

Fellowship News

Infolettre UUFO

FALL ISSUE

SEPTEMBER 2021



Roomers & Zoomers: Worship 2021

By Pat Lucey

September is a joyful time for us – meeting up again with our Fellowship friends after our extended summer break, and looking forward to a new year in the life of our spiritual community. And as usual, our Worship Cluster team is busily planning the coming program year, exploring our 2021-2022 monthly themes together, and using our recently-developed technology tools to welcome faraway members, friends, and guest speakers into our midst. Some of us may feel a bit Zoom-weary by now, but Zoom has been the glue holding us together during the locked-down first half of the year, so --- yay, Zoom!



Many thanks to all of you who completed the survey we sent out to gauge your preferences regarding our ability to gather a limited number of us again in the Sanctuary on Sunday mornings. We hope to be able to invite some members and friends back into the Sanctuary by the first Sunday in October, subject to OPH regulations for occupancy. Until we are able to manage this, our Sunday morning services will be on Zoom only. Be sure to watch Friday Notes for any updates.

At the present time, we have a tech team working on our equipment and technology strategies for conducting hybrid services, with more interaction between the “Roomers and Zoomers” than we were able to manage in the past. We now have the wonderful advantage of consulting online with numerous congregations throughout the U.S. and Canada who are successfully conducting their own hybrid services, and who are generously sharing their knowledge and expertise with the rest of the world through YouTube and Facebook.

We dearly miss one another, and have been eagerly anticipating getting back together again in person, but although the COVID situation in Ottawa has improved since the beginning of the year, we are now coping with the challenges posed by a 4th wave: the more contagious Delta variant, and a worrisome rise in COVID infections, as our city, province, and country strive to minimize health risks to the population while keeping society and the economy as open and “normal” as possible. With Ontario's recent

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Caring and Sharing Summer Photos from our Readers



Martha and Bahram visiting son Kaveh in Brooklyn, NY; daughter Shireen was visiting from CA and we met up with Elisa Soto for brunch. It was super to see her in her new surroundings.



Laurie-Anne and Louka at Killarney Provincial Park hiking the trail dubbed "The Crack"



Nanci's cottage summer on the water



Leander meeting some Kangaroos at Kangaroo Creek Farm in Kelowna, B.C.



Helmut from a trip to the links with golfing partner, **Nanci** (photographer)

Share your Celebrations!

The Caring Circle would love to celebrate birthdays and milestones with our beloved community, monthly, in our Friday Notes! Please let us know if you would like to see your name show up for your birthday month!

Email caring@ufo.org



Kuhn's Birthday Celebration
Helmut 85, Irma 80, Gerry 90

Return to worship...

(Continued from page 1)

decision to require some venues to screen for COVID vaccines, the UUFO Board will be considering how we might best keep our community members safe when it comes time to open our doors again.

Unless the prevailing OPH restrictions change, everyone who is gathered in the Sanctuary must be masked, and this includes the speaker. We must all be properly physically distanced, and because we must limit attendance to 25 people (including the tech and program support teams), we will be asking you to pre-register whenever you wish to attend, hoping to avoid being forced to turn people away at the front door. No coffee hour is planned at present, but we will have some time before and after the service to socialize with one another. Please note that COVID-19 protocols may change as provincial and local laws and regulations change; your Fellowship Board and Worship Team are keeping a close eye on this situation, and will distribute updates as required to all members and friends.

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

As Unitarian Universalists we seek wisdom and guidance in science.

Follow the science!

Wear a mask



Spread out



Wash hands often



Get vaccinated



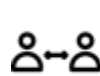
What will meeting in person look like at UUFO?

At this time, all **small groups** must follow the following protocols for meeting in our Sanctuary:

1. Book the space—confirm availability
2. All participants wear masks at all times
3. All participants sign in on arrival on the log sheet available at the doors to UUFO's Sanctuary
4. Maintain physical distancing

What about Sunday Services?

1. Sign up in advance: sign up link will be sent out the week before and will be available up to the Thursday before the service
2. Sign in and confirm health screening and vaccination with door volunteers
3. Wear your mask and maintain physical distancing
4. Follow directional markers where applicable



UU RE aims to give children a foundation in principles, values and knowledge. We contacted two generations of alumni of the UU RE program about how it has impacted their lives. Those from First UU are well into adulthood and some are raising their own children. Those from UUFO are now young adults. They all reflected that their Unitarian backgrounds positively influenced the persons they are today. Here are the responses we received:

GEN #1 FIRST UNITARIAN

Derek Mueller

There were lots of projects, crafts and song. These activities were well thought through and had a purpose/lesson to teach. I think, most importantly, we learned about respect for and acceptance of others -regardless of creed, gender, sexual orientation, ability/disability. This is now part of the zeitgeist but I think the UUs and RE was ahead of its time. I also remember learning to wonder - both in the sense of curiosity about other people and the way the world works, as well as developing a sense of awe for creation. These were what I take away from my experience. It was worthwhile!

Andrea Mueller

When I think about the about the sexuality program, it created a safe space to provide information. Information without judgement or expectation. As a kid it was a bit overwhelming but it definitely normalized 'differences' because the instructors humanized it. I'm thinking about how they brought in someone from the Pink Triangle to talk to us. I guess this would also be reflected in how UUs approached religion and spirituality by providing information and discussing ideas without judgement or expectation that you would believe. I think ultimately RE was a safe place to learn, the 'Now' room was great for running around and we were connected to a bigger space knowing that our parents, grandparents and their community were just upstairs. I also made a life-long friend there.

Kaveh Nabatian

I appreciated being asked to be sound operator during church services when a teen. It prepared me to DJ in other venues as an older teen and young adult. Star Island, a UU camp/conference centre off the coast of New Hampshire and Maine was amazing. I gained close ongoing friendships from years there as a teen and as a worker during summers when in university.

Shireen Nabatian

The Sex Ed program was really good. Star Island, a UU camp was best summer job opportunity ever.

Impact and Memories of UU Religious Exploration



Beth Rubenstein

I gained friendships, especially a close and enduring relationship with one friend. I learned an appreciation of diversity and the opportunity for thoughtful discussions.

GEN #2 UUFO

Emily (Lex) Cosstick

Growing up with the UUFO taught me values such as diversity, generosity, respect and family. They have introduced me to a host of religions and cultural celebrations that I would have otherwise not known and each has offered its own lesson. Through the congregation, I have found a strong and kind support system that would never hesitate to help anyone out and I strive to do the same for others now.

Elisa Soto

I am incredibly thankful that I grew up going to the UUFO RE. It was there that I was first able to meaningfully engage with ideas of social justice, compassion, and spiritual curiosity. These are now very much core parts of my personality and interests and ultimately informed my decision to pursue environmental policy as an adult. Perhaps most importantly, RE is the place where I found community within the UUFO- it's where I met people who I now consider my second family.

Ingrid Weinhold

UU RE helped give me a space to find my own spiritual path

Max Weinhold

After our family moved to Canada I attended UUFO RE every Sunday for several years. In the latter couple of years, as a teenager, I occasionally chose to participate in the regular Sunday services. I believe Unitarian-Universalism positively contributed to the development of my views and values, while the Fellowship itself has always provided a welcoming space and more importantly, a truly wonderful community of people. I can genuinely say I'm quite fortunate to have been so involved for that period of time.



September Worship: Possibility

By Laura Evans

September is always filled with a sense of new. Our cycles start in September with schools, activities and our Fellowship starting up after a summer break. September is imbued with “possibility”, our theme for the month.

This year we experience possibility in a new way. We weigh the possibility of being able to join together in our Sanctuary. We relish the possibility of have a hug, the possibility of joining friends for pub night. I am finding that I am seeing with new eyes the ordinary interactions that are now special. I am grateful for the new perspective of the renewed ordinary possibilities.

Possibility is also an opening of the mind and spirit to not see limits and accept there are not guarantees. We should take a moment to dream about the society and world we want for the future. Despite Covid, there have been important social movements in the past year. Racial justice. Indigenous relations. A focus on food and housing security. The possibility of change can move us forward in our individual and collective thinking and action.

In a quieter sense possibility is hope. Hope is a state of mind. Active Hope is making it happen. I hope to see many of you in person. So I take the steps to make it possible. I get my vaccinations, I sew yet another mask, I email you to make a date to get together with the Hope you too are taking these steps. We can make Hope and Possibility part of our lives and be better for it.

So for September we take these ideas for our services:

Our first service back after the summer break sparkles with the possibility of a new Fellowship year. The Water Service on September 12 will look with gratitude at water in our lives. Water holds us together, brings joy. Just think of the possibilities of a swim or a quiet walk along the Rideau River.



On September 19, Nancy and Dan Rubenstein will explore the possibilities of indigenous reconciliation that motivated them to publish “Saint Michael’s Residential School: Lament and Legacy”. As young adults, their curiosity and the sense of opportunity led them to work at a Residential School. Decades later they are drawing lessons from that experience with a sense of new opportunities.

For the last Sunday of the month, Rev. George Buchanan will speak on radical and active hope in what he has titled “Houses of Hope”. Reverend Buchanan was an active member of Ottawa First before leaving to study and become ordained. He has recently retired from serving as Minister for the UU Congregation of Northern Chautauqua, in Fredonia, NY. He is joining us (live via zoom) to guide us in examining Hope and Possibility.

Friday Music Night 2.0

By Michel Boudreau

It is time to remind you what our *Friday Music Night* is all about: making music; exploring its magic; and discovering what makes individuals become musicians.

UUFO Friday Music Night used to be called *The Hootenanny Night* and *Open Mic*, both of which are confusing. In a hootenanny one hoots and howls and we all know that we can't hoot and howl during a zoom event because of distortion, feedback, angry zoom-jockeys, and confused participants. Besides, you'll get muted or, worse, kicked out by the zoom police. For *Open Mic* to work you need a consistent flow of open-mikers otherwise you end up with just one who monopolizes the mic. Our *Friday Music Night* is more participatory, collaborative, cooperative, eclectic, and diverse. At least this is what we are hoping for.

We begin by picking a host (so far that's me) who (remember, I'm eighteen) canvasses the Friday regulars (my favorite UUFO music buddies) beforehand. We discuss the theme, format, and musical contributions. Sounds like a good idea so far. But what really happens during the two-hour event?

With eight to twelve regular attendees—including one from Oklahoma!—we share live music, discuss music and musicians, and once we played a music video. But I envision more: an audience who aren't necessarily musicians but who have a great appreciation of music—and I mean all kinds of music. I can imagine contributions on musical topics sent to the host before the event in order to prepare and develop the theme which could be classical, country, folk, jazz, pop or an entire evening dedicated to a particular songwriter, performer, or composer.

Of course, it will all be by Zoom, from 6:30 PM to 8:30 PM usually on the third Friday of the month. Watch for its announcement in the UUFO Friday Notes.

See you then,
Michel Boudreau

Movie Musings

By Michel Jan



Things have been going well for the movie discussion group as we continue online for now. The ByTowne is scheduled to open sometime in September and we will see how they will organize their offerings and how they will process attendees if there are capacity restrictions. Whatever happens we can continue online if we want to. We changed our meeting day to the second Thursday of the month as many people are busy on Friday evenings. We still start at 6:30 pm.

In June we discussed the movie "Arrival" directed by Denis Villeneuve and starring Amy Adams. We all liked it and thought it was a thought provoking film. It was more of thinking film than an action film. We agreed that it was a mind bender and that we liked that so decided our next film would be "Inception" which is even more of a mind bender about dreams within dreams. "Inception" had more action than "Arrival" and was directed by Christopher Nolan starring Leonardo DiCaprio. In August we discussed "La Bolduc" which is a French Canadian film about a famous Quebec singer and musician from the 1930s and 40s. It was directed by Francois Bouvier and starred Debbie Lynch-White. We had a good discussion about Quebec culture, French Canadian realities before the Quiet Revolution and about the influence of the Catholic Church on Quebec society during the time La Bolduc sang. What is nice is that whether we meet in person as we used to do, and will again, or online we have been enjoying watching and discussing movies. The movie we will discuss in September is "8 1/2" by Federico Fellini. This movie is available on Kanopy for free with an Ottawa library membership. This film has been called the greatest film about films ever made. Please join us we love new members. Links for when we are online are in Friday Notes.





Welcome and Membership

By Hoppy Roy

With tremendous help from Sarah Baxter in the UUFO Office (thanks Sarah!) we completed the UUFO Directory for 2021-22 which will be ready for distribution early in the fall. Many thanks to everyone who provided feedback to help with this project. We have done our best to make sure this document is accurate and up to date, but apologize if we have missed anyone or any current information.

We decided not to include the names of children in this year's version. This can be an option, if people would like it in the future, but it should be with permission on a case by case basis.

Everyone listed in the directory will receive a hard-copy once we are able to meet in person at the Fellowship. We also plan on making the directory available online through the UUFO Website. Watch Friday Notes for further information on this.

We are not sure at this moment how the "on site" services will run and how this will affect the "welcome" aspect of this committee in September, but please feel free to contact any of us on the committee with any suggestions or questions; if you think you may be interested in becoming a member of our UUFO Fellowship; or if you think you may be interested in joining this little committee in the fall!

Hoppy Roy (English) hoppyroy@gmail.com
 Carolle Séguin (English and French)
4carolle@gmail.com
 Andrea Young (English and French)
andreamkentyoung@gmail.com

Board Walk

By Brandon Milk, Board President

It's been a busy summer for UUFO. Our social calendar has featured picnics, video discussions, movie nights, music nights and more. In addition, our volunteers have been working hard behind the scenes to prepare for the upcoming year.

As the pandemic continues, Pat, Gary, Claire and Brandon have been working to solve the technical problems that were encountered with hybrid services last year. Our hope is to resume the hybrid service model, but with improved audio and video for both online and in-person participants. We are also pleased to report that our former music director, Joe McDonald, will be returning to us in the fall. The worship cluster is working with Joe to determine how he can best contribute to services. Of course, the decision on whether to offer an in-person component to any service will depend on volunteers and Ottawa Public Health advice at the time.

The Refugee Committee has requested that we agree to sponsor three refugees from Rwanda who are members of Reverend Fulgence Ndagijimana's family, and the board has agreed. These refugees were originally planning to settle in Saskatoon, but now that Rev. Fulgence has moved to Ottawa, they would like to join him here. A family associated with Saskatoon Unitarians has raised the necessary funds to support the refugees, and those funds will be transferred to UUFO. As I write this, the Refugee Committee is waiting to confirm that UUFO can be given the refugee spots from the CUC.

In other news related to the CUC, we held a discussion on the proposed new 8th Principle in July and will hold another one in September. See elsewhere in this newsletter for details on the 8th Principle.

The end of summer this year brings a hope of return to something more normal than the way we lived in 2020. But come what may, the UUFO community is prepared and as strong as ever.

August Board Meeting (clockwise from top left): Sarah and Izzy, Allison, Dave, Brandon, Katie, Michel (Absent: Andrina)



COIN FRANÇAIS

Rassemblement Unitarien Universaliste d'Ottawa

Quelques nouvelles et réflexions

Par Lucie-Marie Castonguay-Bower



Célébrations francophones mensuelles

Comme par le passé, nos Célébrations sont le quatrième dimanche du mois à midi. Nous espérons nous y retrouver en personnes. Nous suivrons les directives adoptées par notre « Fellowship ». Les « Notes du vendredi » vous donneront les détails.

Durant la pandémie, grâce à la technologie, nos Célébrations mensuelles, francophones sur zoom nous ont été bien précieuses. 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.

Comme il nous tarde de vous revoir! Bienvenue spéciale à Katie Lunn, notre « personne liaison » au Conseil d'administration. Merci Katie!

Nos prochaines célébrations :

- ♦ 26 Septembre, thème : Accueillir et accepter le possible.
- ♦ 24 Octobre, thème : L'incertitude
- ♦ 28 Novembre, thème : Le réalisme
- ♦ 19 Décembre : le Solstice

Cercle de croissance spirituelle (CCS)

Nos rencontres mensuelles seront le premier jeudi du mois de 13hrs à 14hrs 30. Exceptionnellement celle de septembre sera le deuxième jeudi soit le 9.

Nous espérons pouvoir nous rencontrer en personnes dans notre sanctuaire ou dehors si mère nature nous favorise.

(Contact : Lucie-Marie)

Pour terminer, permettez-nous de partager

un verset extrait de The Essential Rumi :

*« Au-delà des idées des actes répréhensibles ou de bienséance,
il y a un champ. Je t'y rencontrerai.
Quand l'âme se couche dans cette herbe,
le monde est trop plein pour que l'on puisse en parler.
Les idées, le langage et même la phrase « l'un l'autre »
n'ont plus aucun sens.
La brise à l'aube a des secrets à vous raconter.
Ne retournez pas dormir.
Vous devez demander ce que vous désirez vraiment.
Ne retournez pas dormir.
Les gens vont et viennent par le seuil
où les deux mondes se touchent.
La porte est ronde et ouverte.
Ne retournez pas dormir. »*

Ce verset souligne trois idées essentielles: la réalisation du domaine spirituel et l'exploration du non-jugement et de l'unité.

Il y a des personnes qui sous-estiment la spiritualité ou qui y voient une simple tendance, mais comme le dit Pierre Teilhard de Chardin: « Nous ne sommes pas des êtres humains vivant une expérience spirituelle. Nous sommes des êtres spirituels vivant une expérience humaine. »



(Soumis par Claire)

Photo par Nanci Burns

Blessings on Those Staying Home

By Linda Barnes

We're staying home. Love has never asked this of us before.
We're staying home, this is our gift to humanity.
Let us wish each other well.

For those staying home alone, I offer you this blessing. May you grow a deeper understanding of your own worth. Dear one, leaven the aloneness with gentle care, for this too shall pass. May you be blessed with a peace and serenity; may you find the courage to reach out to hear another's voice and to remember others need you too. May you be well.

For those staying home together. I offer you this blessing. May you find moments of patience and grace in your relations. May you offer each other enough time apart, reassurance and space enough to cry, to safely rage, for this too shall pass. Then, let peace come again into your home. May you see one another's whole self as a gift. May you be well.

For those working from home, I offer you this blessing. May you remember to take breaks. May you find the means to relish your imperfection and the imperfection of others as evidence of our shared humanity. You are enough even when there isn't enough. Make order in your days and then let it go. May you be well.

For those staying home with children, I offer you this blessing. May you find humor and compassion in your days. There will be learning of a different kind, deeper no doubt, unexpected for sure. May there be patience and forgiveness, again, and again, and again. For this too shall pass. May you all remember the deep love that brought your family into being. May there be peace and understanding in your home.

May you be well.
May we be well.
May it be so.



A Passion for Compassion

By Fran Mowbray

Remember last spring when we were still shut in, even after vaccinations and spring weather had emerged? Then, at last, up to 10 people were allowed to meet outside, physically distanced. That's when 10 of us congregated in Lucie-Marie's beautiful garden for a two hour workshop on Compassionate Communication. How wonderful it was to meet in person, to explore, discuss, and laugh together.

Over the past decade Nick and I have been learning about Compassionate Communication, or, as some call it, Non Violent Communication (NVC). Because we see enormous value in this approach we wanted to share with the Fellowship, though we don't pretend to be experts or professional trainers. NVC has helped us stay connected with each other, family members, friends, colleagues and acquaintances, even when disagreeing with the other's views and approaches.

At the first workshop we introduced some basic concepts. Understanding Universal Human Needs helps us understand what we are fundamentally wanting, while at the same time appreciating what is motivating the other person. The practice of making observations devoid of evaluation helps us hear and understand each other and find creative strategies that can better meet everyone's needs.

At the second session we explored judgement and how to honor our values and standards without attacking those with whom we disagree. As long as we can take ownership of our values and views there is a greater possibility the other person will remain engaged and even be open to collaborating with us.

NVC was developed by Marshall Rosenberg in the 1960's. He was a clinical psychologist dissatisfied with traditional counselling approaches. The theory is quite simple. Application is more challenging. Once you make the paradigm shift things start falling into place.

Today the NVC Community is active in over 65 countries. There are a myriad of written materials, workshops, recordings, practice groups and trainers. Just google NVC and you will find lots of information.

The group had lots of energy. Everyone engaged, and feedback suggested interest in delving further into concepts and practice. Nick and I would love to offer more sessions on NVC sometime this fall, once our first grandson has arrived!

Social Action Cluster Focus:

The Social Action Cluster: Claire, Elinor, Gary, Helmut, Marilyn, Nanci, Maurice, Michel J.

There has been an onslaught of devastating news over the past few weeks – the report of the Intergovernmental Panel on Climate Change; a fourth wave in the pandemic; mass graves of Indigenous children from residential schools; forest fires across the country; fear and violence as Afghanistan falls to the Taliban; hateful and racist crimes; the earthquake and political chaos in Haiti; and more.... What does our UUFO mission statement mean in these times?

Where do we look for love, reason and justice? How do we nurture each other and act for the world we want? What are we willing to share of our time? Our material resources? Our talents? For many of us, having a “community” and being a “community” is one answer to these questions and a significant reason why we invest our time, energy, resources and love to build and support the Fellowship.

Social action is one expression of our community. It belongs to all of us, not just the Social Action Cluster. For obvious reasons collective action has been difficult during the past 18 months, but opportunities for face-to-face activities are emerging. Working together helps us clarify our concerns, figure out strategies to work for social justice and is way more fun! Now that we can meet up again, join us in our quest to build community both local and global.

The Social Action Cluster (SAC) has some plans for fall. Among other events we are planning a special service on Nov. 21st – *What Does Social Justice/Action Mean to You?* You are invited to be part of that service. How can our Fellowship engage with the enormous individual and systemic challenges around us? Support each other's participation in social action? Respectfully challenge one another? Celebrate our collective contributions to social justice initiatives locally and globally? We look forward to your ideas and participation!

The Unitarian Universalist 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



What's Happening

Keep in touch. More opportunities to join our community in action will be coming.

August

Several UUFOers were present for parts of Patricia Ballantyne's walk of sorrow. Patricia is a Residential School Survivor. She undertook a healing walk from Saskatchewan to Ottawa – for herself, all survivors and the families that lost loved ones to the Residential Schools. It was a privilege to participate in this event. (See photos)

September

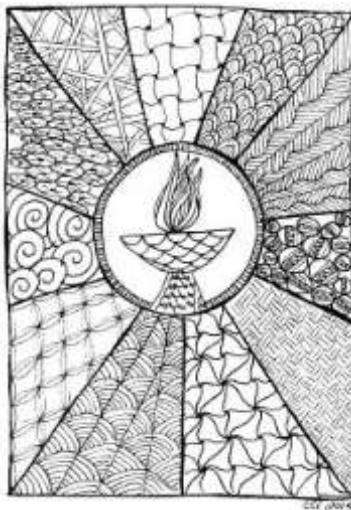
Fran M. sent an article summarizing the environmental platforms of four federal parties. Information to consider as we prepare for the election on **Sept. 20th**

The SAC invites you to join us on **September 30th**, to observe the first annual National Truth and Reconciliation Day and Orange Shirt Day at Beechwood Cemetery, sponsored by Beechwood, the Assemblée of Seven Generations (A&G), Project Heart and the First Nations Child and Family Caring Society. See Friday Notes or contact Marilyn (mkuhn@bell.net) for details.



Kuhn's Hosting SAC

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



Monthly Discussion Circle

This year, we plan to resume our monthly drop-in discussion circles for anyone who would like to further engage with the monthly themes for worship.

On the Third Sunday of each month, join Laura Evans after worship in the UUFO Sanctuary (once in-person worship resumes) to consider:

October: Uncertainty

November: Reality

What's Happening (Continued)

October

Braiding Sweetgrass ZOOM Book Club. As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these lenses of knowledge together to show that the awakening of a wider ecological consciousness requires the acknowledgment and celebration of our reciprocal relationship with the rest of the living world. This book club will meet on the first Tuesday of every month from October to May to share our own perspectives and increase our understanding of indigenous perspectives towards land and plants. Contact Claire at cheistek@sympatico.ca for more information.

Begins October 5th.

November

November 21st – Contribute to/join in a special service to explore what social justice/social action means to you.

Dismantling Racism: What's Next?

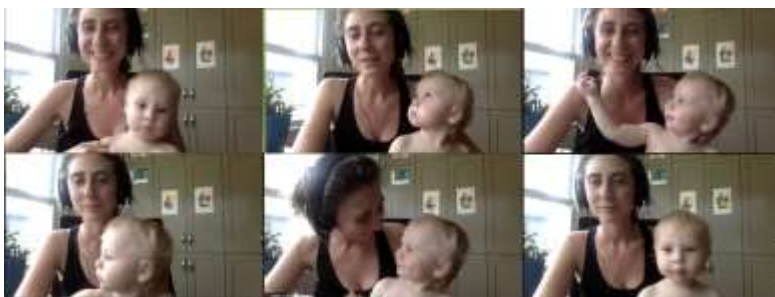
While the UUFO Board has been leading our Fellowship through the discussion surrounding adding an 8th Unitarian Principle specifically addressing systemic racism, the Inspiring Activities Cluster has turned our attention to some of the other recommendations of the Dismantling Racism Study Group.

Namely, to “do the work of anti-racism now!”

1. We are working to create a schedule of discussions and workshops to respond to some of the findings of the Dismantling Racism Study Group Final Report.
2. We are in discussion with First Unitarian to set up Responding to Micro-aggressions Practice Sessions, in follow up to E.N.'s *No More Kyriarchy* workshops.
3. We are looking into possible workshops offered by community organizations
4. If the *Braiding Sweetgrass* Book Club is a popular format we are considering following it up with another title!

Stay tuned!





Seeking Co-Zoom Coordinator!

Since returning from maternity leave last April, Sarah has been behind the scenes on Sunday Mornings, managing the Zoom of it all. It's a great way to be part of services, and put "stage manager" skills to use to create a virtual worship space. But, it is hard to commit to being on the screen every Sunday morning! (See photos for context)

If you, or someone (moderately tech-savvy) you know, might be interested in splitting this Sunday morning job, let Sarah know by emailing uufu@uufu.org.



zoom



UUFO Pub Night on Hiatus

We do not currently have a coordinator to organize monthly pub night outings for UUFOers. Interest is still low, as venturing out to public houses continues to feel risky, and the end of patio season is on the horizon. As circumstances evolve, if you feel a hole in your heart where this monthly social outing used to be, perhaps you would like to take on the role of Pub Night Coordinator and bring pub night back to the schedule!



Individual, Community and Inter-being:

A Follow up Letter to UUFO By Gary Palen

Greetings UUFO!

As a follow up to our service on the 13 June, I would like to comment further on a couple of questions that arose following the talk on “the concept of me-ality”. These questions had to do with the relationship between *the individual*, *the community*, and the Buddhist concept of *interbeing*.

These 3 terms also are fundamentally related to the concept of *salvation* or *enlightenment*.

First a comment on the term salvation. The very first spiritual teaching presented in the New Testament is given by John the Baptist and later Jesus. Mathew 3:2 presents John the Baptist saying “Repent ye, (turn back to God), for the kingdom of heaven is at hand.” “Repent” is the English translation of the Latin, which was translated from the Greek, which was translated from whatever language Jesus spoke.

Repent was the English word for the Greek word “metanoia” which can be translated as “change your mind” or “renew your consciousness.” See for example Romans 12:2 “Be not conformed to this world: but be ye transformed by the renewing of your mind.” This act of personal repentance is also called being born again: John 3:3 “Except a person be born again, they cannot see the Kingdom of God.”

For me, these quotes are the core of the spiritual teachings of the New Testament. There seems to have been a spiritual tradition that emphasized this individual path to entering and experiencing what is called the “Kingdom of Heaven” or “Kingdom of God.”

We could go further into understanding the nature of repentance, and the meaning of the terms Kingdom of Heaven, or Kingdom of God. Without going into further references, I would summarize these two kingdoms as non-discriminating love and compassion as being the nature of our salvation. And this is an individual process and reality.

And also, without going into references to the Buddhist traditions and teachings, they contain and refer to this same path of transforming our minds into love, compassion, and wisdom. We as individuals must redeem our own minds and

spiritual energy from selfishness and ignorance into the realm of love and inclusiveness.

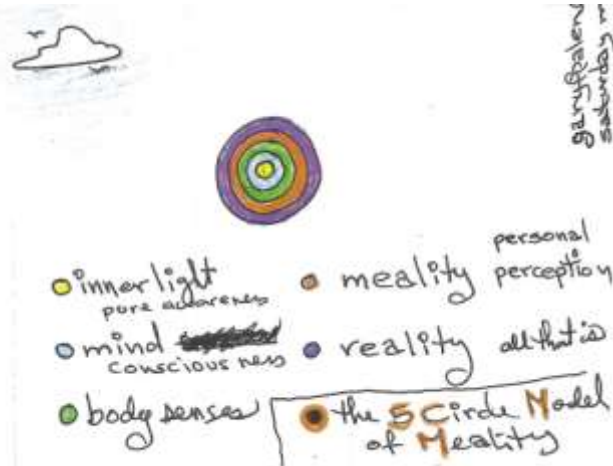
Now, on the one hand, we are individuals who are responsible for redeeming our own minds, and on the other hand we live in community—there is a continual interaction and inter-being with others. We both nourish and interfere with family, friends, and larger groups. Each of us, with our speech and action affect the speech and action of others. We influence each other.

The group or community affects the nature of our individuality and our individuality affects the nature of the group or community. We inter-are. We just have to look at our church or fellowship community to see that this is so. We function like flowers—we can enjoy the beauty of an individual plant and its flowers, yet we realize that at a deep level the “individual” flower can only manifest if there is nourishing earth for its roots, water from the sky, sun from the heavens, insects that pollinate the flower, and ourselves to perceive it.

So we are the same. We exist as individuals with individual responsibilities, yet this takes place within our social structure and community interactions. We need healthy spiritually based communities to foster the growth of loving and enlightened individuals, and vice versa.

I hope this short discourse helps clarify the relationship between our individuality and our community! Lots of love—Gary.

meality



Update on the CUC 8th Principle Process



In the past few years, a movement has developed both in Canada and the U.S. to add another principle to the 7 principles of Unitarian Universalism that focuses on anti-racism. This year, at the Canadian Unitarian Council's Annual General Meeting, the Dismantling Racism study group presented their latest report. The report proposed new wording for this 8th principle. The wording is:

"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."

After the report was given, a spontaneous motion was proposed from the floor to pass the 8th principle with this wording immediately. The rules of procedure were suspended so that the vote could be held, and the motion passed. However, in the days that followed, the CUC sent out a communication that it had erred in allowing the motion to go ahead, and thus the motion did not stand. Instead, the CUC will hold a special meeting on November 27, 2021, to discuss related issues and vote on the proposed 8th principle. Congregations have until mid-October to provide feedback and propose changes to the wording. No other proposals – for example, changing the wording of existing principles – will be considered at this time.

The board of UUFO is planning to hold at least one discussion on the 8th principle on **Sunday, October 3rd**. We hope that members who have a variety of opinions will attend so that we can accurately represent the Fellowship at the CUC meeting.

Two Fall Workshops from the Canadian Unitarian Council (CUC)

Serving With Spirit: Nurturing UU Leaders

October 2, 2021 11:30am-7:30pm
(Register by September 26)

We welcome you to join fellow Canadian UUs as we together explore:

- identifying leadership gifts and welcoming ways to express them
- finding creative expression for UU values
- building skills so that our structures reflect our UU principles

This will be a great opportunity to explore a wide range of options for engaging within UU communities and congregations. We welcome all to attend- Young Adults; social justice groups; religious professionals, UU group and congregation leaders as well as those who may become leaders.



Widening the Circle of Concern: Canadian Perspective

October 16 and 30, November 13, and December 4, 2021 11:30am-7:30pm
(Register by October 7)

Join us for a Canadian UU exploration to broaden our understanding of social justice and its implementation within our communities. Your congregation and/or group is invited to send a team of lay leaders and religious professionals to engage in learning an adapted Canadian version of the UUA's study guide – Widening the Circle of Concern. Participants, those who have a demonstrated commitment to anti-racism, social justice, and are interested in changing systems in the congregations, will become facilitators as the program runs in Canadian UU communities in 2022 and beyond.

Spend four full day sessions worshipping, experiencing the Study Guide as adapted for the Canadian context, inquiring into, sharing and learning skills and tools to use when facilitating this work in your congregations.



Community Beyond Laundry

An Interview with Phil Robinson, Community Laundry Coop Executive Director

by Sarah Baxter



Who are the people in our neighbourhood?

This newsletter holds a space every issue for getting to know one of our neighbours a little bit better.

One of the essential services working to adapt and continue throughout the pandemic is our neighbour at the end of the hall, the Community Laundry Co-op (CLC). “In the fall of 2020, the CLC nearly closed for financial reasons.” Says Phil Robinson, Executive Director of the small non-profit. “The CLC has never had ongoing funding, and has relied on a patchwork of grant funding and donations, as well as some earnings from the social enterprise. When the CLC began openly talking about closing, the City of Ottawa, the Ottawa Community Foundation, the Centre for Social Enterprise Development and other organizations stepped up with grant contributions to keep the doors open temporarily. It was at this time the CLC decided it needed to hire an Executive Director to help build the organization - and particularly the social enterprise - to keep it afloat over the long term.” And that’s when Phil joined the team.

I put some questions to Phil about how the CLC has managed through the pandemic, how this small organization creates a sense of community among its members, and how he came to be a part of the family.

UUFO: Can you briefly describe how CLC works for someone who hasn't heard of a laundry co-op before?

Phil: The CLC performs several roles and is a unique organization. It was created in 1999 after Ottawa residents identified access to affordable laundry services as a need in the community. At the CLC, members can do a load of laundry - including supplies like detergent - for \$2 a load. Membership costs \$2 per year. In addition to accessing affordable laundry, we offer on-site counselling and can provide referrals and assistance with issues like housing, childcare, language and job training, access to health services, and so forth. We have a diverse membership which includes many new Canadians, single parents, seniors, and people living with physical, development or mental health challenges.

The CLC also operates a social enterprise, which provides wash & fold laundry services to local businesses, non-profits, and households. This operation has recently been given the name Community Impact Laundry. Many members of the CLC have gained employment experience and earned some much-needed income by participating in the social enterprise. We are looking to growing the business in hopes that it will help offset the costs of the services we provide.

UUFO: As someone newer to the organization, what has it felt like stepping into an existing group? Is it similar to previous experiences as ED, or completely different?

Phil: The staff and membership of the CLC - as well as Heartwooders overall - have been extremely welcoming. I had a steep learning curve. The CLC is different from other organizations because it has many facets, and it's an organization that survived as long as it did because staff, members, and its Directors put a lot of time and love into the organization.

UUFO: How does CLC create a feeling of community within the organization?

Phil: By following a co-operative model, members feel a sense of ownership over the CLC as they can participate in the decision-making process. When members come to do their laundry, there is free coffee and it is an opportunity to chat with our counsellor, other members, and volunteers. Our volunteer program has members participating every day by assisting other members and performing daily maintenance routines such as cleaning. Prior to COVID, the CLC would hold regular events to build community and address isolation, such as Bridge and Bingo nights.

UUFO: Laundry was one of the essential services open throughout lockdown, was it hard to adapt to changing rules?

Phil: Operationally, it was initially very difficult to adapt to changing circumstances, although over time, like many organizations, we became better at it. Communicating with our members was difficult, particularly given that we have members who do not have access to modern technology, and language barriers became more pronounced. We are very thankful to have leadership at Heartwood House that provided clear safety measures for the building and were always available to answer any questions we had.

UUFO: Anything I didn't think to ask about that you'd love to tell? Fun stories or anecdotes?

Phil: I will share a memory from this summer. We had a new member coming to the Co-op who experiences mental health issues. At first the member indicated they didn't think they could stay to wash their laundry, but they were supported in getting through the task. By the time the laundry was done, the new member repeatedly told me that they were really glad they stayed and looked forward to coming again. To put it frankly, the person who walked out of the Co-op seemed like a different person than the person who walked in. If that can happen over a load of laundry, then anything seems possible.

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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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newsletter@uufu.org

Submissions for the Winter Issue are due November 15

Many thanks to our contributors and editors!

Editorial Team

Allison, Nanci, Pat,
Sarah



Fall at UUFO

Monthly Programming Schedule

SUN	MON	TUES	WED	THURS	FRI	SAT
(Worship)		Braiding Sweetgrass Book Club (Zoom)		Cercle de croissance spirituelle (UUFO)	Writer's Group (UUFO)	Meditation Circle (Zoom)
(Worship)				Film Club (Zoom)	Meditation Walk (various)	
(Worship) Discussion Circle (UUFO)						Meditation Circle (Zoom)
(Worship) (Célébration francophone)					Mediation Walk (various)	
(Worship)						

Fall Themes for Worship:

September: Embracing Possibility

October: Uncertainty

November: Reality

Fall Special Activities:

September 30: National Truth and Reconciliation Day and Orange Shirt Day at Beechwood Cemetery (time slots at 10:15am and 6:30pm)

October 3: 8th Principle Discussion (12:30pm on Zoom)

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