

Fellowship News

Infolettre UUFO



Fall Issue | September 2026



Tributes to Our Fred

compiled by allison calvern

(January 28, 1926 - August 6, 2026)

During an interview with The Glengarry News, in August, 2021, the reporter commented to Fred: "You are known for having a long white beard, Fred. Would you ever consider shaving it off?" Fred replied: "It is a scientific fact that a man with a beard speaks with greater wisdom. Also," he continued, "my wife likes my beard."

Speaking about Fred is not entirely accurate in the singular, because part of his presence includes the Fred and Bonnie love story, with its many decades, its many chapters, and the many, many ways that each has created the other. It is impossible to chronicle all they have accomplished, but now the Fred and Bonnie story must be reconfigured.

Obituaries can be found at the local [Review](#) and at [ChildHaven.ca](#)

A celebration of this extraordinary life is scheduled for Sat Nov 7 at 4pm at First Unitarian

Meanwhile, from us at UUFO who knew and loved him, all this:



Liane:

Fred was a bright light full of laughter, and light sarcasm.

I will forever remember his off tune singing with his autoharp, making everyone laugh hysterically during church services during serious moments. Fred always had such a strong warm hug and was so aware when people were struggling through tough times. He was a rock to many. What a remarkable human being.

Mark:

My fondest memories of **Fred** are his joyous leading the congregation in his favourite songs/hymns. At our annual anniversary celebration or other suitable occasions, Fred would stand near the pulpit in his colourful suits and lead us with gusto and vigorous voice in song. It was infectious and the congregation followed with equal gusto. Fred demonstrated his love of song at his 100th birthday party and sang a solo without missing a beat. An extraordinary man!

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Nancy R:

"The span of life passes, and the time of our years is all too brief. Let us therefore make room in our fellowship for those who have need of our love..." **Fred** touched all of us with his love.



Too large a presence to contain on a single page, tributes continue throughout this newsletter...

Caring and Sharing

Elinor & Mark went to see some plays at Stratford in August and encountered the president of UUFO at one of the performances. Elinor & Mark also took the opportunity to visit former members of the Fellowship Lorna E-F. and Ken L. in London. We found them in good spirits. Both of them are doing well and are enjoying life. Ken agreed to pose for a photo.



Elinor:

Frequently when I met **Fred**, he would say he really liked my father. Then he would add "we always sat on the left!"

Louise:

In the Jewish religion, a seven-day period of intense mourning follows the death of a loved one, a practice called shiv'ah. Those close to the deceased retire together to grieve and to attempt to begin incorporating the best qualities of the person who has died into their own lives in order to, as the late Rabbi Reuven Bulka put it, "somehow give to the deceased a form of eternity".

I can think of no better way to observe Fred's passing than to try to model our lives on his, and Bonnie's.

Volunteer of the day!

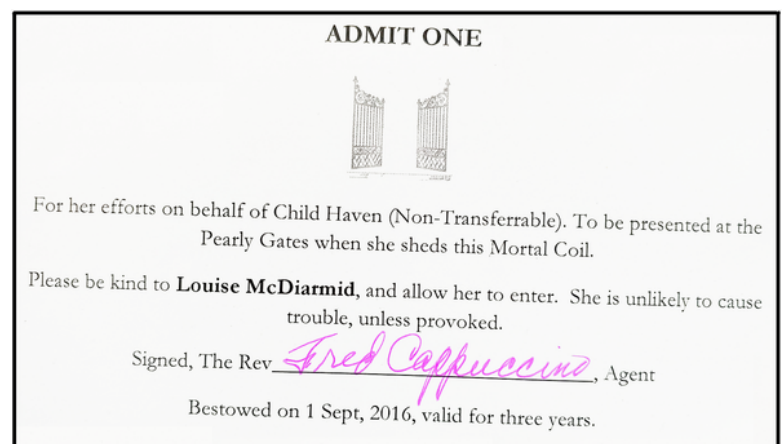
Did you know: Claire has been volunteering with Ottawa Carleton Association for Persons with Developmental Disabilities (OCAPDD)/Open Hands since 2000! They shared the photo above and the following shoutout on their Facebook page:

Claire started with the therapy dog program, visiting individuals at our centers and sharing joy. Soon after, she started helping with the gift wrapping and then joined the volunteers at the farm.

When you come to purchase your garlic, please take a moment to say hello to Claire and thank her for her 26 years of service to our organization!

Thank you!!!

Louise also, given this ticket to heaven by **Fred**, in 2016:



Board Walk

by Laura Evans

“When we share our ideas and acts of service we become better”

A post on a Unitarian forum recently posed the question “What do you like about a small congregation?” This was partly answered at our August community dinner and discussion about worship services. For some Coffee Hour and connections are clear draws. For all there is a sense of commitment: when we share our ideas and acts of service we become better. We live our values.

For those of us who have stepped up to serve on the Fellowship’s Board of Directors we want to ensure a vibrant and viable congregation. We want to ensure an environment for everyone to experience the Fellowship in ways that meet their needs.

I am starting my second and last year as Chair of the Board. This perspective of being on the Board gives an overview of the congregation. Each of the Board members takes on being a liaison to an element of the congregation. Together we look for gaps and take action. For example, a few years ago the Board took on planning pot luck meals after services to increase social programs. This year there are four pot lucks scheduled. Last year we relaunched a once a month children’s program that will continue this fall.

Carolle and Dave:

Fred had an amazing memory. We attended the Child Haven Dinner shortly after we joined the Fellowship and Fred greeted us by name! How did he even know who we were?

Fred was still telling new jokes (or at least new to us jokes) at his 100th birthday party.

Laura Evans, board chair



If you have a question or suggestion for the Board, let us know. Here are this year’s Board members and our liaison responsibilities.

Laura - Staff supervisor, Heartwood House liaison, Worship cluster, Refugee sponsorship,

Hoppy - Welcome and Membership

Bahram - Social activities

allison - Caring circle, Children’s RE

Christian - Social responsibility (eg affordable housing, indigenous programs, food bank), Rassemblement francophone

Plus

Dan - Treasurer, including pledge campaign

Plus

Sarah - recording Secretary, communications and so much more (staff position)

A small congregation? Yes we all pitch in. We all have a chance to be heard. We can all get involved in ways that feed our souls. It was **Fred Cappuccino** who challenged me to get involved when I first started to attend and didn’t feel connected. I pass that challenge on to you.



Who are the People in our Neighbourhood?

by Nanci Burns, roving reporter

It was a summer of outdoors and play.

At Heartwood House we were hoping to see improved landscaping. Moe applied for a grant to make magic happen but we are still waiting. The current update is the grant request was transferred to another department, and it is still in process. Nothing further to report at this point. Fortunately Gaston continues to do the best he can with the limited landscape we have.

Moe continues to support activities that keep us moving and active. This year, the golf tournament seems to be a no-go for our Unitarian Fellowship but I did manage to convince 8 women from my own golf group to participate, to which Heartwood House appreciated.

We have also worked in partnership with Nana at Heartwood House to bring together community members for a 10 week “Strong and Steady” program. Initially Christian and I negotiated this initiative with our neighbour, African Caribbean and Black Wellness Centre on Donald and St Laurent. I also met with Heartwood House members and encouraged their participation.. Nana at HH, agreed to handle the logistics. We had hoped to start in April. Just when I gave up on the project, Nana confirmed we would start in July. Although it is not the community builder Christian and I had initially envisioned, I am pleased with the number of members from our Fellowship who show up and are such fun! It’s a free program and anyone is welcome to join at any time. I have extended the invite to Carty House as well, and so far one resident has been attending. Bravo to all the closet athletes we have found at UUFO. Its not too late to come experience a good workout with Victoria from Public Health and whoever else shows up that day! Rumour has it Veronica is 60 years old but we are sure that can’t be true! What a role model. Classes will run in our Sanctuary for 4 more weeks on Mondays and Fridays at 9:00 am. until Friday October 2nd. Come feel the burn and the love!



Helmut:

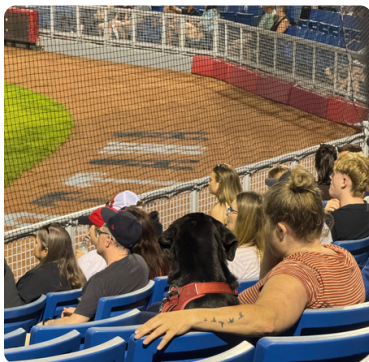
Who was **Fred**...to me?

First, he was a Jesus man. It didn’t matter that I thought the character in the Bible never existed. Somebody said the Sermon on the Mount, and it needed to be said, again and again and again.

Then he was a music man. You can’t build our Fellowship without music. You can’t build a movement without music. You can’t save the world without music. I’m the man, the very fat man that waters the workers’ beer; and This little light of mine, I’m going to let it shine...and he did, to the very end.

Through it all, Fred loved UUFO; he loved us, all of us, the perfect and the imperfect. And from early on he passionately wanted us to have a “home of our own” and was very pleased and proud when it came to be.

Carty House Update



Carty House also offered us a chance to play informally with some of its residents, staff and board. A Titan baseball game that was called “Bark in the Park” offered not only a great game with 12 runs but lots of fun dogs to interact with. And also hot dogs! This game endeared me to Zilfa from Carty House who also loves sports.

I was able to obtain complimentary tickets for several residents to attend a Rapid game. They were stunned at the level of play here. Jacqueline was so interested I have now connected her with our neighbour Boys and Girls Club to be a volunteer coach.



Save the Date:
An evening
with Carty
House
A celebration
of community
hope and
belonging
Nov 5, 7pm
All Saints
Event Space



Summer Stories

For many of our members, it was enjoying time relaxing at a record number of fun gatherings with each other. There was a trip up to the Muellers’ cottage that included valet parking and a great barbeque and swim; there was music and celebration at the Kuhns’. And a now traditional backyard barbeque at Carolle and Dave’s. In spite of a rainy summer, the sun was shining for all our events.



Child Haven. Fred’s death hangs heavy in our hearts but as we go to press we are watching with great sadness as flooding devastates many areas of Nepal. Our Nepali home is safe but many of the homes where the children are from have been hit hard.

Weekly Mindfulness

by Marie-Claire deMarbre

The Mindful Walking Meditation group met every week this summer from June 19 to August 21. Evangeline, Isobel, and Marie-Claire planned several city walks and a few field trips. Our group follows Thich Nhat Hanh's mindful walking meditation, which grew from his deep response to the profound suffering and violence of the Vietnam War. Seeking a way to stay grounded and peaceful amidst deep despair during his exile in 1966, the young Zen master combined ancient Buddhist walking traditions with conscious breathing. He later established these practices globally through the Plum Village community.

Mother Nature cooperated with our walks, and we only needed to cancel once because of the weather; unfortunately, it was our only Gatineau Hill outing.

Our little dedicated group met mostly at the Rockeries near the Ottawa River, a beautiful location known for its stone gardens, cherub fountain, and picturesque pathways.

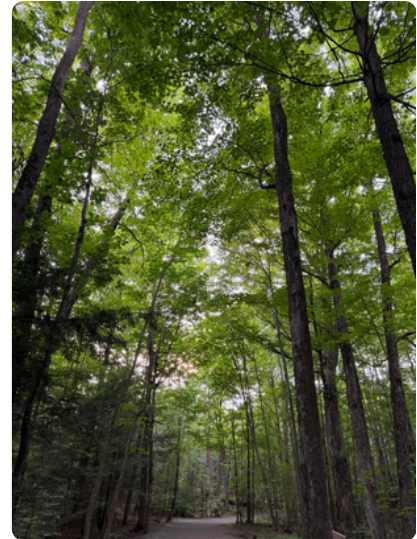
In July, we travelled to the Healing Labyrinth Circle in Johnstown, Ontario. About an hour from Ottawa, the Healing Labyrinth Circle offers a serene, beautiful setting for reflection and connection.



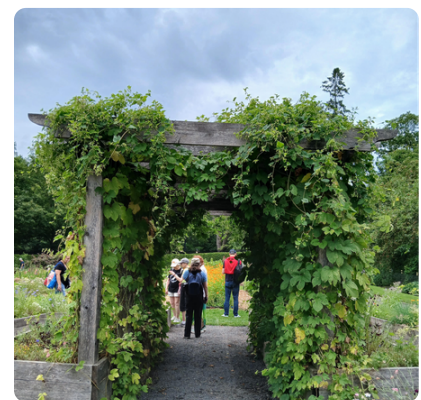
Andrina:

Fred often lauded my mother: (Maggie Cox) as she would laugh pre-emptively at his jokes as she knew from Fred's pre-ambles we were all in for a good laugh. Fred surprised me when he asked me to do an illustration for an upcoming talk/service with Phylis Diller as the resounding Point. The jolly Fred narration of truths, and foibles, and still edible cupcakes, of family life and striving to thrive, family life that Fred brought to everyone that had the pleasure to know and be near him, Fred is family.

On July 17, we enjoyed a beautiful walk in the Greenbelt near Mer Bleue.



On August 1, Evangeline led the group to Rideau Hall, which was hosting its special Open Door at Rideau Hall event. Visitors were invited to explore the elegant State Rooms at their own pace and enjoy access to the private gardens and Palm House—areas that are not normally open during regular tours.



Andrea:

I didn't really know **Fred** however I did greatly appreciate his life and his brilliant and funny story telling.



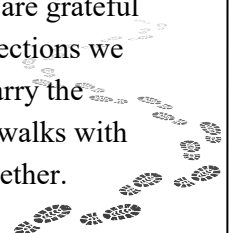
On August 14, the group travelled to Cumberland to walk the beautiful paths of the Humanities Sanctuary and Sculpture Park. The park is founded on the belief that, although differences exist among us, profound commonalities ultimately unite us—in our spirituality, cultures, backgrounds, and shared humanity.

Their vision is beautifully expressed through three guiding principles:

- Oneness of Reality
- Equal Respect and Dignity of All Human Beings
- The Intrinsic Relationship Between Human Beings and the Natural and Cosmic Environment Around Us

It felt like a fitting place for our walking group and for Unitarian Universalists.

As we look back on our summer of walking, we realize that the walks were about much more than the places we visited. They gave us a chance to slow down, breathe, be present, and share nature's beauty with one another. We shared quiet moments and conversations, laughter and discoveries, and the simple pleasure of walking together. We are grateful for this summer, and for the connections we formed along the way. May we carry the peace, presence, and joy of these walks with us as we continue our journey together.



Michel B.:

In 2012 **Fred** wrote a document called THE POPULAR & EXCLUSIVE CAPPUCCINO HYMNAL SURVEY, several copies of which he gave me making me promise that I would deliver them to those at the UUFO who have influence on what is sung during the Sunday services. I would be remiss if I did not include at least one of the paragraphs from said survey which reads as follows:

“Disaster to avoid : Some service leaders choose hymns according to whether the words fit the theme. It is far more important to pick hymns that the congregation knows and enjoys. I attended a service once where all three hymns fit the theme beautifully, but the congregation didn't know any of them - a total disaster!”

Janet:

What I remember most about **Fred** was him asking members of the congregation to raise their hands if they believed in God - about a third did, then if they were atheist - another third, then if they were unsure or just didn't really want to take a stand on that - another third. It was a clear and rather entertaining demonstration of acceptance of different beliefs.



2026 Fall Literary Salon hosted by Prompt & Circumstancers

Hello UUFO, your intrepid writers' group, Prompt & Circumstance, here! We will be holding a Fall Literary Salon on Saturday, November 21, at 7 pm, in the sanctuary. November 21 is World "Hello" Day, a day to promote peace through personal communication. Consider attending this evening of readings—a form of "Hello!"—from an eclectic group of UUFOers and friends. We will gladly share our memoirs, poetry, and stories of intrigue.



Sally:

Hold onto the note a little longer than everyone and it will give you presence. That is what **Fred** told me. He held on longer than most and his presence made a difference. "Well done good and faithful servant."

Christian:

Fred was deeply compassionate. He loved people. He was fully aware of the beauty, strengths, and benefits that could be drawn from the unique qualities and diversity of a congregation.

We'd been seeing each other at services for several months when, one day over coffee, he asked me, "Chris, what's your story?" It was a gesture of concern, checking to see if I was doing okay and if I needed any help. At the time, he was nearing 100 years old and in fairly fragile health, with very little physical strength, but Fred was always ready to help, regardless of gender, race, or spiritual or political beliefs. He was simply Human with a capital H.

Bahram:

The UUFO was in the East-end at a school gym a long time ago. I was asked to speak there one Sunday. My presentation was positive, described vast expansions in economics, computer ability, and thus information that would make peoples' lives more informed and active.

Fred had deliberately sat on a chair near me, listened to my talk attentively, and complimented me. I asked him if he agreed with my optimism. He thought for quite a while, then said something like "let's hope so." I have never forgotten this short, but deep response.

PUB NIGHT

Fun, food, and good conversation with Fellowship friends!

TUESDAY

The Clocktower
422 MacKay St.
4:00 pm

Oct. 6th
Nov. 3rd
Dec. 1st



Everyone Welcome!

THURSDAY

Patty's Pub
1186 Bank St.
5:30 pm

Sep. 17th
Oct. 15th
Nov. 19th
Dec. 17th

Over the last three months our movie discussion group began on the second Thursday in June, when we discussed *Whatever Happened to Baby Jane* and *Of Human Bondage*.

The theme was Bette Davis, and we went from early in her career with *Of Human Bondage* and then to her performance in *Whatever Happened to Baby Jane* when she was more experienced and older. The participants in our discussion all liked both films because of her performances, and also because in both films she played a dangerous character, and in both she stood up to her directors and producers to make sure that she got to portray her two characters with no compromises. In *Of Human Bondage* she refused to let her character have any redeeming qualities, and in *Baby Jane* she created her own make up and wardrobe, creating the famous pale white face, raggedy hair and clothes, and the way she carried herself, portraying a deranged alcoholic, trapped in pining for her childhood when she was a star.

In July we discussed *Holiday Heart* and *Slay*. The participants really liked *Holiday Heart*, a tearjerker about a drag personage who takes in an addicted woman and her daughter, and ends up looking after the daughter more than her mother does. We all liked the performance of the actress playing the drag performer, and the pathos she created. The participants were more wary of *Slay*. It is a drama/horror but not really scary. Four drag queens go to a gig, but go to the wrong place and end up at a biker's bar, where they do not receive an open arms welcome, but due to circumstances, end up getting to perform later in the day. Then vampires appear, and attack the bikers and drag queens, so the bikers and drag queens join forces to defeat the vampires. The participants had mixed reactions to this film. The theme for the month was "drag queens save the day."



Marina:

Fred Cappuccino was the best thing that happened to our fellowship. From the word go he inspired us all to be better and do better.



In August we discussed *After Yang* and *Marjorie Prime*. The theme here is a study of human relationships with artificial intelligence, as manifested via AI characters. In *After Yang* an android named Yang lives with a family with a little girl, and Yang was instructed to present Chinese culture to the little girl. The girl becomes close to Yang, but then Yang breaks down. Yang has a lot of memories stored in his data bank, so this is not only a study of the family's relationship with Yang, but also explores the nature of memory, mostly through the father in this family, and his relationship to the memories stored in Yang's databank. In *Marjorie Prime* the AI character is a hologram re-enacting a woman's deceased husband, and is a blank slate filled with the memories and behaviours provided to him by her and her relatives. The participants liked both films but liked *Marjorie Prime* more.

New participants are always welcome. The movies for the discussion are provided in Friday Notes with links, and a link to the Zoom meeting as we meet on Zoom on the second Thursday of the month at 6:30 pm. Our theme for September is broadly income inequality and how it manifests in the two films. The first is *The Fever* and the second is *Triangle of Sadness*. They are both available on Crave, or through rental via online film rental sites.

More information will be provided in Friday Notes.



Worship Cluster Notes

by Pat Lucey

We sometimes ask ourselves (or others ask us) "What do Unitarians 'worship' if each person's individual spiritual life is honoured and respected?" There's more than one way to answer this question, and the Canadian Unitarian Council's point of view is that "We affirm the individual's path to meaning, but we come together to celebrate life and our common humanity."

Because we're a lay-led congregation, Worship is a ministry we all share, in community with each other. The Worship Cluster is the organizational arm of this ministry, but the creative inspiration for our Sunday programming comes from all of us. With this in mind, we invited Fellowship members and friends to join us in mid-August for dinner, followed by some exploration of our shared worship mission. The Worship Cluster provided the food, and 21 members and friends generously shared their thoughts and ideas with all of us.

Following our scrumptious repast, Sarah Baxter, our Worship team leader, posed the following questions to the group, and she asked us to reflect on them, to discuss them in small groups, and to and share our thoughts and ideas with everyone in attendance.

"What does Worship at UUFO mean to you? What resonates most? What do you love? What do you wish there could be more of? What do you connect with most? What feeds you? How do you (secretly) wish you could get involved?"

Sarah also presented the CUC "Meaning Making" theme calendar for 2026-2027, which will form the backbone of our new Sunday programming year. The overarching yearly theme is "Facing the Future Together", and here are the monthly topics we'll be exploring in our Sunday services:

Worship Cluster Team: Sarah Baxter (Worship Coordinator), Allison Calvern, Laura Evans, Claire Heistek, Pat Lucey (Cluster Contact, Tech Team Coordinator), Martha Nabatian

- Agency and Acceptance
- Change and Stability
- Humility and Pride
- Responsibility and Integrity
- Power and Powerlessness
- Expectations and Surprises
- Forgiveness and Repair
- Community and Individuality.



We'll be highlighting these monthly themes throughout the year, and we encourage all of you to think about how you could participate in creating and producing our 2026-2027 Sunday services. Do any of these topics particularly inspire you? Do you have some ideas to share with the Worship Cluster? Would you like to speak in a service, or lead a service, or help us choose music, or share a reading during the service in French or English? Would you like to join in the work of the Worship Cluster, and help us plan our Sunday programming? If you're inclined to answer "Yes" to any of these questions, any one of our Worship Cluster members (see below) would be delighted to talk over your thoughts and ideas and with you.

Here's a special message for the members and friends who turned out for our "dinner and brainstorming" event -- thank you so much! We're very grateful for your participation, and your valuable feedback, which will help us all in carrying out our 2026-2027 Worship ministry. Some of the ideas which were brought forth in that session include the following:

- ▶▶ We love lay speakers - everyone has experience worth sharing
- ▶▶ We want speakers who speak from the heart
- ▶▶ We want to feel inspired with a "take away" - inspiration or a challenge to carry into our week
- ▶▶ Our goal of radical inclusivity includes diversity of thoughts and opinions
- ▶▶ More music! More humour!

WELCOME

& Membership

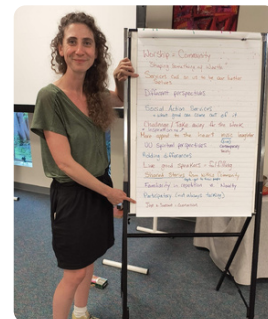
by Hoppy Roy

As we start our new worship year, the Welcome and Membership Committee would like to give a huge thanks to Carolle Séguin for the many years she has volunteered for this little committee - well over a decade! If you are a newcomer, chances are you have been approached by Carolle somewhere around the coffee urn and Information Table, to welcome you, particularly for our French speaking newcomers! She has also been the key presenter at our Newcomers' Sessions for many years and has helped, along with Hoppy, Andrea and Casey, with our New Member Ceremonies. We thank you Carolle for all your time, your organization and your smiling face!

With a new season, we will once again be welcoming visitors and newcomers who may be "checking us out". Our Program Support teams and the members of the Welcoming Committee are very good at keeping an eye out for newcomers, but we can all play a part! What can you do? Encourage visitors or newcomers to make themselves a name tag, show them where to hang their coats or put their boots, make sure there are chairs available, encourage them to sign the Guestbook to get Friday Notes and invite them to stay for coffee and snacks afterwards. Most of all, just be your usual, friendly selves - even if you just say "Hello!"

We hope to hold a Newcomers' Session some time in the fall. Watch for information in Friday Notes as we head into our new season.

Hoppy Roy, Andrea Young, Casey Callahan



Community Dinner hosted by the worship cluster

Nanci:

Fred is a gardener and he planted seeds with many of us. He was fortunate to live long enough to see many of the seeds he planted nurture and grow. For me, I met Fred at first Unitarian. He was 65 years old. I had a young baby and I just started a new job. Within 10 minutes of meeting, he said to me "you should think of volunteering at Child Haven when you retire". I laughed and said we'll see where we are when I'm your age. It turns out Fred was right. At 65, I retired... and I did volunteer at Child Haven. Two times.



Miriam et Gustavo:

Lorsque nous pensons à toi, **Fred**, ce qui nous revient c'est ta présence : ton sourire, ta bonne humeur, tes chansons, ainsi que la profondeur de tes messages. Toi et Bonnie n'avez pas seulement parlé de fraternité humaine : vous l'avez vécue jour après jour.

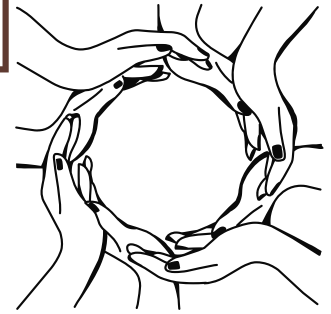
Très cher Fred, tu es toujours dans nos cœurs.

Maurice (ancien membre du Fellowship):

J'ai toujours apprécié ses interventions aux activités du Fellowship.

Coin Français

Rassemblement unitarien universaliste d'Ottawa



Pour vous cher/ère/s ami/e/s,

Le Cercle de croissance spirituelle aimerait partager avec vous un texte profondément inspirant sur lequel nous nous sommes penchés en mai dernier. Ce partage nous a été une richesse qui s'avère également un prélude à notre saison automnale.

S'épanouir dans la douceur spirituelle est un voyage intérieur qui consiste à cultiver la paix, la bienveillance envers soi-même et une connexion profonde avec ce qui nous dépasse. Loin d'être une faiblesse, cette douceur est une force capable de transformer notre rapport au monde et aux autres.

Voici des piliers pour nourrir cette dimension de notre vie et cultiver la douceur envers nous-mêmes.

L'épanouissement commence par la relation que nous entretenons avec nous-mêmes :

- S'écouter avec bienveillance : Identifier nos besoins et agir envers nous comme notre meilleur/e ami/e,
- S'accepter pleinement : s'accueillir avec nos limites sans jugement pour favoriser un climat intérieur apaisé,
- Pratiquer la lenteur : s'accorder des moments de silence et de « cocooning pour l'âme » pour habiter pleinement son corps,
- Développer des pratiques spirituelles quotidiennes et des rituels simples permettant de faire circuler l'énergie de l'amour et de la gratitude,
- Méditer afin de s'aider à se libérer des blocages personnels et à retrouver une joie authentique,
- Porter son attention sur ce qui est beau et bon nous permet de renforcer notre sentiment de plénitude,
- Se libérer de la culpabilité passée et du besoin de contrôler le futur pour savourer la puissance de l'instant. Ne savons-nous pas que tout ce qui compte est le moment présent?
- Se libérer de la culpabilité passée et du besoin de contrôler le futur pour savourer la puissance de l'instant. Ne savons-nous pas que tout ce qui compte est le moment présent?

Serait-il bon de se permettre un regard plus profond et découvrir la force de la douceur?

- -Dans quelle situation récente aurais-je pu choisir la douceur plutôt que la réactivité ou le jugement ?
- Comment faire la différence entre « la douceur spirituelle », la passivité et la complaisance ?
- Quelle est la part de nous qui a le plus besoin de tendresse en ce moment, et comment pouvons-nous la rassurer ?

Si l'on désire pousser un peu plus loin notre ouverture au sacré, posons-nous quelques questions :

- Quelles beautés du quotidien (un chant d'oiseau, un sourire, une lumière...) me permettent de découvrir les messages et les cadeaux de la vie ?
- Si l'on veut définir ce qui « donne du sens » à notre existence aujourd'hui, sans mentionner notre travail ni nos possessions, que resterait-il ?
- Comment la gratitude change-t-elle notre perception des obstacles qui nous traversent ?

« La beauté plaît aux yeux, la douceur charme l'âme. » —Voltaire

-Texte adapté- Soumis par le Cercle de croissance spirituelle (CCS)

N.B. Pour notre prochaine rencontre du Cercle, s'il vous plaît vérifier les Notes du vendredi



« Un petit coucou spécial pour chacun/e de vous. Nous avons tellement hâte de vous retrouver. »

Au cours des dernières semaines d'août, un petit sondage longtemps désiré, nous a permis de recueillir des témoignages enrichissants et authentiques.



La question était la suivante :



“Pourquoi est-ce que je vais participer à la célébration francophone une fois par mois”.

C'est avec grande joie que nous venons vous partager ces précieux témoignages. Les voici dans aucun ordre :

« Comme nous avons hâte de vous retrouver ! La réponse pour moi c'est que j'apprécie les perspectives des gens qui participent et l'appuie qu'ils me donnent en partageant leurs expériences. J'apprécie aussi l'atmosphère chaleureuse du groupe. Ça me laisse avec un sens de faire partie de quelque chose de spécial. 🌞 🌻 » (Andrea)

« Je me rends à la célébration francophone parce que j'y trouve un espace chaleureux de rencontre, de réflexion et de partage. J'apprécie particulièrement de pouvoir cheminer avec d'autres dans une spiritualité ouverte qui accueille nos différences, nos questions et notre recherche commune de sens. » (Gustavo.)

« Je participe au Rassemblement pour exprimer, en français, mes pensées, joies, doutes et ma spiritualité avec un groupe qui m'appuie. » (Carolle)

« Je me rends à la célébration francophone pour pouvoir partager, en français, avec d'autres membres du Rassemblement. J'aime bien ces rencontres car elles nous permettent de socialiser et de fraterniser avec d'autres francophones et avec nos amis francophiles. » (Irène)

« J'apprécie le rassemblement français pour la richesse des thèmes et la profondeur des échanges. Au sein d'un groupe plus petit, l'atmosphère est plus intime que formelle. Pour ma part, je me sens plus à l'aise de partager. Je remercie le groupe d'organiseurs. J'apprécie leur dévouement. » (Marie-Claire)

« En tant que fidèle et aspirant, cette célébration mensuelle est pour moi une halte spirituelle essentielle où je viens nourrir ma foi au sein de notre communauté d'expression française. Ce rendez-vous régulier me permet de me recueillir, d'approfondir mes connaissances liturgiques et d'ancrer ma pratique personnelle dans un cadre partagé et bienveillant. Ce statut d'aspirant que je porte donne une dimension particulière à ma présence : chaque célébration est pour moi une étape d'apprentissage actif pour m'imprégner des rites et du déroulement des services. Ce rassemblement francophone est une communion avec mes sœurs et mes frères, j'y trouve de l'inspiration nécessaire pour faire mûrir mon engagement spirituel au fil du temps et l'énergie vitale pour commencer ma semaine. » (Christian)

« Comme anglophone de naissance, j'aime assister à la célébration francophone pour parler (et entendre parler) la langue française. Je trouve les participant(e)s très intéressant(e)s—et intéressé(e)s. C'est un endroit rempli de respect, d'amitié, et de la spiritualité partagée. » (Robert)

N.B. Les célébrations francophones ont lieu le quatrième dimanche du mois à midi.

Nous vous souhaitons la bienvenue!

Affordable Housing Group Update

by Chris Baddeley Girard



Although the Affordable Housing Group (AHG) has been on hiatus for a few months, much has been happening behind the scenes that we would like to share with you.

Let's start with great news! It has been a long time coming and after much lobbying, Ottawa city council passed a Renoviction By-Law in July. This by-law, which will come into effect Jan 1, 2027, includes these key points:

- A landlord must obtain a building permit before issuing an eviction notice
- Once the eviction notice is given, the landlord must give the tenant a City produced eviction education guide
- Once an eviction notice is issued the landlord has 7 days to apply to the City for a rental renoviction licence

On August 19, Bill and Chris attended the Odayanhaway Groundbreaking Ceremony at First Unitarian Congregation of Ottawa. The ceremony was conducted by elder Grandmother Irene, along with Ontario Aboriginal Housing Services representatives, MPs, MPPs, City Councillors and community partners. Eight years in the planning, this six story building will have sixty six affordable and rent-geared-to-income units that will solely be for Indigenous youth, families and elders. A variety of support services, community activities, and cultural ceremonies will be embedded in the life of this Indigenous community.

Aspire Riverview Homes will be the second building constructed on the same First Unitarian site and will provide 148 rental units of which at least 80% will be affordable or rent-geared-to-income. Our congregation believes strongly that affordable housing is a basic human right and as a result, has given approval of a loan to First Unitarian for this important project. Construction is due to begin in November.

Milan:

I remember **Fred's** joke about 75 year long suffering with Bonnie.

Sarah:

I'll always remember one of the first visioning sessions I led for the fellowship. When **Fred** raised his hand for a turn to speak. He cleared his throat and we all waited for him to drop his wisdom into the discussion. Then he said: "I've been sitting here trying to come up with a joke."

We want to give the Fellowship advanced notice that The Alliance to End Homelessness second annual Race to End Homelessness will be held on Sept. 27. We will be making fundraising announcements in September through Friday Notes and before services. Members of AHG will be walking in the race. Many of you will remember when Kaite Burknolder-Harris, the Executive Director of the Alliance, spoke so movingly of the plight of homeless youth in Ottawa at one of our Sunday services.

Last but not least, as you all know, there will be a municipal election this fall. We will be informing the congregation of key issues in this campaign, as well as encouraging you to get in touch with candidates, voicing your concerns and priorities.



AHG members completing the Race to End Homelessness 2025

.. ——— ♡ ——— ..

Focus on: ReconciliAction

National Day for Truth and Reconciliation

Every Child Matters – Orange Shirt Day

by Marilynn Kuhn and claire heistek

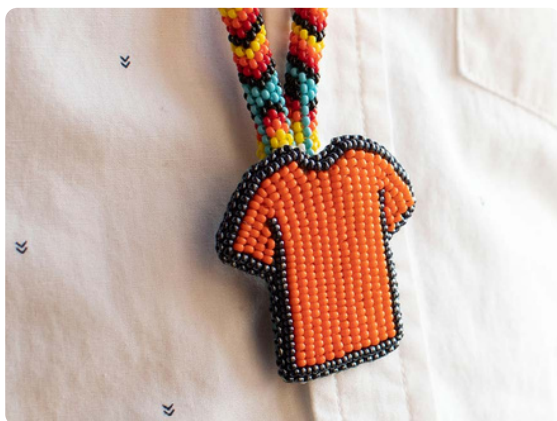
**“Be informed. Speak up. Take action.
Only then will reconciliation happen.”**



Reconciliation is an ongoing process of education, reflection and engagement. Events on and around September 30 offer opportunities for each of these. This statutory holiday was established in June 2021 to honour Residential School Survivors, their families and those who never returned home. Every Child Matters – Orange Shirt Day, also September 30, is a grassroots initiative which began with a reunion of residential school survivors in Williams Lake, British Columbia in 2013.

...former student Phyllis (Jack) Webstad told her story of her first day at residential school when her shiny new orange shirt, bought by her grandmother, was taken from her as a six-year old girl. Her bright orange shirt symbolized love, excitement, and belonging. When it was taken away, it represented how the system tried to strip away identity, culture, and the fundamental truth that Every Child Matters.

We now celebrate that day by wearing an orange shirt to signal our commitment to reconciliation.



During the week surrounding September 30, the National Centre for Truth and Reconciliation offers many opportunities to deepen our knowledge of our colonial history through Lunch and Learn webinars.

Monday, September 21, 1:00pm
Protecting Survivor Truths: Holding and Preserving Indigenous Lived Experience

Tuesday, September 22, 1:00pm
Growing and Strengthening Indigenous-Newcomer Solidarity

Wednesday, September 23, 1:00pm
Continuing the Conversation on Residential School Denialism

Thursday, September 24, 1:00pm
Honouring Indigenous Leadership: Perspectives for a Shared Future

Friday, September 25, 1:00pm
Indigenous Youth Perspectives on Health and Wellbeing

Register at the following link:

<https://trw-svr.nctr.ca/lunch-and-learns/>

A further opportunity to remember, learn and celebrate will be a 90-minute multilingual commemorative gathering on Parliament Hill starting at noon September 30th, entitled Remembering the Children: National Day for Truth and Reconciliation. This is also available as a live broadcast. You can join it online by clicking this [link](#). You could even volunteer. To find out more, click [here for the volunteer form](#).

But where are we, now? It has been 11 years since the TRC submitted their summary report in June 2025. Indigenous Watchdog says that “as of August 1, 2026, 41% of the 94 TRC Calls to Action are either NOT STARTED or STALLED? Why? **That’s an increase of 4% over the 37% rate since June 30, 2025.**”

Climate Connection:



Join one of the actions and events planned for September!

The Seniors' Climate Witness Caravan will bring members from across the country to Ottawa. Can you offer billeting? Email Kim to find out more: kabradshaw42@gmail.com



More ways to get involved with climate action at UUFO:

- ① Represent UUFO with CAFES (Community Action for Environmental Sustainability)
 - Receive email updates from CAFES
 - Share events and updates of interest to UUFO members
 - Represent UUFO at CAFES AGM
- ② Organize or contribute to a worship service on a topic related to Environmental Activism
- ③ Connect with two or more other members who want a group to discuss, learn, connect, or plan re: climate action

Introducing: Sunergo Connect - an online hub for UUFO members and friends.

This fall, if you are on our list of members, friends and newcomers, and/or donors you will be receiving an email invitation to join our NEW online member portal. With a login you will have access to your personal giving history, opt in/out of an online directory, and a platform to connect with other members in your groups.

Calling UU Kids!

Join Danie and our RE friends on the first Sunday of the month to explore fun topics like world religions, community outreach, empathy, compassion and learning to navigate our world using critical thinking skills.

Feel free to message Danie for any questions regarding our RE program.
RE@uufo.org

Looking forward to seeing you all in October!

Sign up to volunteer with our monthly Children's Circle!

Email re@uufo.org or sign up directly on our [planning spreadsheet](#).

What's it like on Social Media as a UU Congregation?

Sarah has been posting videos on Instagram, Facebook, and Youtube for about a year now, here's what stands out about this experience so far:

Every week, I choose "shareable" clips from our worship services to post online. These are usually quotes, readings, or succinct thoughts from a speaker's reflection.

Just like how each service at UUFO is different, each speaker is different! Some speakers have a way of speaking that lends itself to clips - short contained thoughts that build on each other, or reinforce the key message they wish to share. Some speakers weave their stories over their 15-20 minutes, and no single phrase or sentence makes sense in isolation!



Did you see Danie at the Pride parade in August? Not only did she share these photos, she made a video featuring one pampered puppy riding in the parade!

The video can be seen on our social media pages:
www.facebook.com/UUFellowshipOttawa
www.instagram.com/uu_fellowship_ottawa
www.youtube.com/@UUFellowshipOttawa



Katie:

Fred was (and Bonnie is) so dear to my heart. He represented everything that was good in the Fellowship. May he rest in peace.



Sometimes these clips get shown to a couple hundred accounts, sometimes the views top out around 30. It's hard to predict what the social media algorithm gods decide to push on people, or which people may end up with UUFO in their suggested reels!

What we do know is that the more engagement a post gets (likes, shares, comments, etc) the more the platform shows it to new people. And occasionally some of those new people come check us out!

A key change they made this year is prioritizing "skip rate" - how long someone watches the video before moving on. If users don't stick around longer than the first 3-4 seconds, then it will be de-prioritized and won't be shown to as many new people.

The video that's gotten the most eyeballs all year? The one of our dear Rev. Fred Cappuccino, age 100, leading the singing at his birthday party last January!

Refugee Sponsorship Update

Hello everybody, communications branch here with an update regarding our Afghani family refugee project.

We began this journey while the family in mind (and heart) was located in the relatively safe, 'third' country of Pakistan, which made them eligible to enter Canada's refugee program. Since then, Pakistan has evicted all Afghans, returning our family to their punitive country of origin, thereby making them ineligible to enter Canada as refugees. We have been able to forward funds that helped move them around within Afghanistan, according to their administrative and family needs—documents of passage, etc.—with the intention of getting them to another safe, 'third' country. The government of Afghanistan continues to add roadblocks to their escape routes, while we broaden and strengthen our connections with people and organizations who might be able to help us to effect our rescue. Inasmuch as UUs pray, let us keep our struggling Afghani family in mind and heart as larger world pressures bear upon them, and us.

Afghan Women in Focus

In the meantime, we have two exciting opportunities coming up this fall, to continue to learn and engage with stories of Afghan women.

First, on Wednesday September 16 at 7pm:

From the Fall of Kabul to the Fall of 2026: The Evacuation and Settlement of High-risk Afghan Women

On August 15, 2021, the Taliban took Afghanistan's capital, Kabul, while western countries prepared to abandon the country. Those who worked for the rights of women—whose voices were courageously raised, and whose identities were frequently known by the Taliban, were in grave danger. Laura Robinson worked with a team formed by Senator Marilou McPhedran and contacted the former captain of the AFG women's soccer team—Khalida Popal, FIFA, and NGOs. Overnight they formed an evacuation plan for women soccer players and athletes. Lawyer/soccer player Shima Karimi was one of the women they were able to evacuate. Here's their story...



Laura Robinson (left) and Shima Karimi (above) will join us in the Sanctuary on Sep 16 to share their story!

Then in October, we will be screening the documentary film *In The Room* from Afghan-Canadian Filmmaker Brishkay Ahmed. Vancouver-based Ahmed will introduce her film to us by video:

Resistance stories from five Afghan women come together to showcase the defiance, sisterhood, and enduring fight for women's freedom in Afghanistan.



Film Screening: October 22, 7pm

poetry slant

by allison calvern

Lately I have been reading poetry by Joseph Fasano, and I wanted to tell you about him. Fasano writes about fatherhood, intimacy, friendship, and love; he is a poet for the living, for life, says *The Massachusetts Review*, which makes me think of Mary Oliver, who is also a poet for the living. I could not find the Fasano piece for this newsletter which I had written weeks ago, before my move, and so, dear readers, I have pivoted. Here is one of Oliver's love poems:



The Whistler

All of a sudden she began to whistle. By all of a sudden I mean that for more than thirty years she had not whistled. It was thrilling. At first I wondered, who was in the house, what stranger? I was upstairs reading, and she was downstairs. As from the throat of a wild and cheerful bird, not caught but visiting, the sounds warbled and slid and doubled back and larked and soared.

Finally I said, Is that you? Is that you whistling? Yes, she said. I used to whistle, a long time ago. Now I see I can still whistle. And cadence after cadence she strolled through the house, whistling.

I know her so well, I think. I thought. Elbow and ankle. Mood and desire. Anguish and frolic. Anger too. And the devotions. And for all that, do we even begin to know each other? Who is this I've been living with for thirty years?

This clear, dark, lovely whistler?

—Mary Oliver

Mary Oliver's poem is written as if on a breeze, so easygoing, tolerant, and tranquil—just sentences with ordinary words pointed towards loving someone. *The Whistler* is a prose poem, maybe? But look in the first stanza: "As from the throat of a wild and/ cheerful bird, not caught but visiting, the sounds warbled and slid and doubled back and larked and soared." This part is pure poetry. In the third stanza we have: "Elbow and ankle. Mood and desire. Anguish and frolic." Used this way, Oliver's linked images and feelings are both synecdoche* and metaphor for love and making love, showing us that she writes beautiful poetry for relationship as well as for the natural world.

*Synecdoche is not a city in eastern New York. A synecdoche is a figure of speech where a part of something stands for the whole: "Take out your plastic," for "Take out your credit card." Just to be annoying, a synecdoche is also a figure of speech wherein the whole of something refers to one small part: "We went to the movies," meaning "We went to see one film." (Even more annoying are the people who insist on differentiating between synecdoche and metonymy. I am not one of those people.)

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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contributors and editors!

Editorial Team:

Allison, Nanci, Pat & Sarah

Fall at UUFO

Weekly

Sundays at 10:30

Worship Service followed by coffee hour

Monthly

1st Tuesday:

East End Pub Night

1st Saturday:

Meditation Session (in person)

2nd Thursday:

Film Club

2nd Friday:

Prompt & Circumstance (writer's group)

3rd Thursday:

Patty's Pub Night

3rd Saturday:

Meditation Session (online)

4^{eme} Dimanche:

Célébration francophone

à confirmer:

Cercle de croissance spirituelle (français)

Events this Fall:



Wed, Sep 16

From the Fall of Kabul to the Fall of 2026

Sun, Sep 27

Race to End Homelessness



Thu, Oct 22

In The Room film screening

Fri, Oct 23

Perkins Lunch



Sun, Nov 1

Potluck!

Sat, Nov 7

Celebration of Life for Fred Cappuccino

Sat, Nov 21

Literary Salon

Keep an eye on Friday Notes for...

TBD

Newcomers' Get Together

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