

# Fellowship News

## *Infolettre UUFO*

SUMMER ISSUE

JUNE 2022



## Recovery Summer (Again)

By Sarah Baxter

As we look ahead to our summer programming at UUFO, our city has just been buffeted by yet another crisis. The storm that knocked out power to thousands has torn through town, leaving chaos in its wake.

Thankfully our fellowship home weathered the storm, and our services have continued, thanks to the ongoing work of our worship and tech teams.

The past couple of years have us in a cycle of crisis and recovery. Hope and despair. Cautious joy, and sustained sorrow.

These times are trying, and finding the sparks of joy amidst the chaos can be challenging.

Thankfully, when we are part of a supportive community, we have these small sparks to look forward to: picnics with friends, energizing discussions, supportive ears, and helping hands. Our caring circle likes to remind us that we are all carers. What we do, as a community for one another, is to care. We hold each other in our hearts as we move through the ups and downs of life.

Many of our usual activities will pause over the summer. Our worship team takes a well deserved break, as do many small groups. But, the Inspiring Activities Cluster is at work to fill in some of those gaps with some new and familiar opportunities to connect.

Our Summer Sundays will invite you to join us (some weeks) for TED Talks and discussions, Sacred Self Care, and Picnic Fun in the SUN.

Film Club will continue, and as patio season picks up, we'll head out to the pub for a warm weather Pub Night revival.

We don't know what this summer has in store for us, or where we will be come September, but for now, we will see you at UUFO, or nearby (when you're not on the lake!)



### INSIDE THIS ISSUE:

<i>Farewell to Marlene</i>	2
Notices	3
CUC Report	4
Board Walk	5
Movie Musings	6
UniHeART	7
Coin Français	8
<i>Who are the people in our neighbourhood?</i>	9
Adult RE	10
Worship Cluster	11
Social Action Cluster Focus	12
<i>Widening the Circle</i>	13
<i>UUFO Transforms and sustains the lives of refugees</i>	14-15



Photo courtesy of Nanci Burns

## Farewell to Marlene Hewitt

By Marina Jones

I sat down with Marlene one morning and learned that she had grown up in a little hamlet called Carluke on a farm where she tended 725 chickens. Carluke was 1 1/2 miles from the one-room schoolhouse to and from which she walked twice per day.

She received piano lessons from a neighbour and reached Grade 9 music. She taught elementary school and, after taking a night course and summer school, Marlene was able to get into 2nd year at Queen's University and it was there in her residence that she met the love of her life. John Hewitt came to accompany a violinist who was performing and, there being no other chairs, sat on the piano bench beside him and the rest is history. They dated for 1 1/2 years.

John went off to Birmingham to study for his doctorate and they kept in touch by letter. When Marlene's mother had to sign for receipt of an engagement ring, that was the first she heard of the upcoming wedding. They married in England and moved to Toronto post-doctorate where John taught at University of Toronto.

Marlene's life in Ottawa began when John took a job with a firm here, then later with the Federal Government. She first experienced Unitarianism at First Unitarian where they became godparents to the child of one of John's students. Sadly, in 1995, John's life was cut short. Someone encouraged



Marlene as chemical polluter—  
Environment potluck 2005

Marlene to try the Unitarian Fellowship and we are the happy recipients of her good works.

Along with her many activities at UUFO (including Board member, Caring Committee, piano playing, etc. etc.) Marlene enjoyed the Canadian Federation of University Women's various groups, including Activity, Book Club, History. She also loved to travel and Marlene and I enjoyed many fun trips to Yunnan, China/Tibet; safari in Kenya/Tanzania, Portugal/Douro river cruise; Costa Rica and Iceland. She enjoyed live theatre – both Ottawa Little Theatre and GCTC, before which we always had a lovely dinner. Other cultural events were NAC English Theatre and symphony.

Now, Marlene is off to Ancaster to live at Meadowlands where she will, no doubt, stir things up! We will certainly miss her smiling face and helping hands and I know that she is sorry to leave her CFUW and UUFO friends.



UUFO Board Retreat June 24, 2007

Photos courtesy of Mark Mueller

## Program Support Teams Seek Volunteers

As we regain our in-person presence in the Sanctuary, one thing has yet to re-emerge: coffee hour! We are hoping to begin offering coffee hour once again when regular Sunday Worship Services resume in September. In order to have the volunteer power to serve refreshments on Sunday mornings, we are hoping to find a few more volunteers for Program Support Teams. Email Sarah (uufu@uufu.org) to join a team. Each team is on duty for set up and coffee about once a month!



## Calling all Intrepid Reporters!

Do you seek out stories and like to know all the latest news?

If you want to get a sense of what's happening throughout the fellowship, and share that feeling of connection, without actually having to join every cluster, you might enjoy working on our (this) newsletter!

We are on the hunt for fresh newsletter contributors and editors, to seek out the stories that want to be shared with our beloved readers.

A good newsletter reporter has an ear to the ground, a good sense of the happenings within the walls of our Fellowship, and is curious about the lives of our community members.

But you don't do it alone, we are a team, just like every other committee at UUFO, and our meetings are only once every 3 months! Email newsletter@uufu.org if you might like to join us!



## Pub Night to Return!

It's patio season, and we would love to get out and enjoy a drink and some company with some Fellowship Friends.

So, we are bring back Pub Night for the summer: one Friday a month, come out for some good conversation on the patio!

Save the date:

*June 17 & August 12 (July date TBC!)*



## Personal reflections on Canadian Unitarian Council (CUC) Annual General Meeting

By Laura Evans



I was a Delegate for our Fellowship to the CUC-AGM held over zoom on May 15, a day when I would have preferred to be outside enjoying spring. Brandon was the other Fellowship delegate.

Adults and CUC Goals (sub-committee that was led by Rev. Rod Solano Quesnel) and more that seemed important but not to me so not included in this subjective report.

I do get interested in finances and budgets. I want to look into the Congregational Investment Fund that is a CUC managed investment fund (via a fund company) for Congregations. This fund is governed by Environmental-Social-Governance (ESG) Guidelines for investments. Our Fellowship does have ethical investment policies but this might be something to look into.

I was pleased to see there were well over a hundred delegates (those who got to vote) and observers from across the country. People committed to our national organization. There are background documents available on line if you want to read the full reports and financial statements.

Some highlights that jumped out at me are as follows.

Yvda Ng, Executive Director, in her report showed statistics that showed there are about 4000 Unitarian Universalists in Canada (Only!) and the number has decreased by 13% in the last 10 years. She outlined a few questions that will guide the CUC's work. In particular I was interested to hear

"Where do we want to be as a faith community in 10 years" and

"How can we be relevant and useful into the future."

This was the first AGM since the 8<sup>th</sup> Principle on anti-racism was approved. There was encouragement to "do the work Now." The CUC will be creating a curriculum on dismantling racism for white Canadian UUs. They will also be developing anti-racism materials for use by congregations.

There were also reports by Young

As for the CUC budget, their income comes from Congregations (61%), Friends donations (7%) and draws down some of the rise in value from unrestricted funds. There are other restricted funds for certain things, like ministerial studies, Sharing our Faith for congregations and the Shining Light fund for innovative projects. These awards were announced if you are interested. Of note beside the regular budget items, most of which is staff, I noted about \$20,000 for each of Congregational Life Programming and Youth and Young Adult Ministry. The discussion about the budget was between those who wanted a

*(Continued on page 5)*



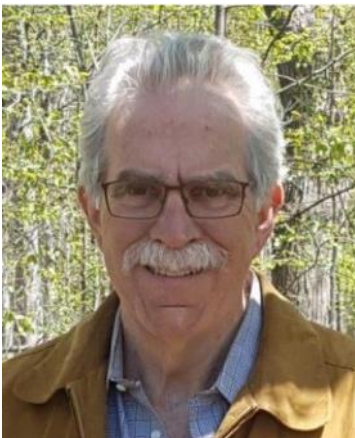
Top Row: Yvette Salinas, Eric James, Joanne Green, Rev. Shana Lynngood  
Middle Row: Rev. Debra Faulk, Margaret Wanlin, Kiersten Moore, Chuck Shields  
Bottom Row: Rev. Rodrigo Emilio Solano-Quesnel, Artemisia Frolic-Smart  
Not pictured: Margaret Kohr

## Board Walk

By Brandon Milk, Board President

balanced budget and those who advocated spending for the future. The revised 2022 budget and draft 2023 budgets were both passed.

The new President of the CUC Board is Chuck Shields, representing the Eastern region and a member of Ottawa First Unitarian.



Chuck Shields, CUC President,  
First Unitarian of Ottawa

It has been a busy spring for the board at UUFO.

The board began this year with six members. Soon after we started, Andrina Cox unexpectedly moved to California, and this spring Michel Jan resigned from the board. The remaining board members have had to wear many hats. We would like to thank Laura Evans for filling in as UUFO's second voting delegate at the CUC AGM, which took place May 14<sup>th</sup>.

As pandemic restrictions have eased, we have been reviewing our Covid-19 protocols monthly. Thus far, we have decided to keep vaccination and mask requirements in place. We feel that our Fellowship is comfortable with providing proof of vaccination status and, although masks are no longer provincially required, they are still recommended. Many people have brought up the subject of coffee hour. Our policy right now is that setup teams can organize a coffee hour if they have the desire and volunteer capacity to do so – unfortunately, most setup teams have not yet returned to their previous numbers. If a coffee hour was to take place, an announcement would be made at the end of the service so that those who did not want to be near unmasked people could leave. Then, others could enjoy their coffee and conversation without masks.

We hope that UUFO can be completely back to normal when services resume in September, but as always, we will have to see how the Covid situation changes over the summer.

In other news, some time ago it was brought to the board's attention that the sign at our door that holds the interchangeable phrases is cracked and cloudy. We are looking at getting it repaired or replaced.

On a personal note, this is my last Boardwalk column as President. I will speak more about this at our AGM, which is coming up on June 5<sup>th</sup>. But for now, let me say that serving as President has been a pleasure. I wish all our Fellowship members and friends a great summer!



## Welcome and Membership

Despite the limited attendance for in-person services, there have been a few new faces both in our Zoom services and in-person. There has also been a number of requests to be on our email list to receive Friday Notes, which is encouraging!

In addition, three new requests for membership in our UUFO Fellowship were approved by our Board of Directors in April and May: Bahram Nabatian, Liane Knight-Dubreil and Marie-Claire DeMarbre. The official ceremony to welcome our new members will be held early in the fall.

The committee is very grateful to our office manager, Sarah Baxter for her calm efficiency in helping to update and produce the new UUFO Directory for 2021-22 and for managing our email lists for the Friday Notes and Newsletters. With her help, we will begin work on updating the Directory once again for the 2022-23 year over the summer, for fall publication. Please check "Friday Notes" over the summer for notices on this update.

We wish everyone a safe and more "normal" summer and we look forward to welcoming familiar and new faces back in the sanctuary in September.

Hoppy Roy, Carolle Séguin and Andrea Young



## Movie Musings

By Michel Jan

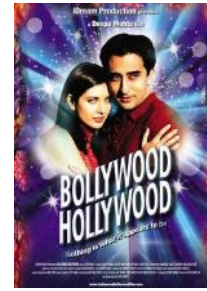


Our movie discussions have continued to be held on zoom on the second Thursday of each

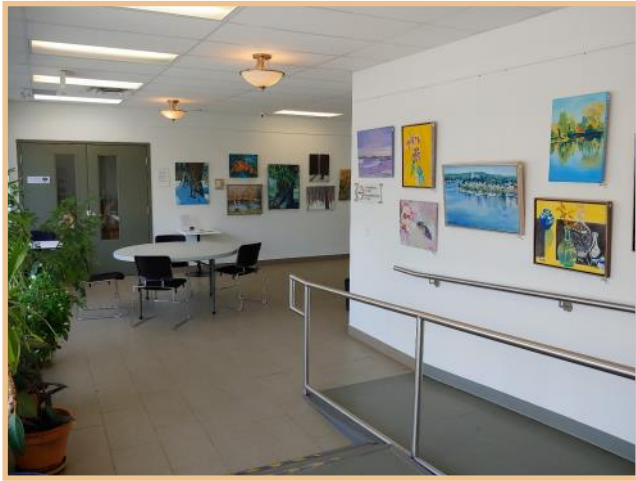
month at 6:30 pm. We watch movies that are available either on Netflix, CBC Gem or Kanopy and sometimes they are available on more than one of the above. We watch the movies on our own and then discuss them when we meet over zoom. Everyone is invited to join even if you haven't seen the movie but it's more fun if you have seen it or them as sometimes we review more than one film.

In the last three months we discussed "I am the Blues" in March which is about some old time blues singers reminiscing, they being elderly now. We all loved the film and the wonderful blues singing and reminiscences of the old days singing in the southern United States. This documentary is available on CBC Gem. In April we discussed "Madame Rosa" from 1977 with Simone Signoret so not the Netflix version with Sophia Loren but the original from France. The two versions are quite different and many of us preferred the original though we all liked the Sophia Loren version as well. We had discussed that one previously. "Madame Rosa" is available on Kanopy which you can access for free with an Ottawa library membership. In May we discussed "The Passion of Augustine" which is available on Netflix and CBC Gem. It is about a group of nuns that teach teenage girls focussing on music during the Quiet Revolution in Quebec. We all agreed that it was a wonderful movie in so many ways.

In June we will discuss "Bollywood Hollywood" and "Remember". Both are available on Netflix and CBC Gem. They are both Canadian films in anticipation of Canada Day. "Bollywood Hollywood" is directed by Deepa Mehta and combines elements of a formulaic American romantic comedy with the structure of a Bollywood film. "Remember" has Christopher Plummer in it and is about a man with Alzheimer's who is hunting the Nazi who killed his and his friend's families in Auschwitz. I hope you can all join us and enjoy a lively discussion.







## UniHeART Gallery

By Elinor Mueller

Our Gallery, located in the Foyer at our UUFO address 400 McArthur Ave, has re-opened after being closed for 2 years due to COVID. With a new name, a fresh coat of paint and the windows washed, we were delighted to welcome Carol Towe as our inaugural Artist. Her beautiful oil paintings have enlivened the space. Her Vernissage on May 1 was a great success with 5 paintings sold!

The UniHeART Gallery is a joint project of Heartwood House and the Fellowship. The Gallery Committee consists of Moe Moloughney, Executive Director and Jen Hubbard, Collaboration Coordinator, Heartwood House; and Marina Jones and Elinor Mueller from the Fellowship. We plan to show 6 Artists' work, each for 2 months, beginning in September. The Gallery is not open in the summer. We encourage local Artists and welcome referrals. Artists are encouraged to apply for a Show through Jen Hubbard ([jenheartwoodhouse@gmail.com](mailto:jenheartwoodhouse@gmail.com)). The Committee chooses the Artists and hangs the Shows. There is a registration fee of \$30.00.

The Gallery is open to the public every weekday from 4-5 pm. Other times can be negotiated. A Vernissage is definitely encouraged around the time of the Opening, usually on a weekend. Sunday mornings are obvious times for Fellowship viewing. Please feel free to speak to Marina or Elinor about Artists and the Gallery.

And, do come to see the work!



## Affordable Housing Group – Stay tuned!



We met many times over the Winter and Spring to prepare a campaign document for the June 2 Provincial Election which we launched at the May 15 Service - click [here](#) to see the document. Watch Friday Notes and the Fall newsletter for the Affordable Housing campaign aimed at the candidates for the October 24, 2022 municipal election.

Chris Baddeley Girard, Bill Woodley, Elinor Mueller, Katie Lunn, Nancy Rubenstein, Claire Heistek

# COIN FRANÇAIS

## Rassemblement Unitarien Universaliste d'Ottawa

### Thoreau, Santiago et la marche

Par Maurice Cabana-Proulx

*Si tu n'arrives pas à penser, marche.  
Si tu penses trop, marche.  
Si tu penses mal, marche encore.*

Jean Giono

Marcher. Un geste profondément humain, inscrit dans nos gènes. Du « berceau de l'humanité » en Afrique de l'est, nous nous sommes répandus sur le globe terrestre... à pied. La marche de longue durée est à la portée de presque tout le monde. Faut juste se libérer de nos habitudes de sédentaires et d'automobilistes pour y mettre le temps d'entraînement requis.

Henry David Thoreau marchait tous les jours (sauf pendant cette « semaine » qu'il passa sur les fleuves Concord et Merrimac avec son frère... pas de mythologie unitarienne avec un prophète qui marche sur l'eau quand même!). Bien plus qu'une activité cardiovasculaire bénéfique, pour Thoreau, il s'agissait d'un exercice philosophique salutaire et libérateur, nourrissant l'éveil à soi par la communion avec la nature.<sup>1</sup> Pendant la pandémie, la marche dans la nature demeura une des seules activités affranchies de preuves vaccinales, de masques et de distanciation sociale (au Québec, fallait juste être de retour avant le couvre-feu). En parcourant les pistes du Parc de la Gatineau, je méditais sur les paroles de Henry, guide exemplaire de philosophie ambulante.

Sur le Camino frances qui mène à Santiago-de-Compostelle, j'avais déjà constaté la pertinence du pèlerinage dans la pensée unitarienne-universaliste. Je côtoyais des gens de partout dans un contexte tout à fait égalitaire; pas de hiérarchie, pas de classes sociales, tous pèlerins/pèlerines avec le sac à dos et la sueur au front. Tous animés du même esprit et tous « sauvés », évoluant dans une spiritualité œcuménique.<sup>2</sup> Tout cela est très concrètement UU.

Cet automne je marcherai un autre des chemins qui mènent à Compostelle; je serai accompagné de membres de ma famille, d'amies et, fort probablement, de Henry. Ça sera salutaire et libérateur!

1. <https://www.babelio.com/livres/Thoreau-De-la-marche/2810>

2. (en anglais) <https://uucnrv.org/services/finding-your-way-on-the-camino-santiago/>

### Cercle de croissance spirituelle (CCS)

#### Témoignage, Gaétane.

Le CCS réunit des membres désireux de cheminer ensemble dans la spiritualité. Les rencontres se tiennent toujours le premier jeudi du mois, à 13 h, et elles ont lieu soit au Fellowship, soit à l'extérieur.



Au cours d'une rencontre typique, chaque membre présente ce qu'il a préparé sur le thème choisi alors que les autres écoutent en silence. C'est un moment de partage de soi, de « sa vérité », qu'il offre à l'autre. Je fais partie du CCS depuis plusieurs années. L'atmosphère du groupe en est une d'ouverture et de bienveillance, ce qui facilite mes partages. Je suis toujours émerveillée de découvrir des perles de sagesse dans les partages des autres membres. Après chaque rencontre, je me dis : « Aujourd'hui, j'ai fait un petit pas de plus sur le chemin de la spiritualité. »

Présentement, seul l'élément féminin est représenté dans notre CCS. Il serait intéressant d'entendre l'élément masculin. Messieurs, vous êtes les bienvenus.

Contacte ([luciemariecb@gmail.com](mailto:luciemariecb@gmail.com)).



### Prochaines Célébrations Francophones :

- **26 Juin** : Rétroaction, rencontre spéciale en présentiel (nous l'espérons).
- **25 Septembre** : Thème à déterminer.



## Who Are the People in Our Neighbourhood?

*Nanci Burns, in conversation with Khaoula Khlie, Volunteer Coordinator*



ELTOC (English Language Tutoring for the Ottawa Community) is one of the original Heartwood House organizations. It has been part of Heartwood House for 30 years. It is impressive that since December 2021, 11 new tutors and 22 new learners have come on board. Here are some highlights from my discussion with Khaoula, the volunteer coordinator.

### What happens in your office at Heartwood House?

Founded in 1991, English Language Tutoring for the Ottawa Community (ELTOC) is a non-profit charitable organization that provides individualized and accessible home-based English as a Second Language (ESL) tutoring to adult newcomers who cannot attend regular classes by matching them to ELTOC-trained volunteers in the community.

### Who Uses your services?

Eligibility for our services are:

- An adult newcomer (over 18);
- A Permanent Resident of Canada (Landed Immigrant) or Convention Refugee;
- A resident of Eastern Ontario
- Unable to attend ESL in person/online classes for a variety of reasons, including:
  - The classes do not fit your schedule (caregiver, work, school, health...).
  - The pace of the class is too fast for you.
  - You have very special needs that cannot be met by other classes

### Are you connected with other programs at HH or in the city?

CICAN at HH, LARC, Referrals to and from settlement services within the city, Experica in Vanier Community Centre, Internationally Trained Professionals (ITP) Program – PQCHC, Point d'Accueil Francophone - PAF

#### *Comments from Learners and Tutors:*

From a tutor – “Working with ELTOC is just amazing. Thank you for all your help.”

From a tutor – “I learned a lot about tutoring. Thank you.”

From a learner – “Thank you for making learning English educational and fun!”

From a learner – “Thank you to my tutor. She is helpful and resourceful.”

From a learner – “My tutor helped me to have confidence in myself.”

### Do you target services in the Vanier area in any way?

We haven't been able to do this over the past two years due to Covid shutdown, but we look forward to being able to recommend local services again. For example, services within HH, local schools and settlement services.

### Do you see any role or help that Unitarians can offer?

We believe in promoting a sense of community to both our learners and our tutors. We let them know about the services that are available within HH. Now that both learners and tutors can begin visiting our offices, being able to see first-hand what is available to them to help create and expand their sense of community is beneficial.

For more information visit: [www.eltoc.ca](http://www.eltoc.ca).

Our office hours are from 8:30am-4:30pm.

Our staff are available to receive members from the community who are interested in receiving information about our services or would like to volunteer with us.

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



### Summer SUNDays!

While the Worship Cluster takes a break over the summer, the Inspiring Activities Cluster takes over, to offer some opportunities to gather on Sunday mornings that break from our usual format.

### TEDTalk Coffee Hour

*July 10 & August 14*

Join us in the Sanctuary to view an inspiring talk, followed by ample opportunity for discussion on the topic.

### Sacred Self Care

*July 17*

When the world feels heavy, and the work of justice weighs on us, how do we continue? By putting on our own oxygen mask first! Chipó will introduce us to some rituals of self care that help us to bring ourselves, wholly to the world.

### Picnic Potluck

*July 24*

We will once again invite you to meet at Père Blanc park for a summer picnic, and a chance to walk among the trees. Bring a dish to share, or your own picnic lunch, picnic blanket or lawn chair.

### Zoom Circle

*August 7*

For those of us who prefer to connect online. This Sunday will be a Zoom circle to share stories and check ins.

### Fun in the SUN Picnic

*August 21*

This final summer Sunday event is an invitation to come together for some good old fashioned “church picnic” fun, complete with games and events for kids of all ages! We hope that you will come, bring your kids, bring your grandkids, for some fun together in the Sun!

### Planning stages:

Summer plans are in the making, but not on the calendar yet.

Stay tuned for...



### Patio Pub Night

A monthly outing to a local patio!

### Story-Telling Circle

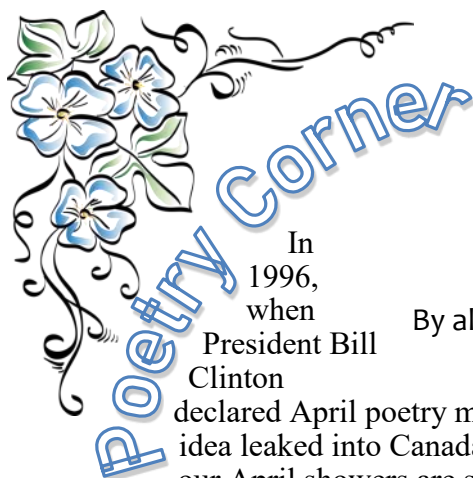
Join the circle at a nearby park to take turns informally sharing a story – either a personal one or some other story that calls to you (e.g. a favorite folktale). The focus is on self-expression and sharing, rather than performance or artistic merit.

### Memoir Writing Pop Up

Keep an eye on Friday Notes for a chance to join in a pop up writers group this summer

### Widening the Circle Discussion Group

Dive in with Liane, to bring the wisdom of her facilitator training on dismantling racism within our Unitarian Universalist movement into our Fellowship. (Read more on page 13!)



## A Poetry Contest

By allison calvern

In 1996, when President Bill Clinton declared April poetry month, the idea leaked into Canada, and now our April showers are sprinkled with poetry and poetry contests. At the urging of a friend, I entered one of those contests. Along with the other participants, I was given ten words, and 48 hours in which to make a poem. I do not usually use somebody else's words, but the game was on.

I looked for the story, found an image or two, and felt around for a metaphor. Mnemonic, noctambulant, and peachy were among the words, and I realized that the created poem might not be best part of this exercise. Still, I leaned into the work and discovered the value of stepping outside my comfort zone. The unfamiliar words and process prompted me to reevaluate how I read poetry and how I write it, and now I am more aware of my own poetic sense. This refined awareness is the surprise gift.

I see how this contest—and maybe even poetry itself—mimics life. Each of us is born with a random set of characteristics—four siblings, a persistent stutter, or a love of gardening—and each of us lives/writes our own story/poem. The game of life is on; it is not a contest, but it is full of surprise and beauty.

(Meanwhile, if you have a mild interest in reading the poem in question, I can send it to you.  
[acalvern@gmail.com](mailto:acalvern@gmail.com))



Throw words at the sky—  
If the wind is blowing right  
it might rain poems.

## Monthly Themes for 2022-23

By Pat Lucey

What is theme-based ministry? According to Rev. Scott Tayler, who formerly served as the UUA's Director of Congregational Life, and who went on to found the Soul Matters Sharing Circle, theme-based ministry "is a powerfully engaging way of focusing the life of a congregation on monthly themes through worship, religious education, small groups and other activities."

For several years now, our Worship Team has been using a theme-based approach to organizing and creating our Sunday services, and this has worked well for us. Our monthly themes have inspired us to "focus and explore", i.e., focus on a particular broad theme, and explore the spiritual and practical impact and significance of this theme in our shared spiritual journeys, and in our daily lives.

Your Fellowship Worship Team is now inviting you to submit your own thoughts and ideas about themes you would like us to delve into during our September 2022 through June 2023 program year. Do you have a new, timely concept you want us to explore together? Or would you like to revisit a theme from a few years ago? If you can think of an avenue you want us to include in our shared spiritual journey, and you're not sure how to summarize your ideas into a single-word theme, just submit a few sentences describing what you have in mind, and we will do our best over the summer months to integrate your contribution into our overall plan for the 2022-23 program year.

So please send us your suggestions, and support your Worship Team in planning our new program year! Submissions should be sent to Pat Lucey at [pattylucey298@gmail.com](mailto:pattylucey298@gmail.com).



# Social Action Cluster Focus

by Claire Heistek

## The Hub Mural on Former Rideau High School

Have you seen this mural?

It is on the front facing wall of Rideau High School and the result of the 2021 Summer Youth Camp geared to youth of 13 to 18 years old offered last summer by the Rideau Rockcliffe Community Resource Centre (RRCRC). Every year, the centre offers programs in the summer with the express goal of developing self awareness, stimulating the imagination and acquiring new skills while having fun. And, for many years now, these programs have benefited from a share of the UUFO social action fund distributed by the Social Action Cluster.

The 2021 Youth Summer Camp focused on developing team work skills and sociability, making new friends and... creating a work of art under the leadership of, Ottawa artist, Kseniya Tsoy. The object, in this case, was not to create community but to represent it.



In response to questions I put to her, Kseniya explained that the chosen location offered an opportunity “to pay tribute to the beautiful community organizations in the building, but also to let the passersby know that it is a “HUB”!”. In preparation, there was much discussion about community, it’s members and how they could be represented. Kseniya continues: “one can see portraits



of actual participants of the youth camp and the most beautiful things they appreciate in life. Sun, ocean, water, flowers, basketball, pizza, and... Netflix can be found among many others!”

She added that, in creating this collage, the “youth’s creations went into this work unfiltered and unedited, just as they are. Most importantly, it is truly representative of them as people and the community that they are part of.”

I am very grateful to Kseniya for taking the time to answer my questions and look forward to seeing more of her creative projects. To find out more about this wonderful artist, Kseniya Tso, click [here](#)

Claire Heistek for the Social Action Cluster: Elinor Mueller, Marilynn Kuhn, Nanci Burns, Helmut Kuhn and Gary Weinhold



Photo credits:  
Kseniya Tsoy

## Widening the Circle of Concern – Dismantling Racism

By Liane Knight-Dubreuil

Attending the Facilitator Training through the CUC was a wonderful, difficult and educational experience. The training was one of the next steps in Dismantling Racism which is what the 8th Principle is about.



discuss the questions and contribute to the discussion. It did make me realize that I want to learn more about parts of the UUFO history that I have missed as I feel we are a progressive UU Community.

The 8th Principle had been a difficult task to vote on, as each of the congregants were asked to reflect on their feelings of racism within UU spaces and to reflect on the following: if it was time to change; to step out of safe places; to start looking at processes of change relating to how BIPOC congregants and newcomers felt they were accepted. This was a result of the awareness that churches across Canada had been formed within Colonialism Practices and issues had been and were continuing to arise within Canadian Congregations and within the CUC that needed to be examined. The vote was passed at the AGM in May 2021, Congregations had low voter turnout on the issue, which pointed out that it was important to go forward with the vote and the work that followed. The CUC developed this training so that Facilitators within our Congregations could start discussions on the issues and to develop the ways forward.

There were 60 Congregations across Canada involved in the training. Sessions covered topics such as Welcoming and Hospitality with a focus on Risk Taking and Oppression, What is the Journey of Transformation, Where are we? Our Historical UU Background, How should we change? Coalescing around Whiteness, Worship and Theology, Worship and Hospitality, Covenant, What is the World Calling Us To Be, What are the Pathways Forward, Micro Aggressions, Healing Centered Ministry, Changing our Culture and Expectations, Accountability & the 8th Principle, Culture and the Age Old Wisdom of how to live as a community, and more.

It was a wonderful opportunity to meet with other Unitarian Universalists, to learn, to share opinions and stories, and to rejoice in being together to do this work.

The training was based on several reports, as well as on the experiences of Black, Indigenous, People of Colour within the Canadian and American UU organizations. Participants were asked to start small groups with 3-4 people (members were encouraged to participate including BIPOC, Youth, Young Adults) within our congregations so that questions focusing on the training topics (which are listed below) could be discussed and brought back to the sessions where they were shared with the participants. Our congregation wasn't able to form a group for this part of the training, instead I met with 2 other facilitator trainees from Comox and Winnipeg. We were able to



Now on to the next steps. I am going to focus on gathering materials for some open discussions in the fall, followed by some workshops specifically on the CUC Widening the Circle of Concern work, so that we can begin on this journey of renewal. As with most events, the path forward will be uncovered during the steps we take. I look forward to working with the congregation and getting to know more members as we tackle this exciting chapter in the Fellowship's and the CUC's history.

If anyone is interested in being involved with this part of the process and is willing to meet over Zoom or possibly in person during the summer, feel free to phone (613-804-3414) or email me at [liannekd@gmail.com](mailto:liannekd@gmail.com).





## ***UUFO transforms and sustains lives in East Africa***

Report from Rev. Fulgence Ndagijimana, Flaming Chalice International

Flaming Chalice International has been engaged in the work with refugees since 2015. From the initial group of refugees from the Unitarian church of Bujumbura and their friends, the work with refugees expanded over the years and have reached so many people in different ways. We have been able to support university students and other students doing vocational training. Flaming Chalice International works with one grassroots refugee organization to support 10 children to go to high school. This is a small commitment that we have been able to honor every year from donations given to our general fund. We have also provided small grants to refugees who were planning to start small businesses. The situation pre-pandemic was such that many of the refugees in our care in Rwanda had odd jobs and they could provide most of their needs except for emergencies like medical bills. Only a small group of them needed regular monthly support.

The pandemic abruptly changed things. Those who had jobs lost them. The needs increased as the cost of living skyrocketed. Flaming Chalice International did what it usually does. We shared stories with our friends. The response was very good and throughout the duration of the pandemic, no refugee in our care went hungry or lived on the street. They need our support, and FCI was able to provide the needed support. One such supporter last year was the UU Fellowship of Ottawa (UUFO). Flaming chalice approached UUFO for a project to support refugees with food, small business, and emergency funding. The funds that we requested from the UUFO were so generously provided in a very short time. The funds were to support the monthly expenses of refugees in Rwanda, the support of a partial scholarship of a student and two groups of people who wanted to start small businesses. The funds covered people in Rwanda, Uganda, and Kenya. These include 2 families in refugee camps (one in Uganda and another one in Rwanda). As a response to our request, UUFO provided \$11000 to Flaming Chalice International for the work detailed in the request.

FCI is so grateful for the funding from the UUFO. It hard to share the impact this support has on transforming and sustaining lives. Life in refugee camps has become so hard. The UN food agency has essentially stopped to provide food items and refugees are on their own. This funding came at the right time and kept people well and hopeful.

### **Partial Scholarship**



We supported an exceptional woman who decided to go back to school despite barriers. Jeanine lived in a refugee camp and had a baby. We wanted to shake the view that giving birth as a refugee is an end to all ambitions.

Jeanine is in her second year pursuing a degree in Biomedical laboratory sciences. She and her family were living in the Mahama refugee camp. A donation in July 2020 allowed her to go to school. Her and her family moved out of the camp and went to live near the University. To complete the year, she needed \$1,015. The amount covered accommodation, food, and the last portion of tuition. Claude became the caretaker of the son when the mother goes to school.



Claude, Jeannine & Son

*Note: Some refugees are still traumatized and do not like their pictures to be shared. Others are fine for their pictures to be shared. We share the pictures of those who provided permission*



### Micro-grants for Small Businesses



Bruce

Bruce N. has a business of selling used clothes. Many people do not have means to buy new clothes and so in these countries, used clothes are a big part of life. Bruce has enough funds to feed his family and cover expenses like rent, school fees and other daily needs.



Nadine

Another small business grant went to Nadine, who has a family of 6 and a small business selling shoes in Uganda.

### Refugee Support

Starting from June 2021, we supported refugees who live in Rwanda, Uganda and Kenya.

Refugees in Rwanda were fed and sheltered for 7 months. The refugees who benefited from this support live in 3 different locations in Rwanda: 2 locations in Kigali, Ruhengeri, 2 families in the refugee camps and 2 young men living in Nairobi Kenya.

Yannick and Gerry eating beans and corn bread (staple for refugees in east Africa)



## Launch of the UUFO Refugee Support Fund Campaign, 2022

One year ago on Mothers' Day, UUFO launched the Refugee Support Fund, with a goal of \$10,000, to be raised each year for three years, in support and encouragement of the work of Flaming Chalice International ([www.flaminginternational.org](http://www.flaminginternational.org)).

We saw the world's 79 million refugees, and wanted to do something. We heard about the 400,000 Burundians who fled violent political persecution because they promote justice and democracy. We heard that Unitarian minister, the Rev. Fulgence Ndagijimana was needing help for his displaced congregation.

This year the world refugee tally is up by 5.7 million, and we want to look away. Fewer than 1% of world refugees are being hosted in Canada.

We at UUFO can only do our small but vital part.

In honouring our commitment to Flaming Chalice, we are making our small contribution towards safety in this violent world.

And so, on Mothers' Day 2022, we launched our repeat goal of \$10,000 for Flaming Chalice International, reminding us that we, too, are a 'mothering' community.



# 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

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

Submissions for the Fall Issue are due  
August 15

Many thanks to our contributors and  
editors!

## Editorial Team

Allison, Nanci, Pat,  
Sarah



## Summer at UUFO

### June

**June 5: UUFO Annual General Meeting**

**June 12: Flower Communion**—Final worship service of the season

**June 9: UUFO Film Club**—Zoom discussion

**June 17: Patio Pub Night!**

**26 juin :** rassemblement francophone—Rétroaction, rencontre spéciale

### July

**July 10: TED Talk & Coffee Hour**—Join the discussion

**July 14: UUFO Film Club**—Zoom discussion

**July 17: Sacred Self Care**—Explore the nourishing and necessary  
rituals of care for oneself with Chipso

**July 24: Potluck Picnic**—Bring a dish to share (or your own lunch)

### August

**August 7: Zoom Circle**—Bring a short story or check in

**August 11: UUFO Film Club**—Zoom discussion

**August 14: TEDTalk & Coffee Hour**—Join the discussion

**August 17: Patio Pub Night!**

**August 21: Family Picnic**—Bring your kids or grandkids for some fun  
in the sun!! Games and activities to delight!

*Worship services and many small groups resume in September.*

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