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**Deadline for next Spire
submissions:
October 17, 2015**



Notes from the Office

Programming and administration may slow down here at First Unitarian during the summer months, but this is definitely not the case for our custodial staff. During the quieter months, much is usually accomplished around the building and this year was no exception. You will notice a new paint job on the walls in Fellowship Hall and in the Lounge (and no more wallpaper!) The masonry around the lower part of the exterior of the church has been freshened as well, and there are many, many, less noticeable but important improvements made in the last couple of months as well.

Thanks so much to Lori Clarke, our Facility Manager, and her staff of Kevin, Charles, Andrew and Tom for their hard work this summer! Regretfully, we have said good bye to custodian Andrew Nowak after 4 years of service as he seeks other employment, but we welcome Tom White to the custodial staff.

~ Carolyn Turner and Jen Brennan



In Memoriam

John Simpson, husband of Mary, father of Catherine and Ann – Died June 18, 2015

Lesley Ivan, husband of Maureen – Died July 20, 2015

Jim Darragh, husband of Barbara Lee – Died August 10, 2015



Caring Contacts

September

Alexandra Devine
613-224-5695,
devinea@sympatico.ca

Joan Tutton
613-721-0190,
joantut@sympatico.ca

October

Angela Beale
613-233-5420

Elisabeth Morrison
613-225-6702,
ec604@ncf.ca



President's Corner

—Maury Prevost

What's new for a new season?

The first day of fall isn't until September 23rd, but our congregation's new program year starts on Sunday, September 13th. Some things are the same, but a lot is new for 2015-2016.

One of the most obvious and exciting new things is a new slate of program staff. Deirdre Kellerman has been with us as our new Music Director since the beginning of August, and Liz Roper arrived mid-August to serve as our new Director of Lifespan Learning. Our Intern Minister for 2015-2016, AJ Galazen, arrived September 1st. Please introduce yourself to Deirdre, Liz, and AJ as soon as you are able and help make them feel welcome.

Our new program staff will work with our Minister, the Rev. John Marsh, a revitalized Worship Team, and our excellent corps of Worship Associates to plan and deliver the Sunday and other worship services. What's also new is the approach, known as Theme-Based Ministry. You'll be hearing a lot more about this very soon, but it includes a monthly theme for the worship services, Religious Exploration programs, and small groups that will start up this fall.

You can also expect some changes in the pledge campaign for 2016 that will kick off in November, including a congregational dinner on Saturday, November 21.

Our Facility Manager, Lori Clarke, and the people who work with her have been busy over the summer sprucing up our property both inside and outside. Some of the changes to look for are in the parking lot, where the lines have been repainted, and in the Lounge, where the vinyl wallpaper has been stripped, the walls repainted, and new carpeting installed. The walls in Fellowship Hall have also been repainted, replacing vinyl wallpaper.

Other physical changes in recent months include: main doors stripped and re-stained, foundation re-parged and painted, main staircase repaired, parquet flooring on the Worship Hall podium repaired and new handrails installed at each side, all pew cushions cleaned, and all floors re-waxed. Check out and celebrate the results of this work, which contribute to the comfort and safety of all who come and to a more welcoming ambience conducive to worship and other activities.

There is one more change I need to acknowledge. As Charles and Ruth Lanktree prepare to move to Metro Toronto to be closer to family and their southwestern Ontario roots, Charles has resigned from the Board of Directors. The Board will appoint a replacement as soon as possible. I thank Charles and Ruth for their service to the congregation. Our current Campus Plan was a major accomplishment spearheaded by Charles when he was Chair of the Campus Planning Committee.

I look forward to sharing what else is new with you during the next two to three months.

~Maury Prevost



Capital Ideas

—John Marsh



“Some are born great, some achieve greatness, and some have greatness thrust upon them.” ~Shakespeare

Our congregation has been much in the news of late, and for reasons not of our own choosing. We have also had more than our usual number of visitors. I don't think the two are unrelated. You might not think that anyone would come to check out a spiritual home because they read that light rail transit (LRT) is planning to go through its front yard, and you would be mostly right. However, if someone had been thinking about going to explore a congregation, and was reminded of that intention for whatever reason, they might soon come whistling down our path.

Whether they come back for a second time depends on what they find when they get here. That would be you and me.

One of the big reasons we come here on Sundays (and other days) is to see our friends. This is understandable. However, if we want our message to flourish—be a light house, not a clubhouse—then we will need to do more than this.

Welcoming new visitors requires attention, intentionality and practice! It is

not just up to those who sign up to be greeters, it is a job for every one of us. Friendly smiles help. A friendly smile at the right time can change the course of the universe. Sunday morning here at 30 Cleary Avenue is no time to hold yours back.



It would be fun to be a great big congregation. More important, however, is that we should know what our mission in the world is and that we pursue it with diligence. Greatness implies bigness, but not necessarily excellence.

Each week we sing that we are here *“to build the common good, and make our own days glad.”* Now that would be excellent.

~John Marsh, Minister



Religious Exploration

—Liz Roper



Welcome to the new year of Religious Exploration!

RE Calendar

September

Saturday, September 12

– RE Leaders' Day Retreat & Youth Overnight

Sunday, September 13

– Ingathering Service, First Day of RE
– Registration Day for RE classes

Friday, September 25

– Youth Advisor Training in Toronto.

October

Sunday, October 4

– All Together NOW service
– 4 pm Animal Blessing

Sunday, October 11

– Multisensory Worship
– Thanksgiving Service

November

Sunday, November 1

– All Together NOW



Welcome to the 2015-16 RE program and all the new, exciting things that come with it—including myself, your new Director of Lifespan Learning! I am very excited to be here, and I want to share some of the things we have planned for my first couple of months in the position.

We have some wonderful classes planned for this year. I especially want to highlight the youth program before telling you about the children's classes. The youth program is seeking advisors! Working with youth can be a wonderful experience and a great way to grow our next generation. If the teens get to know more congregants who are usually outside our RE program, then they will feel more at home when they bridge to becoming 'adult' members and join us in Worship Hall. There are several ways you can be a part of this.

The youth will determine their schedule based on this model: one Sunday will be 'All Together NOW' (our new multisensory worship in the NOW Room — more on that later) with fellowship together afterwards; one Sunday will be youth-led worship with the youth group followed by fellowship; one Sunday will have the youth joining us in the main service followed by a discussion time on the topic; one Sunday will be a curriculum class using a UUA

curriculum or having youth-led activities (such as crafts, movies, etc.). In this way our youth's time has great structure to it but can be filled by their ideas, allowing them to take ownership of their spirituality and church time.

We are looking for people who can help facilitate this time. There is a **youth advisor training coming up on the 25th of September in Toronto** for those who have never done it before, or want to deepen their knowledge. Please contact me if you're interested.

We are also looking for people to sit with the youth during their after-service discussion time— anyone can do this! Do you want to hear what church looks and feels like to the younger generation? To exchange your ideas and opinions with youth? Please consider spending time with this group of our congregants who often do not get the opportunity to express their philosophical and theological views with anyone. Sign up to sit in on the discussion group. If you are interested in working with the youth program, please get in touch with me at dll@firstunitarianottawa.ca

There are also many other opportunities to get involved with the RE program, and they will all be clear on our new webpages. We will not be having a printed guide for RE this year, unless requested.

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Religious Exploration cont...

We are moving toward using renewable technology and having all the information on the website. Keep your eyes peeled for the information in the upcoming weeks, we can keep it up to date, dynamic and paper-free!

We want to encourage as much connection within our community as possible and to that end I have made some exciting tweaks to our current programs:

Multisensory Worship

Multisensory worship will happen every two months and all members of our congregation are invited to attend and stay throughout the service. It will be a service that speaks to all senses and learning styles, a contemporary and active worship. There will be many different ways to express ourselves spiritually as an individual and a congregation. Activity packs will be available for anyone who wants something to busy their hands with (both child and adult packs) and the Lounge will be set up for people to come and go as they please when they need time in a different space. I hope you will all join us for our Thanksgiving service, which will be our first multisensory worship service of the year and will involve a bread communion.



All Together NOW

On the first Sunday of each month, we will be holding a smaller multisensory worship in the NOW room for all who wish to attend. We will concentrate on the month's theme and contemplate together in a more intimate worship space. Participants of the RE program and parents are especially encouraged to join us and the children will go to class after the service. Fellowship time will follow downstairs for the teens and older, with time to create smaller community connections.

Children's classes

Celebrating Me & My World Ages 0 to 3

Caring adult leaders and parent assistants offer activities to invite exploration into the wondrous qualities of children and the animals, people, and physical world around them. Through free play, crafts, songs, games and stories, this program provides preschoolers with experiences and opportunities to grow in trust and caring and to develop their self-identity and sense of connectedness with all of life.

When: September to May

Heart Talk for Kids: Ages 4-12

This program focuses on helping children build healthy communication skills and is based on Marshall Rosenberg's Nonviolent Communication method. It connects kids with their own power to create peaceful relationships.

Movement, activities, games, art, stories, songs and time in nature address different learning styles and make this curriculum fun for both children and leaders. Sessions emphasize feelings, universal needs, making requests, understanding (empathy) for yourself and others, gratitude, transforming anger, conflict resolution, and active peacemaking.

Heart Talk groups:

- 4 & 5 year olds
- 6 & 7 year olds
- 8 to 10 year olds
- 11 & 12 year olds



When: September to February
(15 weeks)

I look forward to meeting you all and I am in the process of gathering people's feelings about RE as it is at the moment and how they would like to see it. I would love to meet as many of you as possible on a small group or one-to-one basis. So I invite everyone to please make an appointment to have afternoon tea in my office with me. I have quite the lovely selection now, so please join me. My office days are Sunday to Thursday.

Blessings and health,

~ Liz Roper

dll@firstunitarianottawa.ca



September - October Worship Services

For 2015-16, the themes will be as follows: Listening, Honesty, Stories, Aging, Love, Community, Wonder, and Play.

September 13 *Listening to Ourselves*

Speakers: John Marsh, AJ Galazen, Liz Roper, Deirdre Kellerman, Joe Connor and others

In all beginnings there is a sense of wonder and possibility. This Sunday marks the end of the old year in the Jewish calendar. Its beginning won't be for another week, but our new beginning starts on this day. We begin with a mostly new program staff. It is a time to speak of our dreams for First Unitarian Congregation of Ottawa, to listen to ourselves and each other. The song *Enter, Rejoice and Come In*, says it well: "open your hearts, don't be afraid of some change."

September 20 *Listening as a Spiritual Practice*

Speakers: Linda Goonewardene and John Marsh

A recent survey of American drivers found that two thirds of them think their driving skills are better than average. I expect most of us think the same about our listening skills. What both areas have in common is that we mostly take them for granted. Considering them as a spiritual practice requires us to re-think what is involved, and perhaps undertake to learn new skills. Linda Goonewardene is an ordained Unitarian Universalist minister who serves as a counsellor at Rideauwood Addiction and Family Counselling Services.



September 27 *Background Noise*

Speakers: Deirdre Kellerman and John Marsh

Urban lives are filled with noise generated by humans; sometimes it is chosen for us by merchants to put us in the mood to spend money, sometimes we choose it for ourselves, and sometimes it is a by-product of commerce and development. This service is an invitation to awareness. Anyone wishing to take a guided listening walk is invited to meet in the Meditation Gardens, beginning at 9:45a.m. or after the service at 11:45 a.m. See our Music Director, Deirdre Kellerman, to reserve a space. Anyone coming without a reservation will be treated on a first-come, first-served basis. However, there will be things to listen to for everyone, guaranteed!

October 4 *Listening to the Unfamiliar*

Speakers: AJ Galazen and John Marsh

We all like to hear our own outlook confirmed and supported by others. How then, shall we really hear the voices of others—and once we do hear, what then?

October 11 *Multisensory Service – Thanksgiving, listening through all our senses*

Speakers: Liz Roper and others
Can you listen without hearing a sound? Can a story be told without a word? We will be exploring how listening goes beyond our ears and how messages may be carried forth from unexpected sources. We will

make and break bread together this day with a bread communion service and listen to the stories our food can hold.

Thanksgiving is a time we all get together and express our gratitude. This year we would like to invite all congregants to join us for a service that speaks to all within us by touching on all of our senses to worship together. The service will be engaging and active, there will be 'soul work' bags for those who worship best when their hands are busy and the Lounge will be available for those who need time in a different space.

October 18 *From Punishment to Public Safety: Putting UN Standards in Action*

Speaker: Irvin Waller

On this United Nations Sunday, we will celebrate the UN's 70th Anniversary with guest speaker Dr. Irvin Waller, a passionate champion for evidence-based policy that stops violent crime before it happens and respects the needs of its victims. He has won international recognition for his pioneering work to persuade the UN General Assembly to adopt the landmark resolution on the Basic Principles of Justice for Victims of Crime and Abuse of Power, in 1985. He is also the founding executive director of the International Centre for Prevention of Crime, affiliated with the UN. His latest book, *Smarter Crime Control*, uses 21st century knowledge to confirm that the most effective and cost-effective way to deal with violent crime is prevention, *not* picking up the pieces and paying for more police and more jails.

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Worship Services cont...

October 25 *Listening to Those We Love*

Speakers: Linda Goonewardene and John Marsh

There are many jokes about older couples using selective hearing to ignore each other's messages. Does anyone really want to live out such stereotypes? How do we change the narrative?

October 25 at 4 pm *Blessing of the Animals service*

In the NOW Room downstairs. Everyone is invited to bring any animal that can share space with humans and other animals for an hour to this service. You might also choose to bring a picture of an animal that is important to you, whether that animal is left at home, or the picture is simply part of a memory of love. We will talk about how animals bless our lives and the importance of our providing blessings to the animals in our lives.

November 1 *Honesty*

Speaker: A.J. Galazen

On this "Day of the Dead" we will give thought to how to think about those who have died, but whose influence lives on in our own lives.

Our Church Library in the Lounge

The Lounge contains our church's self-serve lending library available to all congregants who wish to avail themselves of it. A library item can be borrowed for four weeks and can be renewed.

The library consists mostly of books, but also contains some other items such as CDs and DVDs. There are diverse categories of material available on such subjects as Unitarian Universalism, various world religions, differing philosophical/theological worldviews, spirituality, ethics, humanism, atheism, the relation between science and religion, and more. Also in place is a card index of our library materials both by title and by author/editor.

Among our recently acquired items is a set of six DVDs, produced by UU Films and entitled *Long Strange Trip: A Journey through Two Thousand Years of Unitarian Universalist History*.

Over the years our library has benefited from the generosity of congregants who

have donated to it interesting and informative books and other materials. An unintended consequence of this generosity has been that our library shelves became overly crowded and we gradually ran out of shelf space. To remedy this situation, a measured and thoughtful cull of material is in progress in order to get our library into a state where all of our library materials can fit into our shelf space without congestion. We are making headway toward right-sizing our library. We certainly do not wish to discourage future donations of worthwhile books and other items, but it would be very helpful if such donations could be limited in size to no more than two or three thoughtfully chosen items.

Finally, because our Social Responsibility Council is currently focussing on Canadian Aboriginal issues, we have found library shelf space for a few items related to these issues.

~Brian Cowan, Library Volunteer

Friends of the Meditation Gardens is looking for new members!

With the pending departure of Renee de Vry in the summer of 2016, we are facing new challenges. Renee is planning to transition the gardens to a more drought tolerant, lower maintenance design, but even so, we'll need all hands on deck to run our fundraising program and keep the gardens in good shape.

We need people to help with planning, fundraising, publicity, organizing social events and work parties, feeding the birds, and more. Our first **fall meeting is Tuesday, September 15 at 2:30 p.m.** in the Volunteer Room – hope to see some new faces!

Watch for our **Halloween Treats fundraising sale on Sunday, October 25** ...if you can contribute baking, please let us know.

Contact: Alastaire, hendersalas@gmail.com 613-565-2253.

Thank you Merci Gracias

~ compiled by Alastaire Henderson

Here are some people and activities to appreciate, recognize, and celebrate:

- ♥ All of the speakers, Worship Associates, greeters, sound operators, and other volunteers who delivered an excellent program of summer services. Special mention and kudos to **Bob Armstrong** for his leadership role in organizing all of this. Also worthy of mention and appreciation are all of the people who participated from the pews.
- ♥ The organizers of our support for Centre 510, including **Katherine Gunn, Marlene Kohler,** and **Sooky Dunton,** as well as the 25+ people in our congregation who have volunteered to work two-hour shifts there. Centre 510 is an aboriginal drop-in program of the Odawa Native Friendship Centre. We helped to celebrate its reopening in July.
- ♥ Many many thanks for her long service to our long-standing volunteer head gardener, **Renée de Vry,** who has decided that after 19 years in the Meditation Gardens, it's time to move on. Her chosen leaving date is July 1, 2016.
- ♥ Thanks to all those who brought in school supplies, which have since been delivered to Minwaashin Lodge Aboriginal Women's Support Centre.
- ♥ Huge appreciation to **Susan Mellor,** who almost single-handedly kept the congregational vegetable garden, Cornucopia, watered all summer! Unitarian House residents and Parkdale Food Centre clients are now enjoying the harvest.
- ♥ A big thank you to **Susan Mackenzie** for all the time, effort and expertise she put into the design and development, the implementation, and the collation and summaries of the four surveys connected to the search for our new Music Director.

You can submit items by sending an email to Alastaire at hendersalas@gmail.com or by calling 613-562-2253 at least 48 hours before the Parkway Spire deadline.

Music Survey Results Available Soon

A survey about the congregation's Music Program was done in April 2015 in conjunction with the search for our new Music Director. The survey comprised four separate questionnaires. One was addressed to the entire congregation and there were identical questionnaires for each of the three choirs. We were pleased by the high response rates which we assume reflect interest in the Music Program: 80% for the congregational questionnaire, 83% for the Chalice Choir, 86% for the Jazz Choir, and 92% for the Three Rivers Singers.

A document presenting the responses to all of the multiple-choice questions, with a summary of the most frequent comments made by respondents, will be completed early in September. Once it is ready, an electronic copy will be made available to all who have Internet connections. For those without Internet, a paper copy will be available in the West Lobby.

Social Responsibility Calendar

September

Sunday, **September 6**

12:30 pm - UN Working Group

Sunday, **September 13**

12:30 pm - Global Justice Working Group

Thursday, **September 17**

3:30 pm - Unitarian GoGos

Sunday, **September 20**

10:00 am - Fair Trade Sales

Sunday, **September 27**

12:30 pm - Environmental Working Group

October

Sunday, **October 4**

10:00 am - Granny Squares Sales

12:30 pm - UN Working Group

Wednesday, **October 14**

SRC Spire deadline

Sunday, **October 17**

10:00 am - Fair Trade Sales

10:30 am - United Nations Sunday Service:

"From Punishment to Public Safety: Putting UN Standards in Action"

Tuesday, **October 20**

7:00 pm - Global Justice Working Group film:

"On The Side of the Road"

The Fall Fair (formerly Holly and Lace Bazaar)



When?

Saturday, November 14
– mark your calendars!

What is it?

A Happening involving the entire congregation past and present, where you are guaranteed to make a new friends, renew old acquaintances and take pleasure in a job well done. This is the biggest church bazaar in town (as far as we know) due entirely to our enthusiastic volunteer base – big thanks to them! It's also a valuable opportunity to acquire needed items, gift items or to declutter.

Why?

We have fun working together to support our congregation financially and to help Ottawa community services with our high-quality remainders.



Who?

Everyone can participate by donating goods, or volunteering time either off site or on site, before or during or after the Fair, even working at home, as well as shopping on the big day! Contact Kim Ross, volunteer co-ordinator, at 613-878-4546, anthropel@gmail.com

How can you help?

In September:

- Make extra preserves (Mason jar-sealed, please) such as jams, pickles, sauces. More details needed? Contact: Evelyn Algar evelyn.algar@rogers.com
- Save stamps and coins; sort through your jewellery (we appreciate early delivery, especially of items that can be cleaned and repaired)
- Jewellery, stamps and coins can be brought to the office immediately
- Find and organize treasures you can part with (and encourage your friends and neighbours to contribute). Items sold for more than \$25 at the Silent Auction receive charitable donation receipts for tax purposes
- Offer storage space
- Volunteer to organize a booth, help organize site plans
- Save your plastic bags; always in need to package purchases.



In October:

- Sign up for a job during the week of the Fair – food preparation such as baking, salads (at home), moving furniture, first aid, organizing, selling, counting money, cleaning up, transportation, parking, shuttle, driving, and more
- Sort and pack up those treasures you are going to donate

In November:

So many ways to have fun – details to follow! Maybe your older kids or grandkids want to help?

After getting the goods and the volunteers, the biggest need is dry, secure storage such as a garage or extra bedroom that can be used from now to early November. We need to hear from you; please contact Katherine Gunn, klgunn@magma.ca or 613-729-0504.



Your Fall Fair Team for 2015

Job Opportunities

Convenor for Women's & Teens' clothing

Co-convenors for each of Large Items (outdoor booth), shuttle service; you will work with experienced convenors.

Contact: Sherri, smwatson@magma.ca 613-792-1357

Fall Fair Director – Sherri Watson – working with the organizing team and ensuring congregational policies are followed. smwatson@magma.ca 613-792-1357

Communications – Jill Whitford – advertising, media relations, public relations, marketing, photography, sound booth, signage, menus, maps, handouts. jill.whitford@gmail.com 819-230-9448.

Site Manager – Ron Wilson, managing tables, shelving; installation of signage; parking; shuttle service; custodial services; clothing racks. rawwill@sympatico.ca 613-747-7584

Site Services – Katherine Gunn, managing disposal of items; storage and moving; recycling; garbage; supplies; meet and greet. klgunn@ncf.ca 613-729-0504

Volunteer Co-ordinator – Kim Ross, recruiting and managing volunteers. anthropel@gmail.com 613-878-4546

Finance – Bob Armstrong, coordinating floats, collection, deposits, and tallies. Bob@TheArmstrongs.ca 613-823-8751

Clothing Co-ordinator – Jen Brennan, coordinating men and women's clothing, accessories, women's boutique. brennan.cj@rogers.com omr@firstunitarianottawa.ca

Food Services Co-ordinator – Kate Kirkwood, coordinating the lunch room, international cafe, coffee service and volunteer food. katekirkwood@sympatico.ca 613-741-8999

Finer Objects Co-ordinator – Paula Theetge, coordinating crafts; gift shop; timeless treasures; stamps & coins; jewellery; silent auction, linens. paulath@rogers.com 613-260-1709

Beats, Bytes, Books, and Bric-a-brac Co-ordinator – Gwen Harman, coordinating computers & electronics; books; flea market; outdoor large items; toys & puzzles GHar35@gmail.com 613-277-7173



Social Responsibility Council

Clean Drinking Water for First Nations in Canada

A distressing but ongoing situation in Canada is the need for clean drinking water in First Nations communities. This fall, the Poverty Awareness Working Group will bring two Sunday events to the congregation, looking at some of the evacuations, “boil water” advisories, contamination risks, and inadequate water and sanitation services that are a threat to human health and the environment.

Please watch the weekly e-UU electronic bulletin and the Sunday Communiqué for dates and times and plan to attend! We will show the film: “*Water Everywhere but Not a Drop to Drink*” by the award-winning film makers, Alex and Tyler Mifflin for The Water Brothers television series.

On another occasion, come to a talk and discussion by Craig Benjamin of Amnesty International: “*Clean Drinking Water on First Nations Reserves*”

Contact: Werner Daechsel, werner.daechsel@rogers.com, 613-596-1471.

Multifaith Housing Fundraiser Thursday September 24

The Poverty Awareness Working Group invites you to an event of the Multifaith Housing Initiative (MHI) celebrating its *Gather around the Table* cookbook. MHI is supported by our congregation (among 30 faith groups) in Ottawa to provide homes and a supportive community to those who are homeless or at risk of homelessness.

Editor Ellie Topp will attend, and there will be a tasting of

some of the unique, delectable international dishes from the book.

When and Where: Thursday, September 24, 12 noon, at Octopus Books, 2-251 Bank St.

What’s up with Shewanjageamik — aka Centre 510?

In the July-August 2105 Parkway Spire, we described the plight of Shewanjageamik, also known as Centre 510, the drop-in on Rideau Street operated by the Odawa Native Friendship Centre. Withdrawal of federal funding from day programs forced Centre 510 to close last spring.

Widespread community concern produced a grass-roots fundraising effort and volunteers to keep the Centre going until December while Odawa explores other operating possibilities. Alongside about 30 other community organizations, our congregation pledged \$900 over 4 months to purchase supplies for meals, plus volunteer hours, and has been one of the most active supporting groups.

The re-opening on July 6 was both deeply spiritual and festive. The ceremony included elders, speakers from supporting organizations, and traditional drumming and singing. Clients, staff, volunteers and general public mingled to share the occasion.

The summer’s volunteers each attended an orientation session, and are giving 2-3 hours on occasion to prepare and serve breakfast and lunch. Volunteers choose shift times to suit their personal schedules. They have returned with many thoughtful comments:

- “Volunteering at the Centre has allowed me to drop some of my prejudices about street people as I have observed the good nature of many people at the Centre. They are gentle and polite but in obvious pain in some cases.”
- “Shifts at the Centre have been very pleasant and rewarding, with time to chat with the clients.”
- “So far, the Centre has operated at approximately half capacity, with capacity at 26 clients. The clients range from children to seniors, usually with many young adults.”
- “It is good to see that the food served is abundant and nutritious.”
- “The clients’ great camaraderie provides company and support – talking, playing cribbage, sharing crossword puzzles or reading.”
- “Volunteers from different organizations work well together.”
- “Most clients use English; is it because of diverse language backgrounds or another sign of their culture being taken away?”
- “The beautiful art on the walls is Aboriginal.”
- “The cook is good fun, helpful and a good cook as well.”

To learn more about our support of Centre 510 or to volunteer, please contact First Unitarian’s volunteer co-ordinator for Centre 510, Sooky Dunton, sookydunton@bell.net 613-860-5571, or Katherine Gunn, KLgunn@ncf.ca 613-729-0504.

Announcements

Women's Personal Growth Group

Did you know there is a Women's Personal Growth Group in our congregation? Yes there is, and we have been around since 1997. We are supportive of each other, a "sisterhood group". We do this by encouraging spiritual and mental growth, with themed discussions based on our Unitarian Principles. The theme for our September 2 meeting was our second Unitarian Principle: Justice, Equity and Compassion.

We meet on the first Wednesday of each month, here in the church, in Room 6, 7:15 to 9:30 p.m. So why not join us? We would LOVE to see YOU!!

Dates: October 7, November 4, and December 2. In 2016, dates are January 6, February 3, March 2, April 6, May 4, June 1, July 6, August 3, September 7, October 5, November 2 and December 7.

For further information, contact Evelyn at evelyn.algar@rogers.com, 613-728-5761 or just show up!

Bookshelf Volunteers Needed

The Bookshelf continues to provide fine literature for adults and children, as well as a welcoming corner for people to chat and discuss books. This is all possible due to a great group of volunteers: Mabel Ong, Susan Mackenzie, Susan Wheeler, Alastaire Henderson, and Michael Cassidy. Alex Campbell will be joining the team in September. If anyone else would like to join us, you would be most welcome. The

duties are not onerous, mainly to staff the Bookshelf after Sunday service about once a month and make suggestions for purchases. Anyone who loves books and talking to people would be perfect!

We also need someone with a keen interest in and knowledge of Unitarian/Universalist books to be involved in selecting and buying these for the bookshelf.

Contact: Margaret Zielinski at margaretmzielinski@gmail.com



Gentle Yoga

Please join us in a welcoming, friendly atmosphere, where everyone is encouraged to proceed at his or her own pace and level of difficulty and challenge. The classes include stretching, breath work, relaxation, as well as a bit of visualization and meditation, and work with mudras (poses).

Date: Fridays, September 18 to December 11, 10:15-11:15 a.m. (no class on November 13)

Where: Fellowship Hall

Cost: \$110 for 12 weeks or \$12 drop-in

Contact: Linda Percy, 613-729-8913, or adultlearning@firstunitarianottawa.ca

UU Roundtable Luncheons

The new location for our roundtable luncheons for the fall will be:

Mia's Indian Cuisine, 916 Richmond Road, 613-695-3333

All UUs and guests are invited for lunch for lively discussions with persons of diverse interests and experiences.

The lunches are held the third Friday of each month at 1 p.m., on September 18, October 16 and November 20.

Phone: Tudy McLaine, 613-745-8074, or Marjorie Daechsel 613-596-1471, by the third Thursday evening to confirm.



Housewarming/Sixty Happens

John Marsh and Alison Patrick are pleased to invite you to a Housewarming/Sixty Happens (It will happen to John on October 6) event at their new home: 821 Denison Crescent (near the south side of Carling and Broadview), on **Sunday, October 4**, 2 to 5 p.m.

No gifts please, we are in the process of shedding possessions in order to make room for what we have. Anyone so moved is welcome to make a contribution to the Multifaith Housing Initiative.

Announcements

Stewardship Dinner and Campaign Kickoff!

Save the Date: Saturday, November 21, at 6 p.m. in Fellowship Hall

All members and friends of the congregation are invited to an evening of fine food and fellowship. We will celebrate our accomplishments and consider our dreams for the future.



Hospitality Hour

This summer, the team has survived some sweltering Sundays in Fellowship Hall's kitchen. Thanks to all those who braved the heat to help out. I welcome Jan Glyde to the regular group – she has taken like a duck to water to her tasks this summer.

Sign-up sheets for the fall season will be up by September 1. Give us a try. If you are new and like working occasionally in a kitchen while getting to know the congregation, come and talk to me on a Sunday or contact me at tarrel@thearmstrongs.ca

~Tarrel Armstrong, Coordinator



The House Next Door

Unitarian House is holding its annual Fall Fair & Courtyard Sale.

When: Saturday, September 19, 10:00 a.m. to 2:00 p.m., rain or shine

Entertainment: Fumblin' Fingers - 10:30–11:30, and Flutopia - 12:30–1:30

Special Attractions: Silent auction, bake sale, BBQ, yard sale, crafts, jewellery, and much, much more!



Glebe/Centretown/Old Ottawa South Neighbourhood Group

September

The first meeting of the Glebe/Centretown/Old Ottawa South Neighbourhood Group will be a potluck. Enjoy fellowship, participate in planning the year's program, and meet new members of staff at First Unitarian. All welcome. Bring something to share for our potluck dinner.

When: Sunday, September 27 at 6 pm

Where: Trudy Kassner, 108 Belmont Avenue.

Contact: Trudy Kassner – 613-730-2823 or trudy@kassner.ca

October:

When: Sunday October 25 at 7:30 pm. Katherine Gunn will discuss "Truth and Reconciliation: Now what?"

Where: Rosemary Bonyun, #106, 7 Kippewa Drive, Ottawa.

Contact: Rosemary, 613-563-0594 or rosemary_bonyun@sympatico.ca

All are welcome. Bring a small dessert (finger food) to share.

Please contact Ann Denis, adenis@uottawa.ca if you would like to be added to the email list for the group and receive notices of its activities.

Unitarian Seniors' Program

September

"Life and All that Jazz" - Anne and Phil Nagy will present the lives and music of Kurt Weill, Charlie Chaplin, and Fats Waller. Arthur Palmer will lead the worship service.

When: Tuesday, September 29

Service: 1:00 p.m. **Program :** 1:30 p.m. **Refreshments** (\$3 or pay what you can): 2:30 p.m.

Where: Worship/Fellowship Hall **RSVP** (if you are not on the phone list): Maureen Sly at 613-728-7610 or mmsly@rogers.com by Saturday, September 26.

October

Peter Goddard will speak about his work with the Rideau Valley Conservation Authority. Elizabeth Bowen will lead the worship service.

When: Wednesday, October 28

Service: 1:00 p.m. **Program:** 1:30 p.m. **Refreshments** (\$3 or pay what you can): 2:30 p.m.

Where: Worship/Fellowship Hall **RSVP** (if you are not on the phone list): Maureen Sly at 613-728-7610 or mmsly@rogers.com by Sunday, October 25.

Note: Earphones available in Worship and Fellowship Halls. Service and program can be recorded on a CD (cost \$5) or is available on the Internet (free).



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Subscriptions

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For information on receiving the Spire via postal mail (cost \$12 per year), contact the church office.

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