

Fellowship News

Infolettre UUFO

SUMMER ISSUE
JUNE 2023



Save These Summer Dates!

Invitation by Sarah Baxter, Programs & Admin Coordinator

I hope you're ready to kick off a UUFO summer!

Our Sunday services come to an end with our Flower Celebration on June 11th. After a brief pause, we will be kicking off the summer with Fun, Food, and Festivities!



Along with some of our summer classics everyone is invited to three musical events! First, on **June 16th, 7 pm**, join Fran Mowbray for an informal Song Circle. Bring your instruments, your voice, your rhythm, or just yourself. On **June 24th, 6:30pm** come join Michel Boudreau for an evening of music at our UUFO Coffee House. Take your turn at the mic, or come to appreciate the talent among us. Michel, our talented Master of Ceremonies, will guide the vibe, so the music flows, in a relaxed and friendly environment!

Then on **July 28th, 7pm** come one come all for a concert by the Ottawa Woodwind Project! PWYC Donations will be gratefully accepted on behalf of our musical performers who will serenade us with a wide repertoire, from classical to modern.

Throughout this newsletter you will find invitations to more summer activities, but here are a couple highlights: On **June 15th, at 1pm Upgrade Your Self-Care**. We upgrade the technology in our life regularly, but what about our inner programs? Fine tune your wellness balance, with Chipso as your guide!

You are also invited to more than one potluck lunch! On Wednesday, **June 21st**, join members of Heartwood House for an open potluck lunch, a chance to meet our neighbours and take a peek around. On Sunday, **June 25th**, join the rassemblement for a French language picnic. Then on Sunday, **July 23rd** come out for a classic UUFO

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potluck, along with a few games and surprises!

Our activities slow down throughout the summer, but join us for one Sunday in **August, the 13th at 11am:**

We'll skip the service and get to the refreshments! Nick will guide this morning's **TedTalk Coffee Hour** conversation with a video to prompt discussion over coffee.

Happy Summer, UUFOers!



Caring and Sharing Family News

Duncan Burns-Shillington – Member of the Fellowship’s first children’s group

Duncan is now 33 years old and living in Vancouver. He will be married to Allison Medjuck on September 9th, in Kingston, ON. They met at Queen’s law school in 2013.

Theo is the grand dog of **Nanci** and **Tom**.



Family Music for Mother’s Day

Lucie-Marie shared the musical talent of her daughter’s family with us.

We were delighted with meeting Josée, her son-in-law Renaud and her grandchildren Ellie May and Cédric Thomas

Such a talented family!



Music News Continues

Congratulations to **Joe McDonald**, our talented accompanist and choir director, who has completed his Master’s in Performance with a piano recital at the University of Ottawa. His recital repertoire ranged from Baroque to Classical, Romantic and Modern music, included works by 4 composers (J.S. Bach, Ludwig v Beethoven, Franz Liszt, and Frederic Rzewski), and spanned numerous genres and styles. This performance is equivalent to a final exam, and is similar to a final thesis for a Masters degree.

We are told the that the recital was really splendid, with a beautiful blend of energy, sensitivity and technical agility. And for those who were not able to attend, the University will be uploading a video of Joe’s recital to YouTube, and he will share the link with us when it’s available.



Pandemic Pets Stories

By Lyn Ragan

I have often had a pet rabbit in my life. My first pet rabbit was when I was age 3. During the pandemic, my adult daughter got three lovely angora rabbits, and I ended up adopting one of hers. I also had an elderly, and terminally ill, border collie, who required lots of special care during that time. Walks were slow and painful because of the dog's arthritis, but getting out was good for her. I had a schedule of medication and short, but time consuming, walks for her.

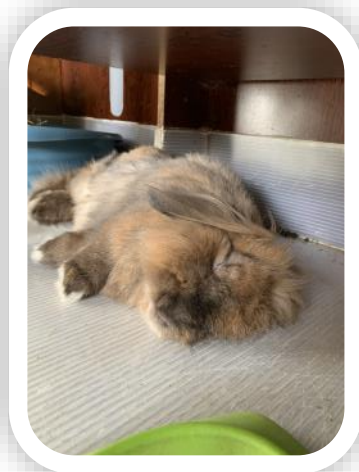
As a quiet person, with a few friends and relatives (much like my rabbit and dog), I did not feel the suffering from limits on travel, social life, or restaurant attendance that others have complained about. I usually cook at home, enjoy walking in local woodlands, and almost never attend large social gatherings, anyhow. During the pandemic, I really thrived in expanding the use of online social contacts. I enjoy outdoor activities such as biking, hiking, and cross country skiing. So my lifestyle was not severely compromised by the epidemic.

The rabbit, who still gets head scratches and cuddles daily, is a focus for my efforts to learn about spinning wool. His fur, mixed with sheep wool, gets spun up into yarn. Then it can be knitted into shawls, toques, and other warm things for winter use. I joined the Ottawa Valley Weavers and Spinners Guild (read more about OVWSG on p. 10), and they let me rent a



spinning wheel and carding equipment. They also gave me significant instructions and help to proceed with getting some use from the fur this rabbit produces.

Rabbits such as mine were bred centuries ago, somewhere near the present country of Turkey. He requires significant brushing and shearing every four months, when he comes into full fur. From him, one gets roughly half a paper yard waste bag full of fur every four months. He feels like a giant cotton ball, thick with fur, at that time. For his health, it is important to keep on top of the fur situation. Rabbits groom by licking, as cats do, and if the rabbit ingests too much loose fur, he will become sick. That can actually be life-threatening for this type of rabbit. Thus, I acquired a hobby of spinning, along with the rabbit. All of this kept me quite occupied during the pandemic. That, and relating to a cute, sentient, and sometimes mischievous rabbit, was probably good for me at that time.



Sarah's bunny friend, Hopscotch, has gained some independence during the pandemic. For years, the routine was to close the rabbits in their cage at night, and let them out to wander during the day. The main reason to keep rabbits contained at night is to curtail the mischievous nibbling that has destroyed many books, puzzle boxes, and furniture legs over the years.

But as she enters middle (rabbit) age (she'll be 7 in July) Hopscotch has proven she can be (mostly) trusted not to destroy things anymore (Although those laptop power cords are always fair game, so never leave one of those lying around our living room!) So, last year, Sarah re-purposed a broken TV cabinet into a cozy new bunny house without doors. 24h freedom for this bun!

Board Walk:

By Nick LePan, Board President

How's the Board been doing? It's been about a year since the board was elected. What did we do this past year? Summer's coming! What are some of the things on the horizon?

Your Board has been active. We appreciate all the feedback, support and suggestions we received from Members and Friends.

Our mantra continues to be that as a Fellowship we can only do what we have the resources and will and interest to make happen. And lots is happening.

After the Board retreat early last fall we set out priorities and communicated those to the fellowship in a document, in a newsletter article, and in a post-retreat meeting with members and friends. Those priorities included:

- supporting the return to in person contact, and to fellowship and our community, including the Board sponsoring events.
- Working with the Worship Cluster to enhance the equipment and Sunday worship experience and increase support for Zoom coordination.
- Being supportive of social action spin-off groups and clarifying our fellowship vision for social action over the next few years.

Progress was made on all priorities, together with many groups and individuals in the Fellowship.

In Sunday service technology we now have a new laptop functioning, obviating the need for week-to-week changes in computer settings, and there are what we think are straightforward instructions on how to operate it. We will be looking to spread the Sunday tech load to a broader range of volunteers. If you are interested please let us know.

Looking forward we want to see how the new configuration of social action groups is going—Is there interest in other areas of social justice? The board is also open to taking a position, on behalf of the Fellowship as a whole, on specific social justice issues. Depending on the issue, that support for a particular position may also need discussion, ratification or agreement of the fellowship more broadly.

Recently we started to focus on what we can do to increase outreach and attract new Members and Friends. That's important to our viability.

We continue to believe this will be the result of us being, and being seen to be, a vibrant, interesting, challenging, supportive, welcoming community, rather than the result of some kind of membership 'drive.' Outreach is one way to become more widely known as such in the local community.

The range of outreach ideas we have seen from the Fellowship was helpful and we are exploring how to move this forward. That includes deciding whether we should have more of a presence on social media. We want to see what can make a difference. We have decided to form a temporary outreach group. The purpose of the group will be to prioritise and take action on various ideas that have come forward. Then see what works and what not. To support focus we want a clear goal to try to achieve over the next year. If you are interested in being part of this please let me or another member of the Board know. We want to get started over the summer.

The summer has a variety of activities—talks, music, various get-togethers. Coming up in June, the Board has organized a pot-luck lunch with Heartwood House to get to know each other better. There are some amazing things going on 'down the hall.'

The Board will hold another retreat over the summer to update priorities and planning. I think outreach and membership/friends strategy will be on the list. So will developing a medium term budget and contingency plan if pledge revenue drops materially.

Ideas raised by members for consideration include: centering spirituality and time for reflection in our worship services, considering a new art piece for the sanctuary wall, and considering small group ministry.

The Board welcomes any reaction or input from you!

What about going forward? Are there new priorities you want to make sure we consider at our next Board retreat?

Thanks again for everyone's contribution and support this past year!

The AGM in June marks Brandon Milk's last as a Board member. Brandon was our President through the pandemic and his service and contribution on the Board and the Fellowship, including in difficult circumstances, has been fantastic. Thanks so, so much Brandon.

Welcome and Membership

By Hoppy Roy



FUN WITH FINANCE!

How much of the cash put in the collection basket on Sunday is given to the RRCRC Food Bank?

(Find the answer later in this newsletter!)

It has been exciting to see some new faces at our Sunday services both in person and on Zoom. We remind all newcomers that although there are no regular Sunday services throughout the summer, a variety of social events and activities will continue. Please read your Friday Notes to keep up to date!

We will be putting together our new 2023-24 Directory over the summer and will be contacting everyone already listed to ensure your information is up-to-date and that you agree to be listed. Newcomers are also welcome to be added to the directory if you so wish. The directory is a handy document for members, friends and regular attendees who may need to contact each other. The directory is only available to those whose names are in the Directory, and to the UUFO office. The information listed normally includes full name, mailing address, phone number and email address, and sometimes partner, if appropriate.

We hope to hold a newcomers' session in the fall. If anyone is interested in finding out about becoming a member, please see the Newcomers' Kit at the back of the Sanctuary or contact anyone on the Board or Welcome and Membership Committee listed below.

We wish you all a great summer!

Hoppy Roy - hoppyroy@gmail.com

Carolle Séguin - 4carolle@gmail.com

Andrea Young - andreamkentyoung@gmail.com

Welcoming Unitarians to Ottawa



Nick LePan carried our UUFO Banner in the Banner Parade on Friday Night! (Joe McDonald at the piano)

Many UUFOers headed over to Algonquin College over the May long weekend for the Canadian Unitarian Council's National Symposium. Whether, for a volunteer role, for the Sunday worship service, for Open Mic night, for the youth or children's program, or Our Whole Lives facilitator training, Ottawa was the place to be for Canadian UUs! The theme for the weekend was the 8th principle of Canadian Unitarian Universalism:

We covenant to affirm and promote Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions

Izzy hopes you are all as excited about your weekend swag as he is about his new Uni the Unicorn shirt!



Worship Cluster Notes

By Pat Lucey & Sarah Baxter

Our goal as your Worship Cluster is to support the development and presentation of Sunday services which have depth, which touch the mind and heart, and which support us in creating and sustaining our own practices for living our everyday lives in a meaningful way according to our shared mission: “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.”

For several years now, we have been working with monthly themes, an approach which has found much favour in various Unitarian congregations, large and small. Focusing on a theme for a month at a time presents an opportunity for members and friends to explore the theme in depth in a number of ways, e.g., small group gatherings, informal discussions, readings, book groups, workshops, film nights, arts presentations, etc.

This model has worked well for us, but there are times when it seems that tailoring our program year to fit into a calendar of 10 monthly themes may be limiting our opportunities to explore new ideas and new guest speakers as they arise. So we’re trying something a bit different for the 2023-2024 program year: we’ve chosen a broad theme for the year: **“Connections”**. We will be launching this yearly theme on September 10th at our Ingathering service, and as we move through the year, we will continue to touch upon this theme in the context of whatever topic or subject matter we are exploring in each service. Some of these Sunday topics may be guiding a single presentation, while other topics could be introduced on more than one Sunday, and might lead to other explorations, like discussion groups, reading groups, workshops, etc.

So we will soon be reaching out to you, our members and friends, to suggest topics which you’d like us to feature in a Sunday service. What should we be exploring together? What are you interested in? What are you concerned about? Which of our past themes would you like to revisit? We will be welcoming your thoughts and ideas, and we look forward to incorporating them into our 2023-2024 program year.

Year of “Connections”



Worship Cluster Team: Sarah Baxter (Worship Coordinator), Allison Calvern, Lucie-Marie Castonguay-Bower, Laura Evans, Pat Lucey (cluster contact), Katie Lunn (Board liaison), Martha Nabatian, Nancy Rubenstein.

Resource Hub

Over the years we have steadily moved more and more of our resources online. For worship planning, this has allowed us to be flexible, and keep everyone up-to-date as we work to fill our Sunday Services schedule each year.

We want to continue to connect with more people, inviting a wider circle of fellowship members, friends, and guests to speak with us. As Unitarian Universalists, we draw

inspiration from the wisdom of thought leaders, but also from our direct experiences with the mystery and wonder of the world. Hence, as a lay-led

congregation, we rely on members and friends taking their turn to lead and speak at Sunday services, sharing new perspectives and wisdom from week to week.

Practically speaking, we want to make participating as a service leader as welcoming as possible. One of the ways we have done this is to update our Resource Hub known as UUF Office. Here, you will find resources for worship planning and beyond.

It’s a hub of information, a central place for Fellowship Friends to find what you’re looking for! Guidelines for service planning, Program support team schedules, board policies, cluster contacts and meeting minutes. It’s all on UUF Office!



Fellowship Pub Night

Here comes patio season! Our monthly Pub Nights will continue through the summer – dates and times to be determined, so watch Friday Notes and the online Fellowship Calendar for details.



The UUFO Film Club recommends:



Movie Musings

By Michel Jan

The movie discussion group had an interesting past three months with lots of good discussion. In March we discussed *Dark Waters* and *State of Play*. *Dark Waters* is about a corporate lawyer who usually defends large corporations but ends up defending average people in a lawsuit against Dupont. This is based on a true story and we all enjoyed it. *State of Play* stars Russell Crowe as a journalist who investigates a case in which a congressional aide is killed. This movie was good too however people preferred *Dark Waters*. We discussed quite a bit about how the corporate lawyer becomes convinced to defend the people rather than the corporation.

In April we watched two National Film Board documentaries about the experience of African or Caribbean Canadians. *Journey to Justice* is about people facing discrimination in Canada who took their cases to court. Viola Desmond is one included. The second documentary called *The Road Taken* is about the porters working on the Canadian railroads. The porters were all black but had no chance of promotion. The documentary begins by showing the romantic aspect and the advantages to black people because of these jobs and then shows the disadvantages such as harsh working conditions and no job protection. Eventually the porters took their case to the union. Everyone liked both documentaries and thought the NFB made good films. Note that it is free to access NFB productions.

In May we watched *Cafe de Flore* and *Portrait of Jennie*. Both deal with love relationships and the supernatural. In *Cafe de Flore* the characters in the 1960s part of the film are supernaturally connected to the characters in the modern day part of the film. In *Portrait of Jennie* a starving artist meets a girl in Central Park who asks him to wait for her she will catch up. Over a span of about two years she reappears sporadically every time older. She is a girl from the past but appears to him as alive in the present. Everyone liked *Cafe de Flore* and found the production was excellent from the acting to the cinematography all was great. *Portrait of Jennie* was seen as less polished because it was made in 1948.

We always welcome new people to our movie discussions held on the second Thursday of the month at 6:30 pm on Zoom. Links are provided in Friday notes including links to the movies. Some of the films are available on free streaming services and some on Netflix. I hope to see you at our next Zoom meeting.

COIN FRANÇAIS

Rassemblement Unitarien Universaliste d'Ottawa

Expérience vécue par les deux sœurs

Par Urbain Rwuhiriro



Comme beaucoup le savent déjà, le mois de février est dédié au Noirs en Amérique du nord. En date du 18 février 2023 moi et mes filles avons participé dans l'une des activités organisées par ABC Wellness Resource Centre ; ce fut un moment de joie et une bonne expérience pour mes filles particulièrement pour Orla. C'était grandiose et incroyable à leurs yeux. Les danses traditionnelles ont agrémenté la soirée.

Différents intervenants ont rehaussé de leur présence à cet événement mémorable, particulièrement Rawlson King, un membre du conseil municipal de la ville d'Ottawa, un représentant de Desjardins qui était le sponsor de cet



événement et bien d'autres. Dans différents discours prononcés ce jour-là, ils sont revenus sur la signification et ce que février représente pour la communauté et comment les jeunes générations pourraient continuer le combat contre le racisme, la discrimination et la stigmatisation qui sont toujours observés dans le secteur privé autant qu'en publique.

Il a prononcé un discours sur l'excellence, la contribution de la communauté des Noires au Canada et en particulier dans la ville d'Ottawa, et à encourager les jeunes de continuer ainsi malgré la discrimination raciale, il a réitéré que c'est une bonne occasion pour la communauté des noirs au Canada de continuer à écrire leur histoire en contribuant économiquement tout en forgeant l'équité quel que soient les barricades discriminatoires qu'ils font face, car l'histoire des noires c'est quelque chose qui devrait être célébré chaque jour et non seulement 28 jours dans l'année. En terminant il a remercié le centre d'avoir organisé cet événement et à leur mission de s'assurer à ce que l'excellence ainsi que l'histoire des noires soient reconnues par la jeunesse, la communauté et le grand public. Les festivités se sont clôturées par un dîner à la fortune du pot.



Rawlson King, Conseiller municipal d'Ottawa pour le Quartier 13 Rideau-Rockcliffe.

Orla et Azrie ont vécu une expérience immensurable et mémorable et ont décidé que, dorénavant, elles participeront dans différentes activités qui seront organisés par ce centre pour les enfants février prochain.

Cercle de croissance spirituelle voici un témoignage qui dit tout :

« Le Cercle de croissance spirituelle est pour moi un lieu de partage profond sur le vécu humain et spirituel. C'est une occasion pour moi d'explorer différents thèmes qui approfondissent ma connaissance de moi-même. De plus, en pratiquant une écoute profonde et compatissante (autant que je le puisse!) j'apprends à mieux comprendre et apprécier les autres. Malgré ma tendance à me croire seule dans mon expérience, je découvre combien nous nous ressemblons tous!

C'est très rare qu'on puisse trouver un groupe qui favorise un partage si profond. Je me compte très chanceuse de pouvoir y prendre part. » (Suzanne)

À se rappeler que la porte de notre Cercle est toujours ouverte pour tous ceux et celles qui aimeraient y entrer le premier jeudi du mois à 13h.

Bienvenue!

(Contact :

luciemariecb@gmail.com)



Célébrations Francophones

Ce **25 juin**, il n'y aura pas de célébration francophone comme telle. C'est avec un « pique-nique » que nous vous invitons à venir célébrer notre amitié dans la joie et le partage. S'il fait beau nous irons au parc tout près; si non, nous resterons au Sanctuaire de notre communauté. Tous sont bienvenus : familles, ami(e)s, intéressé(e)s à parler français...



Pour plus de précision, s'il vous plaît vérifier les « Friday Notes ».

Équipe de planification :

Claire, Andrea, Urbain, Lucie-Marie.

Note for anglophones:

*All are invited to the **June 25 picnic** hosted by the rassemblement francophone. Come join in friendship and joy, and a willingness to speak French!*

Song Circle...it's for Everyone!!!

Please join us

- ⇒ Friday June 16 from 7 to 9 pm at the UUFO
- ⇒ Come make music together with the ukulele group
- ⇒ Bring your instruments, your singing voice, your rhythm instruments, your drums, or just bring yourself.

We will sing and play and visit together. There will be extra rhythm instruments (bells, sticks etc) that you can play. Words and chords will be projected on the screen so everyone can join in. If you prefer you can sit and listen. Participation welcomed but not required.

Light refreshments will be served. Donations to cover the cost of refreshments appreciated.

For more info. email Fran at francesmow97@gmail.com



Notre dernier repas partage célébrait notre anniversaire en mars.

Vous êtes toutes invite(e)s à plusieurs diners partage cet été:

- le 21 juin,
- (ainsi que notre pique-nique le 25 juin)
- et le 23 juillet.

Who are the People in Your Neighbourhood??

Summer feature: the Ottawa Valley Weavers and Spinners Guild
Submitted by Jean Sharp, OVWSG President

The Ottawa Valley Weavers' and Spinners' Guild has been a proud member of the Heartwood House family since 2004 when it opened a resource centre on Chapel Street with support from the City of Ottawa. This long-established weaving guild – celebrating their 75th anniversary next year – had resided in many locations in Ottawa before finding our very happy home on McArthur Ave.

They're a non-profit organization with more than 230 active members practising weaving, spinning, felting, basket-making and dyeing. The Guild is very much involved in community outreach activities, offering demonstrations of their crafts at fibre fairs, community events, and markets. A school-based weaving project was carried out this past fall in Orleans to engage marginalized students in the creation of a banner for the school lobby. We welcome any opportunity to expand their reach in the community.

Their footprint in Heartwood House consists of a studio on the first floor with looms available for members' use, one of the largest libraries of relevant resource materials in Ontario, room for workshops and a kettle for a nice cup of tea! A classroom on the second floor is used for workshops and they have another room that holds their 100" loom. Their workshops are open to the public offering beginner, intermediate, and advanced level courses on weaving, spinning, basketry, dyeing and other related crafts. They



also hold a monthly meeting, in-person and on Zoom, with a scheduled guest presentation and show and tell — a great networking opportunity!

They welcome visitors and guests, so please drop in and they would be happy to show you round.

Our Trendy Neighbourhood—a new Food Truck!

By Nanci Burns A new food truck is now parked next to Heartwood House, serving up a range of tempting treats from poutine to shawarma bites.

Come and meet Eddy! Support his business and satisfy your cravings. He is open Monday-Saturday from 11:00 AM - 7:00 PM. Call or text: 613 425 6673



INVITATION:

Potluck Lunch - June 21st, 12pm

Katie Lunn is working with Jen Hubbard to jointly host an informal gathering of HH residents. Please try to attend and meet others "Who are the People in our Neighbourhood".

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

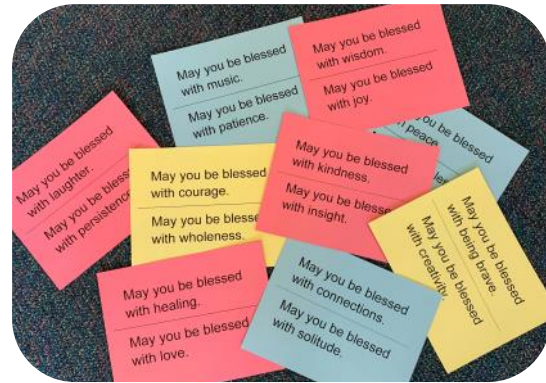
Hindsight, Humour and Hope “Who Me? And Elder?”

*We are all connected; To each other, biologically.
To the earth, chemically. To the rest of the
universe, atomically.* Neil deGrasse Tyson

For five weeks a group of 7-10 gathered in the UUFO Sanctuary to reflect on who we are and how we got here. We are in our 60s, 70s and 80s.

Our very first discussion helped us look at what is bad and good about being older. We filled a flip chart page for both!

Through discussions, journaling and drawing we examined who and what influenced us through our lives. Who were the people who were most influential in each decade of our lives? The positive lessons, the negative people, the losses. It was useful, and sometimes surprising, to map out the milestones and realize what has been important and what has fallen



away with time. These lifescapes are a work in progress.

One week we each brought a special object that has meaning to our inner strength. For one it was a rock. Another wore an heirloom ring. Others had something that symbolized an important turning point. One person sketched a tree. These touchstones (sometimes literally) can be an external reminder of what is important to us. In our busy-doing lives we think about and proclaim our inner strength.

And finally, we addressed the And Finally. The session was titled Making Friends with Mortality. The fear of aging and dying can bring frustration and sadness. We took some time to reflect on our spiritual richness as we become comfortable with our personal mortality.

Each session ended by sharing blessings that we carry with us into the world.



Summer Workshop: Upgrade your Personal & Spiritual Self Care

Thursday, June 15th, 1:00-3:00pm

We upgrade everything in our life our cars, phones, most technologies require regular upgrading. But how many of us upgrade our inner systems regularly? Perhaps our default is running out of power.

Join Chipso for this workshop to help ground you, and fine tune your spiritual self care settings.

Email ARE@uufu.org to sign up



Let's Read**Mistakes and Miracles!****Sneak Peak at Fall Programming**

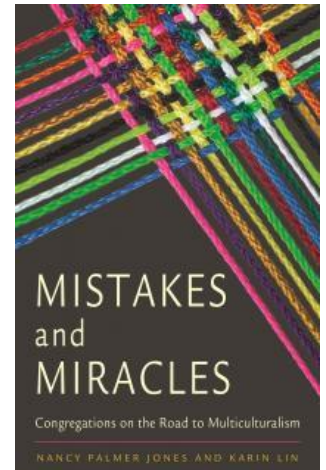
Mistakes and Miracles: Congregations on the Road to Multiculturalism, explores five UU congregations' journeys toward Beloved Community and shares the joy, disappointment, and growth that these congregations found along the way.

We invite you to read the book in preparation for

4 guided discussion sessions based on this year's "UU Common Read" Mistakes and Miracles coming up in October 2023

Email ARE@uufo.org to express interest in this series, or to request the book to borrow

Or listen to the audiobook here: uua.org/read/mistakes-and-miracles-audio-book



Uncolonizing Focus Group

By Nancy Rubenstein

What is uncolonization or decolonization?

Uncolonization requires non-Indigenous Canadians to recognize and accept the reality of Canada's colonial history, to accept how that history harmed Indigenous Peoples in the past and continues to harm them, and to work to reject colonial attitudes and structures.

Three members of UUFO and nine members of First Unitarian came together to learn how we can understand and promote uncolonization. Jan Andrews and Claire Heistek co-facilitated six sessions for the focus group. (The program is offered by CUC but Jan and Claire created the outlines and defined the process.)

Using readings and videos, we deepened our understanding of the colonial history of Canada, including the Doctrine of Discovery, and the ongoing, harmful impact of colonialization. After reviewing suggested resources for each session, participants wrote their reflections in an on-line journal – or used other means to communicate – and shared their insights with a partner. Then, in monthly meetings, the whole group met to discuss a theme and our understanding of uncolonization evolved and deepened. We looked at our own identities and asked, 'What labels do I own? Which ones do I reject?'

How has my family of origin shaped my understanding of who I am?' We asked, 'Are our codes of conduct congruent with the process of uncolonization? What about UU principles and practices?' We discussed privilege and white

fragility and explored differences between settler and Indigenous worldviews, such as the First Nations' focus on relationships rather than hierarchy and defined protocols.

At the end of the program, participants expressed heartfelt thanks to Jan and Claire and gratitude for the opportunity to learn, share and challenge our existing attitudes and relationships with Indigenous people, organizations and nations, within a safe, supportive and caring circle. We agreed that the program has given us inspiration and hope as we go forward on the journey of Reconciliation and uncolonization.

I encourage others in the Fellowship to participate in this worthwhile course in the future.

Fun With Finance Answer:

50% of unidentified (cash) donations are donated to the Rideau Rockcliffe Community Resource Centre Food Bank!

The amount varies week to week, but is typically about \$100 + a month.

Climate Action Group: Update from our first year in action



Contact: Fran Mowbray

In the fall of 2022, people concerned about the climate crisis met first to attend a workshop, and then to look at what we would like from a group of like-minded, concerned citizens. We eventually landed on a few projects which we have been working on since then. Those projects are:

1. Solar Panels for our New Roof

Part of our roof needs repairing and Heartwood House has received a Trillium grant for this. Since Solar Panels need to be installed on a newish roof it seemed a good time to re-consider Solar Panels for the Fellowship building we share with HH. Unfortunately, although solar panels are a valuable source of green energy, they would do little to reduce our Greenhouse Gas (GHG) emissions. Most of the GHG we generate come from our fossil-fuel- burning heating system. As these heating units are replaced there may be an opportunity to buy electric ones.

But due to provincial policies and regulations, accounting systems and present technology, our group (Gary and Fran) concluded installing solar panels could be more costly and more risky than continuing to buy power from the grid.

If and when installing solar panels is a viable option because of changes in provincial policies, we will hopefully be prepared to act.

2. Learning

The “Learning” Group (Martha, Katie and Laurie-Anne) presented two Sunday services this year. Katie led the first one, with speaker Kayoki Whiteduck, who introduced us to the Ajashki Project which involves rejuvenating agricultural practices to make them more sustainable.

At the second, Martha focussed on ways large companies can reduce their carbon footprints and that of their customers, within a capitalist system. She spoke about the commitment required and positive outcomes of such an approach.

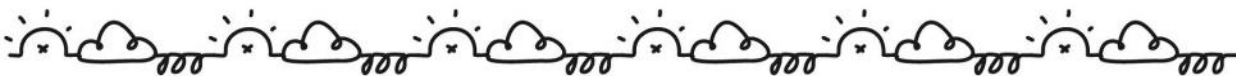
The group has been appreciating positive stories where we can feel energized and inspired.

3. Emergency preparedness

There is widespread concern about this as we are experiencing a greater number of weather emergencies. Three members of the Climate Action Group researched and produced Emergency Preparedness Hand-outs. They also demonstrated Emergency Kits after the Service on Sunday, April 30. The Kits included a First Aid Kit; an Emergency Kit in the home; an Emergency Kit when forced from our homes; and a backpack with essential items called “Grab and Go Bag.” The Handouts included important emergency numbers; a list of items for each kit; a list of personal information and documents to be filled in; detailed information about specific weather emergencies from the Ontario government. If you wish any of this information, please contact Andrea, Lucie-Marie or Elinor.

The Climate Action Group has appreciated the camaraderie of being with other concerned citizens. We have learned from our projects and from each other.

We hope to continue meeting next year and anyone is welcome. Warning: No “should” energy is allowedthat means each of us does only what we want to do!



Who Was Your Refugee Founder?

By Helmut Kuhn

Mine was my father, in 1925. My mother followed him to Canada two years later. They were escaping the chaos of Germany after the First World War.

Many of you who read our newsletter probably have a refugee founder. Maybe from France in the early 1600s. Maybe from the newly-minted United States in 1783. Maybe from Ireland in the mid 1800s. Or maybe they came more recently from another country in the world; we've come from everywhere. Maybe you yourself are the founder of a new Canadian family. We're all indebted to the First Nations people who at first willingly, and now for several hundred years against their wills, have moved over to give us space.

Is it any wonder then that we get excited when a new refugee family is coming and we're called upon to welcome them. Jean Pierre, Yvonne and Lycia Maella, and now also Aliya, the family that we agreed to "settle" a year and a half ago, are arriving from Rwanda, perhaps as early as June. Our volunteer settlement team met recently and started making detailed plans for their welcome and settling in. The financing for getting them settled is from two generous donors in Saskatoon, Maureen and Bob McPherson.

In 2023 the refugee world is vast, and sadly, growing, with each new armed conflict and each new climate disaster. The latest UN figure is 117.2 million persons. 350 to 400 thousand children are born as refugees each year. It's for these, for whom there are no waiting sponsors and no welcoming countries, that we lift up our Fellowship Refugee

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welcome them.

Support Fund each Mother's Day with an appeal to raise \$10,000. The past two years, and again this year, Fellowship donations will go to Flaming Chalice International. An exciting development is that nine of the young people our funds have supported these two years are expected to come to Canada in the near future, some as early as September. They'll be coming to Vancouver, Winnipeg and Montreal sponsored by Unitarian congregations and other local community groups. Flaming Chalice International was founded by Rev. Fulgence Ndagijamana to support refugees from his home country, Burundi, who are still stranded in east Africa.



I am a refugee,
a stubborn survivor.
You see cruelty tried to break me,
wars tried to erase me,
bigotry tried to silence me,
and politics tried to ban me,
but still like time, I stand,
still like dust I rise,
and still like hope I move,
and still like love I flourish.

I am a refugee
and I heal humanity.

I am a refugee,
a wandering, colorful, restless, foreign, alien soul.
Won't you just let me find my humanity,
right here next to you?

From "I am a refugee"

Ifrah Mansour

Text:

<https://broadyesl.wordpress.com/2018/11/30/poem-i-am-a-refugee-by-ifrah-mansour/>

Refugee Settlement Update!

We hope that we will soon be receiving more members of Reverend Fulgence's family. We are planning for their arrival sometime between June and September. We are looking for a 2-bedroom accommodation and of course everything that goes in it. A daunting task! We are starting to keep a list of items that we can collect from members when accommodation and their arrival is secured. If you have items you feel may help them get settled into a new place, do let Marilyn Kuhn know. She is keeping a master list of potential donations and donors.



The Canadian
Unitarian Universalist
Women's Association (CUUWA)
Annual Pink Tea was held in the
sanctuary on Sunday, May 21, 2023:

The speaker, Dr El Jones, on zoom from Halifax, is young, brilliant, and aware of her intersectionality. Though she was born in Wales, she is Canadian-reared, in Winnipeg. She is a political activist, so devoted to her cause that the other parts of her are almost invisible to us, the audience. I say almost invisible, because I was able briefly to see her toggle between her performing persona —loud, accusing, disapproving— and her nice woman persona —quiet, wanting to please. (Of course, we are all multitudes, whatever our age or passion.)

Jones' *spoken word* performance focused on incarceration and the people caught up in the soul-destroying maw of our prison system. I have long thought that jailing people as often and for as long as we do is a monumental failure of both heart and common sense, and I admire El Jones, even as I complain about her delivery. She is actively trying to make things better, while I have no skin in the game, only an opinion, steeped in the privilege of my station.

At the tea I heard a comment that kindness shines throughout Jones' work, in which she addresses the humanity of prisoners. I support her point of view because it underlines the inherent worth and dignity of every person. I know we can do better as a society, not because we are kind, but because respect-for-all makes good social policy (where kindness often finds a home).

Spoken word is a subset of poetry—in fact it is an old, old form, almost as old as the lullaby, and not without its

charms. But in this case Jones paid little attention to traditional poetic charms. She gave us a series of rants, long pieces, densely packed with pain and anger. She was Alanis Morissette, but without the music. She gave little chance to catch one's breath, little chance to reflect. I longed for a gentle riff from Joni Mitchell.

At one point, I put my fingers to my ears (discreetly, I hope) and pressed in, to muffle the sound of her harsh stanzas, her relentless judgment. I wanted to run out of the room as I do sometimes in a movie if somebody is about to fall off a cliff.

Of course Jones' style of poetry has its place, but I am not convinced the Pink Tea was a secure fit. When she finished her performance, my fellow, earnest UU tea-drinkers did applaud. "Wonderful," somebody said. But I sensed in the clapping a confluence of expectation, duty, and being-nice.

Dr El Jones has a valuable connection to our prison system; she has important things to say towards improving it. I wonder if she might consider delivering her poems without making the audience feel they are being yelled at. I wonder if she might begin to trust her poetry on its own merit, and the capacity of her audience to receive it.

—allison calvern

Unitarian Universalist Fellowship of Ottawa

Everyone Welcome | Bienvenue à tous

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

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

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

Unitarian Universalist Fellowship of Ottawa

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newsletter@uufo.org

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Many thanks to our contributors and editors!

Editorial Team

Allison, Nanci, Pat,
Sarah



Summer at UUFO



SUN	MON	TUE	WED	THU	FRI	SAT
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Note:
Admin Sarah
will be on
vacation
July 31 - Aug 11

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