

# Fellowship News

## *Infolettre UUFO*

FALL ISSUE  
SEPTEMBER 2022



## In Memoriam - Don McDiarmid

**E**arlier this year, our Fellowship lost a much-loved founding member of our congregation, Don McDiarmid, who was our first Board President. Our newsletter editors reached out to some long-time members who knew Don very well, and invited them to share their memories of him.



**from Helmut:** “We properly recognize Fred Cappuccino as the Founder of our Fellowship, but there were a number of others who formed and built its foundation, and first among them, I think, was Don. In old fashioned parlance, he was the cornerstone. Others might have been able to fill the role, but given the choice, we all chose Don. He was our first President, and before that, critical to piloting us through procedures to become officially registered.

“Don was a very caring person, intent and interested in what was going on, caring deeply for our future, cautious that we avoid bringing disrepute to our Fellowship and Unitarianism broadly. And he was, through and through, a Unitarian, a very principled person.”

**from Elinor and Mark:** “Don brought energy, wisdom, patience, and respect to all his relationships and commitments. He was vitally concerned with social and economic justice, and increasingly environmental/climate issues. He took on many leadership roles in the pursuit of a more just community, nation, and world. He was quietly deep, as his talks at First and the Fellowship revealed. He was an active participant in the governance and direction of Unitarianism both at the CUC and locally. He was a pillar!”

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## Remembering Don McDiarmid (Cont...)

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We are also grateful to Don's wife Louise, who shared with us that Don believed in building strong communities which express our deepest values -- communities that will endure beyond our own individual lives -- and that he saw our Fellowship as just such a community. Don was always striving to understand more and more deeply what this meant, personally and collectively, and to discuss it philosophically with others. We've all benefited over the years from his wise counsel and dedication to UUFO.



**from Marlene:** "Don kindly did some research for me when I mentioned that my husband John established an award for physicists working together, and he found references to those groups who won after John died. I wouldn't have known that the award continued without Don's help. He appreciated, as my husband did, that scientists don't work in isolation, but in collaboration with colleagues. Don was a lovely, intelligent, thoughtful man."

**from Liane:** "We were lucky enough to get to know Don and Louise through our time in the early years of the Fellowship, which coincided with the early years of my career at Carleton University. I spent many a night during snowstorms sleeping over at their house in the years before I had a car that I could commute with to work. We would have great conversations over dinner with lots of laughter. Don would sometimes drive me back to Carleton in the evenings if I had an event to attend."

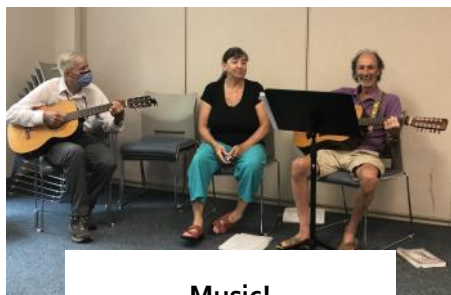
"Don and Louise became close with our two sons, Ian and Sean -- Ian for his cookie making, and Sean, whom Louise and Don mentored for his growing up year. That led to a deeper friendship that included Alain and I."

"Louise and Don had a dome-shaped cottage up in Lanark County. We would meet there in the middle of winter, and while Louise and I and the kids played games, Alain and Don would talk away, deeply immersed in conversation. Alain appreciated the friendship, and during the summer, he would come and help Don with projects around the Dome, while Louise took Sean, Ian and myself on an exploration of the trails and the Clyde River."

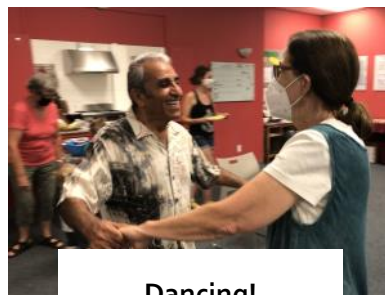
"Our last meeting with Don was a few years ago, when we met up with Louise and Don for the international Film Festival in Perth. We had a lovely time with conversation and laughter and hugs. We miss your bright spirit, Don, your incredible scientific knowledge base, and your beautiful smile and laugh."



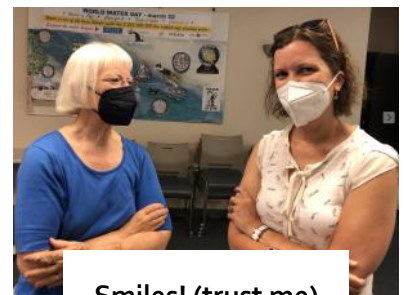
### UUFO Summer "Picnic"



Music!



Dancing!



Smiles! (trust me)

## Caring and Sharing

In August, the Caring Circle met in Nick's backyard, and took the opportunity to celebrate **Ken's** 90th birthday!!!

The cake was very, very tasty. What a contribution Ken has made and continues to make to the Fellowship. Happy Birthday Ken from everyone!

This summer, long-time member **Jean** moved to Toronto to be closer to her son and daughter. Jean's husband, Dr. Farid, passed away on November 16, 2021.

Susan, Jean's daughter, sends thanks for providing her mother with such a lovely community of like minded people. She really enjoyed all the time spent attending meetings, researching and writing the history of the Unitarian Congregation in Ottawa and all the many pot lucks and meals together.

Her health is good, however her main issues seem to be mobility and dementia. Her family visits her every week and she has the opportunity to see her grandchildren and now her great grandson as well.

Some exciting news from **Urbain**: his brothers are now Canadian citizens!

The atmosphere was festive on September 21, 2017, when the members of UUFO and my family welcomed **Rodrigue** and **Pacifique** here in Ottawa, everyone wished them a good future full of success, and those who were available assisted them in taking a bus, participating in discussion meetings, opening bank accounts, getting their 1<sup>st</sup> sim cards, internet at their place, you can name it- Today the two brothers are Canadian citizens, proud to be, now they are part of the great



Martha and Nanci adventured down the Roque River in Oregon this summer.

Canadian family, it was our wish and we firmly believed in it and without a doubt, they will work for the development of our dear country, Canada. I would like to take this opportunity to thank you once again for the contribution of every one of you. We have been waiting for this for such a long time but it happened! It is with great joy that I share with you this little story that says it all.

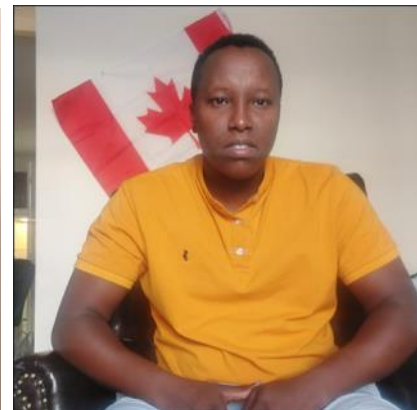
Below are pictures of Pacifique (on the left) and Rodrigue (on right) after taking the oath.



Ken celebrates his 90<sup>th</sup>



Took the oath on July 27th, 2022



Took the oath on August 11, 2022



# Board Walk

By Nick LePan, Board President



Nick LePan, President

Hi All!

On behalf of your Board I hope you've had a good summer and are ready for an exciting fall!

In case you weren't at the AGM in June, or you've been 'off the grid' .....the new Board is Dave Edmunds (Secretary/Treasurer), Laura Evans, Nick LePan (President), Katie Lunn, Brandon Milk, and Bahram Nabatian. **Please feel free to communicate with any of us if you have a suggestion or a concern.**

There's lots going on in the Fellowship. And our UU principles were never more relevant. Please, as you read this, glance down at our principles below and reflect for just a moment on what particularly speaks to you, for this month, for this week, for this day—what do you want to work on, contribute to, celebrate?

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.
8. Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions

For me right now I want to contribute to building community.

The new board has been meeting monthly, focussed on getting into gear, planning priorities which we are going over at a retreat at the end of August, and dealing with more immediate issues such as support for the worship cluster and fall services, and the possibility of major repairs, working with Heartwood House, to our roof.

Thanks so, so much to the outgoing Board who did an amazing job during Covid to help keep us together as a community.

One of their contributions was to do a survey of members last May. Some 38 UUFO Members and Friends filled out the survey—that's a high response rate. Thanks very much to all who responded. There are, of course, limitations to any survey. But the results have been a great help as your board determines how it can best support our fellowship in the year to come.

*(Continued on page 5)*

(Continued from page 4)

The first question on the recent UUFO membership survey was **“What, if any, leadership activities do you think the fellowship could use help with?”** ‘Coordinating and encouraging volunteers’ was the most frequent response ticked, followed by ‘leading/coordinating services’, and ‘providing adult learning opportunities’.

Those who checked ‘Other’ suggested connecting with other agencies or charitable organisations in our area, and more work welcoming BIPOC, dealing with issues raised in the new eighth principle, and attracting more youth.

The second question was **“Pandemic related issues aside, what do you think is the biggest challenge we face in the future?”** ‘Attracting newcomers’ was the most frequent response ticked, followed by ‘volunteer fatigue’. ‘Deciding on goals, priorities or direction’ was a distant third.

Comments also pointed to the need in planning to take account of the possible scenarios for growth, members and financial resources.

In my view the responses that got the most support indicate where we need to focus. All the input has been very useful to the Board retreat.

However, I believe that we need to be careful that our activities match what we have the resources to deliver on.

Responses in the Survey also strongly supported continuing with hybrid services (while making sure the experience in the sanctuary is special). That is our plan for the fall.

I believe one of our most valuable assets is our community. When I feel welcomed and accepted for who I am, I am called to contribute. I feel a shared purpose, friendliness, challenge. I hope that resonates for you too.

And it’s because of our community energy that we are effective in our social action and more attractive to new members and friends.

Being able to be together again in person has given a great boost to our sense of community. I hope that continues. But I think that being together, by itself, will not be enough to revitalize our community energy, and ensure our continued vibrancy. Shortly, I intend to communicate more about specifically how the board can contribute to continuing to build our community, based on the results of our recent retreat. This plan will be shared along with the detailed results of the survey.

## Summer Walks



At the start of summer, Sarah and Leander joined Multifaith Housing Initiative for the annual Tulipathon, raising funds for affordable housing subsidies.



At the end of summer, UUFO joined up with First Unitarian to march in the Capital Pride Parade, waving our rainbow and trans flag colours.



UUFO friend, the pigeon who just wants to drive the bus (Teddy), was also spotted in the parade!



## Welcome and Membership

Our new directory for 2022-23 is currently in production! Members and friends can opt in to sharing their information in this way that is shared within our community (hard copy, or online with password protection).

We are looking forward to officially welcoming our newest members this fall, and will be working with the Worship Cluster to include them in one of our upcoming worship services.

This fall we are also working with the Inspiring Activities Cluster to support the New UU workshop series aimed at newcomers. The Welcome and Membership team is your first point of connection, and are excited to be able to recommend this opportunity to those of you who have started joining us over the past couple of years.

As always, we would be overjoyed for you to join us on our small team:

Hoppy Roy,  
Carolle Séguin, and  
Andrea Young



## Movie Musings

By Michel Jan

Our UUFO movie discussions have continued to be interesting and a lot of fun. In June we discussed two movies which are both on Netflix. The first was

"Remember" about an elderly Jewish man on a mission to find and kill the man who was responsible for the death of his family at Auschwitz. Christopher Plummer plays him and is very good in the role. The film has a plot twist in it which we did not expect. We all enjoyed the film. The second film was "Hollywood Bollywood" which is a light hearted romantic comedy which blends elements from Bollywood cinema with those from Hollywood. We found the film enjoyable though not as memorable as "Remember."

In July we discussed "Vice" and "Hannah Arendt" which both had a reference or references to the banality of evil. Both films engendered much discussion about the films and the actual events the films portray. We never run out of things to say which is fun.

In August we discussed "Limbo" and "The Invisible Thread". Note that all the films discussed in this column are on Netflix. "Limbo" is about asylum seekers at a remote location on an island off of Scotland where they await the results of their applications for asylum. We all agreed that the film does an excellent job of portraying the isolation and bleakness of the refugees who are literally in limbo. "The Invisible Thread" is a light hearted romantic comedy about a teenager who has to make a video about his two dads for a school project. All things go along perfectly thus making the video boring until something happens. The two films are quite different but we found lots to discuss about both. Everyone is welcome to join us! Links to the Zoom meeting and to the films are provided in Friday Notes. Note that for the fall we will hold the discussions on the third Friday of the month.



# Worship Cluster Notes

By Pat Lucey

Welcome back from the Worship Cluster's summer break – personally speaking, I was grateful for the break, and also grateful for everyone who organized and led Sunday morning activities and events throughout the summer months.

If COVID restrictions continue to permit it (fingers crossed!), our Sunday services will be based in the Sanctuary, with a video feed to Zoom participants – this is essentially the same arrangement the Tech Team implemented and refined for our April through June Sunday services. The Tech Team is now working with the Board to upgrade our room setup so we can move more of our equipment to the back of the room, get rid of as many of our “trip wires” as possible, and improve the presentation at the front of the room to minimize glare from the windows by moving the Zoom projection to a separate screen, rather than using the front wall for video projection. Our goal as I write this is to have some of these improvements in place for our first service on September 11th.

Leading our services from the Sanctuary once again means that the Service Leader's job will revert to our familiar, less complicated, “old school” ways, i.e., the Tech Team will handle all the Zoom stuff, and the Service Leader can simply lead the service from the front of the Sanctuary without worrying about their Internet connection, microphone, and camera. There may also be some services in which a remote speaker will be joining us on Zoom, but again – the Tech Team will know what to do, and the Service Leader can simply introduce the guest speaker as if they were joining us in the Sanctuary (which they will be, but on a video screen instead of at the lectern).

And we are also set up for live Sunday music once again: Joe McDonald is available to join us in the Sanctuary on a regular basis as our accompanist and performer, and we will also invite members, friends, and guest musicians to provide live music in our services whenever Joe is not available, or when we wish to supplement his musical offerings with additional performances. So get your voices ready for some Sunday morning singing together!

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



## Monthly Themes for Fall 2022

**September**

Reconnection

**October**

Balance

**November**

Inner Peace

**December**

Winter Holidays



# COIN FRANÇAIS

## Rassemblement Unitarien Universaliste d'Ottawa

### Salut à tous,

Il nous fait plaisir de venir vous donner un petit résumé de notre rétroaction de juin dernier. Nous étions bien heureux de nous retrouver en personne, neuf autour de la table.

À l'agenda, quatre thèmes principaux :

- nos célébrations sur zoom depuis deux ans,
- ce qu'est le Rassemblement francophone au sein de notre « Fellowship »,
- notre vision pour l'année à venir,
- avoir une équipe de planification responsable des activités du Rassemblement.

Chacun(e) y a mis tout son cœur et sa sincérité.

Grâce à zoom, nous avons pu continuer la communication et la motivation du groupe. Il faut cependant avouer que cela est beaucoup plus difficile. On apprécie tous les efforts et la générosité qui y ont été apportés.

Au sein de notre « Fellowship » l'élément francophone est unique, essentiel et important.

« Le Fellowship et le Rassemblement ont tout deux un esprit différent, particulier à chacun mais qui peut très bien se marier ». Il semble bien que « ici à UUFO, toutes les activités sont comme les membres d'une même famille, le Rassemblement inclus; chaque activité a sa place et son importance. »

Pour l'année à venir, il nous faudra continuer de s'adapter à ce qui est possible. La technique hybride serait à souhaiter.

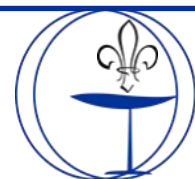
Premièrement il nous faut mettre sur pieds « l'équipe de direction pour tout le Rassemblement afin d'en assurer sa continuité et sa succession ». Cette équipe sera responsable de la planification. Nous reconnaissons l'importance des personnes plus aptes à planifier et d'autres à mettre en actions.

Nous avons clôturé dans l'espoir et la reconnaissance.

### La bonne nouvelle

Thich Nhat Hanh

*Extrait du recueil Une flèche deux illusions, paru aux éditions Dzambala*



La bonne nouvelle,  
ils ne la publient pas.

La bonne nouvelle,  
nous la publions.

Nous avons à chaque instant une édition spéciale,  
et nous avons besoin de vous pour la lire.

La bonne nouvelle, c'est que tu es vivant,  
que le tilleul est toujours là,  
debout, solide dans la rigueur de l'hiver.

La bonne nouvelle, c'est que tu as des yeux magnifiques  
pour toucher le ciel bleu.

La bonne nouvelle, c'est que ton enfant est là, devant toi,

et que tes bras sont disponibles:  
s'embrasser est donc possible.

Ils ne publient que le mensonge.  
Regarde chacune de nos éditions spéciales.

Nous n'offrons que des choses vraies.  
Nous voulons que tu en profites  
et nous aides à les protéger.

Le pissenlit est là près du trottoir,

souriant merveilleusement,  
chantant l'éternité.

Écoute, tu as des oreilles qui peuvent entendre.

Baisse la tête.  
Écoute.

Laisse derrière le monde des peines,  
Des soucis, et sois libre.

La dernière bonne nouvelle  
C'est que tu en es capable.

**« ici à UUFO, toutes les activités sont comme les membres d'une même famille, le Rassemblement inclus; chaque activité a sa place et son importance. »**



Notre nouvelle équipe de planification vous souhaite la plus chaleureuse bienvenue à nos futures célébrations d'automne :

**Le 25 septembre, Thème : Retrouvailles**

**Le 23 octobre, Thème : Équilibre**

**Le 27 novembre, Thème : Paix intérieure**

Claire, Urbain, Andrea, Lucie-Marie

## Small Groups / groupes d'affinité

All Welcome | tous le bienvenue



### Pub Night is back!

Brought back for patio season, our pub night regulars have decided to stick with the familiar of Patty's Pub this fall. Pub night will continue on the second Friday of the month, switching to Thursday on Game Nights when the Landsdown neighbourhood overflows, and a table is hard to come by.

Join us on Sept 9, Oct 12, Nov 11! (RSVP to Claire)

\*\*\*

Vous êtes tous les bienvenus pour nous rejoindre au pub chaque mois pour prendre un verre entre amis.  
(RSVP à Claire) 9 sept, 12 oct, 11 nov



### Meditation Sessions:

This fall, our twice monthly meditation sessions will alternate between in-person and online.

First Saturday of the month: at UUFO

Third Saturday of the month: on Zoom

\*\*\*\*

Cet automne, nos séances de méditation alterneront entre en personne et en ligne

Premier samedi du mois : à l'UUFO

Troisième samedi du mois : sur Zoom

### Cercle de croissance spirituelle

Nos cercles mensuels se déroulent le premier jeudi du mois. Ce petit groupe (d'environ 8 personnes) nous permet de pratiquer de l'écoute profonde, un acte de connexion spirituelle



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

## *Fall Workshops*

### ***“Stop the world! I want to get off.” How to Face the Mess We’re in Together***

*Workshop Oct. 22, 1-4 pm UUFO*

We live in an extraordinary moment, as we witness tremendous threats to life on Earth. We feel a sense of urgency as well as a longing for positive change.

Faced with ecological, social and political breakdown we can become overwhelmed. How can we consistently stay engaged, resilient, creative, and empowered to act for the healing of our world? We can face the challenges together. Join this workshop and find out how.

This is a 3 hour workshop, organized by members of the UUFO in conjunction with Robin Macdonald from “Work that Reconnects”. It will include group activities, teachings and reflections. We will cover tools and processes to:

- connect with people who share similar dreams, and concerns
- honour our pain for the world, including ecological grief
- turn anxiety, grief and anger into courage, creativity and joy
- strengthen a sense of belonging, and feel held within the cycles of life
- nourish our capacity to act for positive change

The number of participants will be limited to 12. Registration is required. There is a fee by donation. Please email Fran Mowbray at francesmow97@gmail to register or if you want more information.



## **The New UU**

*Workshop Series Sept. 25-Nov. 6, 9-10:15am, UUFO*

This 6- workshop series introduces newer members of the community to Unitarian Universalism, and to our Fellowship.

Anyone who is new, or feels new, or would like to learn more about our history, culture, and practices is welcome to sign up!

The series will explore Unitarian Universalist approaches to worship, children’s religious education, governance, social justice, and history. Participants will learn more about who we are, where we come from, and how UUFO creates our unique community out of the shared UU values.

email ARE@uufo.org to register!



## Unitarian Un-colonizing Focus Group

*An invitation from Claire Heistek*

*Colonization shatters everyone. Reconciliation is what happens within each of us so that we can be pieced back together guided by un-colonized values. Decolonization is the process of making things right by returning stolen land.*

-Erin Horvath-

Jan Andrews (First Unitarian Congregation of Ottawa) and Claire Heistek (Unitarian Universalist Fellowship of Ottawa) will co-facilitate monthly sessions following the Canadian Unitarian Council's Truth, Healing and Reconciliation Reflection Guide 202, Un-colonizing Focus Group, developed by Amber Bellemare and Erin Horvath.

A few words from Erin and Amber:

“Collectively and unconsciously we have created a way of seeing the world that allows us to carry on within a system that privileges settler peoples (specifically those with white skin), while disadvantaging Indigenous peoples. Some of us recognize and oppose the privilege that is ingrained in the system and work within our communities to fight injustice. Still, the system continues and, in spite of the good intentions of many, "reconciliation" between Indigenous and settler peoples continues to be an elusive goal. An assumption of these sessions is that one reason we struggle is because reconciliation is rarely discussed as something that needs to happen within non-Indigenous peoples first, before right relations can be experienced on a personal or societal level.”

On Aug 19th the reflection question in the UUFO newsletter was: "What if commitment and covenant aren't comfortable?" Are we willing to challenge our internal biases, to get "uncomfortable" so that we can deepen our understanding of how to act in a "decolonizing" way? What does this really mean in our individual lives and in our spiritual communities? What is the difference between "decolonizing" and "uncolonizing"? If you are wanting to explore these questions and more in a supportive, reflective environment with other UU's, come to our 6-session Focus Group.

Through readings, journaling and group discussion, we will focus on conversations about how our faith and our actions intersect. The plan is to meet once a month for six months to "intentionally challenge internal bias and to support one another while working through the materials." COVID mandates remaining as they are now, the first and last session will be 'in-person' and the other four will be on Zoom. The group will start on Sunday October 2<sup>nd</sup>, 1:00pm-3:00pm (place TBA) with a maximum of 12 participants.

Interested? Contact Claire ([cheistek@sympatico.ca](mailto:cheistek@sympatico.ca)) or Jan ([janandrews0@gmail.com](mailto:janandrews0@gmail.com)) and they will be happy to tell you more.



## Summer Picnic Snaps





## Social Action Cluster Focus

by Marilynn Kuhn

A new program year! Hopefully an in-person kind of year. Another year with many opportunities to express our UU principles through action. Last year the Social Action Cluster (SAC) encouraged others in the congregation to bring forward social justice issues important to them and to provide leadership for learning and action. Two initiatives emerging have been an action group related to affordable housing, and an initiative to explore how we can support each other in responding to the many environmental crises.

A key message from our Social Action Cluster is that SAC is not “in charge” of social action for UUFO. Working for social justice is central to our UU principles. We all need to be part of the action. If you have an idea and want to talk about it with any members of the Social Action Cluster, please do so.

A few things happening this Fall:

**Municipal election** – SAC will host a Zoom opportunity to talk about the various candidates for mayor – tentative date September 27

**Carl Beam Vernissage** – September 28-29. Carl Beam an Indigenous Canadian was the first artist of Native Ancestry (Ojibwe), to have his work purchased by the National Gallery of Canada as Contemporary Art. Several of us have booked (free) tickets for Sept 29th at 1 p.m. at Wabano. Others are invited to join us and we will look into a space for a discussion directly after.

: [Tickets](#) : [Podcast](#) : [Video](#) :

**Unitarian Un-colonizing Focus Group** - a series of workshops over six months done jointly with First Congregation. (see p. 13)

**Fall Climate Strike March ,  
Friday September 23**  
Confederation Park, from 12 noon to 4 p.m - sponsored by [Fridays For Future Ottawa](#), [Unitarians for Climaction](#) and [Climate Save Ottawa](#) : [Facebook Event](#)



**UUFO Healing Forest project** – A [Healing Forest](#) is “a dedicated forest, garden, or green space – as a place for healing, learning, sharing, and reflection about Canada’s history and the legacy of Indian residential schools.”

Claire is the lead for this initiative which is in its early stages of seeking Indigenous partners with whom we could work to develop a local project. Expressions of interest are welcome.

**Treaties Recognition Week** November 6-12 – This is a week to remember and educate ourselves about the treaties signed with many First Nations across Canada. It is a time to remember that we are all “treaty people” since the original treaties were signed by representatives of our colonial government. [Treaties Week](#) - SAC is planning a Sunday service to recognize this week.

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



## Who Are the People in Our Neighbourhood?

*By Nanci Burns*

Although this column was started several years ago to help our community know a bit more about our Heartwood House neighbours, this time I ran into the dilemma that I couldn't find anyone in the building to interview. Could it be summer holidays? Pandemic impact on agency staffing? No volunteers to answer phones?

I felt I had only one option. Call Moe! Sure enough, Moe Moloughney, as many of you know, is the Executive Director of Heartwood House. She was eager to share and had great insights into what's happening under our shared roof.

She is not a woman who sits still. In fact, she talked to me while travelling from one meeting to the next and eating her dinner at the same time. She had just finished a 2-day sale of OC Transpo lost and found items. This was the 2<sup>nd</sup> sale this summer and she supervises students to run this initiative. This social enterprise has evolved out of a contract Heartwood House has had with the City of Ottawa since 2001. This initiative has allowed Heartwood House to employ many recipients of services of Heartwood House – such as literacy and laundry programs - the opportunity for employment they may not have otherwise. Although run initially by volunteers, thanks to the hard work of their board (including our own Hoppy Roy), all workers at the OC Transpo program have been paid since 2019. It's amazing that 33,000 lost items are processed here each year. Each item is held for 3 months and then the unclaimed items are put on sale. Members of the Vanier community are its biggest customers and all items range in price from \$1-\$5 dollars. Surprisingly, the overall intake can be up to \$10,000. Although they had to limit the number of participants allowed in the sanctuary this week, and required masks, this sale was successful again and a tribute to the adaptability and creativity of Heartwood House.

This story is one example of how Heartwood House was able to rise to the challenges brought on by the Pandemic. As a community, HH was successful in growing their on-line fundraising for



Moe Moloughney, Heartwood House E.D.

member organizations; providing Zoom training and services; and helping those that relied solely on volunteers to survive when volunteers were limited. The organization we highlighted last in this column, Suits His Style, is a good example of this. They lost 5/8 of their key volunteers. HH helped them grow their partnership with the Canadian Centre for Men and Families, who have stepped up to now run Suits His Style.

Some agencies had trouble with funds and have agreed to reduce space and share with other agencies and have gone into a hybrid model.

We are fortunate that Nick LePan, our new President, is curious, competent and committed to looking for additional ways to grow our partnership with HH. Collaboration can only lead to further win/win opportunities for all of us.



New sign in the front window advertising the UnitHeART Gallery, joint project between UUFO and Heartwood House





## On Being an Intern at Child Haven International Kaliyampoondi Campus, Tamil Nadu

by allison calvern, UUFO Child Haven liaison

If you want to be an intern for Child Haven International, it helps if you like sitting on the floor. The Child Haven home in Tamil Nadu houses 300 children and several seniors, and there are no rose petals in the bathtub—there is no bathtub even, but, still, I give Kaliyampoondi five stars.

The intern quarters have their own simple bedrooms and bathrooms, but everything else is shared with children and staff—daily routine, meals, campus events. Instead of the fancy tourist dinner, the intern gets to experience the formidable skill of the head cook in her kitchen where the smell of garlic assaults the nose. She gets the central courtyard, where chili peppers and lentils dry in the sun; where children play every day after school; where celebrations are held. The intern gets the sound of morning and evening prayer, children chanting, “*tamavo matsasya pita tamava*.”

Child Haven invites Canadians to rub shoulders with an old, venerable culture struggling to keep itself intact in the face of overwhelming Western presence. We interns are all called Sister, or Uncle, and we agree to stay for intervals of three or six months. We pay for our own travel, but as soon as we step off the plane, the rich, rich experience of village culture enfolds us into its warmth and care. Our weeks on campus, peppered with surprise visits and ceremony, layer into the quiet joy of living in close community. Kaliyampoondi delivers memories that sustain the soul.

I grew to love the head cook, Cuttiyamel, who was occasionally cranky as her body sank into diabetes and its attendant troubles. Respected and loved by all, she oversaw the delivery of eight hundred meals a day. During the yearly Pongol holiday, one of the oldest harvest festivals in the world, Cuttiyamel not only prepared the special Pongol meal, she oversaw the creation of the



Kaviya taking care of Bharat  
between rice paddies in  
Teeniyampoondi, 2018



Cuttiyamel making tea, 2018

Pongol shrine. A temporary marvel, the shrine turned the courtyard into a sacred place of contemplation and blessing—branches and palm fronds, and channels dug in the earth, and water poured, and flowers, and fruit, and bread, set out, and stones and bowls of flame arranged just so. The children lined up, and the staff, while Cuttiyamel used ash, and sandalwood paste, and turmeric, her strong brown thumb blessing the forehead, that each of us would be pure, brave, and wealthy.

I grew to love the children, got to see them not just as smiling faces—which was endearing enough! The boys told me which plants were edible, which were medicinal; they told me whose goats were being herded past us on the path, and whose cousin was tending them. They pointed out birds in the trees—“Parrot, Sister. Parrot.”—and showed me how to eat tamarind. Look at us; see, hear, and taste our world.

There was Kaviya (13), who seemed to take care of the whole campus with her huge, giving heart. There was Madesh (11), a boy who listed, and had a limp that he was trying to hide from me and from the world, and oh, I fell in love with Madesh. From London Town, a state-subsidized community on the edge of the campus, came Karthik (5), who has the

(Continued on page 15)



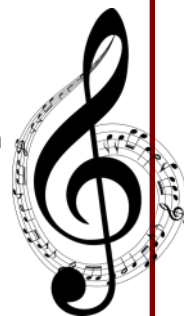


Cuttiyamal blessing Chandra Sekar, Pongol January 2018



Pongol offering, January 2018, Cuttiyamal and Sasikele

We are welcoming back Joe McDonald as our Sunday morning pianist this year. But, on weeks when he's not available, we love to share in the talents of our Fellowship friends.



## Share the music!

If you would like to perform, sing or play at a service, let the worship cluster know!

(worship@uufu.org)

(Continued from page 14)

demeanor of a sergeant major. The staff wisely chose Karthik to lead the line every day on the walk to and from school. I smiled softly at him for weeks before I finally received a tentative smile back.

All the children wanted me to know their names, wanted to make an impression on the intern with a camera. One day an older girl who moved always with purpose and accomplishment, stopped and spoke to me brusquely.

"Sister, What is my name?"

After a brief (and frantic) pause during which I had to trust my brain and tongue to work together, I said with pretend confidence, "Durga is your name."

Whew. I passed. Recovering my equilibrium, I asked her, "What is *my* name, Durga?" She just smiled and walked away. After all, she was not being tested.

The next morning there was a knock on my door. Muthal, the farmer who plants and harvests crops that our Kaliyampoondi campus produces, lay three jasmine blossoms into the palm of my hand, tiny white stars whose perfume filled my room and my whole being—never mind rose petals.

"For you, Sister," said Muthal.

Yes, dear reader, the name, Sister, works very well in this five-star establishment.

## Who Do I Ask?

Do you have questions? Try these sources of UUFO wisdom:

The board: president@uufu.org

The office: uufu@uufu.org

The Worship Cluster: worship@uufu.org

The Social Action Cluster: SAC@uufu.org

## Your Words Here!

Do you like to know what's going on at UUFO?

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. Our meetings are a fun time and only happen once every 3 months! Email (newsletter@uufu.org) if you might like to join us!

# 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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We're online at:  
[uufu.org](http://uufu.org)



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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 Winter Issue are due November 15

Many thanks to our contributors and editors!

## Editorial Team

Allison, Nanci, Pat,  
Sarah



## Fall at UUFO

### Monthly Activities

SUN	MON	TUES	WED	THURS	FRI	SAT
(Worship)				Cercle de croissance spirituelle (UUFO)	Writer's Group (UUFO)	Meditation Circle (UUFO)
(Worship)					Pub Night (Patty's)	
(Worship)					Film Club (Zoom)	Meditation Circle (Zoom)
(Worship) (Célébration francophone)						
(Worship)						

### Special Events

#### SEPTEMBER 11

**Water Communion**—Our first Worship Service of the season!

**Memorial for Don McDiarmid**—Remembering a UUFO legend

#### SEPTEMBER 25-NOV 6

**The New UU Workshop**—Series for newcomers

#### SEPTEMBER 27

**Open Discussion (Zoom)**—hosted by SAC

#### OCTOBER 22

**Uncolonizing Focus Group**—joint group with FirstU begins

#### OCTOBER 22

**Climate Crisis Workshop**—in partnership with “Work that Reconnects”

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