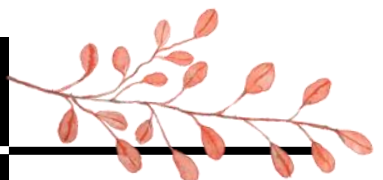


Fellowship News

Infolettre UUFO



FALL ISSUE

SEPTEMBER 2023



Celebrating Our Fellowship Home

By Pat Lucey

Has it really been 10 years? Yes! Our Sep 2023 ingathering service marks the 10th anniversary of UUFO's first service in our Sanctuary at 400 McArthur Avenue – our permanent home at last, following 17 years of renting various meeting spaces located in Ottawa's east side neighbourhoods.



After years of searching for a settled home we could afford, and fundraising for the capital to purchase a building, we formed a partnership with Heartwood House in 2012, and together we bought our jointly-owned property at 400-412 McArthur Avenue. Following the signing of all those many pages of legal and financial documents, we then supported one another through an extended period of great excitement, and great anxiety, as we dealt with all the complicated considerations needed to renovate our property to suit all our needs, and move everyone into it.

Heartwood House was obligated to vacate their former premises by Dec. 31, 2013, but renovations throughout the building were not completed until well into 2014. Our section of the first floor was finished by late August of 2013, so UUFO, ELTOC, OWSG and the ALSO classrooms and office were the first occupants of the building. Heartwood House and UUFO then improvised some temporary space-sharing arrangements to accommodate groups which were still waiting for their office space to be ready for occupancy. As additional sections of the building were renovated, Heartwood groups continued to move in, and by December 31st, everyone was in the house at last. During this ever-changing transitional period, UUFO hosted ALSO's child care program in our RE room and Sanctuary, and our Conference Room space was full of sewing machines and boxes of fabric -- EcoEquitable had lots of work to do, and they did it in our Conference Room for about 3 months until their offices were ready.

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Inspecting our new home, August 2013

(Continued on page 3)

Caring and Sharing Family News



This Summer, **Martha and Bahram** celebrated a very low-key 50th Wedding Anniversary in the park across the street from their house. And the celebration continued at the family Vermont cabin with all kids and grandkids present!



Our **Summer Potlucks** were a well-attended highlight, because we wanted a chance to connect and of course eat together. A bonus in July was a chance for all of us to meet our new Burundian Family. Having such gorgeous children in our mix really added to the fun.



A number of Fellowship friends visited Nova Scotia this summer. Sadly, **Janet** travelled to attend her uncle's funeral, while the province was in a state of emergency in the midst of dangerous flooding.

Coincidentally, both she and **Sarah** (on a road trip adventure) visited the eccentric BernArt Maze, just outside of Mahone Bay and only missed each other by a day!



Michel B. writes: Hail hail fellowshippers from the land of King Poseidon and the giant tunas that serve as his royal steeds pulling his underwater chariot a thousand leagues under the sea. A land where the horizon is but a blurred line in the infinite distance separating the ocean and the sky. Where a mysterious fog is a constant blanket over a land inhabited by a legendary people harvesting the ocean of all manner of creatures and vegetation. Where none other than the most rugged of beings have dared to tame and accompany such sacred territory.

I speak not of a mythic world but instead my beloved home village of Wedgeport, NS, from whence I am broadcasting this message. Where I am spending three weeks revelling in reminiscent activities such as sailing in giant fishing boats, celebrating a Tuna Festival with old friends and family, feeding on all types of sea food and enjoying kitchen music parties.



UUFO

Summer Recap

The **Green Alley** looked lovely in the summer with flowers and greenery spilling from the memorial garden boxes. Memorial stones for community members who have passed are placed in the boxes, while a bench has been donated by Beechwood Cemetery and a new garbage can helps keep our pathway clean!

Congratulations to the team of UUFOers who stuck it out in the heat and marched in the **Capital Pride Parade** at the end of August! Hundreds of people lined the streets and got to see our rainbow banner!



Celebrating 10 years on McArthur Ave...

(Continued from page 1)

Our first service in the building was held on September 8th, 2013 and our part-time Ministerial Intern, Jenn Gray (now Rev. Jennifer Gracen, Interim Minister at St. John's UU Church of Cincinnati, Ohio), presided over that momentous initial footstep into our new Sanctuary, and she shared our joy in finding a real home at last. Later in that month, on September 29th, we had our special Inaugural Service, with our beloved Minister Emeritus Rev. Fred Cappuccino at the helm. We invited a number of special guests to this celebratory occasion, including everyone from First Unitarian who had so generously supported our fundraising drive – they made it possible for our Fellowship to dare to make our giant leap into property ownership. We continue to honour, with deep gratitude, everyone who helped us along the long and often challenging journey we undertook to find ourselves a home, and we continue to cherish our close and mutually supportive partnership with our Heartwood House partners, who have become the best of friends and housemates to our Fellowship over the last 10 years.



From this ↑ to this ↓ in a matter of months



thanks to our hard-working contractors!



And here we are 10 years later!



10th Anniversary Potluck on September 10!

Join us for our Ingathering Service on September 10th! We will be celebrating 10 years of returning to weekly worship at our Fellowship home. All are welcome to join us for lunch!

Bring a dish to share!

FUN WITH FINANCE!

Do you know...

How long has our beloved current treasurer, Dave Edmunds, been at the helm of all things financial?

(Find the answer later in this newsletter!)

Board Walk:

By Nick LePan, Board President

Fall is coming to kick off a new program year at UUFO. Over the summer, the Board held a retreat to highlight priorities for the coming year, and identify actions to support them. Our vibrant community has so many things going on, and many groups that work to create this community. This time for reflection and strategic thinking helps the Board to consider the overall Fellowship community and to identify initiatives and areas or groups that can use some extra support this year.

The Board is broadly happy with what transpired last year on the priorities it had identified—helping reduce stress and increase reliability in delivering our hybrid services and supporting the reconfiguration of our social action groups. There is more to be done—such as training more people to run the technology on Sunday morning, and further enhancing the coordination and communication around our social action groups—but new priorities have emerged in need of extra attention this year:



Welcome and Outreach



The Board has identified two priorities for the coming year. The first is being more welcoming to each other and to newcomers. The second is enhancing our outreach—being better known to more people. These priorities support connection, which is our overarching theme for Sunday services this year.

We know that we are pretty good at welcoming people to our Fellowship, but we want to be better! We want to ensure that visitors who try us out want to come back again (and again). Welcoming is key to building and sustaining our community.

Welcoming and building community is up to all of us—this means you, this means us!!!! And it can be little things, done consistently. Let's each take an opportunity to approach someone new, whether a newcomer or someone in the fellowship we don't know as well as we might. And listen to what matters to them.

“Yesterday I was clever, so I wanted to change the world.
Today I am wise, so I am changing myself.”

“Your task is not to seek for love or connection, but merely to seek and find all the barriers within yourself that you have built against it.”

Rumi

Outreach means UUFO becoming more known to more outsiders so more of them try us out by attending a service or participating in some other fellowship activity. We have recently formed an outreach group to help put ideas into action.

Outreach and Welcoming are intimately linked. Getting new people to try us out is only the first step. Feeling welcome and excited to come back is the next.

These are the priorities the Board discussed at length at the retreat and plan to work on supporting throughout the coming year. A more in-depth report on the Board's retreat will be circulated soon, and we look forward to hearing your feedback!

Coming back to Connection

I resonate to the Rumi quotes above. I think there is room for each of us to practise more connecting behaviour—just one thing, even picking up the telephone and performing a ‘random call of kindness’ helps bring us together.



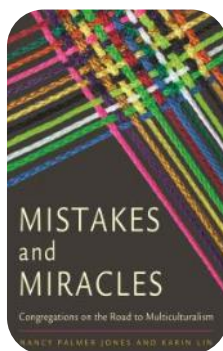
Board Retreat! Nick, Laura, Hoppy, Katie, Sarah, Dave

Join in the UUFO 'Common Read' to Explore Multiculturalism in a UU Context

As fall approaches and the days grow cooler, you may feel the urge to relax by curling up somewhere warm with a good book. While reading is a wonderful sole activity, it can also be rewarding to share the experience with others by participating in a 'common read.' And this fall UUFO members will have the chance to do just that.

The book we'll read and discuss is *Mistakes and Miracles: Congregations on the Road to Multiculturalism* by Nancy Palmer Jones and Karin Lin. It's built around stories about the journeys of five UU congregations to make Beloved Community real and to dismantle white supremacy in their faith communities.

If you're interested in participating, please 'Zoom in' **September 12** for the introductory session "Let's Talk About... Multiculturalism in a UU Context." This will be an informal hour-long gathering. No further commitment is required, but if this session piques your interest, in October and November we'll use the book as the basis to explore four topics, meeting on Wednesday evenings from 7 to 8:30 pm on Zoom.



Here is the complete schedule for the Mistakes and Miracles Common Read:

- Introduction - September 12 - Let's Talk About... Multiculturalism in a UU Context
- Session 1 - October 18 - Every Congregation Has a Story
- Session 2 - October 25 - Let's Talk About Power
- Session 3 - November 1 - History and Hope
- Session 4 - November 8 - Strategy and What's Next

Please provide your email address to Sarah Baxter (ARE@uufu.org) to receive joining information for the sessions. You can also ask her to add your name to the list to borrow the Fellowship's copy of Mistakes and Miracles. If you wish to purchase your own copy, the book is available in hard copy from the UUA Bookstore at www.uuabookstore.org or online in hard copy or e-book format from Chapters/Indigo or Amazon. You can also listen to the audiobook for free here: uua.org/read/mistakes-and-miracles

Meaning Making Discussion Series



What are the questions that will help us flourish as individuals, as families and communities? Our congregation has signed up for a series of six discussions on the theme "Making Meaning in Liminal Times." The series is presented by the Canadian Unitarian Council (CUC).

A team of Canadian-based ministers is offering a sermon and adult education discussion series. Our congregation is signing up for the sermon that we will watch together followed by our own discussion. This is a special opportunity to hear Unitarian ministers reflect on issues of our times, and for us to join in the conversation.

We encourage you to sign up for the series to be kept informed about the time, topic and any background information. Sign up by contacting ARE@uufu.org or watch for sign up sheets in the Sanctuary.

We are picking a variety of dates and times so see what works best. 2024 dates have not been set. Discussions at UUFO will be led by Laura Evans.

October 26 (Thursday), 1pm, Conference Room

"Can We Give What We Get" by Rev. Debra Faulk

In these liminal times how does our Unitarian Universalist faith sustain us? So much loss and change has diminished our feelings of wellbeing and connection while heightening the sense of scarcity and amplifying anxiety. What commonly held values can we call on to inform our response, motivate action and provide some ease? Could generosity be a response that expands to reciprocity?

December 6 (Wednesday), 10am, Conference Room

"In this polarized world ... can we just talk?"

By Rev. Brian Kiely

Conversation has become a dangerous thing! Will I offend you if I speak? Will I get attacked for voicing an opinion? Speaking is becoming scary. Unitarian Universalists have always prided themselves on freedom and rational discourse. I believe it's the only way out of this polarized age.

FALL EVENTS!

“Finding the resources you need”

Zoom Tutorial

Tuesday, September 19

Join Sarah for a guided tour of our online resource hub “UUFOffice” the site for anyone at UUFO looking for information about Sunday planning, committee/cluster notes and resources, board policies, and more!

UUFO Writers present:

A literary salon

Saturday, October 21, 7pm

UUFO Writers will be holding an evening of readings, each of us presenting ten minutes of our work. Besides the readings, our literary salon will offer refreshments—finger foods, juice, coffee, and wine—and a chance to speak with the authors about their work. Join us on Saturday, October 21 at 7pm, at 400 McArthur. (It's like a recital with words, and we're getting excited!)

OWP Concert

Saturday, October 28th, 7pm

Ottawa Woodwind Project is a woodwind ensemble that seeks to utilise the beautiful but rare low members of the flute, clarinet, and double-reed family. It evolved from a social quartet in the early 2010s and became what it is now through Adrian Cosstick's musical exploration of diverse woodwind sounds.

Movie Musings

By Michel Jan

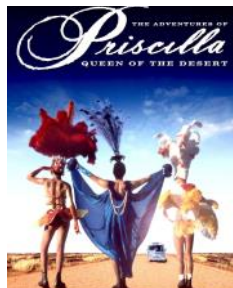
Our movie discussion group continues to have great discussions on the second Thursday of the month on Zoom at 6:30 pm. We watch two pre-selected movies on free or popular streaming services and then discuss them.

In June we discussed two Australian films the first being “Ladies in Black” about a young woman starting her first job in a department store in the high end dress department. It is a coming of age film and very likeable. We also watched “The Dressmaker” with Kate Winslet playing a woman coming back to an outback town, which had shunned her, for revenge. Kate Winslet shines as the very attractive dressmaker and the director does a great job of slowly revealing to us why she wants revenge.

In July we watched two films which were darker, both being about family dysfunction. The first was “The Guide to the Perfect Family,” which was not too dark and the second was “Map to the Stars,” a David Cronenberg film but not a horror film like he is known for. It's a dark psychological film wherein the family are all involved in Hollywood and are all very dysfunctional. People, in the discussion, did not like the Cronenberg film; however the stars in it and the acting were impressive, including Julianne Moore, Mia Waskikowka, John Cusack and Robert Pattinson.

In August we discussed “The Adventures of Priscilla, Queen of the Desert” and “But I'm a Cheerleader.” Both these films related to the upcoming Ottawa Pride Parade and Pride week. Everyone loved “Priscilla” and liked “Cheerleader”, which is about a teenage girl who is sent to a “sexual re-direction” school. It is a comedy with some serious parts. It caricatures conversion camps. “Priscilla” is also a comedy with some serious parts about a group of three drag performers in Australia.

I hope you all can join us in our discussion meetings all are welcome. Our upcoming films and links to Zoom appear in Friday notes on a regular basis.





Walden – encore et toujours

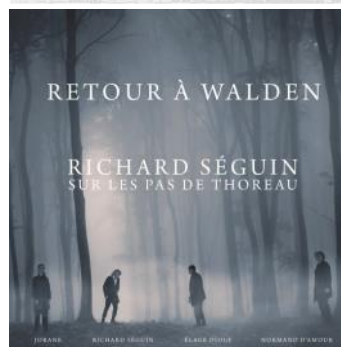
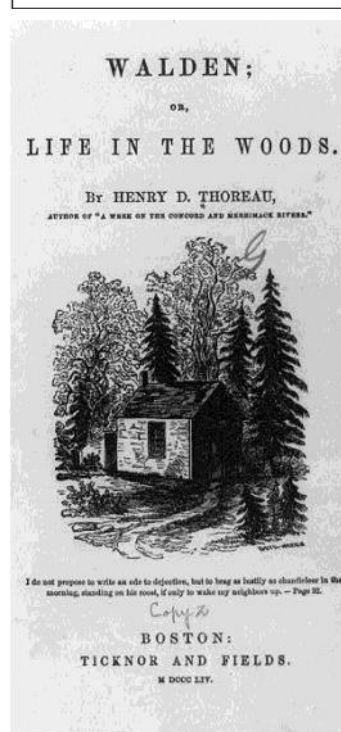
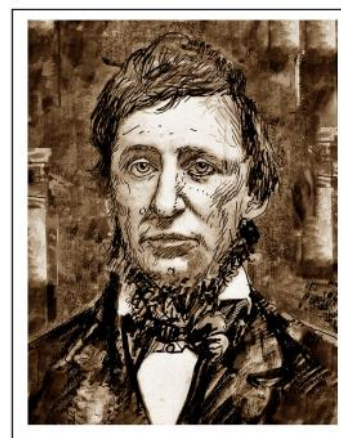
Maurice Cabana-Proulx

On ne compte plus les exemples de l'influence que Thoreau aura exercée sur la société, la plupart desquels se manifestant un siècle et plus après sa mort. On sait qu'il est le pionnier de la résistance non-violente et que Tolstoy, Gandhi, Martin Luther King se sont inspirés de lui. On sait qu'il est un précurseur du mouvement écologiste et de la simplicité volontaire. On pourrait proclamer qu'il est l'Unitarien qui a exercé la plus grande influence sur le monde (mais il ne faudrait pas oublier qu'un Unitarien, Tim Berners-Lee, a créé le World Wide Web!).

De toute façon, qu'il s'agisse de Walden ou de Désobéissance Civile la quasi-totalité des gens va parler de son auteur transcendentaliste plutôt qu'unitarien. Il est ainsi dans l'un des plus beaux exemples de l'influence Thoreau, une création musicale tout à fait magique de Richard Séguin, auteur-compositeur-interprète québécois : **Retour à Walden**. Séguin a revisité Walden pendant des années et a développé une grande admiration pour son auteur « transcendentaliste ». Dans les notes liminaires de l'album, Louis Hamelin mentionne que des « pasteurs de l'Église unitarienne » figuraient parmi les fondateurs du « Transcendental Club ». Or, presque tous les membres du club étaient ou avaient été unitariens, pasteurs ou pas.

L'appartenance unitarienne mise de côté, qu'en est-il du Thoreau de Séguin? Sur une pente à Saint-Venant-de-Paquette, Séguin s'est fait construire sa cabane dans les bois et quand il marche dans les Appalaches il a « souvent » sa copie de Walden dans les mains. Il a décidé de faire une création autour du « personnage » de Thoreau, qui le fascine depuis longtemps. Sur YouTube on dit que cette création raconte « une parcelle de l'histoire du philosophe ». C'est bien peu dire. Les 19 pistes de l'album abordent toutes les préoccupations de Thoreau que je connaisse. Sur le plan musical, l'album est à la hauteur des chefs d'œuvre de Séguin.

À voir sur YouTube:



Prochaines Célébrations francophones :

Heure et thèmes seront publiés dans les notes du vendredi.

24 Septembre, 22 Octobre, 26 Novembre

Cercle de croissance spirituelle

Nous avons clôturé notre année par un pique-nique le 10 août dernier, accompagnées de quelques-unes de nos ex-compagnes.

En septembre nous reprendrons nos rencontres mensuelles le premier jeudi du mois, à 13 heures, au Sanctuaire ou à la salle de conférence. Ce partage spirituel, dans l'écoute profonde, se veut être un complément à nos Célébrations francophones et un stimulant personnel d'épanouissement et d'ouverture sur le monde et notre quotidien.

Francophones et francophiles, ainsi que vos ami(e)s, vous êtes plus que bienvenues!

S'il vous plaît nous contacter avant car à la dernière minute il y a parfois des changements à la logistique; le matin même nous confirmons par courriel.

Rappelons-nous que, chaque personne qui veut bien nous gratifier de sa présence collabore au développement de notre cercle et à l'énergie positive de notre « Fellowship ».

– contacte- luciemariecb@gmail.com –



Small Groups Resume

Meditation Sessions : Join Evangeline for our bi-weekly meditation sessions, on the first and third Saturday of each month. First Meditation session will be September 16.

Writer's Group : The UUFO writers meet on the second Friday of each month. Get ready for a literary salon, as they share their works with us at a special reading event in October!

Social Justice Affinity Groups

Climate Action Group : The first meeting of the Climate Action Group after a summer break was September 5 in the UniHeart Gallery.

Affordable Housing Group : The Affordable Housing Group will also begin meeting again on September 22, after a summer break.

ReconciliAction Circle: See page 12 for a list of events and activities recommended by the ReconciliAction Circle, which began meeting again at the end of August.

Meeting Reminders

Caring Circle : Meets the first Wednesday of each month

Worship Cluster : Meets the second Thursday of each month

The Board of Directors : Meets on the second Monday of each month (except October, when the meeting will be on the first Monday)



Who are the People in Your Neighbourhood?? Connecting with our Neighbours and Local Community This Summer

By Nanci Burns, Roving Reporter

Potluck with Hearwood House!

First of all, the successful potluck lunch held in our Sanctuary for all members of Heartwood House on June 21st. We were at capacity crowd! Katie Lunn did a great job making sure everyone mixed and mingled at various tables. Jen Hubbard made sure there was amazing assortment of food. There was plenty of laughter and stories being told and those who were shy (not sure I saw anybody) there were questions to be asked on each table. We were impressed that almost half of Heartwood House members attended, including: Heartwood House

leadership/Moe and Jen; Pete and Carol from the Co-op Laundry (CLC); Lucie from English Language Tutoring for Newcomers (ELTOC); Jamaican Ottawa Community Association; Ottawa Valley Weavers and Spinners Guild (OVWSG); People, Words and Change (PWC); OC Transpo Lost and Found Staff; Adult and Deaf Adult Upgrading Program (ALSO); and too many members of UUFO to list.



Boys and Girls Club/McArthur Ave.

Elinor Mueller and I have been the bearer of good tidings to local programs that can benefit from our UUFO generosity. Our neighbours at Boys and Girls Club/Youth Development are fortunately back to running at full capacity. They serve over 200 children and youth in our neighbourhood. Our donation from the Fellowship was gratefully received by Paul and Emilie, Program Specialists. They have been our link for the past 2 years. They chose to use the \$600 we sent to purchase sports equipment. I am dreaming of future World Cup Soccer Players getting their start because of this small gesture from our Fellowship.



Odawa Native Friendship Centre/Rideau High School St. Laurent Blvd.

In June, Elinor and I had coffee, and a fun morning meeting up with Terri-Lynn Charlebois, Akwego Program Coordinator. She runs the program for children 6-12 years old in a classroom in the old Rideau High School. We were so taken by the program we stayed way too long but had a great time. Terri-Lynn asked the children how best to use our donation. They unanimously asked for her to fund a babysitting course for the older children. She was thrilled to be able to arrange this and bring in a day long training program for 20 of the older children in July. What key life skills this will provide these children, not to mention teaching them the value of speaking up for themselves to get their needs met! Here is their classroom. Such incredible organization and messaging everywhere you look in the classroom.





“Error-free writing is not necessarily effective writing.”
—from the authors of *Understanding English Grammar*, Martha Kolln and Robert Funk (New York: Pearson Education Inc., 2012)

Because grammar is useful to be able to understand one another, one must know the rules; even Picasso knew how to draw. But while rules are rules, when it comes to grammar, there is no ‘ultimate’ authority—except, of course, for Mrs. DeLong in grade 5.

Poets in particular wiggle their way through the rules, often claiming their own authority. W.S. Merwin, Pulitzer prize-winning poet, threw textual conventions to the wind in 1988 when he stopped punctuating his poems. He said that punctuation “stapled” the language to the page. “We don’t punctuate our speech, and we don’t punctuate when we sing,” he said. *Why should we punctuate our poems?*

May Sarton, Margaret Atwood, and Emily Dickinson have all written wonderful poetry, and each of them uses grammar and capitalization to their own ends. Unitarians like to claim Sarton, especially as her poetry is in our songbook.

May Sarton

from *Selected Poems of May Sarton*, Notes from India

The woman in a red sari,
Standing, thin presence
Among desiccated fields,
To watch us pass,
Looks as if she alone
Supports the whole sky.

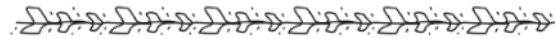
We also note that Atwood’s name is first on the list of patrons who support Child Haven International.

Fall House-Keeping—An Admin Update!

In the spirit of collaboration, partnership, and efficiency, UUFO and Heartwood House staff have put in place a new protocol for booking meeting rooms during the work week (Monday-Thursday).

We are fortunate to have many larger meetings taking place in our Sanctuary and Conference Room throughout the week, so to continue to accommodate this need, smaller cluster meetings will be assigned to smaller meeting rooms!

As usual, please email Sarah (uufu@uufu.org) with your meeting plans, and include the number of people you expect to attend. Sarah will suggest a meeting room that will fit your group. Rather than limiting ourselves to our Conference Room and Sanctuary, several smaller meeting rooms throughout “the House” are now available for UUFO use.



Margaret Atwood

untitled poem from *Power Politics*

you fit into me
like a hook into an eye

a fish hook
an open eye

As for Dickinson, her poem 1263 inspired the new name for this corner of our UUFO newsletter, which is now called, *poetry slant*.

Emily Dickinson

poem 1263 (her poems are untitled, but have been given numbers posthumously)

Tell all the truth but tell it slant —
Success in Circuit lies
Too bright for our infirm Delight
The Truth’s superb surprise
As Lightning to the Children eased
With explanation kind
The Truth must dazzle gradually
Or every man be blind —

“*Being a poet is violence in the same way spring is a violence; the violence of creation.*”—Phillis Levin

ReconciliAction Circle: Fall Event Roundup

Nanci B., Claire H., Helmut K., Marilyn K., Gary W.

Many local and national groups are hosting events this fall that can support us on the path of reconciliation with the First Peoples of Turtle Island. These will be opportunities to learn, to remember, to support and to reflect on how we relate to Indigenous peoples. The ReconciliAction Circle will publicize and promote these opportunities. We invite you to join us.



Marilynn, Helmut, Maurice in their 2021 Orange Shirts



Events:

Wabano Centre Culture Nights - Every Monday evening at Wabano, 5:30 to 7 pm, new guest speakers are featured, discussing teachings, medicines, and more! Culture Night is open to the general public. These will be promoted in Friday Notes. Several UUFO members often participate in these events. If you have never been and would like to accompany someone, just let us know. Stay informed about other Wabano activities open to the public by registering for the newsletter at:

<https://wabano.com/programs-and-events/>

Beechwood Cemetery: Beechwood has a [program promoting education and awareness](#). Partnering with the First Nations Child & Family Caring Society and Kairos Canada, the Cemetery has tours, plaques and events that aim to promote education and healing.

National Day of Truth and Reconciliation (September 30th). This is a day to recognize the impact of the Canadian Indian residential school system. September 30th is sometimes called "Orange Shirt Day". You can purchase an orange shirt from an indigenous vendor. For example, [The Orange Shirt Society](#) is a non-profit organization with its home in Williams Lake, BC where Orange Shirt Day began in 2013.

The National Centre for Truth and Reconciliation offers [Lunch and Learn](#) online workshops starting on September 25 and culminating with a ceremony on parliament hill with a national live broadcast on the 30th.

Also, the CUC is offering a [blog post for reflection](#).

Just Get Over It: A workshop exploring and detailing the true historic experience of Indigenous Peoples in their relationship with settlers in North America

Tuesday, November 7, 6 – 8 pm, ONLINE

Members of the First Peoples House of Learning team and collaborators at Trent University facilitate this interactive storytelling workshop from an Indigenous perspective and lens. The team consists of Indigenous activists, educators, knowledge holders, and trained mental health supporters.

We will reflect on stereotypes, biases, and racism that still exist. Participants will be encouraged to reflect on their personal identities and learning within educational systems and discuss ways to make a difference in sharing these truths.

Please contact [claire heistek](#) for further information

Doctrine of Discovery – 500+ years later:
November – Date TBA: – In May of this year, the ReconciliAction Circle led a service and discussion about the Doctrine of Discovery. At the CUC Annual Meeting, a motion was passed to repudiate this Doctrine proclaimed 500 years ago, but used until modern times to justify colonization. The CUC motion also asked individual congregations to pass a motion repudiating this Doctrine. In preparation for a congregational resolution we will host a follow-up information and discussion session on this issue, including the complex issue of "land back."

**Child Haven International
Kaliyampoondi Campus
Tamil Nadu, India,
December 2017-March 2018**

by allison calvern

I have heard that Sneha, who is twelve years old and very shy, comes to Child Haven from a nearby village; she is one of the most beautiful people I have ever met. Over the three months of my internship, I often wish that I could have a conversation with her, but my French and English do not match her Tamil and Telegu.

Weekends, I take the children on outings, ostensibly as chaperone, one class at a time; today I am with Sneha and her thirteen classmates. As is usual in Tamil Nadu, the day is pleasant and sunny; we see parrots in the trees, and goats being driven by a little boy, barefoot and sure of himself. A man rides by on a recumbent bicycle and the girls wave and call out his name. I recognize him, too; he shows up regularly at our Child Haven kitchen where Cuttiyamal, head cook, fills his tiffin with rice and sambar, enough to feed him for two days.

Our last stop before home is the tiny village called London Town, whose citizens are so poor the government provides subsidies to the town council. A boy approaches, his grin broad and infectious. He is holding something wrapped in a blanket, maybe a doll; the blanket is too ragged and dirty to be covering a real baby.

The girls, all talking at once, not one word of which I understand, allow the boy into our Child Haven bubble. He is thrilled to be showing me his precious cargo.

“Sister,” he says, leaning in and pulling the blanket back.

I see what looks to be a rat; I try not to be too startled, especially as nobody else misses a beat.

“That is his pet, Sister,” says one of the girls.

The children, who do not get to leave the campus very often, are always at ease on our walks. We loop through the villages sprinkled around Child Haven, which are the villages where their families live.

After meeting the boy, we walk on, turn a corner to see a woman in her front yard. She is hanging clothes to dry on a line strung between two posts. Sneha, her face radiant, bolts towards the woman and wraps her arms tightly around her waist.

“My mother,” says Sneha by way of introduction.

**Child Haven Fundraiser
Saturday, September 16, 5pm at
First U**

Child Haven International is having a Fundraising dinner, to be held at First U, this month. There are a limited number tickets, \$75 each, and an unlimited opportunity to volunteer. (Contact allison calvern: acalvern@gmail.com or Leslie Baird: bairdleslie@gmail.com for volunteer options).

Besides delicious Indian food, guests will be treated to music and the famous Child Haven auction. Join us if you have a mind to support Fred and Bonnie Cappuccino, and their amazing Child Haven International. **Saturday, September 16, at 5 o'clock, at First U on Cleary.**

I put things together later and realize that the pet is not a rat, but a pig. Ever resourceful, the subsidized villagers, whose culture is neither Hindu nor Muslim, ‘farm’ the wild boars that inhabit the district. I suspect that one day the boy’s pet might fill the family tiffin.

In late March, the day before I leave to come back to Canada, Sneha approaches me in my quarters, the first time she has ever done so, shyly, of course, her hands behind her back.

“Sister,” she says, a whisper.

She extends her hand; in her palm is a red balloon that says, *Marry Christmas*. [Spelling in southern India is quirky.] I remember that the children received balloons at the Pongol celebrations in January; Sneha must have saved hers.

“Sister,” she repeats, offering me the balloon before turning quickly away. “Bye, bye,” she says over her shoulder.

The balloon, which I keep in my jewelry box, has since deteriorated to a crumble, but the memory of the tears in her eyes when we hugged, has not



Sneha, 11 in 2017

UUFO welcomes Jean-Pierre, Yvonne, Keza and Lana from Burundi via Rwanda

by Carolle Séguin

On July 11th, UUFO members had the pleasure of welcoming Jean-Pierre NdayikenguruKiye, Yvonne Musuyi and their two daughters Keza, age 3, and Lana, age 8 months to Ottawa. What a joy it was to see their tired but happy faces at the airport. On hand to help us welcome them were Thérèse, Jean-Pierre's sister, and her son, Welbrow.

After a brief reunion at the airport, we were treated to an African lunch, everything prepared by Thérèse who had been up since 4 a.m. making this wonderful Burundian feast for us! The lunch was held in Jean-Pierre and Yvonne's spacious and well-appointed apartment. Thank you to Marilyn and her team and everyone who had a hand in furnishing the apartment. A special thank you to the young Burundian volunteers with their strong backs who did all the heavy lifting during the move. The most heartwarming moments during the lunch were the squeals of delight when Keza found the stuffed animals on her new bed and when baby Lana was put to sleep in her brand-new crib looking every bit an angel.

On July 18th, settlement members met with several of Jean-Pierre and Yvonne's nephews and niece who are helping the family settle in and giving us a hand with translation. What luck for us and for our



new arrivals to have family nearby. Jean-Pierre, Yvonne, Keza and Lana were the guests of honour at the UUFO potluck lunch on July 23rd where they had the opportunity to meet other members of the Fellowship and were able to express their thanks. In the last few weeks, members of the settlement committee have been very busy helping the family with all the administrative work that comes with immigrating to a new country. Our thanks to Claire and her First Steps helpers, Gary for the technology support and Allison, our loving babysitter. Even with all this busy work, the family has had a chance to discover the neighbourhood park where Keza likes to play on the slide, take out children's books at the public library with their library cards and ride the city bus. It has been a very busy month for the young family but they are feeling more comfortable every day and it is lovely to see them more relaxed, less shy and more willing to talk. When asked what they think of Canada, they say they really like it but they are a little afraid of the winter. More on that in the next newsletter update!



Blast from the Past



The search for meaning, and the meaning of “spiritual” appears to be alive and well in our Fellowship these days; it’s always been so. During a search of past UUFO newsletters for something unrelated to this topic, I came across the following article and thought it might be time to appreciate its simple message once again. —

Submitted by Helmut Kuhn

The Meaning of Spiritual

By David Blackwell

(From *UUFO East End Newsletter, October 2009*)

David Blackwell and his wife Judy were members of UUFO who moved to Nova Scotia in 2008

It is said that religion addresses people’s spiritual needs. But what do we mean by “spiritual needs”? What are we referring to when we use the word “spiritual” in everyday conversation? People employ the term in ways they assume to be obvious. But is it obvious? For some of us anyway, this is not the case.

Relevant ways my Webster’s defines “spiritual” include “of, relating to, consisting of, or affecting the spirit,” “incorporeal,” “of or relating to sacred matters,” “concerned with religious values.” That old standby, Oxford, reflects much the same with its “relating to or affecting the human spirit or soul as opposed to material or

physical things,” “not concerned with material values or pursuits,” “of or relating to religion or religious belief.” To both of these sources Collins dictionary adds, “having a mind or emotions of a high and delicately refined quality” and, as used in theology, “the realm of spirits.”

Enlightened? I am not sure. One thing, though: In much of what runs through these definitions is the notion of “dualism.” Dualism is the belief that the world is made up of two very different kinds of substances, one being what we usually refer to as the physical or material, and the other, spirit-mind-soul, the latter regarded as the special concern of religion.

Not being a dualist (a stance now shared by many others), I have found it useful, and accurately reflective of the way people commonly use the word, to **think of the “spiritual” in terms of what gives deeper meaning to one’s life than can be found in (especially) the consumerist ethic so prevalent in today’s society. Perhaps thinking in these terms can help provide common ground in finding answers together on how best to meet “spiritual needs” in our lives.**

Add Your Voice!

We hope you enjoyed this issue of
Fellowship News!

We are always happy to include new stories,
ideas, and voices to our newsletter.

Ways to contribute:

Attend the newsletter planning meeting, take photos at UUFO events, write a reflection on a topic of interest, send in your Family News, share a copy with a friend!

Fun With Finance Answer:

8 Years!

Dave joined the board as treasurer in
June of 2015!

He is currently our longest-serving
(continuous term) board member!

Unitarian Universalist Fellowship of Ottawa

Everyone Welcome | Bienvenue à tous

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

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

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

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Fellowship News

is published quarterly by UUFO

Send submissions, comments, or letters to the editors to:

newsletter@uufu.org

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

Potlucks!

September 10 Ingathering and Welcome Potluck! Celebrating 10 years at 400 McArthur
October 15 To be confirmed!

Workshops & Discussions

September 12 Let's Talk About... Multiculturalism in a UU Context
September 19 Finding the resources you need Zoom tutorial
September 23 Creating Space for Worship: Service Leaders Workshop
October 18 UU Common Read Book Discussion 1 "Every Congregation Has a Story"
October 26 Meaning Making Discussion 1 "Can We Give What We Get?"
November (TBD) Repudiating the Doctrine of Discovery & Reconciliation Discussion

Special Events!

October 21 Literary Salon by our UUFO writers
October 28 Ottawa Woodwind Project Concert

Monthly Activities

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

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