

Fellowship News

Infolettre UUFO

WINTER ISSUE
DECEMBER 2019



This year the **Inuuqatigiit Centre for Inuit Children, Youth and Families** were happy to receive our Mitten Tree donations of mittens, hats, and scarves for children in need of warmth

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Sharing Our Faith Journeys

In January we begin the year with a big theme: *Faith*. Faith is one of those complicated words for Unitarians, hard to separate from more traditional, religious associations, and yet broad-reaching and holding the potential for reclamation.

Our “Faith Tradition” is unique in many ways. In particular: we are welcoming of a wide range of theological beliefs, bound together by shared values. As such, each UU congregation is different.

We are also spread thinly across the country, and our connections to fellow Canadian Unitarians can easily be overlooked or forgotten, as we worship in our own way, in our own Fellowship.

Each year in February, the Canadian Unitarian Council celebrates CUC month, encouraging congregations to reflect on our connections with one another. We are reminded that though we are one small Fellowship, we are part of an interconnected web of Canadian UUs, who are striving in their own ways to bring more justice, compassion, and love into this world.

Look ahead to pages 14-15 for more about sharing our faith with Canadian UUs, invitations to UU gatherings and events, and a workshop opportunity coming up that may help you articulate your own faith experience a little better!



Caring and Sharing

Submitted by Pat Lucey

Happy news from **Allison**: “Oskar Donald Benjamin Bradley, who turns my son into a father, was born at 10:40, November 17, 2019 (two weeks late), mother beautiful after 14 hours of difficult labour, father in attendance, the baby weighing in at 8 lbs 4 oz. He sneezes like I do.”



Chris’ foot is giving her some trouble again, and she’s back in a cast. “If you want to get technical,” she told me, “it’s the 5th metatarsal that is fractured.” Here’s hoping for a speedy and full recovery for you, Chris!

Robin sent us the following update: “This fall I am the W. John Bennett Distinguished Visiting Scholar at the Pontifical Institute for Mediaeval Studies and the Centre for Medieval Studies at the University of Toronto, where I am finishing my book on the litany of the saints in the early Middle Ages. Rock has been holding down the fort at home in Ottawa. Avery and Emerson have enjoyed their visits to Toronto, and all the highlights you would expect. Some favourites have been the Toronto islands amusement park and the distillery district Christmas market (in other words, we love a good ferris wheel!).”

Laura: Laura and Jonathon enjoyed a November springtime in Argentina. They, along with another couple, enjoyed exploring the grand streets of Buenos Aires, the huge Iguazu falls and the wine region of Mendoza. Most of the trip was planned using a local company familiar with travel for people with disabilities

who arranged hotels, city tours and accessible transportation. There were challenges but it is great to know that travel in a wheelchair is still possible.

Isobel continues to recover from the hip surgery that happened at the end of September. She’s now walking with just a walking stick and getting ready with Mark for a family Christmas in Scotland, and then visiting her four sisters in the South. Isobel and Mark have received huge support from friends, neighbours and family through what has been a difficult time, but we always knew that the Fellowship was ready and waiting if we needed extra help.

I asked **Enrique** if he could give us an update on their ever-busy family, and he graciously agreed to fill us in.

Elisa graduated in April 2019 with a BA in Public Affairs and Policy Management from Carleton University and finished her nine-month stint at Elections Canada as Junior Policy Analyst in the office of the Chief Electoral Officer. Three days after graduation, she went on a back-packing trip to Southeast Asia with a couple of high school classmates. She has visited Vietnam, Cambodia, Thailand, Malaysia, Singapore, Indonesia and the Philippines, where Evangeline joined her this November for three weeks. Elisa is on her way now to Berlin and Paris for a couple of weeks. She will proceed for another two weeks to New York City and plans to be back in Ottawa just before Christmas (Dec. 22nd). Her trip has been truly enjoyable and worked as she planned 95% of the time (the other 5% was losing her passport - without any negative consequence - and minor eventualities).

Eduardo spent 5 weeks in Chicoutimi studying French during the summer and then he learned to drive, first a bit with his dad, and then through a driving school. He’s now the happy holder of a G2 driver’s license and enjoys the convenience of visiting his girlfriend without the need of using public transportation. He’s in third year at Carleton University studying Industrial Design. At times it is stressful, but so far he has managed well, being able to keep good grades and his scholarship.

Evangeline, after 30 years of absence, went back to the Philippines. It was a time to reconnect with many family members and friends. With her sister Elizabeth and Elisa, she visited Manila, Cebu, Cagayan de Oro, Davao and Boracay, where they had the chance to visit



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beaches, volcanos, and eat lots of fruits and local delicacies. Evangeline also showed Elisa some the places where she grew up and studied, and was able to take home a treasure trove of old family pictures. She heard very interesting perspectives on the current president's efforts (Rodrigo Duterte).

Teresita is always in good spirits, which is remarkable given that her capacity to walk and remember continues to decline steadily, albeit slowly. She still attends a Day Program for adults on Wednesdays and spent 10 days at a Guest House while Evangeline was abroad.

Enrique's high school classmates celebrated in Costa Rica on November 16 their 40th graduation anniversary and sent lots of pictures of the event with their warmth to him. He continues to work happily at the Perley Rideau and was very fortunate to be with his niece Valentina in mid-September. Valentina came to Ottawa after attending the presentation of her second short film in the TIFF, *Lucia en el Limbo*. The short film has made its rounds at numerous film festivals including the Cannes, Mexican, Australian, Costa Rican and Belgian film festivals.



Notes from Membership and Welcoming

The Welcome and Membership Cluster had its first planning meeting on August 23, 2019. There are already some new names added to our email list since the beginning of September and we plan on organizing our Newcomers' Gathering/Luncheon early in the new year.

One goal for this year is to gather better statistics on newcomers, attendees at newcomer's gatherings, new members and also those who have left our congregation, or passed away. Sarah in the office has been working with us to keep our database up-to-date.

You may have noticed a small "welcome table" set up near the back entrance of the sanctuary. More people actually use the back "parking lot" entrance rather than the front entrance so we wanted to make sure the Orders of Service, temporary nametags, and donation envelopes are also available at the back. Our Welcome and Membership Cluster also plans on getting coloured nametags to identify our cluster team a bit more easily.

We want to thank Fran Mowbray, Laurie-Ann Muldoon, Allison Calvern and all those who organized the Engagement Sunday on September 29, and thanks to Carolle Séguin who represented the Welcome and Membership Cluster. It was a very lively and positive experience!

The updated Fellowship Directory is now ready thanks to Lucie-Marie Castonguay-Bower and Sarah Baxter. If you have not received your copy of the directory, they are available either at the welcome table or near the nametags in the meeting room or from Lucie-Marie herself!

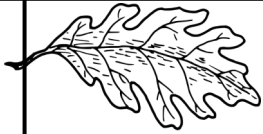
Once again, we want to thank our set-up teams and the entire congregation for being so warm and welcoming to visitors and newcomers each and every Sunday! If you feel you have a special talent or interest in welcoming people we would love to have you on the Welcome and Membership Cluster. Please talk to any one of us on the committee.

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



Birthday girl, Liz Griffis shared these photos of Fellowship friends joining in her birthday celebration in August





A Season of Loss

Indigo Holley

In September we lost one of our liveliest and most energetic Fellowship friends, Indigo Holley, who passed away very suddenly from a heart attack, at the relatively young age of 59. We have such vivid and colourful memories of her! When Indigo spoke, it was with a strong voice and forthright words, and the courage of her own convictions. When Indigo laughed, it was with a hearty and contagious belly laugh which filled the room. And when Indigo cared, it was with her heart, her spirit, and her whole being.

In the words of Indigo's daughter Brooke: "Indigo Holley left this world on Sept 7, 2019, too soon for many of us, yet we know that Creator has perfect timing. Indigo was a proud mother of one Daughter, Brooke Holdsworth and three fabulous grandsons - Dawson, Dorian and Gavin. She believed deeply that we have an obligation to share our gifts, whatever they are, with our community. Indigo was involved in many committees of the Unitarian Universalist Fellowship of Ottawa her voice will be greatly missed. Although her body has left us a legacy of justice, community, generosity (both resources and spirit), wisdom and determination; Allow us to honor her by keeping these vibrant in our community and in the world. Indigo believed what is remembered lives, therefore if we do this she will live forever."

-Pat Lucey & Brooke Holdsworth



Indigo, her youngest grandson, Gavin, and daughter Brooke



Pamela Holm

Our Fellowship community has lost a dear friend in Pamela. We knew her as a vibrant, gifted, and creative soul, who generously shared her many talents, and her message of healing and hope, with us.

Pamela frequently shared her many rich gifts and insights with us in our Worship service as a speaker on Sundays.

For example: In an outstanding Sunday presentation a couple of years back, Pamela welcomed us into a deeper understanding of her chosen profession as a music therapist, and she enchanted us with the spiritual beauty of her singing bowls.

On a different Sunday, last February, Pam spoke on the topic of "Grace and Healing," and led the congregation through a session of music-based guided imagery, a healing method drawing on classical music as it interacts with the soul and imagination.

And in April, in a memorable presentation as a Sunday guest speaker, which she called "Inside the Mind of a Composer," Pam took us on a journey through her artistic life, as she shared the workings of her own deep creative process with us.

She played and sang for us on numerous occasions, often sharing her own compositions, some of them written especially for the theme of

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the service she performed in. And in our less formal musical adventures together, Pamela's joyful and fun-loving presence really delighted us. A couple of years ago, she joined with a group of us for our International Women's Day service, where we performed a bit of theatre and music to honour the historic roots of this holiday -- the 1912 strike by the Lawrence, Massachusetts textile mill workers, most of whom were immigrant women. We agreed to show up in costume, so we all did our best to come up with a "reasonably accurate" look for the brave 1912 mill strikers and suffragists who inspired the famous "Bread and Roses" poem. The rest of us rummaged quickly through our closets, digging out long skirts and vaguely "old-fashioned looking" blouses and hats -- but Pamela turned up looking like a professionally-garbed movie extra.

Our hearts go out to Pam's family, and to her friends outside our Fellowship. We will all miss her so much! But although she is no longer here in body, her spirit will live on -- in our hearts, and in our memories, and in the inspiration she gave us in our personal spiritual journeys. And she will also live on for all the years ahead, as a vital part of the enduring life of our Fellowship. She gave us so much of herself, and she will always be a part of us.

-Pat Lucey

This quilt was made for Maggie by the Victoria's Quilts group in the Heartwood House community. Their volunteers make quilts as gifts for people who are going through cancer treatments



Maggie Cox

We were all very saddened by Maggie's death on November 1st. She was a gentle, compassionate woman who had a wonderfully positive spirit and a contagious laugh. She faced her illness and impending death with honesty, courage and even a sense of humour. She will be a model for many of us as we face life's challenges.

Maggie was a long-standing Unitarian who lived the values of our faith. She and her husband, Bruce, were members of First Congregation in Ottawa where their 3 children, Andrina, Sara and Tory attended the children's program. In March, 1996, she and Bruce were among the founding members of the Unitarian Universalist Fellowship of Ottawa. Following his death in 2001, Maggie continued to participate actively in Fellowship Services and programs. She was always a champion of social justice and could be counted on to come to marches and rallies and programs promoting social justice causes. For years, she brought Andrina's daughter, Eva, to the children's program on Sunday morning. She was well-known for her corn bread and its various modifications which was a favourite at coffee hour. *(Ed: Maggie's famous cornbread was actually the very first recipe to be featured in our Cooking Together column in this newsletter in 2016!)*

Maggie was a well-known potter in Ottawa. One of her legacies is the Chalice she gave us which we light every Sunday morning. Many people in the Fellowship have samples of her artistic talent in their homes: mugs, casseroles and bowls. She crafted her pottery at Abbotsford House for over 35 years. She was remarkable for her colourful, flowing clothing which she described as "wearable art". She was a presence in our Fellowship. A presence we will sadly miss.

A Memorial Service will be held at First Unitarian Congregation on December 28 at 1 p.m. Rev. Fred Cappuccino will be officiating.

-Elinor Mueller



Board Walk

By Brandon Milk

This fall, the board has been busy with both familiar tasks and new challenges.

In August, the Intern Minister Feasibility group presented its findings on sharing an intern minister with First Unitarian for the 2020-2021 worship year. Both boards approved the idea. Now, the intern search committee is in full swing, with Fran and Allison representing UUFO.

Meanwhile, our board at UUFO has embarked on a “housekeeping” initiative designed to update some things which have fallen out of date. The biggest part of this will be changing our bylaws. Laura Evans and Nick Lapan, with help from Don McDiarmid, Hoppy Roy, and Sarah, have drafted a new set of bylaws for us. The board will review the draft over the coming months. Once polished, the new bylaws will be presented to the congregation for approval at the Annual General Meeting in the spring.

October was a busy month for the board. We organized two Sunday services and threw a potluck, just for fun. With help from Allison and Marie-Claire playing the role of “newcomers,” Laurie-Anne, Fran, and Brandon put on an Engagement Sunday service that received some great feedback. The very next month, Allison and Dave organized our Stewardship Sunday service, with Brandon speaking briefly.

Also in October, Brandon, Martha, and several other members of UUFO attended the CUC’s Eastern Regional Fall Gathering, which this year was held at Ottawa First. UUFO helped to organize this event – a thank you from the board to all the volunteers! Several of us attended a workshop called “vital and growing congregations” where we got inspiration from other congregations and provided some of our own. Participants discussed how to attract new members and deepen their connection to Unitarian Universalism as a whole.

As fall turns into winter, the weather may be getting colder, but the members and friends of UUFO continue to benefit from the warmth of community.

Movie Musings

By Mike Jan

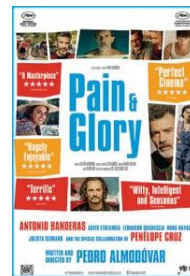
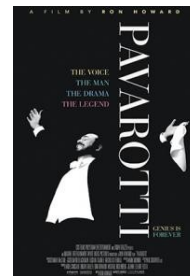


The movie outings have been quite successful these last three months with ten people coming to our most recent event when we went to see *Pain and Glory* directed by Pedro Almodóvar. We also had a good turnout to see *Pavarotti* directed by Ron Howard and *Matthias and Maxime* which was directed by Xavier Dolan.

People really enjoyed *Pavarotti* and *Matthias and Maxime* and though people liked *Pain and Glory* some felt it was a bit too long. It is about the life of a film director with lots of flashbacks. It starred Antonio Banderas and Penelope Cruz. The film was full of vivid colours including red which Almodóvar loves to use. The cinematography was great as is usual for an Almodóvar film.

People loved *Pavarotti* because the film included lots of scenes of Pavarotti singing. It also included lots of scenes from his life and his commentary. He loved to cook and would bring cooking equipment to hotel rooms and make pasta. After seeing this we had to go to an Italian restaurant. People liked *Matthias and Maxime* as well. It was a film about the relationships between a group of friends in their late 20s.

We usually go to a restaurant after the films to discuss them and to socialize. We love to have new people join us so if you are interested in being included in our email distribution list please just come and see me, Mike Jan. I send reminders for our upcoming films and they are also included in our Friday Notes. I hope to see you at our next movie outing.



Our Neighbours/Partners in Heartwood House

By Nanci Burns

Mr. Rogers always encouraged his viewers to know "Who are the people in your neighbourhood"? With that vision in mind, we will seek to learn more about our neighbours in Heartwood House (HH) via a new column in our newsletter of people and organizations under our shared roof. Maureen Moloughney (Moe) is the Executive Director and Jennifer Hubbard is the Collaboration Coordinator, which means she seeks ways to work in partnership on many different levels.

Last month Sarah highlighted Souper Wednesdays as one of our neighbours and I realized how much I was missing by not knowing what was going on under our roof!

Yesterday I shared some amazing carrot/ginger soup with Jennifer Hubbard at this week's Souper Wednesday. Bonding over our social work roots, we both enthusiastically delved into the partnerships under HH's roof, and the potential this can offer everyone. It was a great kick off to start exploring who are the people in our neighbourhood? Jennifer is on a 3 year part time contract (a Community Foundation grant) that ends in April. Her work has been focused on helping Heartwood House build capacity and collaboration with its members. Each member... (note that language is everything — the term is "Member" NOT "Tenant") Each Member of HH, signs a memorandum of agreement that states "we are all better together". This agreement spells out the responsibilities and benefits of being a member. Jennifer coordinates monthly meetings to look at ways to work together and share issues and concerns.

HH is a pioneer in using shared spaces, which is a model now growing in North America as a tool to allow small NGO's and businesses to have office space; a postal address, connections with others, and meeting space. Several similar initiatives have since popped up in Ottawa and community partnerships with likeminded sites is one of the logical next steps, if funding allows. Key issues that HH could share with others would be how to build trust and community among members; how to build advocacy into your vision; and sharing scarce community resources. This may sound grandiose but think of the day-to-day reality of sharing a photocopy machine with 20 others!

Our own UU Fellowship board members meet regularly with HH on various shared issues as volunteers/members in one of the 20 member organizations and as joint owners with HH of the building site. Our own Hoppy Roy and Chris Baddeley Girard are founding members of HH and currently sit on the board. The wonderful art we



Moe Moloughney & Jennifer Hubbard

enjoy upon entrance is one way Jennifer has found to make our space more welcoming and she is assisted by Marina Jones and Elinor Mueller who help hang the shows so professionally.

The latest collaborative initiative that is being explored is to find ways to help make Heartwood House a W [water] site. This means how can we accommodate our space to educate others on the impact of one-use water bottles and to provide alternatives on this site, such as access to tap water and recyclable bottles? Volunteering opportunities, collaboration, and positive community change are shared values with endless possibilities. There is incredible potential at Heartwood House and one that is just starting to be tapped, if you excuse the water metaphor. In addition to its main building and two floors of member organizations, HH also oversees the corner Stop and Shop; a restaurant and a clothing shop that has now become a community space that can be rented for meetings and gatherings.

This series is hopefully one more way for our Fellowship to focus on the "community" theme selected by the Fellowship for the year. If you are involved with any of our partner organizations at HH, or have ideas for this column, please contact Nanci Burns.

COIN FRANÇAIS

Rassemblement Unitarien Universaliste d'Ottawa

Ces deux poèmes de notre nouvelle amie, Suzanne Desmarais, nous invitent à une profonde réflexion et méditation. Je vous les partage avec grand plaisir. (Lucie-Marie)

IDÉAUX

J'adore tes idéaux qui me lancent des défis,
qui voient au-delà de toute chose
pour entrevoir un monde meilleur.

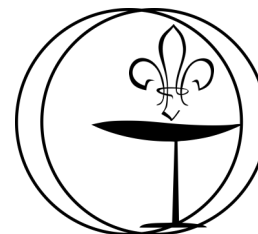
J'adore tes idéaux qui m'ouvrent au monde, qui de
mante humaine enrobe tous les êtres, me les
offrant en compagnons.

J'adore tes idéaux qui franchissent les frontières,
qui portent un regard compatissant envers l'autre,
lui prête main forte.

J'adore tes idéaux qui m'appellent à grandir,
encore et encore.

J'adore tes idéaux.

Ne pourraient-ils,
pour un seul jour,
s'accommoder à mon humanité?



Mes jumeaux

Un jour, il partit, d'un pas ferme:

« Je changerai le monde. Injustice, avarice,
gare à vous! Douleur, souffrance, tassez-
vous! »

J'étais fière de lui.

Elle, elle m'exaspérait.

Malgré toutes mes exhortations, elle restait
à mes côtés, sans occupation particulière,
année après année.

J'ose dire, la honte en moi fut éveillée.

Au fil des ans, elle connu mes peines, mes
souffrances, mes folies. Elle resta à mes
côtés; ne me quitta guère.

Lui, il revînt un jour, découragé, le regard
crispé, le cœur enragé.

J'en fut affolée.

Ce n'est qu'au crépuscule que je constatai:
chez elle, silence, calme, régnaient,
toujours.

Ce fut elle qui l'accueillit.

Ce fut elle qui le guérit.

Prochaines Célébrations mensuelles francophones :

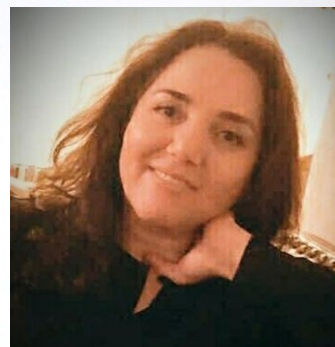
26 Janvier :	La Foi
23 Février :	Nos frères africains
22 Mars :	L'inclusion (Implication)
26 Avril :	La terre
24 Mai :	La joie.



Children's Religious Exploration

By Pat Lucey

Over the summer, our Religious Exploration Cluster volunteers took on the challenge of looking for a new part-time Religious Educator to run the children's Sunday program. And we had the good fortune to be able to interest Farzana Baluchzada in this position! Farzana is a professional Early Childhood Educator with more than 12 years' experience in this field, and during the week she runs the ALSO daycare centre, right at the end of our hallway.



In September we welcomed Farzana into our RE team, and she has established an open and warm relationship with our RE families and classroom volunteers. I asked her to share something about her teaching philosophy, and this is what she has to say: "Play-based learning, according to the brilliant scientist Albert Einstein, has an important role in a child's life. One of his well-known quotes related to play-based learning is that 'play is the highest form of research'. Play is the vehicle of surprises, creativity, interest, and above all the exploration of the world around them. Playing is the right of every single child. We are here to make this possible and through this essential component of learning, lighten the chalice of a child's mind."

Many thanks to Farzana for sharing these wise words with us – and for continuing to share her kindness, patience, creativity, and inspiration with our children and their families.



Community Clean Up:

Farzana, Frances, Louka and Ryder cleaning up around our building this fall





Claudette Commanda

The service on Nov. 24th focused on our responsibilities as *Citizens of Mother Earth*.

The “Story for All Ages” highlighted Autumn Pelletier, a young First Nations water defender. At the age of 13, Autumn urged members of the U.N. General Assembly to “warrior up,” stop polluting the planet and give water the same rights and protections as human beings. A year later she met with and challenged Prime Minister Trudeau to act for First Nations without access to safe water.

Elder Claudette Commanda spoke passionately about the urgent need to respect nature and see ourselves as a part of the natural environment, not rulers over it. She shared wisdom from her lived experience as a member of the Algonquin Anishinabeg Nation and as the granddaughter of Chief William Commanda. Chief Commanda’s teachings called all peoples — no matter their race or beliefs — to walk together to protect and defend “Mother Earth.” She reminded us of the “Seven Grandfather Teachings” common among many indigenous nations: Wisdom, Respect, Compassion, Courage, Honesty, Humility and Truth. We see these teachings in action in the courage of Autumn Pelletier and the truths she spoke, and also in the wisdom, compassion and honesty in Claudette’s message.

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...”

.....
Mother Earth’s voice is loud now... And she is calling urgently to draw us back to her”...

Chief William Commanda, Algonquin Nation Elder

The **winter program** of the Social Action Cluster (SAC) is underway, and will include the following opportunities for learning and action within the UUFO and in cooperation with indigenous and environmental groups in our community

Sun., Dec. 8 – **Mitten Tree Sunday** – Bring hats, scarves, mittens to share with children at the Inuit Children’s Centre

Sun., Dec. 8 (after the service) - **Write for Rights** – The children of Grassy Narrows have been highlighted by Amnesty International in the “Write for Rights” campaign. They have been fighting for justice in the face of 50 years of mercury poisoning in the water in their community. See: <https://writeathon.ca/grassynarrows/>

Thurs., Dec. 12 – **Full Moon Celebration** – 5:30 pm Wabano Centre

Sun., Dec. 15 – Opportunity to bring toys and/or donations for **Minwaashin Lodge Children’s Gathering** <http://www.minlodge.com/our-calendar>



The Sept 8th In-gathering service was titled “Water is Life” recognizing that our modern economy is extravagant in its waste and pollution of the earth’s water. The children drew buckets to collect drops of water carrying notes from members about the significance of the water they brought to the service.



UUFO members and members of First Unitarian Congregation joined with thousands of others on Sep 27 to support the students' Climate Strike march on Parliament Hill urging governments to take urgent action to reduce global carbon emissions.



January – specific dates for events in the new year TBD

Green Board (new) to promote events and ideas for environmental action – be ready to contribute your suggestions!

“Nu Grocery” Visit - 143 Main Street – (<https://nugrocery.com/>) A visit to discover this zero-waste grocery store as an option to reduce our waste product wrapping.

Wabano Culture night – Every Monday Wabano has a cultural event – speaker, crafts, drum circle... SAC will arrange a group excursion.

Water justice – The Social Action Cluster is pursuing several initiatives related to safe, accessible, publicly owned water for all. We are collaborating with Heartwood House to reduce the use of single use plastic in our building. Stay tuned for more information.

Visit to the *Ābadakone* | *Continuous Fire* exhibit of contemporary indigenous art at the National Gallery.



To support the Canada-wide initiative to reduce the use of single-use plastics, members of UUFO participated in the ceremonial dump of single-use plastic bottles on Parliament Hill on Sept 13 by collecting bottles for several weeks prior to the dump.

February

On Fire: The (Burning) Case for a New Green Deal by Naomi Klein – Book discussion (possible Christmas gift idea!)

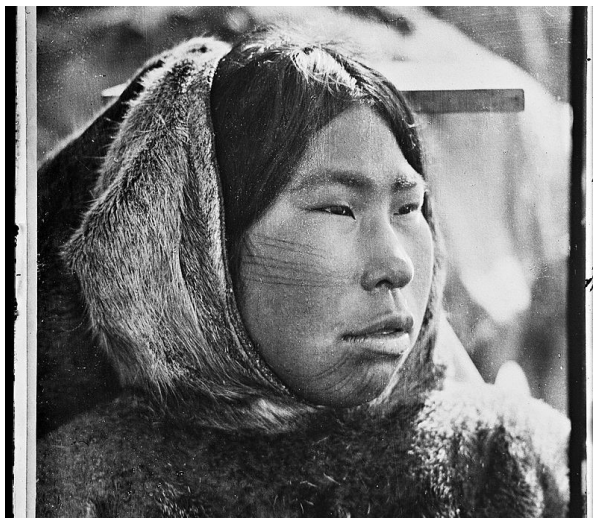
To have the latest information about relevant events in Ottawa join the SAC e-list and receive a weekly update. (contact Claire at cheistek@sympatico.ca if you would like to be added to this list)

Our next SAC meeting is at noon on Wed., Jan 15th over soup (\$2 a bowl from *Eat More Soup!*). Everyone is welcome.

Wishing everyone a peaceful and joyous holiday season and new year.

Respectfully submitted by,
The Social Action Cluster:

Claire, Elinor, Gary, Helmut,
Marilynn, Nanci, Janet (board rep.)



Kabloka Netsilik by Nasjonalbiblioteket

The Netsilik Inuit live on the western shores of Hudson Bay, one of the harshest environments on our planet; they call themselves the 'People of the Place where there is Seal.' Famine, a familiar companion, has contributed to their religious practices, which draw on animism and shamanism. To the Inuit, all things have a spirit, or soul, just like humans. *Anirniq* translates as 'breath.' Fear, rather than faith, defines their ritual, and their mythological figures are mesmerizing. The Netsilik wear and use numerous amulets—even for their dogs—and tattoos on women provide protection. The souls of untattooed women (and lazy hunters) die to a sad and hungry place. The spirit, liberated at death, is free to take revenge. A famous Inuit saying is: "The great peril of our existence lies in the fact that our diet consists entirely of souls." Neighbours tended to avoid the Netsilik in part because of their strength and magic. Among the last of the northern peoples to be colonized by Christians, they came late to the written word, but many have lyrical gifts, rooted in their fierce and unapologetic culture. Here is one poem from *Songs and Stories of the Netsilik*.

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INTERSECTIONS
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By Allison Calvern

Hunger

You, stranger, who only see us happy and free of care,
if you knew the horrors often we live through
you would understand our love of eating and singing
and dancing.

There is not one among us
who has not lived through a winter of bad hunting.
We are never surprised to hear
that someone has died.

I once saw a wise old man hang himself
because he was starving to death
and preferred to die in his own way.

Once during the winter famine
a woman gave birth to a child
while people around about her lay dying of hunger.
what could the baby want with life here on earth?
And how could it live when its mother herself
was dried up with starvation?
So she put it out and let it freeze.
Then a seal was caught and the famine was over,
so the mother survived.

That is what may happen to people.
We have gone through it ourselves
and know what one may come to, so we do not
judge them.
And how should one who has eaten his fill and is
well
be able to understand the madness of hunger?

We only know that we all want so much to live!

Notes from the Worship Cluster

By Pat Lucey

It's time to celebrate our winter holiday season and new year!

Everyone is invited to join us in welcoming back the light on December 22nd, when we will host our annual Winter Solstice Evening Celebration and Potluck, starting at 4:30 pm. This is a candlelight service, followed by singing and merriment, food and fun. And our customary "between the years" holiday gathering service will take place on the morning of December 29th. It's a time to get together with Fellowship members and friends to share some music, stories, memories, poetry and holiday treats.

In January, we will be exploring the theme of "Faith"

– a challenging concept for many Unitarians. What is Unitarian "faith"? Can you have a "faith" without deities or dogmas? Do we sincerely welcome all "faiths" into our midst, or are there some "faiths" we might find objectionable? Do we have a collective "faith," or a collection of individual "faiths"? How would you articulate your own "faith" (if indeed you think you have one)?

During the month of February, we will again honour Black History Month, with a special effort to include local community groups who have an interest in the history and culture of people whose ancestry is rooted in the African continent.

And March will bring us the first days of spring. It will also bring us International Women's Day, the Fellowship's 24th Anniversary Celebration, and a seasonal presentation by SeedChange (formerly USC) about their mission to work with farmers to grow just, healthy, sustainable harvests everywhere.

And just like that, four short paragraphs have taken us from the Winter Solstice through the Spring Equinox, so on behalf of our Fellowship Worship Cluster, warmest wishes to all for a peaceful and enjoyable holiday season, and a promising and hopeful new year!

Worship Cluster:

Chris Baddeley Girard
Lucie-Marie Castonguay-Bower
Nick Lapan
Pat Lucey
Martha Nabatian
Nancy Rubenstein



2019-2020 Monthly Themes:

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

Caring Circle Completes Its Review

In the September UUFO Newsletter, the Caring Circle announced it would review its mission, assess what we do well and where we can improve. We sought input from Fellowship members through the article, and concurrently conducted an informal telephone survey and reached over 50 members. We are grateful to all those who responded with comments, suggestions and concerns.

In early November, the Caring Circle finalized its Report which was sent to all Board members on November 7. It was also made available through Friday Notes as a Caring Circle News item, and can be found on [UUFOOffice](#).

By reading the full Report you will learn how the Caring Circle is organized and what the roles are of the Monthly Caring Contact and the Pastoral Care Visitor. Rev. Bell has been the Pastoral Care Visitor since February 2010. You will discover how other congregations organize Caring Circles and what the priorities are of the Caring Circle for the period ahead. We have heard that we must do a better job of communicating what we do, and entice more members to join the Caring Circle. Read the Report and you will discover when you join the Caring Circle "You give a little but gain a lot." Why not give it a try? We would welcome you!

Caringly,
The Caring Circle





Every year the Canadian Unitarian Council offers worship materials to help congregations plan a Sharing Our Faith service to celebrate our faith in Canada. Many congregations organize this service in February, but it can be done at any time.

This is a time of year when congregations across Canada reflect on what we have in common. Though our faith is diverse, and spread thinly across this wide country, we celebrate our bonds that connect us through shared values, principles, and a vision for a better world filled with peace, justice, and compassion for all.

Sharing our Faith is also a practical way of supporting Unitarians in Canada. At this annual service, we take up a special collection which provides funds for congregational initiatives which enhance ministry, aid congregational projects and outreach, and enhance the Unitarian Universalist movement in Canada.

Previous grants have been awarded to help support part-time ministry, religious exploration programs, music programs, summer camps, web and social media outreach etc.

What a warm feeling to be part of a larger, caring community!

Adult Religious Exploration: Workshop Opportunity

In January we begin the year with a big theme: Faith. Faith is one of those complicated words for Unitarians, hard to separate from more traditional, religious associations, and yet broad-reaching and holding the potential for reclamation.

Our “Faith Tradition” is one that is theologically diverse, which gets confusing when people get curious about us. Our unique approach to religion can also result in some difficult questions from those who have yet to experience the warmth of our spiritual community:

From assuming we are all Christian, to dismissing our Fellowship as a club, or even casting us off as a fringe cult, the reactions we get from strangers can make talking about Unitarianism a real challenge!

Have you ever had the uncomfortable experience of trying to answer questions about being a Unitarian Universalist, from friends, colleagues, even family? It’s so common to come away from these interactions feeling like you didn’t quite say what you meant.

Articulating Y(OUR) UU Faith

Saturday, January 25 10am-12pm

This two hour workshop will explore some of the common misconceptions about Unitarians, how to answer those awkward questions, and prompt participants to practice their own version of a UU “Elevator Speech.”

Challenge: Explain what it means to be Unitarian before the elevator reaches the 6th floor.

Whether you’ve been struggling with articulating your faith for decades, or have just started joining our UU worship services, there will be room to explore and deepen your own understanding of what it means to be part of this community.





Greetings from the Host Committee for *Making Waves*, the CUC National Conference to be held May 15–17, 2020 in Halifax, Nova Scotia. This being vacation planning time for many people, we want to suggest to you that you **combine *Making Waves* with a terrific vacation in Halifax and Nova Scotia**. Even with only a few extra days, you can count on having a great time in Canada's Ocean Playground.

REASONS TO CONSIDER ATTENDING *MAKING WAVES* – *PLUS A VACATION*

- A stimulating and fun filled conference in a picture-book campus setting
- The natural beauty of Nova Scotia
- A sophisticated oceanside city full of unique and historic things to do and see
- A food and wine destination
- A province with easy access to nature

Best of all, you will experience that legendary Maritime hospitality. We can't wait for you to arrive and start having a good time. We are glad to help you with questions on *Making Waves* or vacation possibilities. Just send an email to MakingWavesHalifax2020@gmail.com.

Glenda Butt and Molly Hurd

Co-chairs, *Making Waves* Host Committee

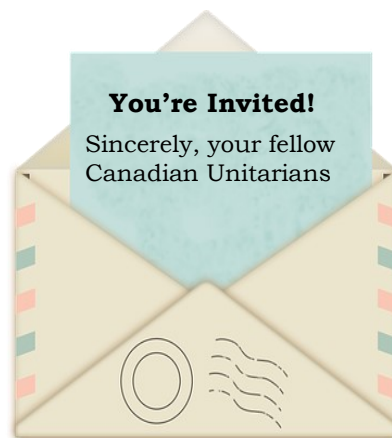
The 2020 UU Midwinter retreat takes place Feb. 7 to 9 at the YMCA Cedar Glen Centre in Bolton, just north of Toronto.

The retreat begins Friday night with an informal dinner and socializing. Saturday includes a keynote address by Rev. Peter Boullata of the Guelph Congregation, followed by indoor workshops on a wide variety of topics and outdoor activities in the spacious grounds of the Centre. After dinner there will be entertainment provided by the attendees.

Sunday will include a climate change cafe and outdoor activities, ending with a service featuring a chocolate communion, and lunch.

We're still finalizing the list of workshops and will post more information later, but possible topics include Tarot, voluntourism, music, yoga, charades, the responsible search for truth, UU's of Concord and more! Outdoor activities depend on the weather, but may include hiking, snowshoeing, tobogganing, and a high ropes course.

For full information and registration details, please see our website at uumidwinterretreat.blogspot.com. Registration is now open.



PUB NIGHT

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



**Friday
6:30 pm
Jan. 17th
Feb. 21st
Mar. 20th**

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.

Unitarian Universalist Fellowship of Ottawa

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We're online at:
uuf.org



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

newsletter@uuf.org

Submissions for the Spring Issue are due February 15

Many thanks to our contributors and editors!

Editorial Team

Allison, Andrea, Nanci, Pat,
Sarah



Winter Services and Events of Note

December | Light in the Darkness

Sunday, December 15 12pm

Congregational Budget Meeting: looking into UUFO's plans for 2020

Sunday, December 15 7pm

Blue Christmas Service: a quiet service considering how sorrow mingles with the visible joys of the Christmas season

Sunday, December 22 4:30pm

Solstice Service and Potluck! Candlelight, joyful singing, and good food!

Sunday, December 29 10:30am

"Between the Years" Informal Coffee House

January | Faith

Sunday, January 12 12pm

Discussion Circle: Join the circle to discuss the monthly theme

Sunday, January 19 12pm

Table Talk: Q & A with the Legacy Fund Committee

Saturday, January 25 10am

Articulating (Y)OUR UU Faith Workshop

Sunday, January 26 10:30am

This will be our Sharing Our Faith Sunday, celebrating our national Faith

Dimanche, le 26 janvier 11h30

Célébration Mensuelle Francophone: thème: la foie

February | Black History Month

Sunday, February 2 12pm

Discussion Circle: Join the circle to discuss the monthly theme

Dimanche, le 23 février 11h30

Célébration Mensuelle Francophone: Thème: nos frères Africains

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