

# Fellowship News

## *Infolettre UUFO*



## Summer of Reconnection

By Sarah Baxter

Each board meeting, like so many of our Unitarian gatherings, begins with a check in. At the June meeting, the check in, while touching on our lives, trended heavily towards who was re-booking, planning for, and waiting to get a vaccine. Of course Covid vaccines are on our minds, not because we are all so fascinated by needles or the science of immunization, but because of what they represent: the chance to get out into the world again, to reconnect with friends and loved ones. We have been holding our collective breath, waiting for the opportunity to enjoy the community and connection of company – IN PERSON.



Photo by Katherine Childs, DRE,  
Unitarian Church of Montreal

This summer at UUFO, we are cautiously optimistic about our return. We believe that September will see us back together for worship services (see Worship Cluster Notes p. 5), and that the summer months will offer us opportunities to gather outdoors (See Meditation Walks, p.7 and Picnics in the Park, p. 12). And while some of us may be completely sick of Zoom, and worrying about our Wi-Fi connections, many of us are grateful for the opportunities to see one another, while remaining safe in our homes. These Zoom connections

will continue as well, with Friday evening social activities (see p. 6) and monthly Summer Sunday discussions in our virtual Sanctuary (p. 12).

Whether online, or in the great outdoors, we are enthusiastically looking forward to our summer connections.

### CONSENT: MASK EDITION!



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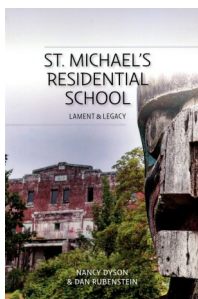
## Caring and Sharing

### Notes from our Readers

#### Nancy & Dan Rubenstein's Book is published!

Just off the press **"St. Michael's Residential School—Lament & Legacy"**.

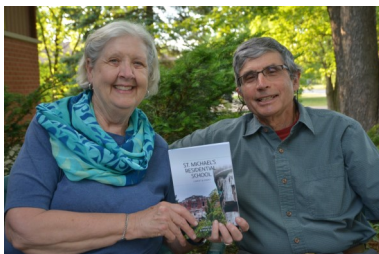
This book is a compelling account of their recollections of working as childcare workers in 1970 in this school in Alert Bay, B.C. It is a moving narrative of what they witnessed and were shocked by what they encountered. In 2015, when the Truth and Reconciliation Commission Reports were released, memories of their time at St. Michael's resurfaced and they made a commitment to tell their story.



Chief Dr. Robert Joseph, Ambassador for Reconciliation Canada, in an enthusiastic endorsement of the book, makes the following observations in the foreword: *This book is a must read for all Canadians. It is honest, fair and compelling. It is a story that screams out for human decency, justice and equality. It also calls for Reconciliation and a new way forward.*

The book is soon available at bookstores. In the meantime, you can obtain a copy from Nancy and Dan directly.

Mark Mueller



#### In Memoriam

Our long-time Fellowship member Lawreen Pratt passed away peacefully on May 30th, at the Longfields Manor Long Term Care Home, where she had lived for the last year and a half.



She had many friends at the Fellowship, and we appreciated her quick wit, offbeat sense of humour, and willingness to speak her mind. Lawreen was a reader and a thinker, and a regular attendee at the Fellowship Perkins Lunch club, for as long as she was able to manage the physical challenges involved.

She is survived by her three sons, numerous grandchildren, and a few great-grandchildren -- our hearts go out to her large family for the loss of their loving and devoted matriarch.

In 2019, Lawreen's family hosted a big celebration in honour of her 90th birthday, and some of her Fellowship friends were able to attend, as shown here the birthday girl is surrounded by Don and Louise McDiarmid, Gary Weinhold, Pat Lucey, and Marlene Hewitt.



We bade farewell to our Intern Minister, E.N. Hill this month. Our farewell gifts to him included the amazing quilt pictured, which was created by the incredibly talented Laura Evans, who was recently elected president of the Common Thread Quilt Guild!





## Board Walk

By Brandon Milk, Board President

Summer's here and even in a pandemic, the living should be easier.

As I write this, UUFO is close to the end of its worship cycle for another year. Our flower communion on June 20<sup>th</sup> is when we will say goodbye to our part-time intern minister, E.N. E.N. has contributed much to our Fellowship this past year and the board wishes him the best of luck in the future.

Our Fellowship AGM on June 6<sup>th</sup> went smoothly on Zoom. There were many interesting points of discussion raised relating to both our past and our future – not to mention that we made UUFO history by passing a new set of bylaws. Our Fellowship bylaws were last amended more than 10 years ago, so developing new bylaws was a necessary and worthwhile endeavor. It was a long process, but we got there in the end! The board would again like to thank Nick, Laura, and all the past board members who helped make this happen.



Photo from Ferry Beach, Maine

As has become our tradition, the board will be holding a “retreat” later in June to welcome new members, divide up roles and decide on priorities for the next year. After that, we look forward to scheduling meetings(s) with interested Fellowship members about the CUC’s proposed new 8<sup>th</sup> principle. We will know more what that will look like once we receive the information package that the CUC has promised.

In other news of renewal, we’re also making arrangements to get Sarah a new laptop, with more technology purchases likely to follow.

Michel, our “inspiring activities” specialist, has met with Sarah to arrange summer get-togethers including video discussions and picnics. Our usual Friday night events will also continue over the summer. Many of us are looking forward to an in-person pub night, whenever that becomes a possibility.

In the meantime, the board wishes everyone a safe and happy summer.

## UUFO Time Machine: A Peek at the Past

### Remembering Our Friend: Ruth Milne



Ruth Milne, March 16 2003

UUFO Potluck at her home on the occasion of the 17th anniversary of UUFO

Ruth Milne was a generous, hospitable and fun-loving member of the Fellowship until she moved back to Salem. She frequently hosted UUFO gatherings at her home (this was before we had our own home at 400 McArthur).

We reached out to her son, Walter, for an update on our old friend:

Mom is well, living in her girlhood home in Salem MA. Her condition has started to decline more rapidly over the past year, after a very slow [10 year?] decline into dementia. She's relatively well and remembers her Ottawa friends fondly.

Kind Regards,  
Walter Beebe-Center



Marlene and Ruth

Happier days on Barkers Island  
(shared by Marina)



Marina and Ruth, New Year's Eve at Ruth's outdoor bonfire

Helmut and Ruth

# Words and Worship



UUFO Writers  
a place of discovery

In November 2020, I was invited to join the Fellowship's writing group. An invitation from kind, supportive, talented, and organized people should never be ignored, and I am glad that I accepted it.

We meet once a month and can write about any topic. We may submit our text a day or two before the (zoom) meeting, for all to read as they wish, or simply arrive at the meeting with our text in hand. We read our work aloud, and the group is invited to provide suggestions, indicate whether and to what extent they have been moved, and otherwise comment.

There are eight of us in the group. So far we have had the pleasure of sharing: poetry (including limericks); beautiful descriptions of nature and people; and remarkable moments of both happy and unhappy memories. The writings/stories are one part of the joys/understandings/sharing/and learning; the other part is the variety of writing and presentation styles. Of course, it takes courage and strength to talk about our values, experiences, and reactions to life events. To show our vulnerabilities, our strengths, our victories, and our failures. Of course we have different levels of openness and acceptance in these areas. Nevertheless, my experience has provided me with lots of learning regarding human nature. I find the understanding of the complexities of other people to be a great challenge, but also a wonderful gift.

Whether with our group or as part of another, I highly recommend joining a writing circle. It can also help understanding oneself much better.

Warm regards,  
Barry Nabatian

## Light

light is the golden drop  
the tear on an eyelash  
soft as a breath  
gentle as a whisper  
the flicker of memory

light is the summer storm  
a brilliance in my eye  
hard as a gasp  
rough as a shout  
a torrent of memory

-Christine Baddeley Girard  
(in response to a prompt  
from the guest speaker on  
Sunday, May 30, 2021)



## Notes from the Worship Cluster

By Pat Lucey



At this time, we're anticipating a reopening of our Sanctuary in September (fingers crossed!).

Over the last 15 months, our online services have presented us with many challenges, but also with some encouraging opportunities:

- we have expanded our Fellowship community to include those who cannot join us on Sunday in the Sanctuary; and
- we have enjoyed the participation of several guest speakers who were able to videoconference with us on Zoom from afar.

Looking ahead, while there are some uncertainties, your Worship Team is committed to exploring how we can sustain our expanded Fellowship community, and how we can continue to bring in remote guest speakers who cannot travel to Ottawa and be with us in person. Here are some ideas currently under consideration:

**Livestreaming Sunday morning services** would result in better quality video (no more "Hollywood Squares" interface). Significant copyright and privacy issues must be addressed, as well as bandwidth considerations, Q&A and sharing can be enabled as typed in comments. Two livestreaming platforms with enormous reach are YouTube and Facebook Live, on our public page (which can be viewed by non-members of Facebook).

**Recording services and posting them on YouTube** offers us the chance to post-edit our raw video and upload the most interesting parts to our YouTube public channel while respecting individual privacy preferences and obtaining copyright permissions as needed. Live engagement can occur through the comments section, but we might choose to disable this feature (YouTube trolls are everywhere!).

**Continuing to offer some Zoom-based online worship experiences** for those who cannot attend in person would require a regular schedule (perhaps Sunday afternoons?) and additional volunteer and staff hours, but this approach offers lots of live engagement, and we could use worship materials from the Sunday morning service. This could become an online Chalice Group of sorts, and could be continued in conjunction with either livestreaming or publishing edited video.

**Remote guest speakers:** In putting together online services for the last 15 months, our Worship Team has explored many avenues for content we could offer on Zoom, both live and pre-recorded. If live videoconferencing isn't a possibility for a particular remote guest speaker, we can continue to occasionally offer a recorded talk from a guest speaker in the Sanctuary. Sunday setup in the Sanctuary can be adjusted to broadcast a remote speaker live in the room using a projector, and they can join us via Zoom, or through another videoconferencing platform of their choice. Q&A sessions could take place in real time, and more advanced videoconferencing capabilities could permit us to interact with the speaker aloud.

Whichever route we go would require investment in more advanced recording equipment, or possibly more expensive videoconferencing software.

We welcome your ideas and engagement in this discussion, which will take part over the summer, in close consultation with our Board, and with experienced individuals from other congregations who are facing these same challenges and opportunities. Feel free to get in touch with any of our Worship Team members with your own thoughts and ideas regarding our Fellowship's future Sunday services.

**Worship Cluster Team:** Pat Lucey (cluster contact), Martha Nabatian, Katie Lunn, Christine Baddeley Girard, Nick LePan, Laura Evans, Nancy Rubenstein, Lucie-Marie Castonguay-Bower, allison calvern (Board liaison), Sarah Baxter (staff support).



Behind the Zoom-worship scenes:

Izzy and Sarah, April 2021



## Friday Music Night

By Michel Boudreau

Well it's happened, we now have a steady flow of participants to our monthly Friday Music Night! We have regulars who attend frequently and others who are still trying it out. We average ten to twelve attendees per event. It's two hours of relaxed hanging out together, on Zoom of course, chatting, joking, some fun teasing, surprise visits from siblings, and of course music. It's like an open Zoom mic but you can also attend as an audience member without having to perform. Or you can speak to the musical theme of the night. Or send me a musical video on the theme and I will play it during the event. We don't always know who'll show up or what's going to be sung or presented. I'm also pleased to say that I have improved my Zoom-master skills. We can now actually see the videos I play. Previously, I would play a video thinking that everything was fine, but no, the sound would come through alright but not the visual. A very humbling experience, thank you. We are planning to go right through the summer on the following dates: May 28, Jun 25, Jul 23, Aug 27 and Sept 24 always between 6:30 P.M. and 8:30 P.M. If however there is a change in plans then it will be announced before hand. If you want to know more about this event then the best way is to attend! See you around, Michel B.!



Michel B performing for UUFO Worship

## Movie Musings

By Michel Jan



Our online Friday evening movie discussions have been going well. In March we discussed two documentaries one called "Giants of Africa"

which was about which is about Masai Ujiri's work helping African youth learn to play basketball. This is an inspirational documentary highlighting how the Toronto Raptors General Manager not only managed a winning team but gave of his time during the summer to help youth learn a sport along with life skills. The second documentary was from the National Film Board and is called "Freedom Road" about how an indigenous community managed to get a road built so that they could have better access to the outside world. Everyone enjoyed both documentaries.

In April we discussed the film "The Trial of the Chicago Seven" which is available on Netflix. It was about the trial of Abbie Hoffman and others for allegedly having incited violent and destructive protests at the Democratic National Convention. The acting was very good and the film was well made. We had a good discussion.

In May I was not able to attend because I was in the midst of moving however Claire Heistek hosted and the film discussed was "Happy as Lazzaro" from Netflix. This is a film about an innocent and loyal young man who is kind of adopted as a companion by the Marquise's son. I was told that people enjoyed the film and had a good discussion about it. Everyone is welcome to participate in the evenings. The films chosen will either be from Netflix, CBC Gem or the National Film Board.



## UUFO Meditation Walks in Nature

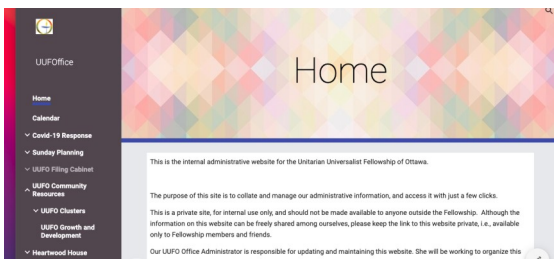
By Isobel Bisby

During the summer of 2020, and with the restrictions that Covid demanded, a group of fellow Unitarians decided to meet every other week on Friday or Saturday mornings for an outdoor silent walking meditation in beautiful places in and around Ottawa. Between 8 and 15 of us gathered together. In town we visited such places as Beechwood cemetery, the Arboretum, Rideau Hall, and the Mer Bleu. In the Gatineau we walked some of the forest trails. Marie Claire, Mark and I planned the walks. We are keenly aware that individual walking capacity is varied, so some walks are short and more accessible, being flat and easy, others more challenging. We always began with a circle check-in led by Marie Claire, an opportunity to visit with friends and to share our week with each other if we wished. Marie Claire always suggested that we set an intention for our walk. I read a poem to begin. Then we walked for about 30 to 45 minutes in silence, absorbing the beauty of nature around us, focusing on the present moment, and the gentle rhythm of the walk. At the end we would have a social time. Sometimes we were walking and talking while returning the way we had come, chatting along the way. Other times we would sit on a grassy bank at the end of the walk. As we are all so starved of company because of the pandemic this was a very special opportunity to connect in person, as well as communing with nature.

This summer we will be having walks every other Friday morning. If you're interested please let Marie Claire ([mcberes@gmail.com](mailto:mcberes@gmail.com)) or Isobel ([ibisby@gmail.com](mailto:ibisby@gmail.com)) know so that we can put you on the email list, for notice of times and locations. We welcome everyone and hope you decide to join us this summer.

*"We can't be grounded in our body if our mind is somewhere else. We each have a body that has been given us by the earth. This body is a wonder. In our daily lives, we may spend many hours forgetting the body. We get lost in our computer or in our worries, fear, or busyness. Walking meditation makes us whole again. Only when we are connected with our body are we truly alive. Healing is not possible without that connection. So walk and breathe in such a way that you can connect with your body deeply."*

—Thich Nhat Hanh



### UUFO Office makeover!

Some of you visit uufoffice every week, accessing worship planning documents. Some of you probably forgot, or didn't realize uufoffice is the place to look for useful links for planning, and uufo's online filing cabinet.

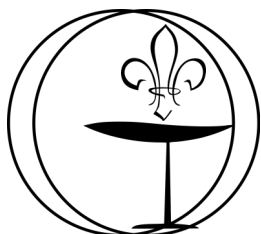


Labyrinth at Unicamp of Ontario

Photo by UU Poet Helen Iacovino of Toronto  
([heleniacovino.wordpress.com/](http://heleniacovino.wordpress.com/))

# COIN FRANÇAIS

Rassemblement Unitarien Universaliste d'Ottawa



## Évolution **Groupe de discUssion**

Par Maurice Cabana-Proulx

Cet été, le **Groupe de DiscUssion** prend une pause. Les rencontres de l'hiver et du printemps ont permis à un noyau de fidèles, grâce à Zoom, de discuter de sujets qui préoccupent les UUs. Lorsque les restrictions sanitaires seront levées, le groupe pourra reprendre son fonctionnement d'antan : les gens pourront participer à des discussions tour-de-table et ensuite partager un goûter. La technologie Zoom pourra, néanmoins, permettre à ceux et celles qui ne peuvent pas se rendre sur place à participer aux échanges.

L'engagement envers la justice sociale et envers un monde meilleur va continuer à motiver notre réflexion. Le mouvement de réconciliation, le 8<sup>e</sup> principe, l'environnement alimenteront nos discussions. Lorsque cela est possible, nous essaierons d'identifier des initiatives qui peuvent améliorer les situations problématiques.

Le Groupe de discUssion accueille toutes suggestions et commentaires pouvant améliorer notre démarche. Les missives peuvent être envoyées à

[cp4@videotron.ca](mailto:cp4@videotron.ca)

## **Quelques nouvelles et réflexions**

Par Lucie-Marie Castonguay-Bower

Salut à vous tous,

En ce qui concerne nos **Célébrations francophones mensuelles** nous avons pu les continuer grâce à la technologie et à l'expertise de Claire, notre accueillante hôtesse sur Zoom.

Ce qui nous a nourri davantage est la créativité avec laquelle chaque animateur et animatrice a présenté son thème, nous l'a fait vibrer au point de nous convaincre de continuer de le vivre. Même si la chaleur humaine était absente, notre intimité, notre joie et notre coopération mutuelle étaient constamment de la partie. La richesse de tous nos participants, participantes est pour nous la meilleure nourriture spirituelle. Voici en résumé quelques réflexions découlant de notre dernière Célébration de mai. Nous vous les offrons en guise de souhaits, d'ici à ce que l'on se rencontre en personne.

- ◇ Puisse la contrainte de cette pandémie réveiller en nous notre créativité.
- ◇ Puisse cette obligation de changement nous amener à innover dans notre façon de vivre au quotidien.
- ◇ Puisse notre vulnérabilité stimuler notre volonté à nous dépasser pour ouvrir davantage notre cœur et nos bras à tous ceux qui nous entourent, à notre communauté ainsi qu'à celle plus éloignée.
- ◇ Pussions-nous enfin être persuadés que notre créativité est toujours en éveil, qu'il s'agit simplement de l'utiliser et nous aurons l'agréable surprise de découvrir d'autres façon de faire que l'on n'aurait jamais pensé possibles et réalisables.

**Cercle de croissance spirituelle mensuel:** encore une fois ce dernier nous a également été possible grâce à Zoom et notre dévouée hôtesse Marie-Claire. Comme nous avons hâte de nous retrouver en personne ainsi que pour l'ensemble de notre Rassemblement (Fellowship).

D'ici là très bon été. Nous espérons vous revoir à notre prochaine

Célébration Francophone :

**Le 27 juin à 11hrs,**

Thème : *Gratitude et Rétroaction.*

(Normalement nous aurions eu un dîner partagé mais on doit se contenter de zoom)







## Children's Religious Exploration



Piper, March 2021

The RE Cluster has been active during Covid, as we have met monthly to plan for ways of being in touch with families on a monthly basis. Our goal has been to maintain regular contact with the kids and families, in order to sustain their connection to the Fellowship and Farzana. All the activities have been prepared in kits and sent by mail or delivered in person by Farzana and one of the cluster participants.



Leander, checking if his flowers need water

For example, one of the kits included directions and materials to create God's Eyes. Another sent the kids home with pots of dirt and flower seeds to plant.



Claire's God's Eye



Sarah and family read Story for All Ages: *Angela's Airplane*

We also were delighted to have some family participation during a couple of Sunday services.



Louka, reading our Story For All Ages: *Love the World*

## Social Action Cluster Focus:

By Nanci Burns

*"To Plant a Garden is to Believe in Tomorrow." Audrey Hepburn*

Those of us in the Social Action Cluster like to think we are generally tilling the soil in our community so we can grow together and be the best we can be. This year when we had the discussion of how best to invest our Social Action funds allocations from the Fellowship and we decided to invest in the Boys and Girls Club down the street at 430 McArthur – our neighbour! We were fermenting ideas planted by Tamer Soliman in the Spring when he talked with us about the Great Disconnect. He uses gardening as one tool for connecting. Elinor Mueller and myself approached the Boys and Girls Club and offered them \$900 from our Fellowship. We also suggested we would be interested in having a more hands-on role if they were interested. Perhaps we could create a win/win situation? We spoke of beautifying our "hood" with a garden both at Boys and Girls and

at Heartwood House. The staff at Boys and Girls were most receptive and seeds started growing among us. They had also received funding to create planter boxes that could be wheelchair assessable. The plans for the boxes were already drawn up by another community donor. With our contribution, the children could purchase paints to decorate the boxes and then have funds for soil and plants. I have a connection at the Boys and Girls Club, who is a landscaper. He agreed to deliver soil at cost.



Pat Lucey caught wind of this and volunteered to create a flower box under the sign at the corner of Heartwood House property. Boys and Girls Club agreed to plant and water. Moe Moloughney, the ED of Heartwood House, quickly bought in and explored watering issues. In the end, we think water jugs can be easily carried over by children to keep our box in bloom. It just seems like this was a project meant to be. The Pandemic has halted progress until we can get children allowed to participate, but we hope this summer things will start blooming.

Here is Elinor delivering the cheque from the Fellowship to Jacque Richards and Paul Beauchamp at the Boys and Girls Club in June and the corner of Heartwood House that will soon be blooming.



## UUFO Caring Circle says good bye to Mark M., chair:

May 31, 2021

Mark M. works in the background, keeps in touch with a wide sweep of UUs, many of whom no longer attend services. While Covid has kept him from making visits, it has not diminished his natural bent—which is to look in on people, to make regular phone calls, to see if he can be of help. Mark ferries people to appointments, delivers what is needed, sends cards—unofficially, and often. (After all, he does have a large supply of his own beautiful photograph-cards to share with the world.)

His particular gift resides in how he has affected the structure of the CC. Since becoming chair a couple of years ago, Mark has cleaned out a few affectionately tolerated cobwebs and infused focus into our work. While maintaining an air of easy formality, he called for clarity in

communications, and quietly nudged us towards more intentionality in our work. Under his watch, we became more attentive to the needs of the congregation as we grew in value to everybody—including to ourselves.

*Of course the CC will function well without him, in part because of the people around the table, but also because Mark has a remarkable capacity to contribute; his presence even outside the circle, will continue to enrich the congregation.*

## Lay Chaplain's Corner: By Evangeline Danseco



The COVID-19 pandemic has changed the ways we come together for celebrating milestones in our lives – births, marriages and deaths. With the ongoing physical restrictions, stay-at-home orders, and emergency lockdowns, I have performed only two rituals since March 2020. In June 2020, I was honoured to conduct an intimate memorial service with about 8 family members. In September 2020, I performed a wedding ceremony in the backyard of the groom's mother's home in Kemptville, with about 12 people in attendance.

As the UUFO lay chaplain, I am available for rituals or ceremonies to members of the Fellowship and the larger community. I am also part of the lay chaplains at First Unitarian, to provide these rituals to the general public. If you know of someone that is interested in a small intimate celebration of their milestones, send me an email or call me to explore possibilities: [lay-chaplain@uufu.org](mailto:lay-chaplain@uufu.org)



# Adult Religious Exploration:

## Exploring Self, Spirit, and the World Around Us

Our Inspiring Activities Cluster supports opportunities for Adult Religious Exploration, along with our many social activities that hold our community together. This summer we are offering:

### Summer Sundays: Video + Discussion Hour (11am on Zoom)

These sessions create space for discussion, by presenting a short video to the group, followed by open discussion. "TEDTalk Coffee Hour" Sundays in the summer were pioneered several years ago, and will be revived once a month on Zoom: offering short, interesting videos, followed by an hour of discussion. This summer we will be watching two videos by Liz James of the Unitarian Universalist Hysterical Society, which are sure to spark some interesting conversations about faith and reverence.

**July 11: Hope and Orange Trees**, in which Liz describes her image of "No-God" a comfortable-shoe wearing, orange eating, seed saving un-goddess. Her creative imagery invites you to ponder, what do you believe about God (or Whatever)?

**August 8: Reverence for Weird Things**, in which Liz asks: what kind of world would it be, if, Instead of asking each other mundane things like "what's your name, what do you do for a living?" we instead asked: "What gives you a sense of Awe and Reverence?"



Days of Picnics Past: July 12, 2015

### BYO Picnic at the Park

You are invited to a casual picnic in Richelieu Park, followed by a walk through the woods.

While we're not able to share Potluck yet, we can bring our own food, picnic blankets/lawn chairs and gather outdoors for a friendly meet up.

**Sundays, July 25 & August 22**

**11am:** meet in front of the Vanier Library, 300 des Pères-Blancs Ave



## What Is Shared Ministry?

Have you ever wondered about terms like ministry and "shared ministry" that get bandied about on occasion? Here are some thoughts from the Preamble of the Terms of Reference for the UUFO Committee on Shared Ministry (COSM).

*Ministry happens wherever individuals embrace the belief that their good works, their volunteerism, their acts, can help serve the mission and vision of their congregation.*

***Shared ministry** is the individual and collective acts of serving each others' and the congregation's needs. Staff, lay members and friends work together to create a caring and dynamic space by crafting worship services, educational opportunities, social justice and other projects, social events and systems. Together they all constitute our "shared ministry".*

### What is the purpose of the Committee on Shared Ministry?

From the Terms of Reference::

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

Anyone wishing to discuss issues related to communications or congregational health should feel free to contact [shared-ministry@uufo.org](mailto:shared-ministry@uufo.org)

## A Tribute to my Colleagues: the Members of the Caring Circle

By Mark Mueller

If you are following the Friday Notes, you will know that I have resigned as a member of the Caring Circle. Through this newsletter, I want to express my appreciation and my gratitude to my colleagues as we have worked together for a number of years. Much of our work is done in the background and not visible as many other Fellowship activities. Nevertheless, it has its rewards.

Among the stalwarts of carers is Marlene H., the longest-serving member of the Caring Circle. Marlene is the reason why I became chair a couple of years ago. Her dedication made obvious that caring comes from the heart. Over several decades she has shown a great capacity for caring. Many of you have served as Caring Contacts, a practice started decades ago by Marlene. Her heart and soul are part of the Caring Circle.

Not far behind in terms of Caring Circle seniority is Ken L. who is the quiet 'eminence grise' in the group. Never lacking a point of view, Ken is a willing and able committee member and a Caring Contact when asked to pitch in. Ken prefers meetings in person rather than ZOOM. We all agree with him! At our CC meeting in 2020 on our patio we celebrated Ken's 88<sup>th</sup> birthday. He is fit and every way and remains young at heart!

We were lucky that Allison C. decided to become our board liaison in the summer of 2019 and an active participant in the Caring Circle. She demonstrated a capacity to contribute and has made a difference in the functioning of the Caring Circle and assumed multiple roles to enrich our religious community. Allison has become a new stalwart in our caring and spent much time caring and acting creatively in certain situations.

Marie-Claire B. signed up as a member, without being asked, and brought many gifts to the Circle. Soon she took over to record minutes which she did with great skill and ability. Sensitive and voicing her limitations, she was willing to take on challenges that challenged her

and the CC. In addition to her caring, Marie-Claire remains active in the Meditation group and the Rassemblement, being in touch with many Fellowship members.

When we realized that certain members were considering leaving, we started recruiting. Andrea Y. was the Caring Contact for the month, and we asked her. To our delight Andrea agreed to join the CC and has been active since April 2021. Andrea recognizes the importance of the CC, and she will let her caring energy flow as needed.

Several others have committed to become active members of the CC. We are pleased that Nick L.P. has agreed to join the CC in June 2021. If you have watched his Sunday Services, including the service on May 24, you will appreciate that Nick brings special gifts to the CC. We were also encouraged that Christine B. will be joining the CC in September. Chris knows that caring makes a difference in our lives and she is well organized.

Caring is a sacred endeavour not only in a religious community. Some CC members have taken courses in pastoral care. The course reinforced the need for empathy and a capacity to listen and to hear. It is apparent, a good team carries on the work of caring in our Fellowship. Don't be shy, join the Caring Circle and practice empathy and caring!



The Caring Circle Meeting, June 2, 2021



## What is the 8th Principle?

The 8th Principle was originally proposed by Paula Cole Jones to the Unitarian Universalist Association (UUA) in the U.S. as a UU commitment to the work of dismantling racism and other oppressions, to hold ourselves accountable, and fulfill the potential of our existing principles.

The 8th Principle proposed to the CUC AGM 2021:

We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote: **“Individual and communal action that accountably dismantles racism and other oppressions in ourselves and in our institutions.”**

For the past several years the Canadian Unitarian Council (CUC) has made the work of dismantling racism a priority in our religious movement, establishing the Dismantling Racism Study Group (DRSG) in 2019. The DRSG presented their Final Report to the CUC Annual General Meeting on May 8, 2021, which included recommendations for continuing our commitment to anti-racism, including the recommendation to

- Adopt an 8th principle as an explicit expression of our commitment to anti-racism

An impromptu vote at the AGM adopted the 8th principle, but the process violated the CUC's by-laws, and can't be ratified (yet).

## What's Next?

You can read more about the CUC's process going forward. ([link](#))

### CUC-Hosted Forums

A chance to hear from CUC's Executive Director, Vyda Ng. (Look for links in Friday Notes!)

### Congregational Conversations

Canadian UUs will be discussing the motion this summer and fall. Our UUFO Board will be planning these opportunities for discussion. (Look for info in Friday Notes!)

### CUC Special Meeting: November 27

Delegates from all CUC congregations will have a chance to discuss and vote on the motion to adopt the 8th principle.

## The UUFO Book Discussion Group is under a re-imagination process.

Initially one of our weekly Friday Evening Zoom gatherings, our hosts found this time slot didn't suit the needs of the group.

We're looking at a new timeslot (possibly Thursday afternoons), and considering a new format (maybe monthly themed books for reading and discussion).

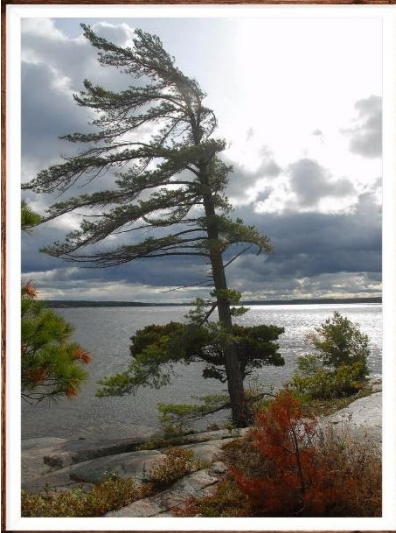
Keep a lookout in Friday Notes for a new and improved book discussion group re-launching this fall!





## Weathering the Storm

By Moe Moloughney, Heartwood House Executive Director



Heartwood . . . at the core of the tree is the "heartwood" that stays strong and endures as long as its roots and branches are alive. Together, we can weather any storm -- even a pandemic -- and emerge better for it.

For twenty years Heartwood has always supported member organizations facing difficult times, working with them to develop survival strategies.

However, never before have one third of our members dealt with a serious threat to survival at the same time. Due to the impact of COVID-19 we have struggled with challenges such as members unable to pay rent, members with 100% volunteer operations feeling unsafe in the return to service delivery, groups with little or no experience in virtual service delivery, fundraising events shut down, and members feeling isolated and uncertain of their survival. These issues demanded intensive collaborative efforts to respond to the needs of our community.

Prior to COVID-19 Heartwood was busy strengthening external connections including engaging in research with Algonquin College and Ottawa University students to further develop the work of our community, while working toward a local shared-space network, developing a community expo to increase external awareness and working toward a local emphasis on the power of membership within the Ontario Non-Profit Network. And then COVID-19 hit, resulting in an abrupt pause to external efforts with an urgent need to focus inwardly to maintain connections in our community. Member meeting discussions shifted to bridging isolation and determining community commitments for COVID safety measures, creative fundraising options, service delivery strategies, virtual delivery options, understanding eligibility criteria of available government supports and researching back-end services.

COVID-19 stay-at-home restrictions resulted in only 7 members as well as Heartwood House working on-site during the stay at home restrictions while other members could only come to the House to pick up files. COVID-19 has seriously impacted the financial condition of many members as well as that of Heartwood House. We have had to consider options to support small organizations to continue to afford office space. It has been a time to shift spaces; moving members serving seniors and people with disabilities to the main level and reconfiguring spaces to reduce space to save on operating costs, dealing with commercial tenants struggling to survive.

Heartwood's mission has always been rooted in our belief that small organizations are stronger and "better together." The lesson of COVID-19 is the importance of staying connected, although virtually connected, through virtual members' meetings and the value of learning from each other about virtual methods to continue activities, including fundraising activities and sharing our fears and enthusiasm that we will survive this difficult time.

This has also been a time to be thankful for the strong foundations we've built and most importantly our partnership with UUFO in the ownership of this wonderful property. We share a wonderful partnership built in respect and value for each other's needs and we will survive this time and move forward in strength together.

No challenge is too great if we stay the course, hold close to each other and weather the storm together.



**Heartwood**  
Ensemble c'est bien mieux  
**Better Together**

# Unitarian Universalist Fellowship of Ottawa

*Everyone Welcome | Bienvenue à tous*

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

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

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

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## Fellowship News

is published quarterly by UUFO  
Send submissions, comments, or letters  
to the editors to:

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

Submissions for the Fall Issue are due  
August 15

Many thanks to our contributors and  
editors!

## Editorial Team

Allison, Nanci, Pat,  
Sarah



## Summer Sundays

### June

**Sunday, June 20 10:30am (Zoom)**

Flower Communion! Our final worship service of the season

**Dimanche, 27 juin 11h (Zoom)**

*Célébration mensuelle francophone: thème: Gratitude et Rétroaction*

### July

**Sunday, July 11, 11am (Zoom)**

"Hope and Orange Trees": Video and Discussion Hour

**Sunday, July 25, 11am (Richelieu Park)**

BYO Picnic in the Park. Gather for an outdoor lunch and walk

### August

**Sunday, August 8, 11am (Zoom)**

"Reverence for Weird Things": Video & Discussion Hour

**Sunday, August 22, 11am (Richelieu Park)**

BYO Picnic in the Park. Gather for an outdoor lunch and walk

## Friday Activities

### Friday Night Wind-Down

July 2  
August 6  
September 3

*(6:30pm on Zoom)*

### UUFO Film Club

July 9  
August 13  
September 10

*(6:30pm on Zoom)*

### UUFO Music Night

July 23  
August 27  
September 24

*(6:30pm on Zoom)*

### Friday Morning Meditation Walks

June 25  
July 9  
July 23  
August 6  
August 20

*For times and locations, sign up with Isobel or Marie-Claire*

*Weekly event info & Zoom links come to your inbox in our Friday Notes!*