

# Fellowship News

## *Infolettre UUFO*



SPRING ISSUE  
MARCH 2020

### Focus on Fred

*Interview with our own Fred Cappuccino by Allison Calvern*

On August 28, 1963, Bonnie and Fred Cappuccino and their six children (to date) were at the Lincoln Memorial in Washington, D.C. Dr. Martin Luther King Jr. was calling on his great nation to end racial discrimination by honoring civil and economic rights for all. 6 year-old Robin, their first-born, but not the oldest child, climbed a cherry tree, to better see this history in the making.



Fred & Bonnie with some of their children at Fred's 90th Birthday Celebration

"King spoke with a cadence," says Fred. "Almost as if he were singing."

"I Have a Dream," said Dr King, and the Cappuccinos were listening.

Books line shelves, books fill boxes, books are happily piled on every unprotected flat surface. There are Buddhas on tabletops, elephants on window sills, singing bowls, dorjes, rolled up rugs, and an aquarium full of fish. This living-room/office holds four patient chesterfields, various migrant chairs, and a floor well acquainted with the weight of good work and love. People eat, laugh, plan, and sing here, and today I am interviewing Fred Cappuccino at his farmhouse on Concession Road 7 in Maxville, Ontario.

While in seminary, Fred's dream about his place in the world was to go to China to open an orphanage; he had a definite number of

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# Caring and Sharing

Submitted by Pat Lucey

April will bring big changes for **Sarah, Dale and Leander** – it's time for Sarah's maternity leave, and Leander will soon be promoted to the big brother in their family! (Look to the next page for an invitation to celebrate this joyful event.)

**Lawreen** has now moved into a more supportive residence, where she will be well looked after, and where any medical assistance she requires will be immediately available. She is fortunate in having her three sons and several of her grandchildren nearby – we're thinking of you, Lawreen!

We haven't seen **Jodi** and her grandson **Ryder** for awhile. Sadly, Jodi is occupied with her husband's grave medical condition – he is on life-support in ICU at Ottawa General. She asks for our thoughts and prayers for him.

**Liz** has been keeping up with the Fellowship and Meditation from home these past few weeks. She is regularly attended to by Personal Support Workers, and by a stable of faithful friends who give her a hand, a couple of whom toasted in her birthday with her last month. Liz hopes to resume her activities with us soon. In the meantime, phone calls and visits are most welcome.

**Milan** is a Grandpa at last -- and twice over -- as two new grandsons have very recently joined his family.

Congratulations to you and your family, Milan!

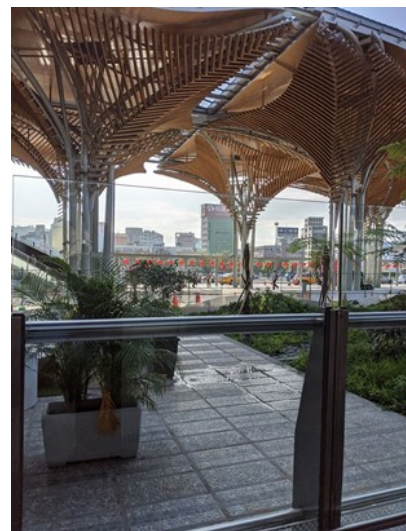
**Marina** had a lovely time on her recent "opera trip" to New York City. She and her fellow opera buffs attended three performances at the Met, and as well they toured as many other of that great city's cultural offerings as they could fit into their stay.

Congratulations to **Meagan**, who has found a full-time co-op placement to wrap up her yearlong studies in Executive Business

Administration – good for you, Meagan!

**Urbain** and his family had an extended visit from his mother over the winter, and he brought her with him to the Fellowship so we had a chance to meet her. What a joyful time for Urbain and Leila, and Rod and Paci and their sister – and all the grandkids!

**Adrian's** winter adventures have taken him far from home. He's checked in from Taiwan and Tasmania and is planning some further travels in South Australia and New Zealand. Here's one of his mobile uploads from Taiwan.



A short report from **Nancy and Dan**: "In February, Dan and Nancy traveled to Belize with GAdventures. The tour, with amazing visits to three Mayan sites, ended on a small island, Caye Caulker. They met a Canadian couple who have lived on the island for decades and are trying to mitigate ecological threats to the cayes from a lack of sanitation and sewage infrastructure. Dan and Nancy volunteered to help and, after they returned home, Dan drafted a proposal for conducting a State of the Environment Report, the first step in making improvements. It was satisfying to be more than tourists!"

**Martha and Bahram**: "... had a special trip in Southern California and Arizona. In CA, we were joined by son Sohrob and his family and daughter Shireen with her partner. We rented a big house in Joshua Tree, near the National Park, and did some hiking in the park. The roadrunners were fun to watch! We all watched granddaughter Alma competing in a trampoline meet - she won a gold in double mini and a silver in tumbling! This was all followed by visits with Bahram's roommates from the late '60's in the Prescott, AZ area. What fun to re-



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connect and hear each others' stories and reflect on how our lives have evolved over the last 50+ years. Big bonus - the desert skies were amazing!"

**Marlene** reported that "the Caring Circle sent a card of congratulations to Professor Claudette Commanda when we learned that she had received an Indspire Award honouring her work in Culture, Heritage and Spirituality. She spoke to our Fellowship last fall."

And from our dear friend **Loma**, whom we all miss so much (with thanks to **Bev** for forwarding her message to us: "Just to let everyone know how I'm doing, I am surprising myself in being very happy here. Amica has many interesting friendly residents and they are very careful to make it feel like home. Most weeks I spend an overnight with Reyna and my grandchildren. I'm keen on watching them play hockey! The London Unitarian Fellowship is exceptionally welcoming, I belong to a book club there. At the Public Library, I am one of many who are reading excerpts from writing by political prisoners all over the world in an event to mark Freedom to Read Week. But my heart still belongs to UUFO and I devour Friday Notes! I miss you all!"

## Party Time!

**Save the Date: Friday Evening, March 27<sup>th</sup>**

Many of you know that Sarah Baxter, our Programs and Administration Coordinator (not to mention the designer, publisher, editorial chief and layout wizard for this newsletter) will be leaving us soon, and for the best of reasons: Baby Time! Her maternity leave will begin at the end of March, and this is of course an excellent reason for a party (as if we need a reason).



So instead of scheduling our regular Friday evening **out** for March Pub Night, we'll instead have a Friday evening **in** at our Fellowship home, and we'll celebrate Sarah and Dale's soon-to-arrive new bundle of joy with fun, friendship, and pub-style refreshments.



We've decided to forego the potluck this time, and will instead have pizza, and some other foods, plus beverages, brought in. There will be a free will cash donation basket so you can contribute toward the cost of supper if you are able to do so.

The menu details are still under consideration, but several people have suggested that we order in some pizza, so we will have several different pizza offerings, including vegetarian, gluten-free, vegan, all-dressed and any other pizza combinations which are requested (even Hawaiian!), plus some snacks, a big salad, and an array of beverages.

We will of course need a somewhat accurate head count before ordering the food, so there will be sign-up sheets at Sunday services, or RSVP to Pat Lucey at [pattylucey298@gmail.com](mailto:pattylucey298@gmail.com). Please join us in giving Sarah a fun-loving and celebratory Baby Time send-off!



## PUB NIGHT

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



**Friday**  
**6:30 pm**  
**Apr. 17th**  
**May 15th**  
**Jun. 19th**

*Everyone Welcome!*



## Focus on Fred Continued...

children in mind—four hundred—and a definite wish to improve the lives of people against whom the US had aggressed. When his Methodist magazine advertised for fifty university graduates to Christianize Japan, Fred signed up. To this young son of Italian immigrants, Japan seemed a close-enough substitute for China. He enjoyed his work there, strengthening his social activist muscle, and he came back home to meet the young and impossibly beautiful Bonnie McClung.

“I was totally enchanted,” says Fred, and so, of course they married. They understood one another; they shared a simple urge to heal the world. “Bonnie and I have always talked things through; we come to our decisions pretty easily,” says Fred.

Not that “easy” would describe their life together; Bonnie was ready to flex her own social activist muscle. They became parental dignitaries to twenty-one children, and are known far and wide for their expansive and successful imagination when it comes to family

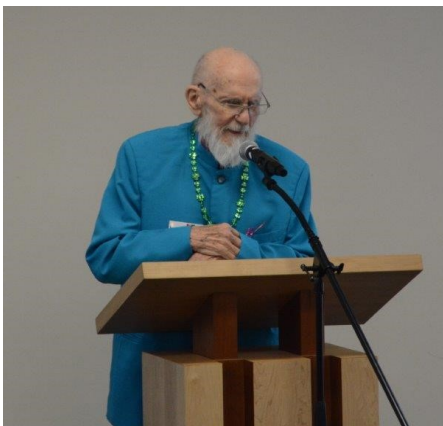
Bonnie, Nanci, & Fred



and accomplishment. Business-wise, world-wise, and heart-wise, Fred and Bonnie also gave birth in 1985 to Child Haven International, an enterprise that feeds, houses, and nurtures 1300 children in homes in India, Bangladesh, Nepal, and Tibet. Start with Fred’s seminary dream, infuse it with Bonnie’s grit and diplomacy, and one sees Child Haven as a force of useful love that spans a subcontinent.

“Of course, Bonnie has always taken full advantage of my enchantment with her,” Fred tells me with his practiced, doleful look. “Bonnie is very focused,” he says amidst the work of Child Haven strewn about the room. He points to a folio-sized sepia photograph mounted on board, which he describes as: “The most beautiful woman in the world, holding the most beautiful baby in the world.” Fred is telling me the Fred-and-Bonnie story that involves their daughter, Shikha, and Mother Teresa’s work:

Bonnie wrote to the Missionaries of Charity home in Dhaka, Bangladesh, that received into care, women who had been raped and impregnated by Pakistani soldiers during the war of independence. These acts of war produced babies born into dire circumstances. Bonnie had the idea to rescue as many of those infants as she could by adopting them into Canadian families. The process of international adoption, mostly untested, was fraught with red tape and political vacillation. Letters were written; political strings were twanged; and Bonnie’s idea became a mission. They did not



Fred speaking at our annual Anniversary Sunday in March 2019

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actually receive a response from Mother Teresa's home—who has time for correspondence?—but at some point plane tickets were purchased.

“Welcome to Dhaka,” said Sister Margaret Mary, the Mother Superior who feared measles would kill half of her disadvantaged infants before they were a year old. “We have been expecting you.”

There are rules—Bangladesh, India, USA, Canada, Ontario, Québec—and many facets of government. Then there is Bonnie and Fred, their dependable hearts rooted in justice, who understand that faith and trust can fill in many details.

With the creative eye of a graphic designer, Fred manufactured *passports*, and they headed to the airport with fifteen babies. How many sheltering laps are needed during such a transport through three countries and across an ocean? Flight attendants organized the passengers into baby-holders—Dhaka to Delhi, Delhi to New York, New York to Toronto and Montréal—and cameras flashed when Bonnie landed with Shikha in her arms, the beautiful baby who would become Bonnie and Fred's 10<sup>th</sup> child.

Early in his UU ministry Fred was part of a community of ministers who met regularly to discuss books, philosophies, life. Never having read Albert Camus or Simone de Beauvoir, Fred expressed his feelings of inferiority amongst their august company. “But Fred,” one of them said. “You have something none of us have.” He meant that Fred's heart was always in the right place.

At their last retreat together, they gathered for supper at Harper's Ferry overlooking the confluence of The Potomac and Shenandoah rivers. They gave their orders for their meals, and discussed Fred's future in Canada. One of the ministers began singing an old hymn of farewell. The room reverberated as all joined in. Then another

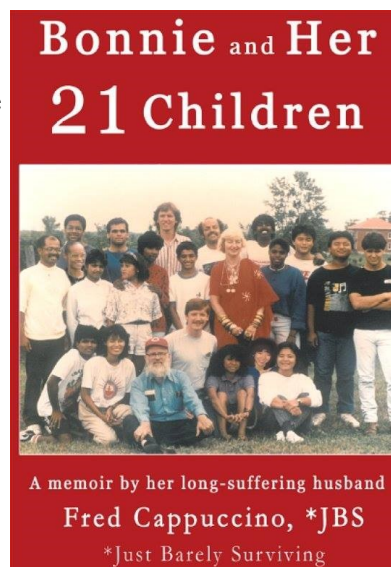
song began. Another. The meals were served, but the singing continued as their steaks cooled in their juices. These colleagues knew they would miss Fred as much as ever he would miss them.

You may not know that Fred is attracted to rocks, and stone, that he loves the Canadian Shield—the idea of it. He connects to the earth in persistent ways. He comes from Italian plasterers, their *métier* based on sand, water, lime, and fly ash. They and their work are of the earth, durable and resistant to the elements. That, too, is Fred.

When visiting his sister, he would spend time in her basement, which, at Alice's cottage, had a peculiar characteristic. In digging out the foundation, the workers left behind a large deposit of stone. Fred would slip away from family conversation to the cool air and silent companionship of that tenant in the basement. With hammer and chisel, he would tap away, find fissures, and reconfigure its face—a hands-on experience of the earth that soothed his soul.

Glacial erratics are stones left behind by glaciers and Fred has befriended one on their property in Maxville. It is huge, red, and very patient; Fred tends it as a garden, adds plants, and a tiled pathway. Providing a place to sit and contemplate, this particular glacial erratic gives permission to dream.

“I have a Dream,” said Martin Luther King. And so does Fred.



## Board Walk

By Brandon Milk, Board President

We hope that as you read this, spring is well on its way. But we board members are not suffering from the winter blahs – instead, interesting events and initiatives have kept us engaged all winter.

With help from the steadfast Nick LePan, we continue to review a proposed new version of UUFO's bylaws. Addressing a few sections each month makes it an easily manageable task.

Among other items on the go, the search for a shared intern minister with First Unitarian is progressing. Another search, for someone to replace Sarah when she goes on maternity leave at the beginning of April, is also showing promising results. (Congratulations Sarah!) The congregational survey discussed at last December's budget meeting is being prepared for release in April.

As part of our commitment to leadership development, on February 13<sup>th</sup>, Brandon attended the Ottawa Region Charity and Not-For-Profit Law Seminar. This was a rare opportunity to attend a seminar in Ottawa hosted by a specialized law firm from the Toronto area.

On April 2<sup>nd</sup>, Heartwood House will be hosting a community expo in our sanctuary. They offered a display table to UUFO, and we were only too happy to accept. We feel that this will be a great opportunity for community outreach by our Fellowship. If you have ideas for displays or would like to help on the day, please contact Brandon or Fran.

New things are on the horizon as well. At the board's last meeting, we discussed some possible ideas for new adult religious education programming. We decided to investigate other leadership development opportunities – not just for board members, but cluster and committee members as well. Stay tuned for more news on that front.

Last but certainly not least, planning has begun for our annual anniversary service and pot luck, which this year will be on March 15<sup>th</sup>.

We on the board are excited to be at the front lines of the future of our Fellowship.



## Movie Musings

By Mike Jan

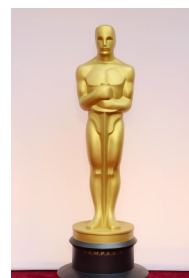
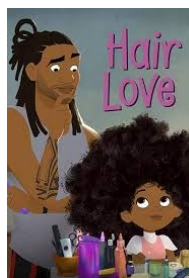


In the last quarter we had some good turnouts to see *Pain and Glory* by Pedro Almodovar and *Jojo Rabbit* by Taika Waititi. *Pain and Glory* won an Oscar nomination for Best International feature film and *Jojo Rabbit* for Best Picture. We also went to see the Oscar nominated animated shorts and the Cannes Festival of Creativity, the world's best ads (of 2019). A good time was had by all at all our outings. Bill guessed correctly as to which Oscar nominated animated short was going to win the Oscars: *Hair Love* won.

We were pretty unanimous in liking *Pain and Glory* and the other films however we did not all agree on *Jojo Rabbit*. The film is a comedy about a young boy living in Germany during the Nazi reign. He is very excited about going on a weekend campout with a large number of the Hitler youth in which they will play games and throw grenades and shoot guns and the girls will learn how to make beds, cook and make babies for Germany. As you can see the comedy is sometimes sarcastic. Some people felt it was inappropriate to make light of a terrible period in history and that is a valid point. Others enjoyed the film and that is valid too.

After the movies we went to an Indian restaurant a short walk east along Rideau Street called RamaKrishna. The food is really good and you can get sizeable appetizers at a relatively low cost and have enough or you can get an entree for a bit more. All are good. If people attend and wish to come to the dinner after the movie but cannot walk much we will go to the restaurant just beside the ByTowne Cinema.

We all look forward to new people joining us. The movies are posted in the Friday notes and you can come see me to be added to my email distribution list. I send out emails to let the people on the list know of the upcoming outings. I look forward to seeing you at our next movie outing.





## The Caring Circle Evolves

By Allison Calvern and the Caring Circle

Hello UUFO, allison here, reporting from the Caring Circle (CC).

Evaluating requires energy, and, under the direction of Mark Mueller, our fairly new chair, the CC has begun the task of paying closer attention to UUFO's caring needs and the resources with which to address them. With the help of a [survey](#) we conducted in late 2019 of every member in our directory, we have considered our CC focus and the terms used within it. We examined our current UUFO pastoral care contract to determine its original meaning and expectations. As UUFO is the only UU congregation in Canada with a paid pastoral care minister, we chose to work deliberately towards a reproducible standard of pastoral care. Research online and with local professionals has helped us to understand how pastoral care is practiced both outside our community of faith, and within it.

This work done on many levels has illuminated our sense of how to better apply UUFO resources to the needs for care felt by our members. We have identified three categories of care: i.) regular, send-a-card care ii.) pastoral/spiritual care at professional level reserved for complex situations, and iii.) loneliness care.

Rev. Ellen Bell has been engaged by the board for ten years as our pastoral care giver. Her connection with the CC became strained when, over the process of our recent evaluation, she began to feel that we were trying to tell her how to do her job. I was the catalyst at that point, unknowingly touching on a sore spot that proved impossible to soothe.

The CC and Ellen have discussed our issues with respect and sincerity, but we have been unable to convince Ellen to accept our newly-emerged sense regarding pastoral visits. On this basis she has tendered her resignation. That she feels betrayed and unsupported by the CC is evident in her letter, so spare and poignant.

Though subdued by this turn of events, the CC continues its deliberate walk towards taking care of one another—as well as we possibly can. We have spoken with members who may miss Ellen's touch; we are arranging friendly visits to those who might benefit; two committee folk have registered for a 10-week session given by Ottawa Pastoral Care Training Program. In these and in other ways the CC is working towards developing programs and gestures that continue to benefit the congregation.

Thank you for your attention.

Sincerely,

allison calvern, CC communications contact and board representative



## Notes from the Worship Cluster

By Pat Lucey

### Worship Cluster:

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



First of all, I'd like to shout out a great big "Thank You!" to Chip, whose creativity, imagination, talent and hard work made our 2020 Black History Month celebrations truly special in every way. It was an honour and a privilege to support her as she took the helm, and guided us all into a deeper understanding and appreciation of the culture and history and life experiences of our friends and neighbours of African descent. We are so fortunate to be a part of your village, Chip!



Spring is beginning to tantalize us with those capricious warm, gusty days (far too often followed by those chilly, sleety days) – we can feel it in our bones, we can

smell it in the wind, and we can see it in the melt and the mud. (There's a New Moon due on March 24<sup>th</sup>, and in my own personal lunar calendar, I call this the Moon Of Squashed and Lonely Single Mittens.)

As our northern lands awaken with the April spring, we will be celebrating "Earth" as our theme in our Sunday gatherings, and we'll then spring forward into our May monthly theme of "Joy." So please join us on our springtime Sundays – let's celebrate this wonderful time of year together!

### 2019-2020 Monthly Themes:

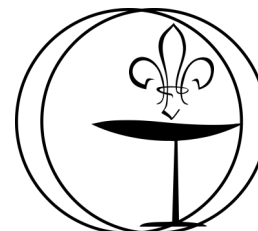
September	Welcome
October	Community
November	Remembrance
December	Light in the Darkness
January	Faith
February	Black History Month
March	Inclusion
April	Earth
May-June	Joy

# COIN FRANÇAIS

Rassemblement Unitarien Universaliste d'Ottawa

## Du racisme vers l'inclusion

Gustavo Gottret



Dans l'un de mes cours, on traitait le thème « *Sommes-nous racistes au Canada?* ». La réponse était, malheureusement, *oui*. Au-delà des statistiques, les témoignages de quelques étudiants étaient éloquentes à ce sujet. Et, cependant, de grands progrès ont été faits au cours des dernières générations, en particulier au niveau juridique. Les attitudes des gens, simplement, ne paraissent pas évoluer aussi vite. Hier soir, Miriam et moi avions le plaisir de recevoir une amie chez nous. Je commençais déjà à comprendre que les préjugés et la discrimination n'étaient pas seulement au niveau de la race (même si, biologiquement, celle-ci ne veut pas dire grande chose), mais aussi concernant la nationalité, une autre orientation sexuelle, l'autre genre, l'autre classe sociale, une autre idéologie ou religion... Cette amie nous rappelait que la discrimination avait aussi lieu à l'intérieur de chacun de ces groupes, et même à l'intérieur de chaque famille. C'est aussi tellement vrai. Que pourrions-nous faire pour tâcher de surmonter tout cela?

C'est certainement au niveau des *attitudes* que l'on devrait travailler, commençant au niveau de chacun de nous. Il faut un peu de courage et un peu d'humilité pour accepter le fait que nous avons tous des préjugés envers quelques « autres » gens. C'est alors que nous pouvons faire des pas vers ces quelques « autres », cherchant à mieux les connaître et même à les apprécier.

Si nous permettons ce changement de commencer à avoir lieu chez nous, faisons confiance qu'il continuera dans notre entourage, et toujours plus loin. C'est juste une prise de conscience qui nous permet de comprendre que nous faisons tous partie les uns des autres, que l'on ne peut vraiment pas être bien si les autres ne le sont pas, et que si nous travaillons pour notre bien-être authentique, celui-ci comprendra aussi le bien-être d'autrui.



### Prochaines Célébrations mensuelles francophones (11h30 à 13h):

- |            |  |
|------------|--|
| 22 Mars :  | L'inclusion (intégration)                  |
| 26 Avril : | La terre                                   |
| 24 Mai :   | La joie.                                   |
| 28 Juin:   | Dîner partage et rétroaction (11h à 12h30) |



## Children's Religious Exploration

By Pat Lucey

*"Parents and caregivers come to Unitarian Universalist (UU) congregations for communities that help raise children to become kind, respectful, fair-minded, caring, and strong enough to side with love and fight for justice. ... We nurture truth-seeking, spirituality, and progressive moral values that will continue to shape and support our children as they grow." --- <https://www.uua.org/children>*

When Meredith was three years old, Gary and I decided to look for a community which would support us in raising our children to be kind and compassionate, open-minded about the differences they found in other people, and receptive to the progressive moral values we were striving to model in our family life. Happily enough, we were living within a 35-minute drive of a large Unitarian congregation in the northern suburbs of Milwaukee, where we quickly became part of just such a community. As Ingrid and Max came along, they followed their older sibling into the large, thriving RE program which the congregation had at that time – first as toddlers in our "Parents of Toddlers and Infants" social group (the acronym was POTI), and then into the 3-year-old play group, and on from there. Arts and crafts! Cookies and juice! Haunting House! Holidays and Holy Days! Maypole dances and Holiday parties! Fun Time after RE classes! (And for me it was RE Classroom Parent! RE Teacher! RE Committee! RE Committee Chair!)

When we moved to Ottawa in 1998, our kids thrived in the Fellowship's "small but mighty" RE program. Our arrival brought the total number of RE kids up to 15, and we met in a large child care room at the Don Gamble Community Centre. (See the photo above for the children's Bread and Roses parade on International Women's Day, some 23 years ago – the little girl leading the group is Fred Cappuccino's granddaughter Katarina.) Our children formed long-lasting RE friendships which continue today, and the Fellowship's RE program fulfilled our expectations by strengthening and supporting our family's values in every way.

In gratitude for all that our families have gained from UU Religious Exploration, and with hopefulness about what we can bring to the next generation, the RE Cluster has been discussing ways to reach out to more families – families who live around us, and who may not know about what we have to offer their children. Because I have several years' experience in organizing arts festivals for children and youth, I've offered to share this experience to help create our Fellowship's first ever Neighbourhood Family Arts



Festival. Art work by kids will be featured, plus some art-related activities, musical performances, poetry readings, dancing – and cookies and juice, of course – fun for our own kids, and outreach to other families through an energetic promotional campaign. We've tentatively scheduled this event for Sunday afternoon, August 23<sup>rd</sup>, and will be bringing more details forward within the next couple of months. Meanwhile, many thanks to all of you for the support and friendship you have given to our Fellowship children and their families over the years – you are the best resource we have for helping to raise the next generation of great kids!

## Social Action Cluster Focus:

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

Chief William Commanda, Algonquin Nation Elder

Challenging environmental and indigenous-related events in Canada have made many headlines over the past three months. Just to highlight a few...

- Canadian Government approval of the TransMountain Pipeline
- Wet’suwet’an First Nation stand-off with the Coastal GasLink Pipeline Project and the RCMP – statements about the role of hereditary chiefs and the “laws” related to use of traditional Wet’suwet’an lands have been front and centre in this conflict.
- Nationwide protests in support of the Wet’suwet’an rights to control the use of their traditional territory.. The CUC list serve has had a lively discussion about these protests.
- Teck mine – Should our government allow the development of this huge oil sands project?

As we experience more and more evidence of a changing climate and its impact on our planet, what does it mean to have hope for the future? The following excerpts are from a BBC article by Diego Arguedas Ortiz, a Costa Rican journalist and current scholar at King’s College London. He shares his own thoughts and quotes from others on the issue of “hope” in the face of our current experience of the climate crisis.

### So...is it wrong to be hopeful about climate change?

*Excerpts from article by Diego Arguedas Ortiz*

For the complete article go to:

< <https://www.bbc.com/future/article/20200109-is-it-wrong-to-be-hopeful-about-climate-change> >

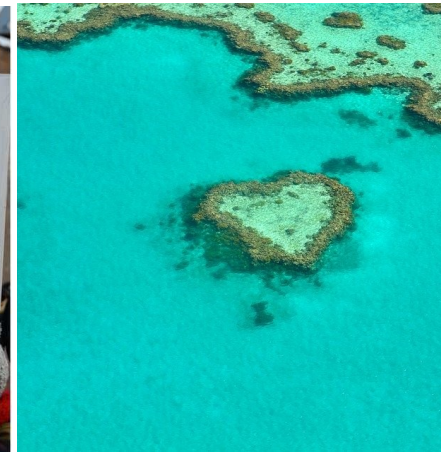
Ortiz describes the painstaking work of marine biologists working to restore coral reefs that are being destroyed by the warming oceans due to climate change. It takes them months “to nurture enough corals to restore a couple of square meters. Reef restoration seems like an impossible task, but they are relentless. It must be done to give corals a chance, so they are doing it.”



Activist Greta Thunberg



Protests in support of Wet’suwet’en



Coral reef





This view of grounded hope embraces the unknowns and accepts uncertainty as the natural habitat of hope. “You’re no longer dependent or addicted to optimism,” says Stoknes. **“You can be pessimistic and yet full of hope.”**

Ortiz continues:

“It’s the same principle guiding young climate activists, atmospheric scientists and climate essayists. As author Rebecca Solnit wrote in 2016: ‘We don’t know what is going to happen, or how, or when, and **that very uncertainty is the space of hope.**’

**“...if you’re looking for hope, there might be a space in constructing something together**

Ortiz concludes with the message that “no individual will bend the emissions curve alone. No writer, modelling team, no forest firefighter, no environmental lawyer will carry the day. But if you’re looking for hope, there might be a space in constructing something together – in responsive hope. No single coral restoration programme will heal the wounds inflicted on reefs around the world, but perhaps networks offer a

way forward. That collective goal, and the space of uncertainty in that “perhaps”, is our hope.”

“Several months ago, teenage activist Greta Thunberg scolded European MPs for failing to understand this. **‘You can’t just sit around waiting for hope to come,’** she said last February in Brussels. ‘Then you are acting like spoiled irresponsible children. You don’t seem to understand that hope is something that you have to earn.’

“Real, good, useful hope has nothing to do with positive news. Instead, it is profoundly linked with action: both ours and that of others alongside us... **There’s only one way to earn hope, and that’s rolling up your sleeves.**

[Climate justice essayist **Mary Annaïse Heglar**] and others are warning against ... unfounded, passive hope. “We need courage, not hope,” writes Nasa scientist Dr Kate Marvel

For Norwegian psychologist Per Espen Stoknes the “antidote is healthy skepticism. Stoknes argues **we should settle our hope in our values** – in what we believe is right and needed. Our actions can’t be based on the expectations of a happy ending. That outcome is outside of our control. If emissions keep rising, we risk deflation and action can dry up. Our values, however, persist.

For us here at UUFO looking for more information about “hope as action,” Janet has listed numerous opportunities in Ottawa and beyond to learn more about and engage with others in action related to climate justice. Visit:

<http://uufo.org/follow-up-to-discussion-on-fire-by-naomi-klein/>

Talk with Janet or other members of the Social Action Cluster for more information.

Thanks to the 47 people who wrote asking the federal government not to approve the Teck mine!

The next gathering of the Social Action Cluster will be over Heartwood House soup at noon on Wednesday, April 1st. Everyone welcome.

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





## Dinners for Six: A big hit in the fall, continue this spring!

**"I believe that the community—in the fullest sense: a place and all its creatures—is the smallest unit of health and that to speak of the health of an isolated individual is a contradiction in terms."**—Wendell Berry



### On Small Group Dinners: a reflection by Allison Calvern

Our UU principles and the administrative thrust of our fellowship underline our preoccupation with community, and so with health. UUFO values and nurtures community with: pot-lucks; pub nights, la célébration mensuelle francophone, movie outings, discussions, women's group, social action cluster, caring circle, etc.. Our growing list of groups, gestures and actions is wide-ranging and colourful.; we are all about sharing and caring, together. Which brings us to small group dinners.

I was lucky to be part of a small group dinner at Marina's house last fall, the table laden with salmon, asparagus, salads, rice, and cake! What's not to love? Five of us shared food, laughter, wine and conversation. I suggest these small gatherings show a profound trust in the value of community—to gather, to share, to know ourselves within the eyes of one another.

In November, 2019, Bill and Nancy Davies hosted a dinner for 6, to get to know other members in a small setting. This is a great number for socializing - small enough to allow for conversation and people aren't talking over each other - and hosting is very do-able as it is a pot luck and casual. We will certainly host another one in the future.

Aside: I don't know if you want details as to who came and what was served, but just in case, here's that info.

Attendees were Mark and Isobel Bisby, Christine Baddeley Girard and one other who unfortunately had to cancel. Mark and Isobel supplied the wine, while Christine brought appetizers and a to-die-for chocolate cake. The main meal was coconut beef curry, rice, naan bread, with garnishes of raisins, coconut, nuts and chutney. Good food, conversation and company - who could ask for anything more?

A sacrament is a ceremony or rite, such as baptism or communion, in which God confers grace upon the person being baptized, say. Well, not to appropriate a cultural tradition, but small group dinners are a UU answer to Christian sacraments. We come together, we break bread, we laugh. Of course, while we UUs may accept God's presence, we do not necessarily depend on them\* being part of the picture. But the biggest difference between a UU 'sacrament' and a Christian one, is Christians tend to have the sacrament performed by the priest, while remaining virtually silent throughout; we UUs get to talk all the way through! And laugh, and learn about one another, community being the smallest unit of health.

Go on, sign up for a small group dinner. For your health.



Spring Small Group Dinners will be taking place on March 21 & April 25

## Adult Religious Exploration: Exploring Self, Spirit, and the World Around Us

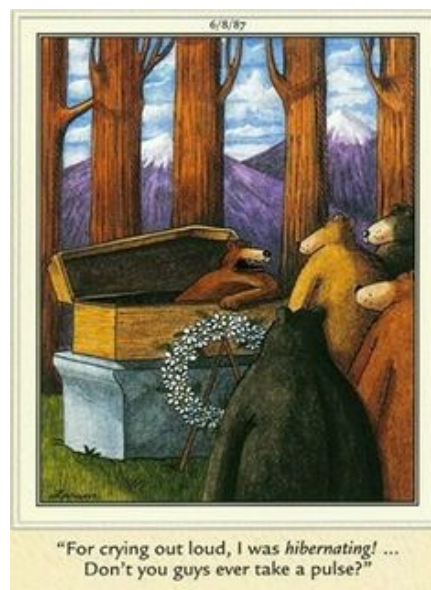
This winter saw the return of a favourite course in our Fellowship, "Writing Your Spiritual Autobiography" from Rev. Linda Goonewardene. Linda leads participants through different phases in their lives to reveal the important people and experiences that have shaped each person's spiritual life. Through writing exercises and sharing, this course has offered a deeper exploration of self.

Our monthly drop-in discussion circles have also continued, opening a space each month for direct interaction on our worship themes.

As winter seeds into spring, our Adult RE offerings continue with a special workshop offered by our own Evangeline Danseco, interfaith minister, and lay chaplain:

"Planning Your Celebration of Life"

Stay tuned!



## Notes from Membership and Welcoming

We have been delighted to see many new faces at our Sunday services since the start of the fall season in September!

### Newcomers' Get-Together, March 1, 2020

The Welcome and Membership Team of Lucie-Marie Castonguay-Bower, Carole Séguin and Hoppy Roy, as well as two of our board members, Brandon Milk and Dave Edmunds welcomed Peter, Carol, River, Bryan, Aloys, and Zenobia to our first Newcomers' Get-Together of 2020 on March 1, 2020. We always look forward to these gatherings, which give newcomers a chance to learn a bit more about Unitarian Universalism and our Fellowship.

### New Member Ceremony, May 2020

We plan to hold a New Member Ceremony later in the spring of 2020, (likely in early May) for anyone who is ready to become a member of, or transfer membership to, our Fellowship. This ceremony will be part of a regular service and will be announced in the Friday Notes and in the Order of Service once we have a date. For anyone interested in taking this next step, please contact anyone on the Welcome and Membership Team (see below).

### Guest Book and Name Tags

If you are a newcomer or new to this congregation and you haven't yet done so, please sign our Guestbook at the back of the sanctuary so we can add you to our Friday Notes email list. Also, please sign the "Name Tag Sign-Up" sheet if you have not received a nametag, or have lost yours!

In fellowship,

**Lucie-Marie Castonguay-Bower**

*luciemariecb@gmail.com*

**Carolle Séguin**

*4carolle@gmail.com*

**Hoppy Roy**

*hoppyroy@gmail.com*

**Andrea Young**

*andreamkentyoung@gmail.com*





On the weekend of May 15-17 Unitarian Universalists from across the country will be gathering in Halifax, NS for the national conference of the Canadian Unitarian Council. The theme for Conference 2020 is **Making Waves!** Building on the imagery of The Ripple Effect, the CUC's campaign on water and its related environmental issues, this theme encourages and challenges UUs to make waves that practice radical inclusion, challenge the status quo, and push us to remain relevant into the future.

The CUC's Annual General Meeting will take place on May 15th, in Halifax, and through online delegate participation.

## Heartwood House Community Expo! May 7th

Come out to UUFO on May 7th between 9:30am and 1pm and you will find a lively expo, and an opportunity to meet some of the people behind each of the 18+ Heartwood House member organizations!

This is a fantastic opportunity to find out more about our neighbours in this shared building. Each organization will have a table, and will have brief opportunities to "shout out" who they are and what they do.

UUFO will host our own table at the expo, sharing our community with those who come to learn more about our neighbours and community together.

We would love to reach out to the diverse groups and people who come through our halls during the week, but may not know how vibrant and welcoming we can be on Sunday mornings!

Come join us on May 7 to expand our "church home" community throughout "the House!"



Come and visit the **18+ non-profit organizations working, better together, under one roof at Heartwood.** Learn about services, programs, and volunteer opportunities.

- Open-house from 9:30 am to 1:00 pm
- Presentations at 10 am and 12 pm
- Light refreshments
- Fully accessible

Register at Eventbrite. Follow the link at [www.heartwoodhouse.ca](http://www.heartwoodhouse.ca)



**HEARTWOOD**

Better Together | Ensemble c'est bien mieux  
404 McArthur Ave, Ottawa, ON K1K 1G8  
613-241-5937 [www.heartwoodhouse.ca](http://www.heartwoodhouse.ca)

ACORN Canada  
ALSO - Adult and Family Literacy  
Community Laundry Co-op  
Coopérative Integration Canada  
EcoEquitable  
ELTOC  
Hopewell  
Jamaican Ottawa Community Association  
Multifaith Housing Initiative  
OASW - Eastern Branch  
Options Bytown Non-Profit Housing  
Ottawa Valley Weavers' and Spinners' Guild  
People, Words & Change  
Rideau-Ottawa Valley Learning Network  
Suits His Style  
Victoria's Quilts Canada  
Anxiety Disorders Association of Ontario  
Twice Upon a Time



## Who Are the People in Our Neighbourhood?

Our newsletter initiative to broaden our knowledge of our community neighbours in the building



Focus on:

### People Words and Change

By Nanci Burns

This small non-profit, situated on our second floor is staffed by 3 and supported by 80 volunteer tutors. This is perhaps the organization that has been around the longest in Ottawa, with a 42 year history. Their mandate is simple but so needed: to augment the literacy skills (reading, writing, math and computer skills) of people in the workforce to allow them to stay employed and work to their capacity. People, Words and Change (PWC) is funded by the Ontario Ministry of Labour: Training and Skills Development.

On average, 55 learners are part of the program. Most are women and 75% of the learners do not have English as their first language. Several of our UU members are volunteers: Marina Jones, Tom Shillington, Hoppy Roy and Chris Baddeley Girard.

My talk with Dee Sullivan, Executive Director, was timely for 2 reasons: First of all, it was the first day that their newly constructed "Little Free Library" was made available in the lobby of Heartwood House. Second, they have an upcoming fundraiser on March 21st and they would like you all to come. Please do!



Nanci Burns, Newsletter reporter, checks out the new little free library in the lobby

## Tea Time Trivia

**Saturday, March 21<sup>st</sup>, 2020**  
**2 pm – 5 pm**  
**400 McArthur Avenue**

Emcee  
**Rideau-Rockcliffe Councillor**  
**Rawlson King**

Featuring  
**Ashley Thomas** Jeopardy!  
Quisnaster  
**Jeopardy! Champion**  
**Andrew Thomson**

Trivia fun & afternoon tea in support of **People, Words & Change**. Put together a team of six or join one when you arrive.

Enjoy tea, coffee and dainty treats catered by The Ottawa Mission.

**Contact:**  
[info@pwc.ottawa.ca](mailto:info@pwc.ottawa.ca)  
 613.234.2494  
[Eventbrite.ca](https://www.eventbrite.ca)

Sponsored by

**Tickets \$30**

@pwc\_ottawa

# 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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Ottawa, ON  
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uuf@uuf.org



**We're online at:**  
**uuf.org**



**Find us on Facebook!**  
**@UUFellowshipOttawa**



**Follow us on Twitter!**  
**@uu\_fellowship**

## Fellowship News

is published quarterly by UUFO

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

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

Submissions for the Summer Issue are  
due May 15

Many thanks to our contributors and  
editors!

## Editorial Team

Allison, Nanci, Pat,  
Sarah



## Spring Services and Events of Note

### March | Inclusion

**Sunday, March 15 10:30am & 12pm**

It's our Fellowship's Anniversary Sunday! Join us for our Potluck lunch

**Dimanche, 22 mars 11h30**

*Célébration mensuelle francophone: thème: l'inclusion*

**Friday, March 27 6:30pm**

Pub Night Party and maternity leave send-off for Sarah

### April | Earth

**Sunday, April 5 12pm**

Discussion Circle: Join the circle to discuss the monthly theme

**Saturday, April 18 9am—12pm**

Workshop: Planning your celebration of life

**Dimanche, le 26 avril 11h30**

*Célébration Mensuelle Francophone: thème: la terre*

### May & June | Joy

**Sunday, May 3 12pm**

Discussion Circle: Join the circle to discuss the monthly theme

**Thursday, May 7 9:30am-1pm**

Heartwood House Community Expo: Meet our neighbours!

**Dimanche, le 24 mai 11h30**

*Célébration Mensuelle Francophone: thème: la joie*

**Sunday, June 7 12pm**

UUFO Annual General Meeting

**Sunday, June 14 10:30am & 12pm**

Flower Communion Sunday! Join our potluck lunch as we head into our  
summer break from weekly services!

**Dimanche, le 28 juin 11h30**

*Célébration Mensuelle Francophone: rétroactive et dinner à la fortune du pot*

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