



# First Unitarian Congregation of Ottawa

# The Parkway Spire

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Published quarterly, The Parkway Spire Team welcomes photos\* (high resolution jpg format is preferred) and unformatted articles (max. 450 words please) that are of interest to the congregation. We also encourage the submission of one feature article for each issue of the Spire, maximum 900 words. Articles may be edited if necessary. Submissions should be sent to [spire@firstunitarianottawa.ca](mailto:spire@firstunitarianottawa.ca) no later than the 15th of the month prior to publication.

Deadline for next Spire submissions:  
**May 15, 2021**



## In Memoriam

Vernon Burrows, husband of the late Betty ~ died November 8, 2020

William Newell Devine, husband of Joan Devine ~ died November 23, 2020

Also in our thoughts:

Maddie (Madeleine) Soroczan-Wright, daughter of Deborah Soroczan ~ died January 27, 2021



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## Pat's Ponderings ~ Rev. Patricia Guthmann Haresch

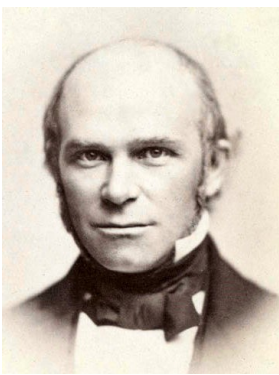


Spring is a time of new beginnings. This will certainly be true for FirstU this year. We hope the search for both a new Minister and Music Director will be completed or soon completed in May. The plan is to launch a new strategic plan at the Annual General Meeting.

My mind is on assisting FirstU in this new beginning and on my departing. I think of lyrics from the Semisonic song,

*Closing time, every new beginning  
Comes from some other beginning's end.*

I am also thinking of words from one of our most influential 19th century Unitarian ministers in the U.S., Theodore Parker. Are you familiar with Dr. Martin Luther King, Jr.'s use of the quote, “the arc of the moral universe is long, but it bends toward justice”? Well, King was paraphrasing Parker from an 1853 sermon, “I do not pretend to understand the moral universe. The arc is a long one. . . And from what I see I am sure it bends toward justice”.



But these aren't the words I'm thinking about. Parker was a controversial figure in his time and a popular preacher and lecturer, a social and religious reformer, a minister to fugitive slaves. The development of tuberculosis forced Parker to retire early. In his 49<sup>th</sup> year, as was done by those with means who suffered tuberculosis, he

left the wintry Northeastern corner of the United States for the warmth of the Caribbean. And there his congregants were on his mind. In seminary I learned of what has been described as a ‘long, autobiographical letter’ to his congregation. He wrote of the first congregation he served:

*For the first year or two the congregation did not exceed seventy persons, including the children. I soon became well acquainted with all in the little parish, where I found some men of rare enlightenment, some truly generous and noble souls. I knew the characters of all, and the thoughts of such as had them . . . they were never out of my mind. I had an intense delight in writing and preaching; but I was a learner quite as much as a teacher.*

I think of these words when I preach to my laptop or a camera and in my mind, I see your faces and I imagine I am speaking directly to you all in Worship Hall. It's fading, but I can almost remember where you all usually sat. These words are wafting around in my head as I realize there are just a few months left until the end of the congregational year.

“They were never out of my mind.” In my time with you, I have carried all of you in my heart and mind. Your struggles and sadness, joys and aspirations, beliefs, passions, and deepest values. I see your faces as I compose sermons, pull together services, prepare for meetings, and try to get through the list of those I hope to connect with.

Parker also wrote about the difficulty of leaving the plow in “the furrow just begun, while the seed-corn smiles in the open sack, impatient to be sown and the whole field promises such liberal return”. FirstU seems poised for a time when “the whole field promises such liberal return”. I would love to be with you when you reap the yield, but I trust that you will keep me posted.

Parker recognized, there is consolation knowing “my loss may be easily supplied . . . some other will come in my place perhaps without my defects, possessed of nobler gifts”.

*. . . continued on page 3*

## Pat's Ponderings *cont...*

However, another line is coming to my mind from the movie Monty Python and the Holy Grail - - "I'm not dead". I'm not dead yet. I am still here. There is still time for consultation with committees, teams, action groups. Still time for phone calls, virtual meetings, walks, and socially distanced appointments. Still time for hellos and goodbyes.

*Spring is a time for new beginnings.  
Then the earth is rich with seedlings. . .  
Then new life presses out from every growing thing. . .  
fulfilling our trust, renewing our faith  
that this has always been,  
that this will be again. . .  
Spring brings an end. . .and a fresh beginning.*

~ Joan Walsh Anglund, children's author

May it be so.

~ Rev. Pat



## Musical Interludes ~ Deirdre Kellerman



What a year it's been! I can't believe 12 months have passed since I've made music with you all in person.

I'm so proud of our choir members, who continue to meet and rehearse on Zoom and record themselves for virtual projects. We have also been taking time this term to revisit past repertoire and sing along to recordings of past concerts.

For those singers who are taking a break from choir - we haven't forgotten about you! You are still a part of our community and we're looking forward to when we can sing together again.

We also continue to have monthly Song Circles, where everyone is welcome to come and sing. This is a great opportunity for those who may be musically shy... mics are muted!

**Thursday March 4 - Songs from Musicals**

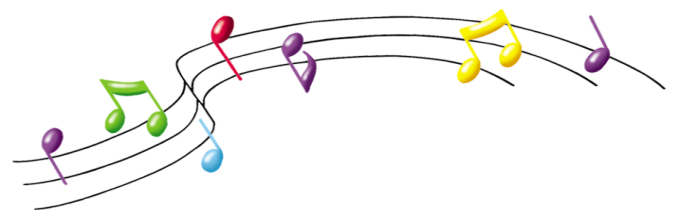
**Thursday April 1st - Funny Songs**

**Thursday May 6 - Songs in Celebration of the Earth**

Many of you know that I handed in my resignation from my position at this time last year, with plans to leave last July. Due to the pandemic, this was extended by a year and we will be going ahead with our search for a new Music Director this spring. I'm grateful to have had this extra time with you (however strange it has been!), but look forward to the next chapter of my career.

*Yours in song,*

*Deirdre*



# Update on Canadian Unitarian Council Activities

The Canadian Unitarian Council (CUC) continues to offer a rich variety of online programming for its member congregations and anyone who wishes to participate. This programming both educates and inspires. A good number of you have experienced this by participating in the *National Gathering* weekend in mid-November 2020, the national *Sharing Our Faith* service on February 7, and other CUC activities.

## CUC Annual General Meeting and virtual National Conference in May

The Annual General Meeting (AGM) of the CUC will take place by Zoom on Saturday, May 8 during the afternoon. Our congregation will have six voting delegates at the AGM, but observers are also welcome. If you are a FirstU member with an interest in being one of our voting delegates, send an email message to [datchair@firstunitarianottawa.ca](mailto:datchair@firstunitarianottawa.ca) by March 8.

The virtual National Conference 2021 will take place May 14-16 (part of the Victoria Day long weekend), starting at the end of the afternoon of Friday May 14 and ending Sunday afternoon, May 16. Details will be available soon at: <https://cuc.ca/events/national-conference-2021/>. Registration will open March 15.



## Other CUC programs

Here are some upcoming events:

**March 6 & 13:** *Learn the R.A.C.E. Method of Dialogue for Dismantling Racism* (two sessions of 2 hours each; requires registration before the first session and ticket purchase through Eventbrite)

**March 9,** 7:00-8:30 pm Eastern: *Refugee Sponsorship: What's Involved* (free and no registration required)

**April 3-17:** *Jordan River Anderson: The Messenger*, next in the *Reconciliation Through Film* series. Register (with optional donation) by April 2, watch the film April 3-17, and join the Reflection Group discussion April 17, 12:30-2:00 pm Eastern.

**April 21,** 7:00-8:30 pm Eastern: *Elder's Circle with Sharon Jinkerson-Brass* (requires paid registration before event)

**May 19,** 7:00-8:30 pm Eastern: *Elder's Circle with Stephen Paquette* (requires paid registration before event)

In addition to the above, the CUC has ongoing programs for Lay Chaplains, a monthly *Leaders Roundtable*; *Connect and Deepen*, a twice monthly small group ministry; *Gathered Here*, a monthly check-in for UU Young Adults (18-35); and *Rising Together*, a monthly program for UU youth (14-19) and emerging adults (18-24) of colour.

## How to stay informed and learn more about CUC programs

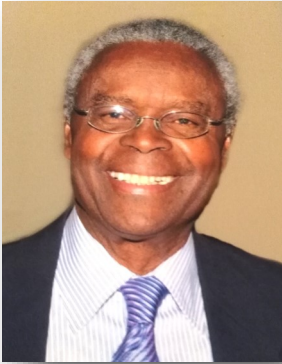
Some good ways to do this are:

- Subscribe to the monthly CUC eNews using the link at: <https://cuc.ca/news/communications-publications/>
- Follow the CUC on social media and/or join one or more of the email discussion groups. For more information on these options, go to: <https://cuc.ca/news/communications-publications/social-media-egroups/>
- Check out the CUC website and Events Calendar <https://cuc.ca/events-calendar/>

~ submitted by Maury Prevost, Chair, Denominational Affairs Team



## Meet a Member: Neville Grant



*This series of brief bios of congregants was initiated by Isabel Burrows*

Barbados now thrives on today's tourism industry, but when Neville was born on this small island, roughly the size of Montreal, the economy was agriculturally driven, and people were relatively poor. Some

children attended elementary school barefoot. Based on the British education system, boys and girls were schooled separately, wore uniforms and had to pay to attend school. Students had to pass an exam to move on to the next form, and by the time Neville was in the sixth form only six students remained.

After leaving school Neville became a telegraph operator at Cable and Wireless, a British company. Most employees were white and well paid. His transfer to Trinidad meant higher pay and foreign staff allowances, allowing him to save enough money to continue his studies in Canada.

On the first day of his economics program at Montreal's Sir George Williams (now Concordia) University, he met his future wife, Valerie. Studies continued at McGill - an MA in Economics, and Neville worked during summer vacations at the Royal St. Lawrence Yacht Club as a waiter and cleaner.

After several years employed in banking, the family moved to Ottawa. By then he and Valerie had 3 children. His education wasn't finished though and he enrolled in an MBA program at the University of Western Ontario, in London. He returned to Ottawa for a job at the Tariff Board and later the Department of Finance and the Superintendent of Financial Institutions.

Seconded to the International Monetary Fund (IMF), Neville was posted to Zambia, Jamaica, Vanuatu (he loved the people and the life). In the Cayman Islands he became Managing Director of the Monetary Authority. After spending two years in Washington with the IMF, he returned to Ottawa to start his own consulting company. He is presently a board member of the Turks and Caicos Financial Services Commission, and has travelled extensively for business and pleasure to more than 70 countries.

In addition, Neville is an amazing athlete. He has played cricket all over the world and was selected to play for Canada. A talented tennis player, he still plays a mean game at the West Ottawa Tennis Club. He is a very fine golfer, too.

Neville and Valerie joined the First Unitarian Congregation of Ottawa in 1978. Valerie, who was active in the Religious Education program at FirstU, was a teacher, professional accountant and also a keen tennis player and runner. Sadly, Valerie died in 2004.

*~ submitted by Margaret Zielinski*

Each day I make the intentional decision to breed love, hope, and generosity, for these are my rebellious acts of protest.

—Christine Organ, *UU World*



IMAGE © ISTOCK/HABEZY

# Conversations on Spirituality

## Why go to Church?

Every Sunday, often while still in PJs when streaming the morning service on Zoom, I feel encompassed by a wonderful calm. The music is great (no one can hear those flat notes I might be singing), but I just wish there were no masks! To emphasize the importance of these services, I'd like to share the following thoughts, sent to me recently:

If you're spiritually alive, you're going to love this.

If you're spiritually dead, you won't want to read it.

If you're spiritually curious, there is still hope!

A Church goer wrote a letter to the editor of a newspaper and complained that it made no sense to go to church every Sunday. "I've gone for 30 years now, and in that time I have heard something like 3,000 sermons, but for the life of me, I can't remember a single one of them. So, I think I'm wasting my time, the preachers and priests are wasting theirs by giving sermons at all."

This started a real controversy in the "Letters to the Editor" column. Much to the delight of the editor, it went on for weeks until someone wrote this clincher:

"I've been married for 30 years now. In that time my partner has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals. But I do know this: They all nourished me and gave me the strength I needed to do my work. If my partner had not given me these meals, I would be physically dead today. Likewise, if I had not gone to

church for nourishment, I would be spiritually dead today."

Faith sees the invisible, believes the incredible and receives the impossible!

Thank God for our physical and our spiritual nourishment!

If you cannot see God in all, you cannot see God at all!

B.I.B.L.E. simply means Basic Instructions Before Leaving Earth.

~ submitted by Marianne Wood

## Finding Spirituality, Within and Without

By definition, "Spirituality" is the quality of being concerned with the human spirit or soul as opposed to material or physical things. As Unitarian Universalists, we are encouraged to follow the seven principles of our faith:

1. The inherent worth and dignity of every person.
2. Justice, equity, and compassion in human relations.
3. Acceptance of one another and encouragement to spiritual growth in our congregations.
4. A free and responsible search for truth and meaning.
5. The right of conscience and the use of the democratic process

within our congregation and in society at large.

6. The goal of world community with peace, liberty, and justice for all.

7. Respect for the interdependent web of all existence of which we are a part.

In our beautiful sanctuary, while enjoying the best view of mother nature's offerings as we listen to a meaningful or thought-provoking sermon, the entire experience can't help but move the spirit in some way.

But spirituality doesn't necessitate church attendance. Music, art, poetry, a walk in the woods, meditation, words in a book, kindness to others, a conversation with the creator . . . all of these are spiritual experiences. We can lead our best lives by opening our minds to the spiritual teachings all around us, whether in the physical sanctuary of church, or while stargazing on a cold winter night; during a good romp in the forest with ears and eyes open to new discoveries, or even while snuggled at home in our PJ's, listening to the Hallelujah Chorus from Handel's Messiah!

~ submitted by Marg Lee

*True religion is the life we live,*



*not the creed we profess.*

## Conversations on Spirituality *cont...*

### **An Agnostic Wish**

I wish I believed in a higher power,  
To turn to in my darkest hour,  
To make me brave, calm, and strong,  
And ease my shame if I've done wrong.

To blame when I have an awful day,  
To make my anger go away.

Studying science made me see,  
The vast uncharted reality.

There is no Wizard of Oz in the sky,  
Who tells us not to ask him why.

I could think of God as a metaphor for good,  
Not the One who says we shouldn't or should.

I love the idea of the Creator,  
Who warns us to treat our Mother Earth better.

We can all be somebody's angel of the day,  
Or blame the Devil if there's Hell to pay.

We can turn the other cheek, or fall by the  
wayside,  
Eat, drink and be merry, or cast pearls before  
swine.

I sure miss a god who would always hear,  
A faithful friend who is always near,  
A force for good who is on my side,  
As I navigate this earthly ride.

*~ submitted by Janet Milroy*

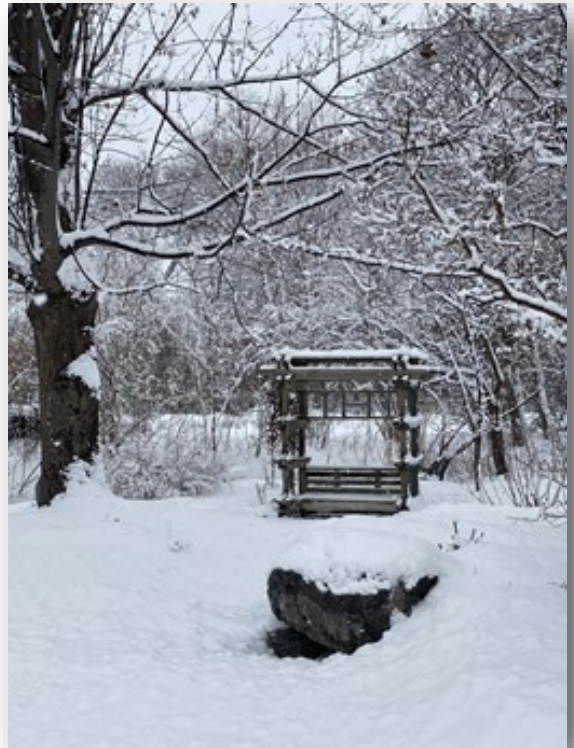


Photo credit: Clea Derwent

### **Kimberly's Very Own Poem – Janet Milroy**

The winter snow is sparkling white.  
The January moon shines clear and bright.  
A rabbit's paw prints in the snow,  
Track where he hopped to and fro.  
Moonlight shows the breath of a deer,  
Who stopped because we are too near.  
Tiny footprints mark where mice  
Came out from under the crust of ice.  
A wolf howls and an owl hoots.  
We hear the crunch of winter boots.  
We head back home, a welcome sight,  
For a long and cozy winter night.  
A wood stove heats some comforting cocoa.  
We say our good-nights - more snow tomorrow!  
*~ submitted by Janet Milroy, this poem was written  
for a disabled adult living in a special care facility*



## Settled Minister Search Committee Update

Your Settled Minister Search Committee has been moving a lot faster than molasses this winter. Five months of detailed planning and hard work was transformed, on January 2<sup>nd</sup>, into 14 applicants showing interest in our congregation. Your Committee had to act fast, reviewing and discussing the applicants, then deciding on whom would be best suited to our congregational needs.

Seven applicants made the initial interview cut in January, with four of them passing to the next round, known as *Pre-Candidating*. Each pre-candidate participates in a full weekend of formal interviews and social activities with your Committee. These weekends, in non-pandemic times, would normally see each pre-candidate visit with your Committee in person. So, there was a lot of ad hoc planning to be done in order to ensure we kept “a human touch” to all of our virtual interactions in this time of COVID restrictions.

The weekends are spread out over February and March. In addition to a minimum three-hour interview session, there is: one-on-one time between the pre-candidate and each member of your Committee, a presentation of a sermon to a neutral congregation that is also witnessed by your Committee, as well as an ample amount of social time allowing us to get to know each pre-candidate and their family on a personal and professional basis.



All of this leads to the most crucial time of all for your Committee, when we make the all-important decision of whether or not we have found the best person for the job. Once this happens, the selected candidate will be invited to come and meet the congregation in late April to early May, during which time they will lead service on two Sundays. On May 2<sup>nd</sup>, after the second of these services, we will hold a vote on calling the candidate as our minister. Specific details about this exciting time will be shared once the pre-candidating process is completed in early April. Until then, please keep your Search Committee in your thoughts and intentions!

“Thank you!” — from your Search Committee members: Amy Bérubé, Mary Ella Keblusek, Jane Lindsay, Mike Lloyd, Jodi McIntosh, Phil Nagy, and Lena Talback.

~ submitted by Mike Lloyd



### *To Brighten Your day...*



*Shortly after a woman began attending the Unitarian Universalist Congregation in Summit, New Jersey, she found herself in a restaurant on Sunday noon. It was a small establishment, with tables close together, and so she could not help overhearing the conversation at the table behind her. Two people were discussing their dissatisfactions with some aspect of the church they both attended. Suddenly, one of them asked, "Well, what do the Unitarians believe in?" Without a pause, the other replied, "Recycling!"*



# Campus Diary – January and February

Why do we call winter “the dead time?” I wonder, as I look around at the gardens and trees and through the woods to our north. On an unusually still day in January there’s no sound, no wind, nothing stirs. Perhaps it’s the lack of colour – only black and beige and the white of snow palely tinged with yellow or blue. Yet there is still great beauty here, a beauty of form and of contrast.



As a painter, I revel in colour. So I can fall into the trap of feeling desolate at this time of the year until I clear my thoughts and look with intention at the myriad patterns of branches against the sky, of bark on the trunks, of plant stems against the whiteness and patterns of animal tracks in the snow caught in the light of the sun going down. There is humour too, in the caps of snow sitting atop plants, a fence and our dragon.



Suddenly a small black dot is moving through the woods, then a second. There are two squirrels. Something in this landscape is alive with me!



There is a squirrels’ nest high in the branches of the meditation garden. Another is low down in the maple in the church’s back garden, fifty yards from my apartment window. A loose bundle of leaves, they look so precarious that I wonder how they survive the winter winds. Online I discover that they are called “drays” and that the squirrels first build a frame of sticks then stuff it with leaves. The one near my window has its entrance on the top. Why doesn’t the snow and rain get in there? I am amused, during the first real snowfall, to watch the little grey squirrel taking material

from the bottom to reinforce the top. Is it the last one in, sleeping by the door?

There are three black squirrels and one grey in this nest – to my surprise. I thought they didn’t get along. Then one sunny morning in mid-February, I see the little grey fighting off the three black. Has it quarreled with its roommates? Then there are seven blacks all trying to get to the nest. Is this a take-over bid? The little grey snaps and punches its paw at all-comers until suddenly another grey appears. She runs out and he’s on her back a few seconds, then everyone disappears. So that’s what it was all about! It’s mating season. Later the trees further away are alive with squirrels chasing each other. The young will be born in early April.

So Nature on our beautiful land is not dead, only sleeping till spring – most of the time.

*~ submitted by Clea Derwent*



# Social Responsibility Council (SRC) News: Environmental Action Group



## Want to Reduce your Personal Carbon Footprint?

Before Christmas, the Environmental Action Group presented an EarthSpeaks Seminar on *Reducing Our Carbon Footprint*, where we discussed how to evaluate and lessen our personal carbon footprint.

<https://www.youtube.com/watch?v=OaSDSf9a-M0&t=363s>.

We spoke of how burning fossil fuels contributes to climate disruption, altering water supplies and weather patterns, and threatening food crops and infrastructure.

The total greenhouse gas emissions (GHG) caused by an individual, group, country, event, organization, service or product expressed as a carbon dioxide equivalent is labeled a **carbon footprint**. The average Canadian personal carbon footprint is 15.12 metric tonnes of GHG per year. You can assess your own personal carbon footprint at <https://www.carbonfootprint.com/>.

## Where Can We Walk More Lightly?

### 1. Moving About

Transportation creates about 24% of Canada's emissions. Canadians' love of SUV's and light trucks lead to "the world's least-efficient personal vehicle fleet".<sup>1</sup>

- Reduce or stop flying. If essential, buy a quality carbon offset.
- Go car free! Walk, cycle, use public transit if possible.
- Car share, trade in an inefficient vehicle for an electric vehicle (EV) or a plug-in hybrid.

### 2. In the Home

Canada is the "top per-capita energy consumer in the world".<sup>1</sup>

- Switch to a green energy supplier like Bullfrog, for gas and electricity. Green gas cuts emissions most.
- Save energy: turn down the heat, wear more clothes, use the dryer less, hang clothes to dry when you can. Use timers to run appliances at night or on weekends when electricity is close to emission free.
- Get a home energy audit.
- Heat or cook with gas? Switch to electricity. Replace your furnace with a heat pump.
- Move to a smaller residence.
- In a condo? Work to get off fossil fuel heat and to ensure energy efficient renovations.

### 3. On the Table

What we eat, the way we raise and harvest what we eat, and how we process, package and ship our food all contribute to emissions.

- Choose more plant-based meals and eat less meat, especially lamb and beef, and dairy.

- Support local agriculture including farmers' markets and Community Supported Agriculture (CSAs). Choose organic when possible.
- Reduce food waste. Use a backyard composter or green bin.

### 4. When Shopping

Production, transportation and disposal of our goods and services all contribute to emissions. If we consume less, we produce fewer emissions.

- Buy fewer things...especially new things. Rent, borrow or buy second hand. When you must buy new, choose high quality, durable goods and make them last.
- Commit to the Rs – in this order: Refuse, Reuse, Repair, Recycle.

Of this list the four most impactful changes are to get rid of your car, to stop flying, to buy green energy and to become a vegetarian. Even more impactful is to consider the carbon footprint of your pensions and investments. Margaret Linton will speak to that in the following article.

<sup>1</sup>David Suzuki Foundation <https://davidsuzuki.org/what-you-can-do/four-places-cut-carbon>

~ submitted by Donna Bowen-Willer



### Decreasing our carbon footprint - change personal and institutional investments

While attempting to limit one's personal carbon footprint is commendable, the impact of green investments with low GHG emissions can be 1-10 times greater than lifestyle changes. In a normal \$100K mutual fund, the annual carbon output is about 9 tonnes, the equivalent of 9 flights to Mexico. A \$500K portfolio would have a footprint of approximately 46.7 tonnes, about 3 times the average Canadian's personal footprint.

**You may think you have no investments!** But if you were employed in Canada after 1965, you are invested in the CPP (Canada Pension Plan), which owns, amongst other things, \$141 billion in Chinese Coal, or the CDPQ, Quebec's public pension fund. A superb source of information is [Shift Action](#) 'A Baseline for Engagement' which provides the positive and negative aspects of the 10 largest Canadian pension funds.

#### Where do I start?

☑ **1. Divest of fossil fuel investments** Including direct investment (oil, gas, coal, as indicated by [carbontracker](#)) and indirect investment, such as banks and insurance companies. The top 5 Canadian banks (RBC, TD, Scotiabank, BMO and CIBC) are *all* within the top 25 fossil fuel financiers in the world.<sup>1</sup>

Today's typical medium to long term investment portfolio is risky because it has generally ignored the physical impacts of climate change threatening the value of traditional investments like real estate. Nor has it recognized the rapid movement away from high carbon sectors for ethical, legal and regulatory reasons. So fossil fuels have become a **high-risk** investment. They are not performing well.

#### ☑ **2. Invest in climate solutions (clean energy)**

On the other hand, sustainable energy is doing very well. The five cleanest energy producers have consistently outperformed the five dirtiest energy producers with the difference steadily increasing since 2016.<sup>2</sup> There have been rapid changes in the growth of solar and wind, battery, and hydrogen technologies. But most funds have not taken advantage of this and still have limited offerings.

#### ☑ **3. Invest in local sustainable investments**

Two Ottawa examples are the Ottawa Renewable Energy Co-operative (OREC) <https://www.orec.ca/> and CoEnergy Coop (<https://coenergy.coop/>).

#### Finding Green investments

☑ **Financial Planners:** Clearly tell them what you will and will not invest in. If they insist on including fossil fuels in your portfolio, find someone else.

☑ **Mutual Funds (MF):** Truly green MFs are difficult to find. Most banks now have Environmental Social and Governance (ESG) funds but the evaluation techniques vary (e.g. being in top half of a sector on the ESG scale does not mean Fossil Fuel free, it means better than the other half).

Investigate, know what you want and stick to your principles - you are not alone in looking for sustainable investments and our institutions are realizing this (slowly).

<sup>1</sup>*Banking on Climate Change: Fossil Fuel Finance Report 2020.* Rainforest Action Network, 2020 companies

<sup>2</sup>Bloomberg 2014 – Dec 2019 (excludes dividends) *Greening the CPP and other Pensions*

~ submitted by Margaret Linton



## SRC News: Environmental Action Group - *cont...* Participate in our Carbon Footprint Food Challenge!

Did you know, that changing what you eat can significantly lower your greenhouse gas emissions?

Try our 9 week challenge: Starting with week 1, if you had a meat-free day give yourself a tick in the wk1 box. If you completed the challenge more than once give yourself a tick for each challenge completed in the wk1 box.

On week 2, if you have a plant protein meal, give yourself a tick in the wk2 box; if you complete that challenge more than once, give yourself an additional tick for each challenge completed in the wk2 box ... and so on for weeks 3-9.

We hope that if you enjoy the challenge of week 1, 2 etc., you will continue to complete that week's challenge for all the following weeks.

### Prizes for Participants!

**Week 1:** Research shows that reducing your meat intake is one of the most successful ways to lower your carbon footprint. Diets that are highest in meat from beef and lamb (ruminants) release significantly more greenhouse gases than pork or poultry due to their methane production. Cut down the portion size, limit your meat to one meal per day or go meat free for one or more days per week.

**Week 2:** Studies show that people with the lowest greenhouse gas emissions had the highest intake of plant-based proteins. Try replacing some meals of meat with legumes... chickpeas, lentils, beans... or nuts, tofu and seeds.

**Week 3:** Dairy herds and their manure emit a number of greenhouse gases and have a large carbon footprint. Milk and cheese rank higher on the emissions scale than poultry, eggs and pork. Try to limit the amount of cheese in your diet and

Week	Challenge	wk1	wk2	wk3	wk4	wk5	wk6	wk7	wk8	wk9	Total
1	1 or more meat free days										
2	1 or more main meals of plant based protein	X									
3	1 or more dairy free days	X	X								
4	Compost or green bin all food scraps	X	X	X							
5	Buy seeds to plant for spring transplanting	X	X	X	X						
6	1 or more days no excess low nutrient calories	X	X	X	X	X					
7	Share a favourite vegan recipe	X	X	X	X	X	X				
8	Eat high fibre foods at least 1 meal per day	X	X	X	X	X	X	X			
9	Number of local foods bought this week	X	X	X	X	X	X	X	X		
	TOTAL										

try replacing some of the milk you use with plant based alternatives like almond or soy, or even better, try oat or rice milk.

**Week 4:** Food which is thrown in the garbage decomposes in landfills and emits methane which is at least 25 times more potent than CO2 as a greenhouse gas. Reduce your food waste, buying only what you need and using up leftovers. If there are food scraps, compost your own or put it in the green bin.

**Week 5:** Growing your own produce reduces transportation and plastic packaging. Buy some seeds and plant them so they will be ready for spring transplanting.

**Week 6:** Studies show that those who overeat not only gain weight but have a higher rate of greenhouse gas emissions. So, cut out the nutrient poor, calorie rich foods like candy, sugary drinks, and high sugar- high fat fast foods and baked goods. It's

good for your health and that of the planet!

**Week 7:** Share a favourite Vegan recipe! We'll make a book.

**Week 8:** Adding more fibre to your diet will not only improve your health, but studies show those diets lowest in greenhouse gas emissions were high in fibre rich plant foods. Increase legumes, nuts and seeds.

**Week 9:** Buying locally decreases the carbon footprint of long distance transport. It also supports farmers and growers in your area. Choose organic when possible. All these will lower your footprint.

For recipes and more go to:

<https://www.firstunitarianottawa.ca/confronting-the-climate-catastrophe.html>

Info Source: Jillian Kubula <https://www.healthline.com/nutrition/how-to-reduce-carbon-footprint>

~ submitted by Donna Bowen Willer

## SRC News: PhotoVoice - Hope in Action

Participate in PhotoVoice! Choose two photos, one distressing and one calming, and tell the related story of hope by answering three questions:

1. Why did I choose these photos?

2. What were my feelings?

3. What is one action I can take to help Mother Earth become healthier?

To join the PhotoVoice Group on Facebook contact Maury Prevost at

[photovoice@firstunitarianottawa.ca](mailto:photovoice@firstunitarianottawa.ca).

He will send you an invitation to join. Not on Facebook? Send your photos and stories to Maury, who will post them on your behalf.

My name is Samantha and I am 11 years old.

I chose this picture because I am afraid I will have a short life unlike my gramma.

The planet is exploding in this picture because we are polluting the sky and creating holes in the ozone. The factories are producing photochemical smog which evaporates in the air and causes holes in the ozone. Gas and metals are being used in our factories which creates smog making it harder for us to breathe and we can't see the stars in the sky.

I chose a picture of animals that includes llamas, horses, pigs, chickens, ducks, cows, a pony and a few turkeys because it makes me feel calm.

Not all animals are meant to be together but here they are not fighting with each other. Each one has a different quality like the sheep, fluffy and adorable. I am able to ride the horses and have some fun. We can get some meat from the turkeys and pluck some feathers for my uncle to bead. The cows produce milk. The llamas always have different personalities either nice or mean but they are always cute. These animals show us that we can all be together just like them and save the planet.



One action I will do is help Mother Earth become healthier is to take care of animals well and not make them into meat. I am thinking about going vegetarian by eating more vegetables and less meat.

~ Samantha, Sharen Bowen's granddaughter



The first picture was taken along the path by the Ottawa River after a major spring flood and shows the sudden erosion of the shoreline. It makes me think of the destruction that will occur as water levels rise due to the change in temperatures as the climate changes and the more violent weather events that will compound the damage. I worry about the communities that live close to waterways and the ocean.

This second picture reminds me that there is so much beauty in the world at every time of year. The trees may be bare but the process of the seasons, the rejuvenation of the soil and the artistry that is present without intention gives me hope that the earth's cycles will continue and that there is so much that we can continue to appreciate *and learn to understand*.

~ Lynn Kofmel-Preston

## SRC News: Using Hydrogen to Keep Hope Alive

There are two conclusions on which there is near uniform consensus in the fight against global warming. One is that the fight must be waged on multiple fronts, with varying strategies. The second is that hydrogen lies at the heart of one of those strategies. Below are a few examples of how a hydrogen focussed strategy can be pursued at three levels - locally (FirstU), nationally and globally.

### Locally

In accordance with the principles of the *Green Sanctuary Program*, adopted by the Unitarian Universalist Association, we at FirstU could decarbonize our premises at 30 Cleary by availing ourselves of an Artificial Intelligence controlled conversion process which allows the onsite transformation of natural gas to hydrogen. As a result, the burners supporting the church and related structures would consume hydrogen instead of natural gas. Third party funding from the Federal Government or private sources would be necessary to implement this strategy.

Encouraging progress is being made in finding valuable uses for the carbon by-product: carbon nanotubes of decarbonization; for medicine - nervous regeneration; for computers - printed circuits; for soldiers and police - light bullet resistant vests; for space craft - light-weight skins. The alternatives would enhance the opportunity to secure funding for an out-of-the-box undertaking.

### Nationally

Key to the adoption of hydrogen as part of our national climate change strategy is the conversion of natural gas to hydrogen at Alberta's existing wells. That hydrogen would be transported across the country through a modified Trans Canada Gas Pipeline.

### Globally

At the planetary level, hydrogen is the product of a new technology designed to boost our oceans' capacity to absorb excess atmospheric carbon. Our planet is approximately 70% ocean and 30% land. Prior to the Industrial Revolution the earth's

oceans absorbed excess atmospheric carbon at a satisfactory rate. Currently, the volume of carbon in the atmosphere exceeds the oceans' capacity to absorb it. A wind-driven technology has been developed which sends the excess carbon in the ocean to the ocean floor. It is estimated that eighteen artificial floating islands, equipped with this windmill technology, would restore the oceans' carbon absorption to an acceptable rate. These energy islands would produce hydrogen as a by-product. The projected budget for eighteen energy islands would be in the trillions. However, if the impact this technology has on global warming is as great as anticipated, the economic and humanitarian savings would more than justify the cost.

In short, at the local, national and planetary levels, hydrogen provides humanity with powerful weapons in the fight against global warming.

*~ submitted by Werner Daechsel*

## International Women's Day 2021 - Monday, March 8, 2021

"On International Women's Day, let us all pledge to do everything we can to overcome entrenched prejudice, support engagement and activism, and promote gender equality and women's empowerment."

— UN Secretary-General, António Guterres



### IWD Campaign theme: #ChooseToChallenge

A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day. We can all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world. From challenge comes change, so let's all choose to challenge.

(from: <https://www.internationalwomensday.com/theme>)

# SRC News: Poverty Awareness Action Group (PAAG)

As the name implies, this group works to bring attention to members of our community who are struggling with a variety of economic and housing issues – and to help. The scope of possible activities is very broad but, just to give you a flavour, here are a few of our recent activities.

Whenever the need comes to our attention, we collect and deliver furniture donations to: The Minwaashin Indigenous Women’s Support Centre, Capital Rainbow Refuge, smaller local refugee settlement groups and household groups. It is such a treat to see how relieved and happy families are to receive these items with the help of FirstU.

We take part in the annual Tulipathon which raises money for the Multifaith Housing Initiative, an affordable housing project that helps alleviate Ottawa’s housing crisis. Last year we raised \$4,556. I hope you will buy some tulip bulbs at this year’s Tulipathon on Sunday May 30, 2021 to raise even more!

We support the annual “Chew On This” Campaign which marks the International Day for the Eradication of Poverty. It draws attention to poverty in Canada and calls for action through a national plan to end poverty.

We participate in the annual Multifaith Food Drive, usually held in the Spring.

Our group remains strongly committed to building non-profit affordable housing on our campus. The Congregation, at its annual meeting two years ago, passed a motion to pursue this as a future development.

None of this could happen without the hard work of our Group members: Katherine Gunn, Werner Daechsel, Gary Campbell, and myself, as well as other members of our congregation who have volunteered or supported us on occasion.

We could accomplish even more if we had more regular members in our Group. If you are passionate about this sort of work, please contact me, Kathy Yach, at [cityviewky@rogers.com](mailto:cityviewky@rogers.com) 613-224-6835.



We would love to have you join us!  
~ submitted by Kathy Yach, Chair, PAAG



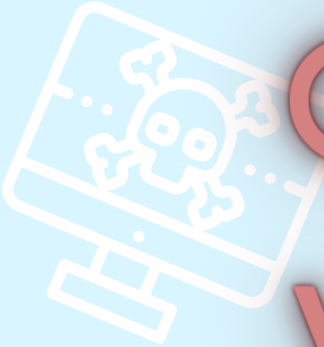
# SCAM TIPS!

The pandemic has provided scammers with the perfect audience. Our portal to the world is more often than not our computers; we read and reply to emails and surf the web more frequently than before.

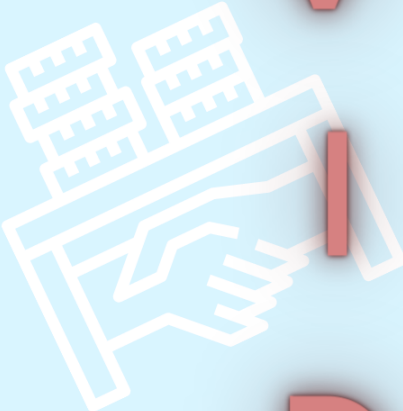
Below are some quick reminders, so hopefully you don't get caught. Remember, if it doesn't seem right, it probably is not worth opening or reading!



**C** **Computer/Email Crime:** Scammers usually request financial payments. If you are confused with their demands, delete the email.



**O** **Online COVID-19 Scams:** Scammers use online covid-19 surveys for their scamming purposes to gain information and banking material. Ignore them.



**V** **Volunteering/Donating:** Fraudulent charities, fake fundraising and donation requests are appearing. Ensure the requests are legitimate. If not, ignore them.

**I** **Investing:** Scammers recognize the opportunity to confuse people to invest in what they say are great opportunities. Do your research and speak with professional accountants before deciding.

**D** **Drugs, Treatments & Supplies:** Scammers like to offer fast infection remedies and protection equipment sales. These must only come from your established health care provider.

-from [www.seniorsafetytips.ca](http://www.seniorsafetytips.ca)





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