



First Unitarian Congregation of Ottawa *The Parkway Spire*

Inside this issue:

UU-UNO Spring Seminar.....1

Caring Contacts.....1

President’s Corner.....2

Capital Ideas – John Marsh.....3

Gray Areas - Reflections from the Intern.....4

Religious Exploration – a few moments with Susan5

2014-15 Ministerial Intern.....6

Worship Services.....7

Thank You Merci Gracias.....8

CUC ACM8

Social Responsibility Pages..... 9–11, 15

Announcements.....12–14

First Unitarian Congregation of Ottawa Information.....16

Deadline for next Spire submissions: April 19, 2014

Spring Seminar

2014 Intergenerational “Rights of Indigenous Peoples and Environmental Justice”

The 2014 Spring Seminar of the Unitarian Universalist United Nations Office (UU-UNO) will bring together speakers in New York City from April 3-5, 2014. The seminar will address the rights of Indigenous Peoples in the context of the Doctrine of Discovery, the UN Declaration on the Rights of Indigenous Peoples, spirituality, traditional lands and government borders, and environmental justice. Confirmed speakers include Cinnamon Spear, Native American activist; Douglas Cardinal, Canadian architect; Mayan activists Juanita Cabrera Lopez and Juan de Dios Garcia; Renzo Pomi, Amnesty International; Unitarian Universalist Association President Peter Morales, and Canadian Unitarian Council Executive Director Vyda Ng. For more information go to www.uua.org/international/un/ or contact Katrin Nagelschmitz nagelschmitz@rogers.com, 613-722-8775, or Tudy McLaine, 613-742-3079, mclaine2d@hotmail.com or. Please note that early bird registration rate ends March 7, 2014.

Congregational AGM Sunday, April 27

At 12:30 p.m. in Worship Hall. Mark your calendars!



In Memoriam

Virginia Cameron Lang ~
Died 24 January 2014

Caring Contacts

March

Margot Clarke 613-820-6596,
mmclarke80@gmail.com

Karin Weiss 613-730-0906,
karinweiss@rogers.com

April

Marianne Dawes 613-761-5589,
mmdawes2@gmail.com

Kay Walker 613-725-3671,
m9kay9@gmail.com



President's Corner

—Kim Elmer

April—Come She Will

“April is a promise that May is bound to keep.” ~Hal Borland

In our wild, winding and wired world, it is difficult to write something today that will remain relevant tomorrow, much less, next week! Consequently, it's a nearly Herculean task to write an article in February that will retain its power in March/April. But since this is my last article as President of the First Unitarian Congregation, I shall endeavour to render this piece of sufficient weight to bear the test of time.

These past years of service on the Board have passed quickly and I have learned so much from so many that it feels somewhat like a blur. I am delighted to have seen the mostly graceful transition from an Operations Board to a Policy Board. I have observed our Minister work extremely hard to challenge the proverbial “learning curve” in order to balance his new and myriad responsibilities as our Executive—which is not an easy task. I have witnessed a number of newly hired, multi-talented individuals coalesce into a group and transform into a professional, high performing team. I have watched our financial reporting systems evolve and become more and more standard, cohesive and transparent in the careful hands of three treasurers. I have breathlessly watched us engage in passionate collective struggles in the microcosm of democratic process and the morass of daily operations, and yet, I can still bear witness to our overwhelming desire and transcendent urge for unity and purpose. Always we retain that deep respect for the

interdependent web of life, in our congregation, on our campus, in our communities and in the world.

I want to thank the Board Members I have worked with, past and present for their incredible hard work, time and energy. I also want to thank them (and all of you) for your abiding patience with my nascent parliamentary procedures. I am especially indebted to John, Carolyn, Jen, Jacob and Susan for the terrific attention to detail, for the creativity and animated work ethic that promises only a strengthened and bright future for our sacred community. Most of all, I want to thank all of you in the congregation for your tremendous support—your volunteerism, your activism, your financial sacrifices and your emotional presence. It is this collective engaged compassion and effort that we give to each other and what invigorates the soul of this space we love. I am humbled by the work that happens every day here, and I am hopeful and exuberant about the tremendous possibilities of things to come.

~Kim



Capital Ideas!

—John Marsh



Most of you are probably familiar with some of the difficulties facing Father Joe LeClair. The Catholic priest has a gambling addiction and has been convicted of fraud after taking some funds that belonged to his parish. The tale of a popular religious leader with a character flaw is an old story. And a good one. Our local press has been all over it.

On January 20, CTV news ran a side story on how many of Father Joe's parishioners still support him. Pictured in the story were what appeared to be Father Joe supporters sitting in pews. In this footage, much to their own astonishment, were a number of people associated with our congregation, including Margaret Linton, Jan Andrews, Liz Benjamin, Sherri Watson, and our intern minister, Jenn Gray.

It turns out this was footage from the Ecumenical World AIDs Day Service on December 1 at a United Church, used by CTV news as generic church service footage. An apology from CTV was requested and received. We were told use of such material was contrary to CTV policy. A finger was pointed at an inexperienced editor who has since learned the error of her ways.

Now for a pop quiz! Ready?



Q: At the end of their news story, CTV ran a poll which invited viewers to respond 'yes' or 'no' to which of the following questions:

- a) Given gambling's ability to cause harm, should we rethink the decision to build a second large casino in Ottawa?
- b) Should there be a federal law requiring all provincially operated casinos to publish

monthly the amounts spent in the casinos by their clients so that we might all call each other to greater accountability?

c) Should the Catholic church increase the recreational budget for its priests?

d) Do you trust clergy to spend donations wisely?

A: d) Respondents, by a large majority, answered 'no' they did not trust the clergy.

There is some irony that, in a story questioning the integrity of clergy, the media needed to apologize for its own questionable activity.

My larger concerns are the hard news stories that remain under-reported. As Bertolt Brecht once asked, "What is the robbing of a bank compared to the founding of a bank?"

The future of our health care system is at risk. Our prison system is sliding away from rehabilitation toward becoming a system of mere punishment. Our country's military is being promoted as the answer to the world's problems, even as economic support for the men and women who serve in the military is being cut back. And very few of the stories about the proposed oil pipelines discuss who the people are who will reap the largest economic rewards, should the pipelines be built.

One of the things I value most about our congregation is that there are many here who are concerned about these and other pertinent issues. We may not always have all the right answers. But how sad for us if we become so distracted by the smaller stories of the day that we never examine the bigger issues facing our society.

Onward,



Gray Areas: Reflections from the Intern

Becoming a Minister

Let me share a secret with you. Every year for the last five, I have found some way to attend an Ash Wednesday service.

The first time was in seminary. Our chapel director, Rev. Mary Luti, designed a service that had a lot of room for the many Unitarian Universalists at our school. The ashes were offered either on your forehead or on your palm. In an impulse I can't explain, I jumped in a line. I was reminded that I was alive and one day I would die. I was offered a beautiful blessing on my life. It felt sacred. I held the ashes on my palm throughout the day. I closed my hand around it, protecting the precious ashes. Cautious about cultural misappropriation, I was grateful I didn't have to explain a cross on my head to my Unitarian Universalist or Christian friends. The ritual was a reminder that my time here has limits and my life is sacred.

I have sought that experience every year since. Every year I am moved to tears by the beauty of this ritual in which we are all travelling together through life.

Last year I found a United Church of Christ (for those of you who don't know it is possibly the most liberal of the Christian churches in the U.S.) that was offering the service in conjunction with a local Methodist church. These two churches designed blessings that were so open to everyone. And then they did something new.

When someone received ashes they took the bowl and offered them to someone

else. I was so moved by watching everyone offer the blessing to those around them that I was unable to go forward to receive a blessing of my own.

I miss these rituals in our tradition; these reverent reminders of the sacredness of every person. I'm so grateful that our tradition supports honouring and learning from other religions, but I find myself wishing we had a cycle of our own, one that honoured all the experiences of life as well as the reality of death.

I'm glad Ash Wednesday is approaching again. I'll be looking for a place to go. How about you?

~Jenn Gray



Religious Exploration – Sharing a moment with Susan



It takes an awakened being to apprehend that what we carry can carry us; a realized being to turn a stone into a wheel, or a burden into a truth, or numbness into love. And a compassionate being to give what they've found to others.”~Marc Nepo

Special Dates

March 9

March Break – No RE.
Child care available in the Lounge

March 16

March Break – Multi-age group activity: preparing our Spring Garden Fundraiser kits

March 23

Begin getting ready for our social justice project: Tulipathon (May 4)

April 6

Spring Garden fundraiser after service in Fellowship Hall

April 20

Easter – Multi-age group activity



Knowledge and Coming of Age

How does our faith community support us in learning, evolving, and knowing how to hold, use, and share our growing understanding? One way is our tradition of inviting young people entering their teens to participate in a Coming of Age journey. In Coming of Age, we recognize and honour the life transition from child to youth, and we offer experiences to help our participants connect with our UU faith and our whole congregation in new and deeper ways.

This year, an 11-member group of 11 to 13 year-olds will join us in a ten-week program, February 23 - May 11 with a special All Ages Service. Our group will help to plan the service and will be participants and presenters, sharing some of the reflections, discoveries and experiences they encounter in this unique journey. Rather than offering a September to May program as we have in past years, we have chosen to share a more intensive, highly committed session with a leadership team of Susan McEwen, Director of Lifespan Learning, Peter Goddard, seasoned educator and lifelong UU, and Arden Hody, experienced senior youth leader with aspirations toward UU ministry.

Our program includes a two-night retreat with a significant outdoor component at Baxter Conservation Area, as well as adult mentors from our congregation connecting meaningfully with our participants. Reflection, through the practice of journaling, takes a primary place in our program as we learn (in the words of poet Rainer Maria Rilke) to “love the questions themselves”.

Our group will take an active role in this year’s RE fundraiser. Please come meet us in Fellowship Hall on April 6 to purchase your Spring Garden Kit and create a small indoor garden whose sprouts will greet you in time for Easter!

In the weeks to come, you will see our Coming of Age participants light the Children’s Chalice on Sunday mornings and carry it through Worship Hall on the way to our RE activities. May we celebrate the journeys of Curtis, Molly, Armand, Lucas, Megan, Charlotte, Justin, Natara, Jessie, Sequoia, and Sarah as we lovingly hold them in community in the Coming of Age experience. Blessings,

~Susan

Introducing Cecilia Owen, our new Intern Minister 2014-15



Introducing a New Intern Minister

In September 2014, Cecilia Owen will be the intern for both Unitarian congregations in Ottawa. Like the previous interns, she will spend 60 percent of her time at First Unitarian and 40 percent at the Unitarian Fellowship—an interesting learning experience of relating to such different congregations, with differing needs and programming. She has had extensive international experience, including studying in Nicaragua, the Middle East, and speaks Spanish, Hebrew and Arabic.

In her own words...

“I come to Canada after serving my first parish internship at the Berkeley Fellowship of UUs in Berkeley, California, and my second at the First Unitarian Church of St. Louis, Missouri. I am thrilled to be able to draw upon my experiences in both a fellowship setting and a mid-sized church when I come to serve you all in Ottawa. I attended Harvard Divinity School (M.Div., '09), during which time I was lucky to spend a year studying abroad at Hebrew University in Jerusalem. My interest in international UUism led me to work part-time in the International Office at the UUA during my first year of divinity school. My passion is counselling and the creative arts,

especially embodied healing and recovery work from trauma and abuse.”

Cecilia will visit us on the weekend of April 26. The plan is for her to preach at the Fellowship Sunday morning and to take the 5:00 p.m. service at First Unitarian, followed by a potluck. Look for confirmation as the time approaches.

We know that you will enjoy her as she continues to learn her ministry but with Canadian UUs!

~The Internship Committee

5:00 p.m. Earth Day Service, April 27

**Special Guest: Cecilia Owen,
Ministerial Intern for 2014–2015**

At this Earth Day service, come celebrate the beauty of this planet we live on together, and our reverence for its mysteries. We will also touch upon the empowering ways in which we can bring awareness to its degradation and help to heal its brokenness.



March-April Worship Services

March 2

The Consequence of Love

10:30 a.m. & 5:00 p.m.

Speaker: Jenn Gray

Julian of Norwich lived in a time of suffering. Yet she spoke of a deeply loving God. She saw visions of a profoundly loving God. What does she have to teach us about our lives today?

March 9

International Women's Day Service

10:30 a.m. & 5:00 p.m.

We will celebrate the power of women in song with the Three Rivers Singers. A variety of speakers will address the concerns of Women's Reproductive Health in our country and the role of communities of faith.

March 16

Lessons from the Scottish Independence Movement

10:30 a.m. & 5:00 p.m.

Speaker: John Marsh

As we prepare to celebrate our Celtic connections let's also pause to honour the contributions of the Scots and Irish to Liberal Theology and also consider some of the thornier complications of Celtic alliances.

March 23

Waiting, Worms, and Wisdom

10:30 a.m. & 5:00 p.m.

Guest Speaker: Rev. Linda Goonewardene

Have you ever found yourself in an in-between time, struggling with an uncomfortable challenge? Here are some thoughts, stories and poems about what happens when life is not going as planned. **Note:** The Reverend Linda Goonewardene is a Community Unitarian Universalist minister, who has recently moved to Ottawa. Her ministry is in addiction treatment and

recovery. She is a Family Counsellor with Rideauwood Addictions and Family Services.

March 30

On Lions and Lambs and the Seasons of our Souls

10:30 a.m. & 5:00 p.m.

Speaker: John Marsh

March is said to come in like a lion and go out like a lamb. But nothing is certain. Change is constant. It used to be that talking about the weather was a way of avoiding politics. Now that has changed too.

April 6

"The Gifts of Receiving"

10:30 a.m. & 5:00 p.m.

Speaker: Jenn Gray

We talk a lot about what we offer one another. For many of us it is so much easier to help others than to accept help ourselves. What gifts can be found in accepting help?

April 13

The Politics of Faith and the Role of Faith in Politics

10:30 a.m. & 5:00 p.m.

Speaker: John Marsh

The story of Palm Sunday reminds us of how faith and politics are eternally intermingled.

April 18

Good Friday

7:30 p.m.

Speaker: John Marsh

On Good Friday we are reminded of the conditions of alienation, pain, suffering and death. We reflect on how these conditions crowd our lives and the lives of others. *Tenebrae* means "darkness". At this service readings of crucifixions, ancient and modern, are followed by the extinction of candles until the Sanctuary is in darkness.

April 20

Easter Sunday Unitarian Christian Communion Service

8:00 a.m.

Homily: Jenn Gray

The Good News!

10:30 a.m. & 5:00 p.m.

Speaker: John Marsh

Easter celebrates the miracle of spring and the story of life appearing in unexpected places at unexpected times.

April 27

All Our Relations

10:30 a.m.

Speaker: Rev. Frances Leigh Deverell

In celebration of Earth Day, we will explore the possibility of having an "I-Thou" relationship with the Earth and all its inhabitants, and why such an important shift in worldview might save us.

5:00 p.m.

Special Guest: Cecilia Owen, Ministerial Intern for 2014-2015

Thank you Merci Gracias

~ compiled by Alastaire Henderson

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

The “**Mystery Pals**” program was a big success again this year, with about 25 children paired with the same number of adults. Kudos to all who participated!

Appreciation of **our many Sunday volunteers**, including worship associates, sound operators, greeters, choir members, RE & youth leaders, and Hospitality Hour workers.

A big double thank-you to **Jen Brennan** for her help with the presentation of the cover and contents of the winter/spring edition of the *Lifespan Learning Guide*, as well as for designing and looking after our wonderful First Unitarian Congregation website.

Thank you to **all those who covered for Tarrel Armstrong** at Hospitality Hour in her absence!

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.

Canadian Unitarian Council’s Annual Conference and Meeting (ACM)

ACM 2014 will be held in Montreal, May 16–18. The theme will be: “*Building Beloved CommUNITIES: Sacred Spaces Beyond Walls*”. This ACM will take us into an exploration of how we expand our UU community beyond congregational walls, how we remain relevant into the future, and how to be radically inclusive.

Reverend Meg Riley is to be the keynote speaker at the ACM. Rev. Riley is senior minister of the Church of the Larger Fellowship, a Unitarian Universalist community without walls, and founding director of Standing on the Side of Love, a UU public advocacy campaign which seeks to harness love’s power to stop oppression.

We are all invited to join fellow UUs from across Canada.

For more information: <http://cuc.ca/acm-2014/>

Spirituality and Philosophy Discussion Group

The group formerly known as Integral Philosophy, now renamed Spirituality and Philosophy, is exploring new directions, based on group members’ interests. Here are some books we’re considering using to guide our discussions:

Dark Green Religion: Nature Spirituality and the Planetary Future, by Bron Taylor

Staying Alive: The Psychology of Human Survival, by Roger Walsh
Religion for Atheists, by Alain Bouton

A New Earth or The Power of Now, by Eckhart Tolle

Evolutionary Enlightenment: A New Path to Spiritual Awakening, by Andrew Cohen

The New Rationalism: Albert Schweitzer’s Philosophy of Reverence for Life, by David K. Goodin

We are always open to new ideas for books, articles, etc., as we follow the UU principle of seeking truth in a free, responsible search for meaning.

You are invited to a special brainstorming session on **Saturday, March 8**, or you can drop by any Saturday morning. Newcomers are always welcome—try us out!

When: *Alternate Saturdays*, February 22 to June 14, 9:30–11:30 a.m.

Where: Room 6 (usually)

Contact: Alastaire, 613-562-2253, hendersalas@gmail.com.



Social Responsibility

CALENDAR

Sunday March 2

12:30 p.m. UN Working Group

Human Rights in Israel and Palestine

Sunday March 9

12:30 p.m. Global Justice Working Group

Tuesday March 11

9:00 a.m. Poverty Awareness Working Group

Sunday March 16

-10:00 a.m. Fair Trade Sales

-10:00 a.m. Granny Squares

Thursday March 20

4:00 p.m. Unitarian GoGos

Friday March 21

9:30 a.m. Social Responsibility Steering Cttee

Sunday March 23

6:00 p.m. Social Action Movie Night

Saturday April 5

9:00 a.m. Granny Fest

Sunday April 6

2:30 p.m. UN Working Group

Tuesday April 8

9:00 a.m. Poverty Awareness Working Group

Wednesday April 16

SRC 12:00 p.m. Spire deadline for May-June issue

Thursday April 17

4:00 p.m. Unitarian GoGos

Easter Sunday April 20

- 10:00 a.m. Fair Trade Sales

- 10:00 a.m. Granny Squares

Friday April 25

9:30 a.m. Social Responsibility Steering Cttee

Saturday April 26

5:00 p.m. Nepali Gala

Sunday April 27

12:15 pm. Congregation AGM

Sunday April 27

6:00 p.m. Social Action Movie Night

Stephen Lewis Grandmothers Spring Granny Fest

Speakers, workshops, lunch, entertainment and marketplace. Everyone welcome. Bring a friend.

When: Saturday, April 5, 8:45 a.m.–3:30 p.m.

Registration: by March 22 to Sheila Green, sgreen8954@hotmail.com, 613-739-8954. **Cost:** \$25

Unitarian GoGos and Meditation Gardens Plant & Garden Sale

Proceeds to the Stephen Lewis Foundation to help grandmothers and orphans in Africa and to the Meditation Gardens.

Date: Saturday & Sunday, May 10 & 11, 9 a.m.–2 p.m.

Where: Meditation Gardens and west side of the church

Contact: Joan, 613-725-1066 unitariangogos@gmail.com,

Tulipathon 2014 -- Sunday, May 4

The annual Tulipathon walk-a-thon supports the Multi-faith Housing Initiative (MHI), a charitable organization which promotes and builds affordable housing in Ottawa.

MHI is in the middle of its "A Place to call Home" Capital Campaign, with the goal of raising \$500,000 toward a down payment on a building of up to 25 units.

MHI operates 41 units of affordable housing in Ottawa now. The Tulipathon is one of our big fundraisers for this cause. Last year we raised \$3,490; the Poverty Awareness Working Group challenges our congregation to double this amount. Can we count on you? The walk (about 1½ kilometers) leaves from Commissioner's Park at Dow's Lake at 3:00 p.m. sharp.

We hope to have many walkers, including many families; if you cannot be in the walk we hope you will make a generous pledge. The Social Responsibility Council supports this event by adding 10 percent to every pledge, and donates \$25 to the cause for every member of our congregation who walks. Sign-up table in Fellowship Hall after the service on Sundays April 6, 13 and 27.

Information: Ria Heynen at r.j.heynen@bell.net, 613-828-8468.

Change to Bring about Change

Many of us carry too many coins in our pockets/purses. This problem can be solved, however. On Sundays, find the house/money box with the MHI logo in Fellowship Hall, eager to receive your change to raise sums enabling MHI to make big changes in more people's lives. Please give generously. **Information:** Mike Wheeler, 613-829-8298. mewheeler@rogers.com

Social Responsibility cont'd...

A Fundraising Cookbook

Multi-faith Housing Initiative and Ellie Topp, a professional home economist and author of several best-selling cookbooks, would like your help in creating a potluck-themed cookbook. Please search your memory for recipes suitable for a gathering of 6 to 12 people.

Include a brief introduction about why this recipe is important to you, your family and/or your culture, plus perhaps how it originates and also how and when it is served. Submit up to 10 recipes to:

mhi.office.mgmt@gmail.com.

Green Energy and Fossil Fuel Divestment for First Unitarian...?

Power your home and church...renewably! On February 2, an attentive crowd heard a presentation by Graeme Cunningham (Bullfrog Power), and Keith Shackleton (Ottawa Renewable Energy Cooperative (OREC)), on how individuals and organizations can “green” their electricity and heating bills, reduce their carbon footprint, and support clean energy development.

Bullfrog Power was founded in 2005 to give citizens and businesses an opportunity to help develop renewable energy sources by paying a premium on hydro bills. This premium funds wind turbine and low-impact hydro-electric projects; the clean energy produced is injected into the grid, thereby neutralizing your carbon emissions. Bullfrog also offers green (landfill) natural gas and educates on energy efficiency/conservation at www.bullfrogpower.com.

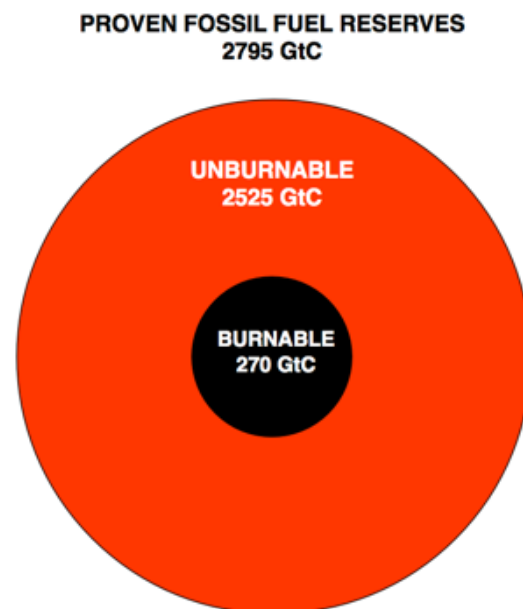
Unitarian Keith Shackleton pointed to Ontario’s Feed-in-Tariff (FIT) Program as the impetus behind OREC’s founding. Focusing on installing solar panels on roofs of schools, businesses and housing co-ops, OREC now offers its second round of preferred shares. Interested investors can learn more at www.ottawarenewableenergycoop.ca.

“If it’s wrong to wreck the climate, then it’s wrong to profit from that wreckage.”

On February 9, 350 Ottawa, the local branch of 350.org, screened “Do the Math” a compelling documentary on the campaign to divest from fossil fuel companies whose products are pushing us toward catastrophic climate change by pumping ever-increasing amounts of carbon pollution into the atmosphere. The film follows Bill McKibben, 350.org founder, as he brings this message to university students, faith groups and large public rallies.

Several congregational Board members attended, as the Environmental Working Group (EWG) has requested the Board consider divesting the congregational investment portfolio of fossil fuel equities. In light of warnings of unburnable carbon—if the globe is to keep global warming to 2 C.—leading to a carbon bubble, EWG believes it is both prudent and a moral imperative to request that, over a five-year period, our investments become “fossil free”.

~The Environmental Working Group



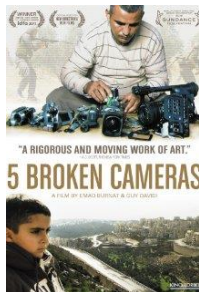
Social Responsibility cont'd...

Social Action Movie Nights

5:00 p.m. service,
6:00 p.m. Potluck supper (all welcome),
6:45 p.m. Introductions and screening, followed by discussion.

Sunday, March 23– Five Broken Cameras

A deeply personal, first-hand account of non-violent resistance in Bil'in, a West Bank village threatened by encroaching Israeli settlements. Shot almost entirely by Palestinian farmer Emad Burnat, and structured around the violent destruction of each one of Burnat's cameras, the film follows one family's evolution over five years of village turmoil.



Sunday, April 27 Gold Fever

An award-winning documentary about the exploitation of indigenous Guatemalans by a Canadian-owned mining company. It has an all-star cast of commentators, including Noam Chomsky, David Korten, James Anaya (UN Special Rapporteur on the rights of indigenous peoples), academics, and members of the Ixtahuacan community.
<http://www.goldfevermovie.com/>.



Reproductive Justice: Expanding our Social Justice Calling

Rooting us in our religious history and theological callings, this six-week curriculum outlines the distinctions between reproductive “health”, “rights” and “justice”; opens awareness of reproductive oppressions; offers opportunities to learn about ourselves and each other as sexual and reproductive beings; and equips us to move forward, out into the world, with integrity and vision.

Unitarian Universalists (UUs) are called to answer the chilling political debate on reproductive rights with calls for reproductive justice and for respect for the fullness of every person's reproductive and sexual life. This curriculum was written to help UUs respond to a call to action. For more information, see

www.uua.org/documents/washington_office/reproductivejustice/curriculum/uuacurriculumrjcombined.pdf

When: Tuesdays, March 18, 25 and April 8 to 29, 7:00- 9:00 p.m.

Registration: Please register in book outside Lounge or at

adultlearning@firstunitarianottawa.ca

Contact: Margaret Linton or Rozanne Lepine

adultlearning@firstunitarianottawa.ca

Nepali Gala

The 8th Annual Nepali Gala is on Saturday April 26, 2014, 5 to 9 p.m. at First Unitarian. The evening offers a delicious Nepali dinner, catered by Mia's Indian cuisine, entertainment, a silent auction, and a sale of traditional Nepali crafts. We are delighted to announce that Ms. Grete Hale is our Patron this year.

Join us for a wonderful evening in support of the Women's Foundation of Nepal, which helps abused and abandoned women and children. Please bring your monetary donations (cash or cheque only). Dinner is by RESERVATION ONLY. To reserve, contact nepaligala2014@gmail.com, or Alison at 613 266-9007.



Announcements

Friday Reading for

Growth Group meets in the Lounge at 1:00 p.m. on March 28 to discuss *The Inconvenient Indian: A Curious Account of Native People in North America* by Thomas King. On April 25, we meet (same time and place) to discuss *Stop: How the Fight for Good Food Transformed a Community and Inspired a Movement* by Nick Saul and Andrea Curtis.

Newcomers welcome. Contact Margot Clarke at [613-820-6596](tel:613-820-6596), mmclarke80@gmail.com

Monday Reading for

Growth Group will meet at 1:00 p.m. in the Lounge and discuss these books:

March 10 *In spite of the Gods* by Edward Luce

April 14 *Champlain's Dream* by David Fisher

We welcome new members and visitors. Please contact Anita MacLean, 613-820-2892, anitamaclean@rogers.com

Fiction Reading Group

meets the first Tuesday of the month at 1:30 p.m. in the Lounge.

March – *Hoot*, by Carl Hiaasen and *Harry Potter and the Philosopher's Stone* by J.K. Rowling

April – *Cold Mountain*, by Charles Frazier

May – *Requiem*, by Frances Itani

June – planning meeting for the fall and 2015.

Contact: Joan Auden [613-730-1716](tel:613-730-1716), auden@primus.ca

Hospitality Hour

I have managed to work only once for Hospitality Hour this year. Am I on a permanent vacation? No, I'll be back on duty by the end of February. We had company in early January, then I took a wonderful two-week cruise from San Diego through the Panama Canal to Fort Lauderdale. The Caring Committee did their usual splendid job, hosting the refreshment hour on Feb 16th. Now back to work for me for the spring session!

Don't be shy to join on a Sunday; just sign up and give our team a try.

~Tarrel Armstrong



Glebe/Centretown/ Old Ottawa South Neighbourhood Group

March

Sunday, March 16, 7:30 p.m.

Frances Deverell will talk about her experiences at the ICUU meeting in New York.

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

[613-563 0594](tel:613-563-0594)
rosemary_bonyun@sympatico.ca.

All welcome. Bring a small dessert to share.

April

Sunday, April 13 at 7:30 p.m.

Doris Jelly will talk about travels in Greenland and Labrador.

Where: Marilyn & Maury Prevost, #5, 405 Laurier Ave East. Contact: Marilyn or Maury, 613-231-7391 or mmprevost@sympatico.ca. All welcome. Bring a small dessert to share.



Unitarian Seniors' Program

March

Jenn Gray will be guest speaker and lead the service.

When: Thursday, March 27

Service: 11:30 a.m. **Lunch** (\$7 or pay what you can): 12:00 p.m.

Program: 1:00 p.m. **Where:** Worship/Fellowship Hall **RSVP** (if not on the phone list): Maureen Sly, mmsly@rogers.com, 613-728-7610, by Monday March 24.

April

Guy Thatcher will present *Mud, Mountains and Mindfulness on the Camino de Saint-Jacques*. Ellen Bell will lead the service.

When: Tuesday, April 29

Service: 11:30 a.m. **Lunch** (\$7 or pay what you can): 12:00 p.m.

Program: 1:00 p.m. **Where:** Worship/Fellowship Hall **RSVP** (if not on the phone list): Maureen Sly mmsly@rogers.com, 613-728-7610, by Friday, April 25.

Note: Earphones are available for use in Worship and Fellowship Halls during the service and the program. On request, the service and/or program can be recorded on a CD (cost \$5) or made available on the internet (no cost).

Announcements cont'd

River Parkway Children's Centre (RPCC) AGM

The RPCC will hold its Annual General Meeting on the evening of April 1 at First Unitarian Congregation. Memberships will be available over the next few weeks.

UU Round Table Lunch

Lunch at 1:00 p.m. is open to all UUs and guests.

March 21: The Savoy at 334 Richmond Road

April 18: Biagio's at 1394 Richmond Road, Ottawa

613-828-0770

RSVP: Tudy McLaine 613-745-8074, or Marjorie Daechsel 613-596-1471 by March 20 and April 17.

“The Righteous Mind” Book Discussion

Wednesdays, 7:00-9:00 p.m.

Led by Rev. Frances Deverell

Author Jonathan Haidt challenges our Unitarian view of human nature, educates us on the conservative moral palate, and defines the evolutionary characteristics that have helped us to develop larger, more competitive groups.

Wednesday, March 5:

What are the most important moral foundations in which you place your trust and commitment? How do conservative and liberal

foundations differ? How can we learn to communicate our values and commitments to the public using a broader base of foundations?

Wednesday, March 12:

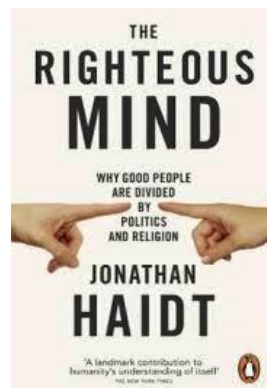
When do we take a stand as individuals and when do we subsume our personal interest to that of a group? What is needed to pull many disparate groups together in a collective direction? How do we shape the conversation?

Where: First Unitarian Congregation

Registration: May attend one or both evenings.

Admission by donation.

Contact: Frances Deverell at adultlearning@firstunitarianottawa.ca for a 35-page summary of the book.



The House Next Door



Unitarian House of Ottawa
We call it home
Maison unitarienne d'Ottawa
C'est notre chez-nous

Unitarian House, built on a strong foundation of dedication, perseverance, caring, stubbornness, and humour, is holding a celebration of three decades of excellence (1984-2014)!

“We Call It Home”

Monday, March 31st

Where: Unitarian Church.

Celebration: 2:00- 3:00 p.m.

Reception: Fellowship Hall:
3:00- 4:00 p.m.

Introducing Ourselves

This course is designed to give newcomers as much information as possible. We will ask about your spiritual journey so far, share the histories of Unitarianism, Universalism and the Ottawa congregation.
Led by Rev. John Marsh

When: Saturday, May 31, 9 a.m.–4 p.m. (lunch included)

Registration: in Registration Book outside the Lounge or adultlearning@firstunitarianottawa.ca

Contact: Rev. John Marsh, 613-725-1066x225,

minister@firstunitarianottawa.ca

Announcements cont'd

Gentle Evening Yoga

We invite students at all starting points to join our welcoming group for drop in classes or the whole session. Discover how gentle yoga practice can cultivate strength, flexibility, and mind-body awareness. Allow breath, movement, and stillness to lift up your own inner teacher. Our time together includes practices of breath, posture, free movement, and meditation, as well as music and spoken word.

We close each class with relaxation deepened by the sounds of the crystal singing bowl.

Classes led by Susan McEwen

When: Mondays, 7:00-8:30 p.m. in Fellowship Hall
Spring Session: 10 weeks – Mar 24, Apr 7, 14, 28, May 5, 12, 26, June 2, 9, 16 (no class Apr 21 or May 19)

Cost: \$120 to pre-register for session, or \$15 drop-in

Contact: Susan, dll@firstunitarianottawa.ca, 613-725-1066 x 234

Yoga for Seniors and Everyone else

Would you like to try Yoga? Improve your flexibility, balance, strength and peace of mind? We have a wonderful teacher and congenial group. Drop by to try it out!

Date: Winter session continues to April 11, 2014, 10:15-11:15 a.m.

Spring session April 25 – June 27, 2014. You can drop in whenever you can.

Where: Fellowship Hall

Cost: \$10 drop-in. Spring Session \$80 for 9 weeks, or \$10 drop-in

Contact: Linda Percy, 613-729-8913 or Margot Clarke, 613-820-6596



Compassionate Communication

with Lucie Larose

This course is based on Marshall Rosenberg's Non Violent Communication, www.cnvc.org.

The workshop offers language and skills that reinforce our natural (but not necessarily habitual) capacity to connect with our humanity in many different situations, even the most trying. In compassionate communication, the intention is to remind ourselves of our choices in every moment, and to make clear, conscious and compassionate decisions for self and others, in the *now*. This approach to communication gives us practical ways to live out our highest purpose in every interaction, as it teaches us what we still need to learn.

Compassionate communication allows us to restructure our thinking, acting, listening and speaking through honest and authentic presence and compassionate listening to self and others. Some of the tools we'll use are pure observation, awareness of feelings that describe only our state of being, and understanding of basic human needs we all share. We will begin to practise how to request clearly what we need without being attached to the outcome, knowing that fulfilling our needs is our own unique privilege and responsibility.

When: Saturday, March 1, 9:30 a.m.–4:30 p.m.

Where: First Unitarian Congregation

Registration: in the book outside the Lounge, or at dll@firstunitarianottawa.ca

The NVC Model



Social Responsibility, cont'd

Women's Coalition for the Abolition of Prostitution

On December 20, 2013, the Supreme Court ruled that provisions in the Criminal Code that prohibit bawdy houses, street solicitation, and “living off the avails of prostitution” infringe on the prostitute’s security and violate the prostitute’s Charter guarantee of security of the person and liberty. The Court granted the government one year to re-write the applicable statutes.

Pending that re-write, all of the Criminal Code provisions continue to apply. On February 17, the Justice Department opened a public consultation for a month. There is a background paper and a *very* brief questionnaire on policy options on the website: <http://www.justice.gc.ca/eng/cons/curr-cours/proscons-conspros/index.html#2014--02--17> The complete decision, as well as the plaintiff’s submission, is included in the background material. Not included are submissions of intervenors, including one by the Women’s Coalition for the Abolition of Prostitution.

The Women’s Coalition, comprised of seven national and provincial organizations, has for many years been providing shelter and services to thousands of women who have been victims of violence. The coalition’s website is <http://www.abolitionprostitution.ca/english/about-us>. The “We Want More for Women” campaign submitted its complete factum to the Court.

This coalition is urging the federal government to follow the lead of Sweden, Norway, Iceland and France and repeal the sections which penalize prostitutes but enact new provisions which prohibit the marketing (pimping) and purchase of prostitutes.

There are also groups making contrary submissions to government—submissions advocating deletion of all references to prostitution, pimping, and bawdy houses. This radical libertarian argument is surely negated by the observation of English philosopher Isaiah Berlin that if wolves are unchecked the lambs will be lost.

Please visit Consultations.Prostitution@justice.gc.ca to register your advice to the Minister of Justice. Failing that, please contact your MP and convey your commitment to “the inherent worth and dignity of every person”.

If you wish to discuss the foregoing, please contact me at meduncan@sympatico.ca or 613-798-0267.

~Mary Duncan

Retired community nurse, co-founder, London Sexual Assault Crisis Service, Planned Parenthood of London

A Note from Yasmin Strautins, 2014 UU-UNO Intern

Since the beginning of my internship for the Unitarian Universalist United Nations Office (UU-UNO), I have been co-chair for this year’s Intergenerational Spring Seminar, on Indigenous peoples’ rights (April 3-5). I am in charge of confirming speakers, organizing creative programming such as a film screening, and handling logistics. I am also responsible for the office’s social media, such as Facebook, Twitter and the UU-UNO Blog.

In addition, I have had the opportunity to attend various panels at the UN, including a discussion on the Syrian War. This panel of survivors of the War was sponsored by the Permanent Mission of Norway to the UN. My UN badge allows me to attend any open meetings and events at the headquarters that are posted on the UN Journal website!

When studying human rights abuses and in particular the ongoing injustices faced by indigenous communities, it can be difficult to maintain a positive attitude. Despite the cliché it has become, my favourite saying to live by is “You must be the change you wish to see in the world”. I hope that by interning for the UU-UNO I will be able to educate and advocate for social change such as advancing the rights of indigenous peoples. Even though I am still in the middle of the internship I have learned and experienced already so much. Thank you for your support!



First Unitarian Congregation of Ottawa

30 Cleary Avenue
Ottawa, Ontario K2A 4A1

Phone: 613-725-1066

Fax: 613-725-3259

E-mail: uuoffice@firstunitarianottawa.ca

Web site: www.firstunitarianottawa.ca

Office Hours: Monday to Friday, 9:30 a.m.– 4:00 p.m., Sunday, 9:00 a.m.-1:00 p.m.

2013–2014 Board of Directors

Kim Elmer, President; Kathy Yach, Past President; Maury Prevost, Vice-President;
Treasurer, Charles Triemstra; Alastaire Henderson, Secretary
Members at Large: Robert Cummings, Maggie Sharp, and Paul Ward
Youth Representative: Jenna Hill-Murphy

Program Staff

Rev. John Marsh, Minister minister@firstunitarianottawa.ca, x225
Jenn Gray, Intern Minister intern@firstunitarianottawa.ca, x229
Susan McEwen, Director of Lifespan Learning dll@firstunitarianottawa.ca, x234
Marie Gabe, Lifespan Learning Assistant lla@firstunitarianottawa.ca, x226
Jacob Caines, Music Director, music@firstunitarianottawa.ca, x230
Ellen Bell, Spiritual Care Visitor

Lay Chaplains

Bob Armstrong, Caroline Elson, Jan Glyde

Administrative Staff

Carolyn Turner, Director of Operations dro@firstunitarianottawa.ca, x228
Jen Brennan, Support Services Assistant ssa@firstunitarianottawa.ca, x221
Mary Du, Accounting Officer accounting@firstunitarianottawa.ca, x222

Spire Contributors

Tarrel Armstrong, Margot Clarke, Werner Daechsel, Ann Denis, Clea Derwent, Frances Deverell, Alexandra Devine, Wendy Doyle, Mary Duncan, Lorna Erickson-Fraser, John Gall, Jenn Gray, Katherine Gunn, Alastaire Henderson, Anita MacLean, John Marsh, Susan McEwen, Katrin Nagelschmitz, Cecilia Owen, Maureen Sly, Sue Williams

Next deadline for submissions: April 19, 2014

Subscriptions

Electronic subscriptions are free, contact: publications@firstunitarianottawa.ca.
For information on receiving the Spire via surface mail (cost \$12 per year), contact the church office.

Spire Editorial Team

Copy Editors: Alastaire Henderson, Susan Mellor
Layout: Alastaire Henderson, Jan Andrews
Proofreading: Jen Brennan, Arthur Palmer, Warren Scott

