

Fellowship News

Infolettre UUFO

FALL ISSUE
SEPTEMBER 2019



We Are Community!

What are you seeking when you come to our Fellowship?

For the majority of people who participated in a congregational forum hosted by our Board of Directors in April 2019, the overwhelming answer was: **Connection.**



Kitchen volunteers at our August Potluck!

We come for spiritual nourishment, we come to expand our horizons, but more than anything, we come for the warmth and love we experience in a community that cares about us.

Read on, to experience some of the wonderful ways we are creating connections with one another! From Caring and Sharing (p. 2-3), our regular source of news, a written “Joys and Sorrows” to hold one another in our thoughts (and this particular column is full of Joys!) to the Eastern Regional Gathering of Unitarian Universalists happening in Ottawa in October (p. 14).

Community is truly a theme for this year, a focus for our Board of Directors, the underlying pull for our many social gatherings, and the foundation that allows our spiritual growth practices to flourish.

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Two connections in one: coming together for lunch at Perkins, and sending cards to friends!

Caring and Sharing

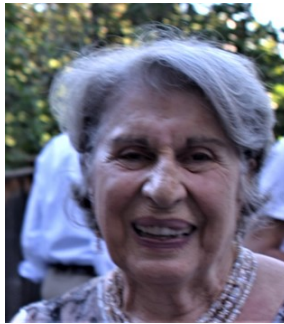
Submitted by Pat Lucey

Milestones:

June and John recently celebrated their 70th wedding anniversary -- a notable achievement!

Ken had a birthday in August, and celebrated with his son and grandson. Cheers, Ken!

Marina celebrated her 85th birthday in style with family and friends. You're looking great, Marina, as always.



Lawreen's 90th birthday party was held at her son Brian's home, where some familiar Fellowship faces turned up in the photos:



Left to Right: Don and Louise McDiarmid, Gary Weinhold, Pat Lucey, Marlene Hewitt

Of course the goth birthday girl in the front is Lawreen Pratt

On the move:

Jean is still in The Rockcliffe Retirement Residence, but has moved to a different floor.

Lorna is moving to the London, Ontario area be closer to her daughter and grandchildren. We will miss you so much, Lorna! But I think we'll all be happy for you to be living so close to your dear daughter and grandchildren.

Marilyn G. has moved back to the States to be closer to her daughter. She sent us the following message: "Thank you all. I will miss you all and your wonderful Fellowship."

Summer travels – in their own words:

"**Elinor and Mark** made a journey to the Atlantic Provinces spending most of their time in Newfoundland, from Cape St. Mary's to Gros Morne. In Nova Scotia they met old friends, including former members of UFFO, Judy and David. They are well and send greetings to those who still remember them. On their return trip they crossed the St. Laurence and St. Simeon and stopped at 'Wits End' Pat's charming cottage in Port au Persil that some UUFO members have visited. Even though Pat would prefer to have spent the summer at Wits End, her daughter reports Pat is doing well in Victoria."



Stopping by at Wits End, July 28, 2019

Caring and Sharing

“At the end of July, **Alana, Lilian, and Margaret** made a short trip to Nova Scotia as part of Alana's research on possible universities for fall 2020. While in Nova Scotia we were able to make a short side trip to Grand Pré to see the UNESCO World Heritage Site in the Minas Basin and the historic exhibits on the Acadian deportation of 1755 to 1762.

The photo shows the girls posing in front of a statue of Longfellow's fictional Evangeline. In the background is a church built by the Anglos after the destruction of Acadian homes and buildings.

Overall, the trip was good fun, with good university tours and pleasant sightseeing. ...and no...Alana has not yet decided where to apply for university next year....”



“**Helmut and Marilynn** had two big events this summer. First, the arrival on Aug. 10th of our first great-grandchild – Riley Joseph, son of **Tamara and Greg**. Those who have been around many years will remember Tamara when she was part of the children's fellowship.



Second, a reunion of the volunteers and field staff who served with CUSO in Botswana from 1970 – 85. About 130 people from all over the world responded to an event we thought might attract about 50. It was an animated and joyous occasion with people we had not seen in about 45 years. Continuing affection for the people of Botswana was reflected in the \$9,600 collected for the Botswana Gender Based Violence Prevention and Support Centre.”

And one final note from the Caring and Sharing Editor:

I always enjoy putting this column together for our newsletter – it's my chance to play Roving Reporter (should I get one of those hats?), and get out there looking for the latest scoop. Would anyone like to join me in my adventures as the Caring and Sharing Co-Editor? It's a great way to learn more about what your Fellowship friends have been up to!





What does it mean to you to read our Fellowship motto: Everyone **Welcome** | *bienvenue à tous*? Who do we explicitly include in this statement? Who might be implicitly excluded?

Themes for Contemplation

This Fall, our Adult Religious Exploration program will build on our now-familiar Themes for Worship. Once a month, all are welcome to join a casual discussion circle following the service to delve into the theme of the month. Discussion circles are an opportunity for spiritual growth and exploration, for getting to know oneself, and one's neighbours, and to spend 45 minutes engaging with the monthly theme in an interactive way.

Look for prompting questions, encouraging contemplation on the month's theme, in Friday Notes and in the order of service.

Notes from Membership and Welcoming

As we begin a new season for our Unitarian Universalist Fellowship in September, your Welcome and Membership Cluster of Lucie-Marie Castonguay-Bower, Carolle Séguin, Hoppy Roy, and Andrea Young is looking forward to welcoming newcomers, regular attendees and new members once again. We also want to thank our set up teams and the entire congregation for being so warm and welcoming to visitors and newcomers each and every Sunday!

It is always exciting to see newcomers feel welcomed and become a part of our Fellowship—perhaps by becoming new members, but also by contributing to our Fellowship in so many ways—bringing new energy and ideas, serving on committees and team clusters, helping with planning, being part of discussions and activities, helping with our weekly services and even becoming members of the Board of Directors on occasion! In the past two years, we have welcomed ten new members to our Fellowship!

We are holding our first planning meeting of the fall season on August 23. As well, fall is also the time that we work with Sarah to update our Fellowship Directory.

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

- Welcome newcomers to our Sunday services and help them learn about our Fellowship and to feel at home
- 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 is up-to-date
- Assist in the annual publishing of the UUFO Directory

The Welcome and Membership Team hopes everyone had an enjoyable and safe summer and we look forward to an exciting new fall season!

In fellowship,

Lucie-Marie, Carolle, Hoppy, Andrea.

Board Walk

By Brandon Milk

The summer has been filled with UUFO events, from pub nights to Ted talks and potlucks. The board would like to thank everyone who has participated in organizing summer activities. Based on feedback gathered at our last congregational discussion, we have decided that our overall theme for the upcoming program year will be “community.” The board’s focus will be how to build it and sustain it.

It has been a busy and productive summer for the board. We started off with a board “retreat” in June, where we gave new members an in-depth orientation, divided duties, and created a detailed timeline for the coming year. We plan to address some items that need updating, such as our Fellowship policies and by-laws. We’d like to thank Nick Lapan and Laura Evans for helping with the by-laws.

Board activities have continued throughout the summer. Together with Sarah, Martha and Laurie-Anne organized spring/summer cleaning for our space. Janet decided to put her social media skills to work and started a Twitter account for the Fellowship. Allison and Janet attended a meeting with Heartwood House to discuss partnering with the organization Co-Energy Canada to find ways

to conserve energy use in our building. This initiative is in the preliminary stages.

There are many exciting things in progress now, some of which will bear fruit soon. Dave and others involved in the new Legacy Fund have worked hard to draft its policies. Laurie-Anne, Fran, and Brandon are planning an Engagement Sunday service that promises to be not just engaging but entertaining as well. The board has also gotten an early start on the 2019 pledge campaign.

Fran and Brandon (along with Pat Lucey) have been meeting with First Unitarian to discuss the feasibility and desirability of sharing an intern minister for the 2020-2021 program year. The board has decided to go ahead with searching for a suitable intern. A search committee - made up of members of First and UUFO - will be struck early in the fall.

As summer winds down, we are all excited about what the upcoming year will bring. Our strong and vibrant community is growing in depth and numbers, and we look forward to a fruitful year ahead, rich with activity, commitment and fun.



Adult Religious Exploration: Workshop Opportunity

Advanced Care Planning

November 30th 9am-12pm

On the last Saturday in November, UUFO will be hosting a popular workshop from Dying with Dignity. Trained volunteers from DWD Canada will lead participants through the steps of considering and creating an advanced care plan, to help take the guesswork out of documenting your wishes for the end of your life.

Sign up on the registration sheet on the welcome table now!



Dying With Dignity Canada
It's your life. It's your choice.



Did you know? The Canadian Unitarian Council has a long history of advocating for the right of people to choose the time and manner of their death in specific circumstances. The CUC continues to be involved, working towards more comprehensive legislation. For more information you can visit cuc.ca/social-justice/assisted-dying



COIN FRANÇAIS

Rassemblement Unitarien Universaliste d'Ottawa

par Lucie-Marie Castonguay-Bower

Un petit coucou à tous pour vous souhaiter la bienvenue au Rassemblement Francophone 2019-2020.

Je profite de l'occasion pour vous donner un survol de notre rétroaction de Juin 2019.

Tout comme à chacune de nos Célébrations mensuelles, tous ont apportés une écoute active, respectueuse et non-directive. Notre partage venait du cœur et l'empathie y régnait.

Je vous cite quelques-unes des réflexions exprimées :

« Notre Célébration mensuelle nous permet de connaître les gens un peu plus en profondeur ».

« La spiritualité est regardée et partagée différemment en fait nous l'explorons de toutes les façons... »

« J'apprécie tellement les activités créatives pour explorer la relation... tout en poussant nos traditions on nous les fait vivre physiquement ».

« La façon dont nous travaillons nos valeurs, cela me pousse à agir ».

« Cela vaut la peine de m'organiser ce dimanche-là pour venir au Rassemblement ».

« Ici à Vanier, la langue française fait partie de la communauté et enrichie l'expérience du Fellowship. ».

Nous avons aussi partagé notre vision pour l'année à venir. La mise au point suivante (d'une personne qui a pris le temps d'envoyer sa réflexion par courriel) démontre bien ce qui est primaire concernant notre Célébration mensuelle :

« Je pense qu'il ne faut pas oublier de dire que nous sommes aussi à l'écoute des besoins, chagrins et célébrations des membres du Rassemblement et quoiqu'un petit groupe nous pouvons accomplir des choses importantes comme nous l'avons fait pour Urbain. C'est en écoutant sa peine et en faisant suite avec le Conseil d'administration que ses frères furent parrainés et être avec nous au Canada maintenant. »

♦ Nous désirons inviter plus souvent des gens de l'extérieure pour présenter et participer. Cela nous permet une plus grande ouverture d'esprit et possibilité d'étendre notre action de justice sociale.

♦ S'il y a intérêt, nous espérons développer un groupe de discussion.

♦ Aussi il est évident que nous continuons notre autre activité mensuelle : « Le Cercle de croissance spirituelle ». Ce dernier est ouvert à tous ceux et celles qui peuvent s'exprimer en français, qui désirent

expérimenter l'écoute en profondeur et partager spirituellement de façon plus intime. (Cédule dans les annonces du vendredi).

Nous espérons vous accueillir parmi nous à nos prochaines **Célébrations mensuelles** (Toujours le 4^{ième} dimanche du mois à 11 h30) :

Le 22 Septembre - Thème : Accueil et bienvenue

Le 27 Octobre - La communauté

Le 24 Novembre - Hommage à ceux et celles qui nous ont quittés. (Se souvenir)

Le 22 Décembre - Le Solstice (16h30)

Aurevoir,
amitiés, paix,
lumière,
Lucie-Marie



Caring Circle Reviews How It Does Its Work—Seeks Input.

By Mark Mueller, Chair of the Caring Circle

There is a dedicated group of volunteers in our Fellowship who reach out to members in a caring and respectful way when the need arises. It may be a card wishing you well, a telephone call, an e-mail to make contact, a visit or simply a listening ear. They are not Pastoral Care Visitors, a function requiring specialized training. Rev. Ellen Bell has been engaged by the Fellowship to do this work, but recently, health issues have prevented her from discharging her duties.

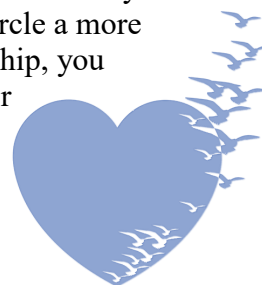
For those of you unfamiliar with the Caring Circle, many of you will have heard the appeals by Marlene to sign a 'thinking of you' or a 'get-well' card during announcements on Sunday services. She also appeals to enlist volunteers for the immediate months ahead. Marlene has been a 'carer-par-excellence' and her contribution to the well-being of the Fellowship needs to be recognized. Without her ongoing dedication, the Caring Circle would surely have crumbled.

“ You get to know other members and have the satisfaction of making a difference in their lives...”

Becoming a volunteer for a month is a satisfying task. I know, as I have volunteered in the past to make contact with members not often seen on Sundays, or who were in hospital. You get to know other members and have the satisfaction of making a difference in their lives by reaching out. It is understood that all communication remains private and confidential.

Since 'caring' can be interpreted quite broadly, the Committee, at its August meeting, agreed to review its mission, examine what can be learned from other congregations, large and small, and seek input from Fellowship members. We want to assess what we do well and where we can

improve what we do. If you have any ideas that would make the Caring Circle a more vibrant part of the Fellowship, you can contact Allison, Ken or Mark. Our timeline is to have a draft ready by the end of September.



Children's Religious Exploration

The Religious Exploration Cluster has been hard at work this summer, planning for the coming year. Watch for an announcement about a new RE leader following the September Board meeting.



A Meditation Excursion

By Evangeline Danseco

On August 3rd, 2019 we went to visit a Buddhist monastery located in nearby Perth called Tisarana. It was a lovely sunny day, spent close to nature, filled with grace and the beauty of the countryside. There were eight of us who made the trek: Claire, Enrique, Evangeline, Gustavo, Indigo, Lucie-Marie, Marie-Claire, and Miriam.

The Tisarana follows a forest tradition (Theravada Buddhists or Buddhism practiced primarily in Thailand, Sri Lanka and Myanmar), where monks live in simple, single huts called “kutis” and study the Pali discourses. The monks adhere to 227 rules handed down from the Buddha.

One of the rules related to eating one meal a day, not touching money and accepting only what is offered (for example, food or gift donations).

Another delegation – Sri Lankans based in Toronto – was there to visit and learn about the monastery, too. When we arrived at around 11 am, we first deposited our offerings for the potluck lunch, and waited by the library. As we browsed through their books, we learned that they do not charge for any of their publications (and they do accept offerings).

We were then ushered into a meditation hall. Six monks sat in cushions around the front and sides of the room, and towards the middle and back were the two groups who came to visit, plus a couple of local folks from Perth. Each dish was presented as an offering to the monks. The food was blessed and each monk could then fill their bowls. The guests had a silent lunch and then were able to visit and chat before the 1:30 guided meditation and dharma talk.



Meditation excursion group!

“ It was a spectacular day overflowing with a rich kaleidoscope of many many blessings. The dharma talk was enlightening and engaging.”
- Indigo

The afternoon meditation was led by Venerable Khemako, an American who had a former career in Silicon Valley. He guided

us in a body scan meditation (a few of us might have struggled to keep awake after the wonderful food brought by the Sri Lankans!), and then led us into a talk about one of the effects of meditation: becoming less snarky!

During the dharma talk, the monk spoke of the process: We first begin to notice when we are sarcastic. As we deepen our practice, we might then become curious and notice the many other feelings and thoughts that emerge when we are sarcastic and snarky. Then perhaps as we further deepen our practice, we might realize we can drop our need for revenge.

More information about the Tisarana monastery is available in their website: tisarana.ca/ Check out their calendar for the Saturday public talks and meditations. There are opportunities to visit a temple affiliated

with their monastery, located near the South Keys area or talks on some Friday nights at the Quaker House in the Glebe (Ottawa Buddhist Society, ottawabuddhistsociety.com/).



Won't You Be Our Neighbour!

Getting to know our Heartwood House Neighbours: Eat More Soup!

By Sarah Baxter

On any given weekday, if you wander into or past the kitchen, Chef David Irish is likely there, ready to chat. From Monday to Thursday, aromas emanate from our kitchen, where a variety of vegan soups are prepared and sold by Eat More Soup, a social enterprise and training program developed by Heartwood Member group, Adult Learning Styles and Outlooks (ALSO).

Eat More Soup emerged as a result of ALSO's idea to offer lunch to their students. As the idea evolved, Eat More Soup became a teaching opportunity, taking on interns who learn culinary skills from Chef David and Sous-chef Gord Neve (who many of you may recognize as our go-to kitchen support for UUFO potlucks). Interns, many of whom are out of work, or frustrated with their current lives, gain practical skills as well as self-confidence before being set up with real career opportunities throughout the city.

Eat More Soup has now become a staple of Heartwood House during the week. On Souper Wednesdays, soup is served by the bowlful for just \$1, usually with delicious garlic toast on the side, to everyone working and attending programs in the building. Souper Wednesdays have become an opportunity for folks to gather in the foyer over lunch, where you might have the opportunity to chat with someone new from Heartwood!

Chef David enjoys getting to meet and talk to the many various people who work in Heartwood House. He also loves using Souper Wednesdays to test recipes. If a soup is a hit in the building, you know it will be a popular seller! Eat More Soup is sold through several local grocery stores, such as



Gord Neve & David Irish

Kardish and Independent, and is looking at expanding to new stores this fall. (And maybe introducing pickles to the menu!)

All soups are vegan, and Chef David brings years of vegetarian cooking experience to the program. And while the growth of the business is exciting, the most rewarding part for David is seeing the confidence and skill grow in each intern, who goes on to employment at the end of their program.

If you are looking for lunch on a Wednesday, try stopping in for soup! Chef David is always good for a chat, and you never know which Heartwood neighbour might join you for lunch!



How does your **community** feed your soul?
How do we form and create meaningful relationships? What different needs do different kinds of relationships (Family, friends, like-minded community connections) serve in our lives?

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



Opportunities to become involved in
September/October include:

- ◇ Reflecting on the sacredness of water to life and justice at our In-Gathering service on September 8th
- ◇ Collecting discarded single use plastic water bottles, depositing them at UUFO and joining SAC members and many other Ottawa groups to bring them to parliament hill at noon on Friday, September 13 to raise awareness about the plastic crisis. (contact Elinor / see <https://www.owsagottawa.org/>)
- ◇ Reviewing the results of your comments after our Earth Day play on June 2nd, and voting on priorities as we plan for future activities.
- ◇ Supporting the youth mobilizing for action in the *Fridays for Future* movement. They are collaborating with other groups for a major demonstration on Friday, September 27th. For more information go to: facebook.com/FridaysForFutureOttawa
- ◇ Helping with logistics for an all-party environmental debate in our Sanctuary on Thursday, Oct. 3.
- ◇ Joining our Social Action Cluster e-list to receive a weekly update on relevant events in Ottawa (contact Claire at cheistek@sympatico.ca)

Can we hear the "voice" of Mother Earth? How do we respond? Most of us are doing some things. Many of us know that whatever our individual actions, they are not enough. What is "enough"? How can we – as individuals, as a Unitarian community, as citizens hear the "voice" and answer?



Many "voices" are speaking for Mother Earth. Indigenous elders, young people, scientists, environmentalists, activists, artists, spiritual leaders ... to mention a few. Their call is urgent. Mother Earth will survive, but time to preserve the conditions that support our human population does not favour gradual change.



100 DEBATES
on the **ENVIRONMENT**



As a Unitarian Fellowship we are called both by our UU principles and our UUFO mission statement to "...nurture meaning, hope and reverence for the earth..." As the Social Action Cluster plans its program for the coming year, we invite you to join us in finding ways to help each other find hope, to educate ourselves, to deepen our understanding, and increase our commitment to action in response to the environmental crises we hear about each day.

Our meetings for the next four months are on the second Tuesday each month, 7 – 9 pm at the Fellowship. You are welcome!

Respectfully submitted by,
The Social Action Cluster: Claire, Elinor, Gary, Helmut, Lorna, Marilynn, Janet (board rep.)

Notes from the Worship Cluster

By Pat Lucey



Welcome back, everyone! Our monthly themes (shown below) will encompass many opportunities to explore the ideas you shared with us last spring in our “thematic-crowdsourcing-by-flipchart” activity. September’s theme of “Welcome” will invite everyone to join our gathering and be warmly welcomed – and we’ll give a special greeting to newcomers and occasional visitors. Our most honoured and beloved Minister Emeritus, Rev. Fred Cappuccino, will be with us on September 15th to celebrate the 150th anniversary of Gandhi’s birth, and the service on the 22nd will feature welcoming music – much music! On September 29th, our Board will welcome everyone into a celebration of the incredible community that has sprouted in our Fellowship, and will showcase the many ways in which our community carries out our mission through newcomers' eyes.

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

In October, we will explore the deeper meaning of “Community” with guest speaker Caroline Balderston Parry, as well as with members of our own community. “Remembrance” is our theme for November, and we will begin the month with a rich personal remembrance as we honour the Day of the Dead – a worldwide observance across many cultures. When in December the northern sun returns from its lengthy napping, we will find the “Light in the Darkness,” through meditation, sharing gifts on our Mitten Tree, our Winter Solstice celebration and potluck dinner party, and our informal Holiday Coffee House Sunday on December 29th – a relaxing time for Fellowship friends to get together and ring in the new year with songs, poems, memories, fun, and holiday treats.

Dinners for Six (ish)

By Carolle Séguin

One of the first Fellowship social activities I attended was a dinner for 6 hosted by Marina Jones. I remember being apprehensive on my way to the dinner. I didn’t know anyone in the Fellowship and didn’t know anything about the culture of the Fellowship. Was this a relaxed crowd or a high brow bunch?

I really didn’t need to worry. The conversation was easy and lively and the food was wonderful. I met individuals with life experiences different from my own which is always stimulating. And I was able to meet them in a small group setting in a comfortable, relaxed environment. The following week when I attended the Fellowship, I felt like I knew a few people so I wasn’t a stranger anymore. In some ways I think the Dinner for 6 started me on the road to belonging in the Fellowship.

The format is simple. You sign up as either

a host or a guest for available dates. The host provides the venue and the main course, taking into consideration guests’ food allergies or restrictions. Guests will be asked by the host to provide an appetizer, salad, vegetable dish, dessert or a bottle of wine. While the name is Dinner for 6, it could be a few more or a few less guests depending on registration and the host’s capacity to receive guests.

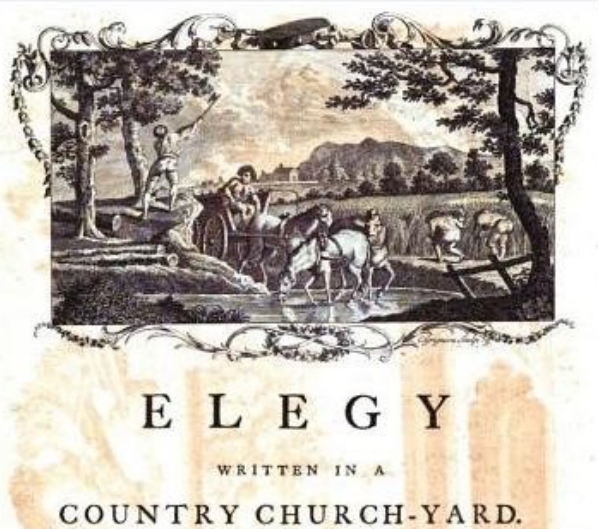
We are launching Dinners for 6 with two Saturday night dinners in the fall, one in October and one in November. If these are well received, two more will be held in the winter months. Sign-up sheets will be available in September.

So whether you are a new member like I was, or have been part of the Fellowship since its beginnings like Marina there is something for you. Come for the conversation, come to meet new people, come for the food.

Couples and single individuals are welcomed. Meat eaters, flexitarians, vegetarians, and vegans are also welcomed.

For more information, contact Marina Jones or Carolle Séguin. Let the party begin!





"Unbeing dead isn't being alive." —e. e. cummings

[Your grade five English teacher? That poem you wrote for your first crush? Adolescence? There are many ways to become one of the poetry-wounded. But here you are, reading a poetry column! Stick around, my brave friend; *Intersections* is here to help you overcome your fear of poetry.]

Poetry does not reside in fancy words. It is the gesture towards poetry—*how the heart enters*—that holds the magic of verse. Each heart responds to grief in its own way, and each way can be poetic.

"Arthur was very small / He was all white, like a doll / that hadn't been painted yet." —Elizabeth Bishop

". . . like a shipwreck, we die going into ourselves . . ." —Pablo Neruda

Awareness of death precipitated the Buddha's realization of how futile is humanity's preoccupation with worldly pleasures. Unique to the Zen Buddhism of East Asia is the tradition of writing a poem when one's death is imminent. This first example of a death poem comes from a wise Buddhist monk who was dying with his sense of humour intact:

P O INTERSECTIONS T R Y

By Allison Calvern

"Bury me when I die / beneath a wine barrel / in a tavern. / With luck / the cask will leak." —The final line, (*mori ya sen nan*), is a play on the poet's name, Moriya Sen'an, a Japanese monk who died in 1838.

Death poems entered Western consciousness during WW II, via *jisei*, poetry written by Japanese soldiers before a suicide mission. Common forms are haiku and tanka. In marvelous yin/yang contradiction, the death poem expresses both 'eternal loneliness' and 'enlightenment.'

"What shall I become when this body is dead and gone? / A tall, thick pine tree on the highest peak of Bongraesan, / Evergreen alone when white snow covers the whole world. // As the sound of drum calls for my life / I turn my head where sun is about to set. / There is no inn on the way to the underworld. / At whose house shall I sleep tonight?"—Seong Sam-mun, a Korean martyr who recited this death-poem in 1456, just before he was drawn and quartered.

Leonard Cohen's last album, while not exactly a death poem, is full of death metaphor:

"Traveling light, it's au revoir / My once so bright, my fallen star / I'm running late, they'll close the bar" —Leonard Cohen

We often let Hallmark write our lines, but perhaps it is possible to reach instead for the blank card, and so discover how our own hearts enter grief.

Adult RE Invite To Listen Deeply:

This fall, our Adult Religious Exploration program will offer the opportunity to learn about and practice "Deep Listening."

This workshop, facilitated by our own Rev. Ellen Bell, will open a door for all those curious about the practice.

To listen deeply to one another is to be wholly present, to make space, and to hold one another without comment or judgement.

Come practice for yourself!

(Workshop date to be confirmed—check Friday Notes for more information!)



How is our **Remembrance** of the past influenced by hindsight, history, and change? What connection or distance do you feel to our Unitarian and Universalist forbears? What emotions dominate when you practice remembrance?



Movie Musings

By Mike Jan

During the summer the UUFO movie outings included three movies at the ByTowne Cinema. In June we went to see *Fall of the American Empire* directed by Denys Arcand. This was a fun film in which a guy happens upon a whole bunch of money tied to organized crime and decides to keep it even though the criminals want the money back. It is funny and at the same time includes a lot of commentary on our current obsession with money. We all liked it. In July we went to see the Cannes International Creative Awards for 2018 which is the new name for the annual best commercials film. Many of the winning ads were about social issues of which there were several about trans people and their issues. Everyone liked these ads. In August we went to see *Late Night* directed by Misha Ganatra and with Emma Thompson and Mindy Kaling who also wrote the screenplay. We all liked it and thought Emma Thompson did a great job. After the films we went to the restaurant just beside the ByTowne which is now called "La Brochette". It is run by some African people and serves some interesting foods like yams and plantains. It is always a pleasure to sit together after a movie and discuss it and all sorts of other topics.

I look forward to our fall movie outings. Everyone is welcome to join us. I will miss Marilyn Glenn who was one of our regulars but moved back to the United States. It was a pleasure to have Marilyn as a regular attendee who brought many insights on the topics we discussed. Luckily we still have many wonderful regular attendees that make organizing these outings something I always look forward to.

Movie-goers out at the Bytowne



Eastern Regional Gathering of UUs to be held in Ottawa!

An invitation from Maury Prevost, Host Team convenor & Martha Nabatian, Team Representative (with Meagan Wiper) from UUFO



On October 19th, the Saturday after Thanksgiving, the Canadian Unitarian Council's Eastern Region Fall Gathering will take place at First Unitarian, co-hosted by FirstU and the UUFO. Start time is 9:45am and end time is 4:30pm. Lunch is included.

This is a unique opportunity to meet and interact with other Unitarian Universalists from Eastern Canada, as we explore some of the ways that we can respond to the challenges we face. The program theme is "Surviving and Thriving in Turbulent Times". Opportunities to consider personal practices, congregational responses, and social justice efforts are part of the program.

Registration and full details are on the CUC website at:

cuc.ca/events/eastern-region-fall-gathering-2019/



When UUs come to Ottawa!
Pride Rainbow Project—by Calgary UU Youth in 2004, to support the legalization of same sex marriage in Canada - A piece of the record-setting banner is on display at the Canadian Museum of History

There will also be several volunteer opportunities in association with this event. Stay tuned for details.

There will be one 90-minute workshop session in the morning and two 1-hour sessions in the afternoon. Many workshop presenters are from our two congregations:

From Ottawa First:

- Patricia Stockwell and Rev. Linda Goonewardene are leading workshops related to mental health.
- Deirdre Kellerman is leading a session on "Songs of Hope and Resilience".
- Rev. Pat is co-leading a workshop on "Vital and Growing Congregations".
- Mike Fletcher is leading a workshop on "Climate Justice".

From UUFO:

- Evangeline Danseco is leading a session on "Self Care – Spiritual Practice"
- SAC is presenting our experience in a session on "Revitalizing your Congregation's Social Justice Program"

Other workshop subjects include:

- "Taking Off the Cloak of Racism" (in 3 parts) led by Rev. Julie Steinberg and Beverly Horton
- "Walking the Talk; Settler Canadians Standing with Aboriginal People"
- A session on UU involvement with the UN

Child care will be provided from 9am to 5pm. Registration fees are on a sliding scale with three options. Workshops will be suitable for youth, young adults, and older adults.

Pub Night Party!

By Pat Lucey

Most of you are aware of our monthly Fellowship Pub Nights, a Friday evening social outing where we trek around to various local pubs, sharing a good time together. (We've been doing this for so long now that we could probably write up an East Side Pub Guide, e.g., "three stars - good food, not too expensive, room too loud, too few craft beers.")

But in September, we've decided to bring the pub to the Fellowship instead of taking the Fellowship to the pub: on Friday evening, September 20th, we will have our first ever Pub Night Party at the Fellowship!

Everyone is welcome, and free will donations will be accepted to cover the cost of refreshments. In lieu of donating toward the cost of food, you would be more than welcome to bring along one of your favourite pub-style snacks or potluck dishes for sharing at the party.



This will be a fairly organized event, as we'll need a head count and some idea of "who might be bringing what," and how much to provide in the way of food and drinks, so we will have sign-up sheets and reminders in Friday Notes to let us know if you will be joining us at the party.

Please join us at the Fellowship Pub Night Party for food, fun and friendship if you can!

Contact is Pat Lucey:
pattylucey298@gmail.com.



Food, Fellowship, and Fun!

Over the past four years, we have been collecting favourite Fellowship potluck recipes in our Cooking Together column. We hope this column has inspired you to come out and taste the delicious offerings available at our Potlucks, or maybe challenge yourself to bring your best recipe to share!



Mark your calendars for our Fall Potlucks:

Pub Night at UUFO:	Friday September 20
After-service lunch:	Sunday, October 20
Evening solstice celebration:	Sunday, December 22

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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editors!

Editorial Team

Allison, Andrea, Nanci, Pat,
Sarah



Fall Sundays of Note

September | Welcome

Sunday, September 8 10:30am

Water Communion! Welcome back to our weekly Sunday Services!

Sunday, September 15 11:45am

Table Talk: weigh in on our UUFO Photo policy

Dimanche, le 22 septembre 11h30

Célébration Mensuelle Francophone: thème: Accueil et bienvenue!

Sunday, September 29 10:30am

Engagement Sunday: Celebrating the many ways we are engaged in our community!

October | Community

Sunday, October 6 12pm

Discussion Circle: Join the circle to discuss the monthly theme

Sunday, October 20 12pm

Potluck! Bring a dish to share for this potluck lunch after the service.

Sunday, October 27 10:30am

Stewardship Sunday: Celebrating the many ways we contribute to our spiritual home

Dimanche, le 27 octobre 11h30

Célébration Mensuelle Francophone: thème: la communauté!

November | Remembrance

Sunday, November 3 10:30am

Day of the Dead: Remembering those who have come before us.

Sunday, November 3 12pm

Discussion Circle: Join the circle to discuss the monthly theme

Dimanche, le 24 novembre 11h30

Célébration Mensuelle Francophone:

Thème: Hommage à ceux et celles qui nous ont quittés. (Se souvenir)

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