

Fellowship News

Infolettre UUFO



Spring Issue | March 2026



30 Year Snapshot

In celebration of our thirtieth anniversary as a Fellowship, Elinor and Nanci spent several weeks reviewing existing board documents and compiling a draft of our 30 year timeline - from



1996 to today! They are now seeking further comments and feedback from long time members. Please speak to Elinor if you have comments or additions. Check out the timeline so far on the wall in the Sanctuary!

The first 5 years...

SOCIAL ACTION

- Protests and letter writing re: NATO bombing of Serbia
- Mitten Tree starts as annual tradition to provide for children in need in our community
- Discussions held in members homes on topics such as homelessness, poverty, affordable housing, environment, sustainable living, and war and free trade
- Sponsored refugee family from Kosovo

1999

GROWTH & CHANGE

- 1st official gathering at Rockcliffe Library. 70 attend
- May 26, 1996. Charter Membership Sunday. 49 signatures
- Incorporated and received charitable status
- Moved to Colonel By High School

1996

1999

BUILDING OUR COMMUNITY

- 1st potluck at Ruth and Bill Milne's Wakefield home
- Begin annual tradition of celebrating International Women's Day



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Caring and Sharing

Nanci and Tom meet new “grand daughter” Prisha in Toronto. She was born December 25th. Proud parents, Saraswoti and Hari, have moved here from Kathmandu where they are part of the Child Haven family.



Our Fred, Our UUFO: Celebrating Milestones

The fellowship had a party to celebrate UUFO’s 30th anniversary and Rev. Fred Cappuccino’s 100th birthday, and what a grand event it was. Over a hundred people came from Rhode Island, Vermont, Toronto, Montreal, Ottawa and Bourget, not to mention Baltic Corners. People came from

the CUC and UURMAPA; they came from Ottawa First and Heartwood House; from UUMA and Child Haven International; old and young; UUs and nots; friends and neighbours—all poured into the festive sanctuary one Saturday evening in January 2026. Each added their personal shot of delight to the enterprise, as we shared Moroccan food, gave tribute to the honourees, and were serenaded by beloved oloist, Fred-the Social-Activist, who sang a few of his favourite protest songs. The rest of us sang too, with thanks to pianist Joe McDonald, and we told UUFO and Fred stories, and were glad to be together. Can we even begin to thank everybody who made this celebration possible?



Well, we do begin, in alphabetical order: Bahram Nabatian, Bill Woodley, Bob Akland, Byron Shaw Cappuccino, Choity, Donna Morrison-Reed, Elinor Mueller,

Fran Mowbray, Frances Cosstick, Gary Weinhold, Helmut Kuhn, Ida & Wayne Fisher, Isobel Bisby, Joe McDonald, Jihad, Katarina Cappuccino, Katie Lunn, Laura Evans, Louise McDiarmid, Mamun, Marguerite Adelman, Marion Balla, Mark Morrison-Reed, Mark Mueller,

...continues on page 3

Looking back, looking ahead... where will we be 30 years into the future?

...Party continued

Martha Nabatian, Melissa Carvill Ziemer, Nanci Burns, Nick LePan, Nicoline Guerrier, Pat Lucey, Rev. Jessica Purple Rodela, Richard Speck, Robin Cappuccino, Rosa, Salim Uddin, Sally Olsen, Samia Hamidi, Sarah Baxter, Shishir, Tipu Hasan, Tom Shillington, Tran Cappuccino, Urbain Rwuhiriro, UUFO Board, Vyda Ng, Yair, and Zabi Hamidi—a list of terrific people. And of course I may have missed some of you who contributed, though you, too, are very much appreciated.

Remember the singing! The delicious food and the attentive servers! The wonderful Fred and Bonnie, regal and fabulous at the head table! Their beautiful family! Balloons! The marvellous running of the drinks table! A gorgeous cake! Nanci, original co-conspirator to the whole idea—invaluable! Urbain, tables and chairs! Fran, flowers! Nanci and Elinor, brilliant creators of the timeline, Laura selling and ticket people! Mark, whose touching slide show of images from Fred's 100 years can be [viewed here](#). The thing is, so many contributed with hands, ideas, and heart. So many—a testimony to this vibrant community. We especially thank those whose infectious enthusiasm and wonderful presence made this unforgettable sparkle. Happy Birthday Fred; happy birthday UUFO.

*Submitted by allison calvern,
Chief Party Planner*



We are growing!

Those of you who attend weekly will be aware of a growing presence amongst us: Children!



To better support the families and kids amongst us, the board has begun searching for a part time Children's RE Program lead, to organize and lead a monthly children's circle program!

If you, or someone you know, is interested check out [the job description](#) or email (RE@uufu.org) for more info.



Volunteers Needed!

While the search for paid RE support has begun, we will also need volunteers to run a program! One to two volunteers a month who can sign up to co-lead our multi-age "one-room schoolhouse" style classroom. Will you sign up to support this growing children's ministry?

Membership and Welcoming

by Hoppy Roy

We all know that these are very challenging times and we are all looking for reasons to be hopeful, to find some examples of "Good News" and to feel inspired. Above all, we seek connections with others and with our communities - some familiar and some new.

Here in our little UU Fellowship, we have been so pleased at the numbers of newcomers who have visited us in the last few months - some of whom have become Members and many others who have already made, and are making a difference! This is a "hats off" to all of you!

You have brought new energy, connections, excitement, ideas, skills, your time, your voices and your food! You are helping out with our Set-Up teams, our Gallery, our songsters and our Sunday services (English and French). You are connecting with each other and with us. You are sharing your stories, your journeys and your hopes. Thank you to all of our newcomers, new Friends and new Members for your presence and your positive energy. Whether you know it or not, you are making a difference!

We plan on holding another Newcomers Session in early April - likely April 12. This will be a chance for newcomers to get together, learn a bit more about our Fellowship, share your stories and ask questions. We also hope to hold another New Member Ceremony in early May. Watch for confirmation of both dates in Friday Notes and thank you!

*International Analog Day is a grassroots holiday celebrated on the last Saturday in February, to encourage people to disconnect from digital, and engage in 'old-school' activities.



HUFF - Monthly Games Night

HUFF (HUngrY For Fun) echoes International Analog Day*: going old-school is fun. Each month, on the last Friday of the month, the Unitarian Universalist Fellowship of Ottawa invites you to a light supper followed by table games, to promote community connection and fun. In February, we highlighted International Analog Day - a celebration of un-mediated connection.

HUFF est d'accord avec International Analog Day* : revenir à l'ancienne, c'est sympa. Le Rassemblement Unitarien Universaliste d'Ottawa vous invite (le dernier vendredi du mois) à un souper léger suivi de jeux de société, afin de promouvoir les liens communautaires et le plaisir.



More info and resources about IAD at <https://www.badasscrossstitch.com/international-analog-day>

Board Walk

by Laura Evans

This is a congregation that shows up.

In January, we were 100 strong to celebrate Rev Fred Cappuccino's 100th birthday and UUFO's 30th anniversary. It was wonderful to see founding members of UUFO mingling with some who have just started to attend. The minister from Ottawa First Unitarian, Rev Lara Cowtan, as her first visit to the Fellowship commented that we know how to put on a good celebration. We would all agree.

A month later, on February 15, about 20 members and friends of the Fellowship participated in a discussion about making a substantial loan to Ottawa First for their affordable housing apartment building project. The discussion was open and wide ranging. There was overwhelming support for the Board's decision to make the loan, and support that the loan be \$100,000 for 11 years. I am proud that so many took the time to understand the financial implications and then to attend the discussion. The Board met very briefly after the discussion to approve making this loan. Thanks go to Nick LePan, Hoppy Roy, Bill Woodley and Tom Shillington for delving into the analysis of making such a loan and reporting to the Board and congregation.

It's not only adults showing up. We have had children coming to play in our "nest" to the side of Fellowship Hall bringing a parent along to the service. The Board is looking into offering a once-a-month children's program with a paid leader. We'd love to hear your ideas. And we'll need a few volunteers to assist the leader. An RE children's program! Wouldn't that be something.

Laura Evans, board chair



Two more events for the congregation are coming in March. Mid-month, on the 15th, will mark 30 years since the first meeting of the Unitarian Universalist Fellowship of Ottawa. If you have forgotten the music from 1996, you'll be reminded during the service. If you would rather forget the music of the Spice Girls and the Macarena, you can still join in the potluck lunch. This is the third congregational potluck this year to bring us together in fellowship.

On March 29, following the service, there will be a Let's Talk congregational conversation. Brandon started holding these discussions prior to Covid lockdowns. The Board is continuing this good idea. Let the Board know if there is something you'd like to include. We'll be developing an outline over the next few weeks.

I hope you continue to see you at Services, online or in person. At Meaning Making discussions. In quiet mediation. Over pizza and a game for HUFF nights. Assisting refugee women. Launching us into our 31st year. Showing up because we value this faith community.

Worship Cluster Notes



One of the joys of being part of a lay-led congregation is that there's always a place for you in it. Our spring worship calendar is well underway, but there's still a spot for you if you'd like to take it!

When we volunteer our time and energy to sustain and develop our Fellowship, we often receive the unexpected gift of personal growth within a safe and supportive community. Each new opportunity to participate in the life of UUFO offers a potential volunteer a chance to develop their existing interests and talents, to explore new avenues of engagement, and to learn new skills.

Our Worship Cluster handles the responsibility for planning and organizing a year's worth of Sunday morning services, and as we do this, we open up a number of spaces for members and friends to participate in creating and presenting these services. There are several such opportunities coming up in April, May and June, and we're hoping that some of you will join us in enriching our Sunday morning experience, in whatever role appeals to you. For example, you could present a reading, in English or in French, or you could speak for a few minutes as a member of a 2- or 3-person presentation. If you enjoy singing, you could join our Songsters in leading songs and hymns. And if you would like to lead a service, we would be delighted to mentor and support you in stepping up to this essential role. Here's a grateful and admiring shout-out to three first-time service leaders - Christian, Adela and Danie - who took on this job during the month of February. All three of you did a marvelous job of organizing and leading your services - thank you again, so very much!

by Pat Lucey

And if you're a Fellowship member or friend who would like to work with a creative team of planners and organizers, and add your own ideas to the Sunday morning mix, our Worship Cluster would warmly welcome you to test the waters by attending one of our meetings, and get a feel for the process of developing our Sunday morning programming. We meet on the fourth Thursday morning of the month, in person and on Zoom. The meeting is led by Sarah, our Worship Coordinator, and any member of the Worship Cluster Team can give you more details.

Worship Cluster Team: Sarah Baxter (Worship Coordinator), Lucie-Marie Castonguay-Bower, Laura Evans, Pat Lucey (Cluster Contact, Tech Team Coordinator), Martha Nabatian, Nancy Rubenstein



Springtime Music Night

by Pat Lucey

If you attended our September 2025 Music Night, chances are you had a pretty good time! A number of musicians gathered there, and we asked for suggestions for your favourite songs, following up with some solo performances, and plenty of opportunities for everyone to raise their voices in song.

I've consulted with a few of those same musicians and singers, and there's some strong interest in having a Springtime Music Night in late May, so I'm on it. Watch our Friday Notes for more details on the date, time, and programming - hope you can join us in May, as we joyously sing in the promise of summer!



On the second Thursday of every month, we hold a movie discussion over Zoom, starting at 6:30 pm. Links to the Zoom meeting and to the movies for the month are included in Friday Notes.

We watch the movies on our own and then discuss them during the meeting. All are welcome to Zoom in.

In December we discussed Scarborough and Brother. Imdb describes Brother as: “Propelled by the pulsing beats of Toronto’s early hip hop scene, Brother is the story of Francis and Michael, sons of Caribbean immigrants maturing into young men. Exploring themes of masculinity, identity and family, a mystery unfolds during the sweltering summer of 1991, and escalating tensions set off a series of events that change the course of the brothers’ lives forever.

Brother crafts a timely story about the profound bond between siblings, the resilience of a community and the irrepressible power of music.” We all liked this film. The second film we discussed was called Scarborough. Imdb described it as: “Over the course of a school year, 3 kids in a low-income neighbourhood find community and friendship at a drop-in reading program.” We found this film to be poignant. Both films are available on CBC Gem.

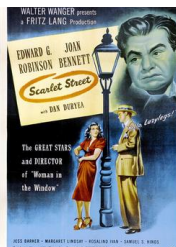
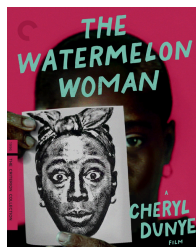
In January we discussed Detour and Scarlet Street. Both movies are known as film noir. I love Detour but the other participants did not like it that much. It is about a man who faces one bad luck incident after



another, and his character defects make it that he responds poorly each time. The femme fatale (as most film noirs have a femme fatale) is also subject to problems due to her character defects. In *Scarlet Street* the main character is a naïve middle-aged man who is scammed by a woman and her boyfriend. He is portrayed in such a way that the viewer sympathizes with him. People much preferred this film to *Detour*. Both films are available on Hoopla.

In February we recently held our monthly meeting and discussed *The Watermelon Woman* and *Coffy* with the option to watch *Foxy Brown* as well, or instead of, *Coffy*. Both films are important films acted by black people and directed by black people. They both were part of Kanopy’s offerings for Black History Month. Everyone liked both for different reasons as they are very different. *Coffy* and *Foxy Brown* have a young black female as the heroine fighting crime successfully. The heroine is played by Pam Grier in both films. *The Watermelon Woman* is a mockumentary about a young black woman who decides to film her search for information on an actress who played a mammy role in a 1930s film.

I hope you will join our next discussion in March.



PUB NIGHT

Fun, food, and good conversation with Fellowship friends!

<p>TUESDAY</p> <p>The Clocktower 422 MacKay St. 4:00 pm</p> <p>Mar. 3rd Apr. 7th May 5th Jun. 2nd</p>	<p>THURSDAY</p> <p>Patty's Pub 1186 Bank St. 5:30 pm</p> <p>Mar. 19th Apr. 16th May 21st Jun. 18th</p>
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Everyone Welcome!

Making Meaning Project 2025-26

“Meeting this moment with love and justice”

Spring Drop-In Discussion Groups:

Thursday April 2, 1:30 p.m.
– The Practice of Seeking Wisdom

Thursday April 23, 1:30 p.m.
– The Practice of Nourishing Nature

Thursday May 14, 1:30 p.m.
– The Practice of Liberating Love

Coin Français

Rassemblement unitarien universaliste d'Ottawa

de Lucie-Marie Castonguay-Bower

C'est vraiment avec un enthousiasme remarquable que nous avons commencé 2026, grâce à Christian qui a si bien su nous faire pénétrer dans « Nos racines et notre envol ». Nous en envisageons autant pour les mois à venir. Nos compagnons et compagnes sur Zoom nous sont également bien présentes. Notre partage, cœur de nos célébrations, est bien animé et fructueux. C'est tellement bon de faire équipe, de se retrouver et partager ce qui nous tient à cœur et qui nous fait grandir!

Laurie-Anne Muldoon animera notre rencontre le 22 mars. Pour la suite, vérifier le coin français dans les notes du vendredi.

Voici une pensée spéciale pour vous :

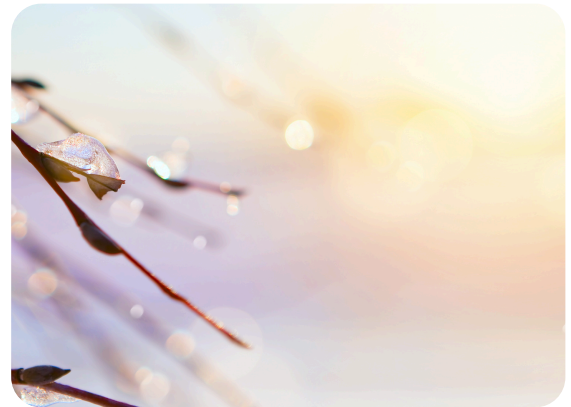
Aujourd'hui le printemps Joséphine Bacon, Innue

Aujourd'hui le printemps s'est mêlé à l'hiver
Tout fond
L'hiver n'a pas dit son dernier mot

Un ancien imite le vent
Il m'a envoûtée
Avec des ailes de perdrix
Puis a disparu

Tu m'amènes dans un sentier
Tu écris dans le vent
J'avance derrière toi
J'observe le crayon qui dessine
Ta liberté.

Votre Équipe de planification :
Claire, Sarah, Andrea, Urbain, Lucie-Marie



Le cercle de croissance spirituelle

Depuis l'automne, notre cercle mensuel a subi diverses péripéties, entre autres la maladie et les vacances. Il semble que chaque mois nous devons nous réadapter et changer nos coordonnées. Toutes fois nos rencontres n'en sont pas moins fructueuses et enrichissantes. C'est un réel complément à notre Célébration francophone mensuelle. De plus, l'avantage de ce cercle est de nous faire accéder, non seulement à une spiritualité plus éclairée et personnelle, mais également à une amitié précieuse et une écoute en profondeur. Vous êtes toujours les bienvenu/es ainsi que vos ami/es. À se rappeler : il n'est pas nécessaire d'appartenir à notre « Fellowship » pour y participer, simplement communiquer avec nous pour en connaître les coordonnées et le thème du mois. (Contact CCS@ufo.org)

Focus on: ReconciliAction

“The Truth Is Ugly, But We Will Persevere”

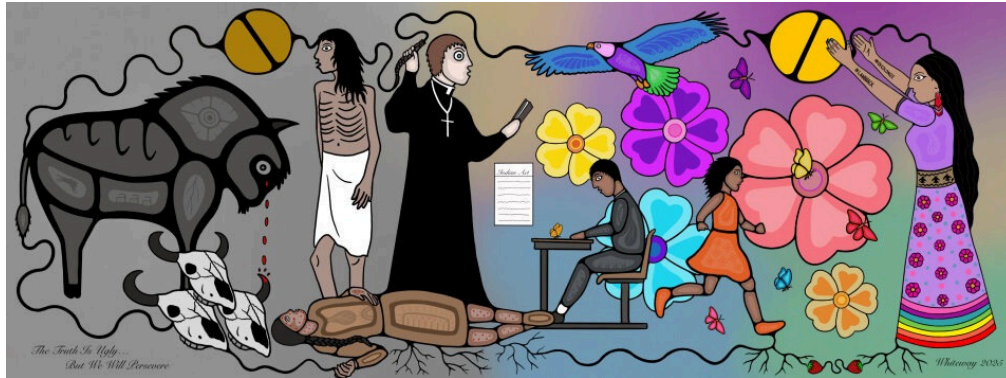


Figure 1: Wrestling with the Truth of Colonization

Recently, Reverend Samaya Oakley shared that Calgary Unitarians will be contributing a story to the Canadian Unitarian Council (CUC) website initiative, the Canadian UU Ecosystem Project. This online hub, to be launched on February 28th by the CUC, will be a place to share stories of successes, trials and challenges from UUs across Canada.

The image that you see, above, is a mural installed by the Calgary congregation in September 2025. The mural was the result of considerable community engagement and a partnership of Calgary Unitarian, Calgary Arts Development and the Saulteaux Ojibway/Métis artist Autumn Whiteway (Night Singing Woman).

The piece is in the Woodland style of art inspired by Norval Morrisseau. Whiteway works in different artistic media and styles and highlights indigenous stories and issues. In her words; “my work is to elevate the voices of indigenous peoples and foster dialogue between indigenous and non-indigenous alike.”

In describing the mural, she first speaks of the squiggly line, representative of the indigenous non-linear concept of time. It encircles the whole of the image also representing the line of interconnection. You can learn more about Whiteway and the story behind this work by clicking [here](#) Or, you can visit the Calgary Unitarian website at calgaryunitarians.ca.

More importantly, this installation and the community work around it has had a great impact on Calgary Unitarians, according to Rev. Samaya. In her words: “The journey began in the summer of 2023, and we have learned so much along the way. What we first imagined as an art installation has become something much more: a catalyst for ongoing conversation and relationship” ... “For us, the mural is far more than paint on brick. It is a visible, public commitment to truth-telling, reconciliation, and the lifelong work of building right relationship. It continues to call us forward—to listen more deeply, to act more courageously, and to remain in conversation.”

Submitted by **claire heistek** and **Marilynn Kuhn**

“Climate change is affecting all species. And like many other people, it was through birds that I could begin to see its impacts on species first hand. However, it’s one thing to witness local changes— but it’s staggering when you see the global significance of the impacts to bird populations in the data from countless other birders and research scientists.”

--- Dr. Scott Parker,
Ecosystem Scientist at Parks Canada.

Climate Connection

by Pat Lucey & Chris Baddeley Girard

“Global insect populations have been declining at an alarming speed. A 2019 review published in *Biological Conservation* found that over 40% of insect species are declining and a third are endangered, facing extinction within the coming decades. According to the United Nations, the rate of extinction among insects is eight times faster than mammals, birds, and reptiles.”-- Earth.org: [Insects Matter. Why Are We Wiping Them Out?](#)

Every year, the unhappy news regarding the accelerating decline of global bird and insect populations seems to grow worse. A new study found that billions fewer birds are flying through North American skies than decades ago, and their population is shrinking ever faster, mostly due to a combination of intensive agriculture and warming temperatures.

The biggest impact of agricultural intensity is our war on insects. Numerous recent studies have shown that insect populations in many places throughout the world, including the U.S., have crashed by well over 40 percent. Many of the birds in this new study showing population declines depend heavily on insects for food.

Birds do a lot for humans. They feed us, clothe us, eat pests, pollinate our plants and crops, and warn us about impending environmental disasters. With their songs, colours, and variety, birds enrich our lives, and recent studies show that their immediate presence actually increases our well-being and happiness and can even prolong our lives!

article continues on page 11...

Spring Concerto

at dawn’s launch
the concerto arises

chirp and chitter
cackle and peep
flutter and whirr
hum and buzz

jubilant chorus
spirited symphony

awaken
arise
join us
in the celebration!

– *Chris Baddeley Girard*



First Unitarian is embarking on an affordable housing project: building a new 160 unit apartment building on their campus. They have made a commitment that 80%+ of the units will be below market rent, and are

looking at ways to further reduce rents for a number of family units. Some of the revenue from Aspire could be put in a special fund for that purpose; they hope to work with Multifaith Housing, the Catholic Centre for Immigrants, and others; and they are considering other fundraising ventures. First U would welcome suggestions and support from our Fellowship in developing a plan for this. Our Affordable Housing Group welcomes your comments and ideas!

Climate Connection Continued...

Insect populations play essential roles in nearly every ecosystem, and losing them will have dire consequences on the environment and human health. The overall global trend points towards a significant and potentially irreversible loss of insect diversity and abundance. The loss of these insect populations can have cascading effects across ecosystems, agriculture, and food security.

One of their most important roles is pollination, which is primarily carried out by bees, butterflies, beetles, and flies. As around 75% of flowering plants and nearly 35% of global crop production rely on insect pollination, losing them would have catastrophic repercussions on both wild plant reproduction and food systems, impacting natural biodiversity, human nutrition, and agricultural economies.

Aside from pollination, insects also drive decomposition and nutrient cycling. Species such as beetles, flies, and ants help break down dead organisms, waste, and plant matter, returning nutrients to the soil and maintaining ecosystem health. Without their activity, organic material would accumulate, slowing down the natural recycling of nutrients and in turn weaken plant growth and lead to instability within food webs.

Gossip

That coffee klatsch of starlings
gathered in the naked maple
in my backyard
their soft twitters and burbles
greet me through the kitchen window

almost human
in their rhythmic give and take
what tales are they
offering up to each other
for amusement and sympathy


I want to join in
and share my stories
with them, too

– *Chris Baddeley Girard*

Insects also form the foundation of several food chains, being primary food sources for birds, amphibians, reptiles, and fish. These species would suffer the immediate impacts of insect loss. As well, insects like ladybugs, lacewings, and parasitic wasps help naturally manage pests, meaning their disappearance would increase farmers' reliance on artificial pesticides and fertilizers.

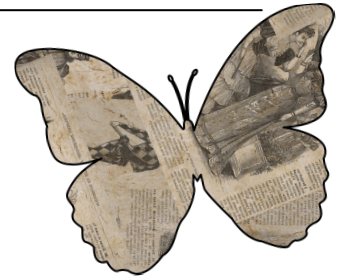
Working towards reducing the decline in insect populations requires efforts such as habitat protection, less reliance on pesticide use, public education, as well as mitigation and adaptation practices.

One extraordinarily effective solution is to implement sustainable farming practices that minimize harm to surrounding ecosystems, including crop rotation, reduced tillage, and natural pest control. It is also important to work to protect and restore natural habitats, like grasslands, wetlands, and forest edges, which are crucial for breeding and feeding grounds for many insect species. Reducing the use of harmful pesticides such as neonicotinoids is another important practice, since these pesticides have been strongly linked to insect fatality, specifically in pollinators such as bees and butterflies.

Policy change and public awareness are also essential. Stronger environmental regulations can help promote better farming practices, while education and awareness can encourage communities to take meaningful actions, such as planting native vegetation, reducing pesticide use, and supporting conservation efforts. In combination, these strategies can create a safer environment for insect populations and help preserve ecosystems that rely on them. 

poetry slant

by allison calvern



Poetry, that ancient trickster, has not yet been tamed. It comes in handy for birthday cards and lands with a satisfying plop on paper given to a fearless child. My daughter composed this shortly after she learned how to write:

There once was a teacher whose hair
Gave all of his students a scare
He had many a sweater
But he never got better
At finding the right pants to wear.
—by Rebecca Comeau

We endure Hallmark cards, are comforted by the lyrics in a mother's lullaby, and some of us know poetry to be a prayer. Consider what has been written in response to grief, that deep tide that arrives without notice to awaken our hidden bruises.

My late husband, George, died on a wintry evening in February 2015, eleven years ago today, also a Monday. I have written a few lines since then, but I have felt a thousand more that will never get written down. Grief is not what we wish for, but we accept its nudge towards poetry; we accept that metaphor and vivid imagery can hold and/or release, accordingly.

Read a poem when you are in a quiet place. Read it again. Here are a few lines from a poem by M. Travis Lane, a poet whose work makes me shiver with its insight, its beauty, its love:

I wish the snow would come down and erase
like a soft blessing . . .

I want you, traveling, returned
safe, homely, comfortable and here—

here, oh I wish you here!
Or that the snow
would come down soft
as an easy sleep—not yet,
perhaps, not yet. . .



Save the Date: Spring Literary Salon: June 20th 2026



Prompt & Circumstance, a UUFO writing group, will be holding its first annual Spring Literary Salon on Saturday, June 20th, 2026, in the Sanctuary. There will be wine and chocolate, and readings: memoir, short fiction, poetry, and other literary forms familiar to Prompt & Circumstancers. Join us in the Sanctuary, on June 20th, from 7 to 9 pm, for real people, real stories.

Who are the People in our Neighbourhood?

by Nanci Burns, roving reporter

Under our Roof:

Heartwood House continues to welcome new residents and seek windows to build bridges. Their offices are currently full and there will be a 3% rent increase on April 1st.

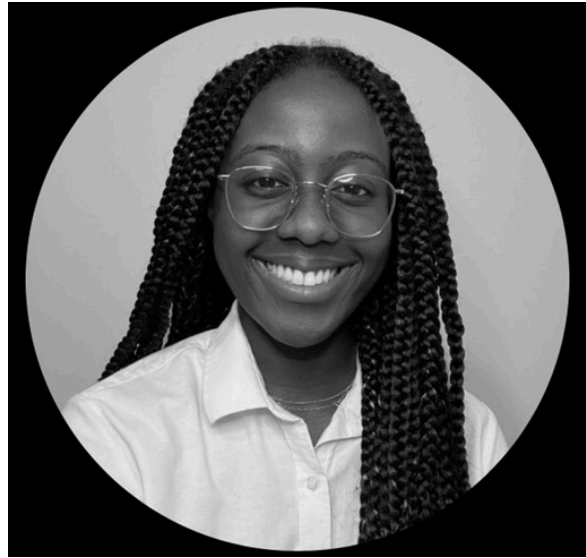
Heartwood House has a new “Collaboration Coordinator” Nana Adu. She came on board in November. She says “I look forward to helping members and the public support each other more”. Of interest to us, may be her plans to upgrade and enhance the Gallery space and to encourage more artists to exhibit.

At the January monthly meeting, I picked up a few tidbits that intrigued me, including:

- ACORN reported a national zoom meeting on homelessness
- ROVLN announced self-directed modules for literacy gaps and resources
- SHAMBALA discussed a program for youth ages 18-35 years old.
- WORLD ACCORD offered a volunteer trip to Honduras
- ELECTRONICS RECYCLING PROGRAM – Everyone wins. Check out all the ways you can use their recycling services by donating your electronic waste.
- VICTORIA QUILTS provide quilts for those with cancer. They have 300 volunteers and make 80 quilts/week. They need materials if you have any.
- OC TRANSPOR SALE – Every Thursday deals can be had at the HH Thrift store run by Georgia. It makes \$500-\$1000 each week!

Internationally:

In the UUFO tradition, members were encouraged to write letters to Unitarian congregations in Minneapolis to support their resistance and honouring UU values. This initiative is still underway.



Meet Nana Adu and welcome her to our community!

In Our Neighbourhood

We continue to expand and enjoy our partnership with Carty House, our neighbour, and the only house dedicated to refugee women in Ottawa. Our Fellowship supported their special holiday meal and 9 members joined 25 women and staff in a amazing holiday song fest, complete with traditional songs in French and English; musical instruments and then performances of songs from their native countries that warmed our hearts and bonded us as only music can do. Galentines Day, February 19th, was a special spa day. With support from Fellowship members, the women were offered hands and feet pampering; jewellery making and spa surprises that were donated by our members. Using a recycled box from Body Shop, each woman was able to enjoy a unique treat. We will be joining them again this year for a day at the Vanier Sugar Shack on March 28th at 11:00. If you are able to come along, do let me know.

Exploring Links between Unitarians: Congregation to Congregation

UUFO member, Allison Calvern, interviews Nancy Schmidt, board chair at Lakeshore Unitarian Universalist Congregation

Small UU congregations have much in common, and sometimes we are connected in surprising ways. Our previous UUFO newsletter included a look at First Unitarian Fellowship of Nanaimo (FUFON); this edition takes a look at Lakeshore Unitarian Universalist Congregation/ Unitarian du Bord-du-Lac (LUUC).

LUUC is a small congregation in Lachine similar in membership and operational budget to UUFO. While our admin approaches have differences, our boards and worship committees show similar levels of creativity, love, and persistence. In 1967, Expo was in town, the world was full of possibility, and LUUC was brilliant enough to call the Rev. Fred Cappuccino to be their minister. In order to know more about this community of faith who lured the Cappuccinos to Canada, I zoom-connected with Nancy Schmidt, chair of their current board.

Q: Who is Nancy Schmidt?

A: I was brought up in the United Church, very gentle with the Bible, but I found it a bit forced, and that I did not exactly fit. I went to a UU wedding in my thirties and found a home with Unitarian Universalism. The ceremony was so open, it was a 'click' moment. When we had our children, I was lucky enough to be a stay-at-home Mum, and we looked for where their children could learn about other religions, to match their school populations. Of course, a UU congregation gave us what the children needed and me, too, those wonderful principles.

Q: What do you feel when you walk through the door of your UU congregation today?

A: Such an easy question to answer. I feel like I am coming home to a place where I can be me. I can search on my own for spiritual truth, or other truth, with other people who are also searching. Also, LUUC is a place of renewal, and so even upon entering the front door, I feel recharged. I have grown a sense of love for the community, love for those faces I have seen for thirty years. I come from Ontario, and LUUC is like an extended family, and very precious to me. I think a lot of people hunger for just this kind of place.



Q: What about your beautiful building?

A: LUUC has the good fortune to be able to rent space from the Norwegian Association of Montréal, who owns a former Presbyterian church with a beautiful sanctuary. As Norwegians celebrate often with food, they have a wonderful kitchen and sufficient round tables to meet the needs of UU activities. We have beautiful wall art, which includes a Presbyterian Tree of Life and a Norwegian Angel and cross.

Q: Tell me about your Sunday Services.

A: We organize their Sunday services by rotating through four categories of speakers and including a monthly Sunday Café. Planning for services is managed with an online spreadsheet/agenda, that includes category, speaker, publicity, service leader, music, etc. Our categories

1. Spiritual Healthy body healthy spirit (shows on calendar in pink)
2. The planet, Our Planet Our Lives (shows in peach)
3. Community movers and shakers The people who make our community exciting and positive, extraordinary people. (shows in blue)
4. Sharing and Caring (shows in yellow)—added because something was missing. Sharing and Caring services happen a few times a year, wherein the congregation sits in a circle to discuss a specific topic. There may be a facilitator. There was a hunger to express ourselves more fully, to hear more deeply the voices in the community.

Interview continues on page 13...

...Lakeshore Link Continued

EXPLORING UU CONNECTIONS BEYOND OUR WALLS

Q: What do you do for music?

A: Please write this down: “I still pinch myself over how lucky LUUC is with our music.” Kerry-Anne Kutz happened to see an ad we had on a bulletin board in the library, and we attracted her. She has a heavenly voice, and she has recordings, has worked with Elvis Costello, an incredible performer, and has started a festival de la voix, which she runs with her husband, a professional musician, too, although he is not a UU. Part of the draw on a Sunday morning is to hear Kerry-Anne’s voice. She directs our choir, which includes people outside our congregation. They sing four songs in a service. In addition to hymns. This music component is so rich; the quality recharges everybody—you can see it on their faces. Also, Kerry-Anne runs our Sunday Café.

Q: What, then, is the Sunday Café?

A: On the fourth Sunday of every month, it is strictly music, it is strictly socializing. Thirty people attend a typical Sunday service, while fifty people show up for Sunday Café, which is also on zoom. Once, at Christmas, we had over a hundred. A different kind of service, it acts as outreach to the larger community, while at the same time it thrills and delights our own. Kerry-Anne hosts this hour or so of music, by hiring a folk singer, or a classical duo. We buy frozen croissants from Costco, bake them into a glorious aroma, and serve them with coffee and jam. There is a donations basket at the front table, seeded with \$20 bills, and the café often pays for itself. We may wind up being a little in default for cost, but it brings so many people in, plus people LOVE it so much it is great for the community. We find that it is a worthwhile ministry.



And so, thank you to Nancy from LUUC, who gave me her attention for over an hour, while inadvertently radiating a surfeit of love for her wonderful UU community. LUUC has a perky [little brochure](#) should anybody want to check it out.

Incidentally, I spoke with our Fred a few days ago, and he told me he still attends LUUC from time to time. “I always sing a duet with Kerry-Anne,” he told me. “The Ash Grove. I sing the melody and she sings the descant.”



Unicamp is a UU campground and retreat centre with 50 acres of forests, meadows, streams, and a spring-fed pond (perfect for swimming in!), where folks can explore, relax, and reconnect with self, community, and Nature.

Unicamp offers [Kids and Youth Camps in July](#), [Family Camps in August](#),* and [Adult/Family Programming*](#) throughout most of the open season (mid-May to mid-October). We also invite young folks in your congregation to apply for summer jobs at Unicamp!



Canadian Unitarian Council

Spring Happenings at the CUC:

- Rising Together - UUs of Colour
- Congregational Conversations Series
- Dismantling Barriers
- RAMP! Skill-building workshops
- Designing & Leading Rites of Passage (a Lay Chaplaincy Basic Training)
- Annual General Meeting - May 23

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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Spring at UUFO

Sundays at 10:30 Weekly Worship Service

Monthly

1 st Tuesday:	East End Pub Night
1 st Saturday:	In-person Meditation
2 nd Monday:	Board Meeting
2 nd Thursday:	Film Club
2 nd Friday:	Prompt & Circumstance
3 rd Thursday:	Patty's Pub Night
3 rd Saturday:	Zoom Meditation
4 th Sunday:	Célébration mensuelle francophone
Last Friday:	HUFF Games Night

Save the Date

Sun, Mar 15	Anniversary Potluck
Sat, Mar 28	Vanier Sugar Shack Outing with Carty House

Meaning Making Discussion Series

Thu, Apr 2	The Practice of Seeking Wisdom
Thu, Apr 23	The Practice of Nourishing Nature
Thu, May 14	The Practice of Liberating Love

Keep an eye on Friday Notes for...

TBD	Spring Music Night
Apr 12 (TBC)	Newcomers Session
May 24 (TBC)	New Members Ceremony

Weekly event info & Zoom links come to your inbox in our [Friday Notes!](#)