48 episodes, it recounts the daily life of Sanaaq, a strong and outspoken young widow, her daughter Qumaq, and their small semi-nomadic community in northern Quebec.



*Saqiyuq: Stories From the Lives of Three Inuit Women*

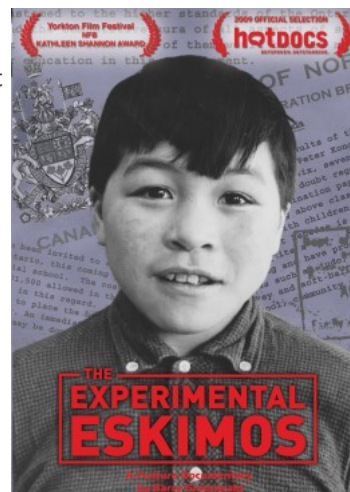
**Wachowich, Nancy, 1966-**

OPL description: *Saqiyuq* gives a vivid portrait of the changing nature of life in the Arctic during this century. Through these life stories a grandmother, daughter, and granddaughter present the cycles of life against their contrasting experiences.



**The Experimental Eskimos – DVD**

OPL description: In the early 1960s the Canadian government conducted an experiment in social engineering. Three 12-year-old Inuit boys were sent to live with White families in Ottawa, to be educated in White schools. The bureaucrats who brought the boys South did not anticipate the outcome of their experiment.





For a month now we have been expecting the imminent arrival of the two brothers the Fellowship has applied to sponsor as refugees from Burundi. On June 19<sup>th</sup> April Hope (Social Responsibility Coordinator with the Canadian Unitarian Council) received notice from the ministry of Immigration, Refugees and Citizenship Canada that **Permanent Resident Visas** have been issued for them and that, barring unforeseen circumstances, we could expect their arrival in Canada within four to ten weeks.

On July 6<sup>th</sup>, we learned the brothers had been informed that they would be departing Rwanda (their refugee host country) on Monday, July 10<sup>th</sup> and arriving here the next day. Unfortunately, when they went for final clearance on Monday morning they were informed they would have to produce additional documentation from the Fellowship: a letter confirming our commitment to sponsor them and proof that we are an officially registered organization in Canada. We hastily produced the requested documentation and the brothers presented these to the Rwandan authorities. They were told to return home and await a phone call regarding new travel plans.

The brothers and we have made inquiries as to the continuing delay. There are questions about possible additional documentation requirements being piled on by Rwandan authorities for unknown reasons. April Hope is in communication with colleagues at the United Nations High Commission for Refugees and the International Organization for Migration. These two organizations deal directly with the Government of Rwanda regarding exit permits for refugees they are hosting in their country.

We are continuing to wait hopefully for the brothers' imminent arrival.

## Refugee Sponsorship

By Helmut Kuhn

Application ready: August 2016



Refugee committee: May 2016

## Summer Singing

It was a musical summer for our Fellowship singers, who met regularly on Wednesday evenings throughout July and August to work on our voices, our repertoire, and our presentation of some of our favourite Fellowship songs (as well as some new ones). Our veteran Songsters were delighted to welcome some new voices into our midst – the more, the merrier!



As we organize ourselves for the upcoming program year, the Songsters will be hosting regular singing rehearsals at the Fellowship for everyone who would like to join us. Some thought is being given to establishing a regular time slot which can accommodate both those who work daytime hours during the week and those who are unable to join us for most evenings (we're such a busy lot!). Pat Lucey is the current Organizer-in-Chief for the Songsters' rehearsals, so please let her know if you would like to sing with us – everyone is welcome, no choir experience or note-reading skills required.

**Contact:** [pattylucey298@gmail.com](mailto:pattylucey298@gmail.com)

# Coin Français

Par Gustavo Gottret,



## La méditation Vipassana, merveilleux instrument de libération

« Le problème fondamental de la vie tient à sa nature d'insatisfaction permanente », disait S.R. Goenka, « des choses que nous ne voulons pas nous arrivent, et des choses que nous voulons ne se produisent pas. En plus, nous ignorons comment ou pourquoi ce processus fonctionne, tout comme nous ignorons notre propre commencement et fin » (Hart, 2011, p. 13).

Satya Narayan Goenka (1924-2013) était un homme d'affaires indien habitant en Birmanie. Correct et discipliné en tout, il souffrait cependant d'un tempérament irascible qu'il n'arrivait pas à surmonter. Ceci, jusqu'au jour où il découvrit le chemin du *Dhamma* suivant l'une des anciennes traditions bouddhistes.

« Le Bouddha n'a enseigné aucune religion, ni philosophie ni système de croyance », continuait Goenka. « Il a appelé son enseignement *Dhamma*, c'est-à-dire "la loi", la loi de la nature. Il n'avait aucun intérêt pour le dogme ou la spéculation oisive. Au lieu de cela, il offrait une solution universelle et pratique pour un problème universel » (Hart 2011, p. 14).

Selon Goenka, il s'agirait d'utiliser une technique d'observation de *ce qui est*, ou *Vipassana* en langue pali. « J'ai appris tellement de cette technique! J'étais une personne très riche, très en colère, et très malheureuse. J'ai eu beaucoup de problèmes dans ma vie; et cette technique m'a pris hors de ces problèmes comme si j'étais né de nouveau » (Goenka, 2002, p. 15).

De façon pratique, Goenka suggérerait : « Aussitôt qu'une souillure émerge dans mon esprit, ma **respiration** perd son rythme naturel, comme si elle se mettait à crier : "Regardez, quelque chose a mal tourné!" (...) *Je dois accepter* l'avertissement. De même, les **sensations** me disent: "Quelque chose a mal tourné!". *Je dois accepter* cela. Puis, après avoir été averti, je commence à *observer* la respiration, les sensations, et je trouve très vite que la souillure disparaît ». (Op.cit., pp. 55-56).

Les « *Je dois accepter* » de Goenka se réfèrent à une observation sans jugement. Effectivement, à chaque fois que nous ressentons quelque chose, nous avons tendance à la juger comme agréable ou désagréable. Ceci, la plupart du temps de façon inconsciente. Avec un peu de pratique, favorablement, on devient de plus en plus conscients et habiles à ressentir sans juger, à observer avec équanimité. C'est le point de départ du processus de libération.

Ce processus d'observation n'est point passif du tout. En plus, le fait de porter notre attention sur notre respiration et/ou sur nos sensations corporelles enlève l'attention portée (inconsciemment) sur nos souillures. Et, faute d'alimentation, celles-ci s'évanouissent. Disparaissent-elles à jamais? Écoutons encore Goenka à ce propos :

« Ainsi, en observant la respiration ou la sensation, j'observe indirectement la souillure mentale. Au lieu de fuir le problème, je suis confronté à la réalité telle qu'elle est. Alors je trouve que la souillure perd sa force; elle ne peut plus me dominer comme dans le passé. Si je persiste, la souillure finit par disparaître complètement et je reste en paix et heureux ». (Op.cit., p. 56).

Le fait de partager cette activité de méditation avec d'autres semble garder une magie particulière. C'est ce que découvrons celles/ceux qui participons aux séances de méditation, quelques samedis matin, dans le sanctuaire du Rassemblement UU d'Ottawa. *Soyez les bienvenus!*

### Références

Centre de méditation Vipassana (Québec, bilingue). <https://www.suttama.dhamma.org/fr/>

Goenka, S. N. (2002). Méditation maintenant : paix intérieure à travers la sagesse intérieure. Pariyatti Publishing. Édition Kindle.

Hart, William (2011). L'art de vivre : la méditation Vipassana enseignée par S. N. Goenka. Pariyatti. Édition Kindle.

(Traduction des citations en anglais par l'auteur de cet article)

## Rassemblements Francophones

automne 2017 de 11:30 à 14 hrs  
le 4<sup>ème</sup> dimanche du mois.

### 24 Septembre:

Thème: Pourquoi nous rassembler?  
Avons-nous un engagement communautaire?

### 22 Octobre;

Thème: Fraternité et interrelations  
(notre besoin d'appartenance?)

### 26 Novembre:

Thème: Guérison spirituelle

**17 Décembre.** ( 3<sup>ème</sup> Dimanche du mois )

Thème: SOLSTICE coordonné et animé par le Rassemblement

## Invitation spéciale:

un complément à notre  
Rassemblement francophone mensuel :  
il y aura un Groupe de croissance spirituelle, le 2<sup>ème</sup> mardi soir du mois de 18 hrs 30 à 20 h 30. Ce groupe nous donne non seulement l'opportunité d'échanger de façon plus intime sur des sujets spirituels, mais aussi d'expérimenter de façon bien concrète ce que nous voulons vivre dans notre quotidien.

**Contact:** [luciemariecb@rogers.com](mailto:luciemariecb@rogers.com)



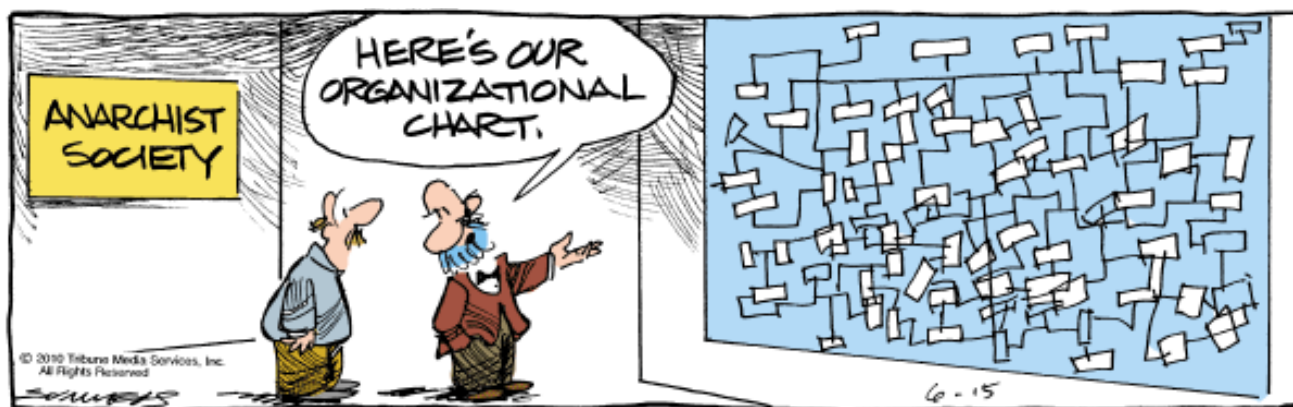


# Engagement Sunday

By Pat Lucey

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

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



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

NOTE: As September 24<sup>th</sup> is also a Rassemblement Sunday, the morning will be structured so that those who

## Developmental Project Plan

After several months of work and consultation, the Developmental Ministry Task Force presented a Project Plan to the congregation in May, 2017. This plan is a nuts-and-bolts management guide which will be used to lead the Fellowship forward through the 2-year developmental phase we planned and worked for over the preceding couple of years.

The Developmental Ministry Task Force agreed that "focusing on Vitality, Growth and Sustainability will be the framework of this Project Plan, as these overarching goals do contain within themselves all other subsidiary goals which the Fellowship has articulated." The full text of the Project Plan can be found at this link: <https://sites.google.com/site/uufoffice/developmental-plan> We encourage you to familiarize yourself with its content, and to reflect upon ways in which you could participate in activities, strategies and projects which will promote our Fellowship's Vitality, Growth and Sustainability.

*Developmental Ministry Task Force: Laura Evans, Pat Lucey, Chris Baddeley Girard, Enrique Soto, Rev. Rod Solano-Quesnel*

## Creating a Community Cookbook: Two Years in the Works:

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

*Edited by Andrea Young*

Two years ago, in the December 2015 issue of Fellowship News, we announced the ambitious project of creating a community cookbook with the intention of capturing the spirit of the Fellowship Potluck meals that everyone enjoys. In that issue, we said *“Someone once said that the UUFO does 3 things well: eat, sing and have great conversations. This project is intended to capture some aspects of the first of the three. Our community has many treasured recipes, beloved as much for the memories they evoke of get-togethers or a special event, as it is for the taste.”*

To make it practical, the Newsletter team decided to do a column in each issue including 1 (sometimes 2 or 3) recipes. It has been great so far and we have gathered 10 wonderful recipes in the issues of the Fellowship News published since that date – with a 11<sup>th</sup> in this issue. This has been a great Phase 1.

Now, with the inspiration of Reverend Rod, we think we are ready to move to Phase 2 – engage the community on a wider scale to gather about 20 more recipes (or more if people contribute) with a view to publishing an online 1<sup>st</sup> draft of our new cookbook next June. This sounds simple, but to make it a success we need your help and enthusiasm. We invite you to do 2 things to help: 1st, we ask you to identify dishes served at the potlucks that you would like to be included and 2nd, submit favourite family recipes that you would like to share with our community.



We have a name for it: **“The Food, Fellowship, and Fun: Our Cooking Together Cookbook”**. I understand from one long-time member that there was a cookbook created a number of years ago. We hope to build on that experience and make this a fun process of creation and food testing lasting through this fall, winter and spring seasons. Stay tuned for more details

### Recipe #11 : Vegetable Quiche Aux Légumes

Submitted by Lucie-Marie Castonguy-Bower

Source : j'ai créé cette recette à partir des suggestions de ma sœur Agnès et de mon amie Marie-France.

#### Ingredients:

- 2 to 3 white potatoes or a medium sweet potato mashed (adapt of the size of your quiche dish)
- Small cubes of butter
- A green vegetable: spinach, asparagus or another of your choice
- peppers, kiwi, green onions, celery, carrots or any other vegetables that you would like to taste
- Shredded cheese or goat cheese or any other kind you prefer
- 4 eggs for a medium quiche
- ½ a cup of milk or less, again depending of the size of your quiche

#### Preparation:

1. Spread the mashed potatoes in the bottom of your pie plate and flatten with a fork; (this replaces the dough, will harden when cooked)
2. On top of potatoes spread a few cubes of butter
3. Add your green vegetable (there could be more than one) and little onions
4. Add a bit of your cheese then add all the other vegetables that you have chosen
5. Top it up with the rest of your cheese (the amount is yours)
6. Beat your eggs with the milk (you can add up spices or herbs if you like) and pour on top.
7. Cook slow in oven at 325 for about an hour (better than at a strong heat)

Enjoy it with a toast or an English muffin and a small dish of fruits.



## Recipe #11 : continued

### QUICHE AUX LÉGUMES

- 2 à 3 tasses de patates blanches ou sucrées rappées Adapter selon la grandeur de votre assiette –
- Petits dés de beurre
- Légumes verts : épinard, asperges, ou autre de votre choix
- Poivrons, kiwi, cèleri, oignons, carottes -ou autres de votre choix - émincés
- Fromage rappé ou fromage de chèvre ou autre de votre choix
- 4 gros œufs pour une quiche médium
- -1/2 tasse de lait (la sorte que vous utilisez) ou moins dépendant la grandeur de votre assiette



#### Préparation

1. Étendre les patates dans le fond de l'assiette et bien écraser avec une fourchette. ( sera ferme après cuisson, remplace la croute)
2. Étendre les dés de beurre sur les patates
3. Ajouter le ou les légumes verts
4. Couvrir avec un peu de votre fromage rappé et ajouter vos autres légumes
5. Couvrir le tout avec le montant de fromage que vous désirez
6. Battre vos œufs avec le lait (vous pouvez y ajouter des épices ou des herbes si vous désirez) et verser sur le dessus.
7. Cuire lentement à 325 degrés pour une heure. (Comme cela les légumes ne sont pas trop cuits)

Servir avec rôties ou scones ou muffin anglais ou autre pain de votre choix. Ajouter quelques fruits en fait un régal.

### Scripture Seekers Series *Struggling with Spiritual Sources*

Have you ever struggled with scriptures from great faith traditions? Do they make you uncomfortable? Or maybe they just seem difficult to understand?

That's a good sign you're ready to engage with these spiritual sources!

The 5-part **Scripture Seekers** series is your chance to explore the questions of ancient - and sometimes confusing - wisdom. To de-mystify *and* re-mystify them! To see your own sources of inspiration in a new light and delve deeper into their richness!

**5 Sessions - Thursdays 6:30-8:30**

October 5  
October 19  
November 2  
November 16  
November 30



## PUB NIGHT

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



Friday  
6:30 pm  
Sept. 22nd  
Oct. 20th  
Nov. 17th

*Everyone Welcome!*



# Unitarian Universalist Fellowship of Ottawa

*Everyone Welcome | Bienvenue à tous*

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

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

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

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@UUFellowshipOttawa

## Fellowship News

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Send submissions, comments, or  
letters to the editors to:  
newsletter@uuf.org

Submissions for the Winter Issue  
are due October 20th 2017

Many thanks to our contributors and  
editors!

## Editorial Team:

Content: Andrea,  
Lucie-Marie, Pat,  
Michel

Layout: Laura N.



## Fall Events and Services of Note

### September

**Friday, Sep. 15**      **UU Round Table Lunch**      **13:00**

Join the lively discussion at 875 Richmond rd. Ho Ho Chinese Restaurant.

**Sunday, Sep. 17**      **Film and Discussion**      **12:00**

Join the congregation and stay after the service to watch "Martha of the North"

**Friday, Sep. 22**      **Fellowship Pub Night**      **18:30**

All are welcome for fun, food, and conversations with Fellowship friends

**Sunday, Sep. 24**      **Engagement Sunday**      **10:30**

Friends are invited to join us on this engagement and rassemblement Sunday

**Dimanche, Sep. 24**      **Rassemblement**      **11:30**

Theme du rassemblement : Pourquoi nous rassembler? Avons-nous un engagement communautaire?

### October

**Sunday, Oct. 1**      **Social Action Cluster Sunday**      **10:30**

All are welcome to the service and please stay for our guest speaker  
Martha Flaherty

**Wednesday, Oct. 4**      **Stone Soup**      **11:30**

All are welcome to join UUFO and Heartwood House for stone soup lunch

**Friday, Oct. 20**      **UU Round Table Lunch**      **13:00**

Join the lively discussion at 875 Richmond rd. Ho Ho Chinese Restaurant.

**Friday, Oct. 20**      **Fellowship Pub Night**      **18:30**

All are welcome for fun, food, and conversations with Fellowship friends.

**Dimanche, Oct. 22**      **Rassemblement**      **11:30**

Theme du rassemblement : Fraternité et interrelations



### November

**Sunday, Nov. 5**      **Service & Book Discussion**      **10:30**

All are welcome to stay after service for discussion of "The Right to be Cold"

**Sunday, Nov. 12**      **Service & Newcomer Lunch**      **10:30**

All are new& interested members welcome to stay after service for a lunch

**Friday, Nov. 17**      **Fellowship Pub Night**      **18:30**

All are welcome for fun, food, and conversations with Fellowship friends.

**Friday, Nov. 17**      **UU Round Table Lunch**      **13:00**

Join the lively discussion at 875 Richmond rd. Ho Ho Chinese Restaurant.

**Dimanche, Oct. 22**      **Rassemblement**      **11:30**

Theme du rassemblement : Guérison spirituelle