

An abstract painting featuring vibrant, swirling colors including red, yellow, blue, green, and purple. The composition is dynamic and expressive, with thick brushstrokes and a sense of movement. The colors blend and swirl together, creating a rich, textured effect. The overall mood is energetic and creative.

Lifespan Learning

Program Guide
Winter/Spring 2010



First Unitarian
Congregation of Ottawa

Lifespan Learning Program Guide

January 1–August 31, 2010

This guide was created by the Lifespan Learning Council of the First Unitarian Congregation of Ottawa. You are invited to browse our program of Lifespan Learning events, and to attend any that interest you. Welcome!

If you wish to submit an item for a future version of this guide, please contact Wendy Doyle, adultlearning@firstunitarianottawa.ca.

For current course information, go to www.firstunitarianottawa.ca/learn

Lifespan Learning Vision Statement

We promote learning for all ages as a fundamental spiritual practice in our community, with intention, willingness and forethought.

Special Events

Unless otherwise stated, events take place at the First Unitarian Congregation of Ottawa, at 30 Cleary Avenue.

The Environmental Crisis: Solutions

Dr. Ian Prattis, professor emeritus and resident teacher at the Pine Gate Zen Community in Ottawa, gives talks and retreats all over the world. He is the author of *Failsafe: Saving the Earth from Ourselves*, described as a book for our times. It is his meditation on the planet; it deals with global warming, anticipates the economic meltdown, and offers solutions to both. Everyone is invited to attend this presentation.

When: Sunday, February 7 at 12:30 p.m.

Where: First Unitarian Congregation of Ottawa

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

After Copenhagen—Next Steps

Graham Saul is currently Executive Director of Climate Action Network, a coalition of Canadian organizations working to prevent dangerous climate change through greenhouse gas reductions and a transition to a clean-energy economy. A graduate of McGill University, Mr. Saul has previously worked in Africa (Oxfam), the U.S. (Bank Information Center) and Canada (Friends of the Earth Canada). He is an amazing speaker! Everyone is invited to attend this presentation.

When: To be announced

Place: First Unitarian Congregation of Ottawa

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

Learn more about Islam

As part of its world religions program, the Adult Learning Committee will be sponsoring a series of sessions on Islam this winter and spring. The sessions will provide a basic understanding of the Islamic faith and attempt to dispel some of the stereotypes and myths that are too frequently perpetuated in the media.

Session 1: will provide an overview of the Islamic faith, its basic tenets and practices

Session 2: will include presentations by two dynamic women, who will provide their perspectives on being Muslim in Canada

Session 3: will take a more in depth look at one of the sects of Islam Come and find out what the Koran really says about jihad, why some Muslim women choose to wear the hijab and how the various Islamic sects relate to each other and to other religions.

When: Dates to be announced

Where: Worship Hall, First Unitarian Congregation of Ottawa

Contact: Eva Berringer, 613-521-7520, evaberringer@hotmail.com

Reflections on a Journey around the World

Last year, Becky Hogue and Scott Drennan bicycled across Canada and travelled around the world. Join Becky and Scott for a series of slide shows and discussions about their journey.

1. **Exploring Eastern Canada on the Slow Road**—the back roads of Quebec, Newfoundland and Labrador
2. **Have You Ever Been to Sea?** Travels by container ship across three oceans and wanderings through Southern Europe
3. **Buddhas, Water Fights, and Big Walls**—Southeast Asia, China, and South Korea
4. **Canada is really big!** Western Canada, from Victoria to Prince Rupert and the road home to Ottawa

When: Four Sundays between February and May, immediately following coffee hour—dates will be announced in the Sunday Communiqué

Where: NOW Room

Contact: Becky Hogue, Scott Drennan, 613-454-5296, us@goingeast.ca

Cost: A donation to support the congregation would be welcome

Palliative Home Care by Dr. Louise Coulombe

Dr. Louise Coulombe initiated the Community Palliative Care Network in 1996, with the aim of providing palliative care to people wishing to die at home. The presentation, which will include several individuals who have volunteered in palliative care, will be followed by a question and answer time. From a recent article by Dr. Coulombe: “Patients and families assure us that our care is ‘good’ when they are listened to, when they are allowed to participate in decision making, when they see that the team is ‘trying’ and, despite difficulties, is continuing to ‘care.’ . . . the act of trying, caring and accompaniment’ in itself can represent true success.” Everyone is invited to attend this session.

When: Saturday, March 13 at 9:30 a.m.

Where: Fellowship Hall, First Unitarian Congregation

Contact: Members of the Caring Committee Executive, Alexandra Devine, 613-224-5695, devineaj@sympatico.ca

Art as a Form of Spiritual Expression

Workshop with Spiritual Arts Practitioner Vivianne LaRiviere
Who am I? What do I value? What are my challenges? What is my purpose? Who do I wish to become? When we are faced with tough life questions, art and spiritual dialogue are fascinating and beautiful ways into the answers, into the wordless places.

This workshop is specifically designed to help with self-discovery, and in turn can offer the opportunity for a level of healing to occur, as we move to deeper places within ourselves.

The participants are guided through focused meditation, collective dialogue, and a wide variety of art including poetry, writing, collage, painting, singing, and drumming as a way into the places you need to go when wishing to discover deeper meaning.

When: Friday, March 26 from 7:00–9:00 p.m. and Saturday, March 27 from 10:00 a.m. to 6:00 p.m.

Cost: \$95 (\$80 plus \$15 to the congregation—includes supplies)

Registration: Call the church office, 613-725-1066, or e-mail Wendy Doyle, adultlearning@firstunitarianottawa.ca, by March 12.

Unitarian GoGos African Marketplace

Gorgeous Kazuri Jewellery made by Kenyan women, African Batiks, beautiful greeting cards and bookmarks, African books, dolls and aprons, and more. Special live African entertainment. All proceeds to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. Tea, coffee, and light refreshments. Everyone welcome.

When: Saturday, April 24 from 10:00 a.m. to 3:00 p.m.

Contact: Wendy Doyle, adultlearning@firstunitarianottawa.ca, 613-824-7462

Perspectives of World Religions Weekend

J. W. Windland, founder of the Encounter World Religions Centre, will present a unique overview of the world's major religions, and a more detailed study of several religions, followed by visits to three or four religious institutions, including temples, mosques and synagogues. Hosted by First Unitarian Congregation and the Community of Christ.

When: Friday, April 30 and Saturday, May 1, 2010

Time: to be announced

Cost: to be announced

Contact: Wendy Doyle, adultlearning@firstunitarianottawa.ca, 613-824-7462

New Courses and Programs

Introducing Ourselves

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

When: Tuesdays, January 5, 12, 19, 26 at 7:00 p.m.

Registration: Please sign up on the bulletin board near the small kitchen or call the church office, 613-725-1066

Contact: Rev. John Marsh, 613-725-1066,
minister@firstunitarianottawa.ca

Integral Philosophy Discussion Group

Can one be both spiritual and rational? The wisdoms of the great teachings were all developed before Newton, Freud, Darwin and Einstein lived. Would Buddha or Jesus have taught differently if they had known the earth was round and that evolution was taking place? This new discussion group is based on the works of Ken Wilber, author of *Sex, Ecology, Spirituality* and *Integral Life Practice*. Focused on spirituality and enlightenment, this workshop is an exploration of spirituality compatible with science and Unitarian Universalist principles. Co-led by Valerie Cousins and Dale Wilson.

When: Alternate Saturdays starting January 9,
from 9:30 to 11:00 a.m.

Contact: Valerie Cousins, 613-722-6228, vcousins@trytel.com, or Dale Wilson, h.dale.wilson@gmail.com

Joyous Autobiography: A Time to Tell Your Stories

If you love to tell or hear stories, this is the program for you. Stories of courage, of humour, of a different time in history—we all have them to tell. Our stories are worth cherishing as society changes fast. This program is a friendship circle for writing and sharing. It is not focused writing skills. You will be surprised how well you write when you have an anecdote to tell and how interesting it is to others. A theme is provided each week—or you can write whatever you wish. It's very easygoing!

I call this “Joyous Autobiography” because, however difficult life has been, there are always saving graces—people you admired, or who gave a helping hand, moments of friendship, humour, or adventure.

When: Mondays, January 18–March 8, from 1:30 to 4:00 p.m.

Where: Room 1, First Unitarian Congregation of Ottawa

Cost: \$96 (20 percent to the church)

Registration: Clea Derwent, (M.Ed, Cert Adult Ed), 613-695-0505; clderwent@gmail.com. ASAP, please, places are limited.

Fibromyalgia Support Group

An invitation is extended to anyone who has Fibromyalgia, or who may be caring for someone who has this disease, to come to an organizational meeting. The purpose of this first meeting is to brainstorm on how to proceed as a group, to pool our knowledge and resources, and to support each other as we cope with this little-known disease.

When: Sunday, February 7 from 12:15–1:00 p.m. **Where:** Room 2

Contact: Nancy Lauder, 613-591-1027, n.lauder@sympatico.ca

Mapmaking

Mapmaking, a five-session guided experiential program designed specifically for new members and friends of the First Unitarian Congregation of Ottawa, offers activities and opportunities to help you clarify your spiritual journey, explore your potential or actual role in the congregation and build significant relationships with others. Co-led by Terry Kimmel, Joan Turner and John Harrison, who have all led or participated in previous Mapmaking programs.

When: Tuesdays, from February 9, 16, 23, and March 2, 9, from 7:00 to 9:30 p.m.

Contact: Joan Turner at adultlearning@firstunitarianottawa.ca, 613-721-0791, or church office, 613-725-1066, ext.0

Register: by Sunday, February 7 please

Spiritual Growth

Spiritual Groups and Courses

Meditation and Contemplative Practice Group

This weekly meeting for spiritual deepening will include instruction in the traditional mindfulness form of meditation adapted for contemporary situations. At the same time, everyone is welcome to join us and continue with whatever you practice. Short readings on meditation practice (not doctrine) will be briefly discussed.

On the first week of each month the group will be led by Rev. John Marsh in a contemplative and discussion evening on a series of themes. The intention is for the evening to be helpful and entirely suitable for Unitarians.

When: Wednesdays at 7:30 p.m.

Facilitators: Clea Derwent and Mo Gabe

Contact: Clea Derwent, 613-695-0505, or Mo Gabe, 613-746-6795

Singing Meditation

Taste the bliss of a song sung deeply into your soul. In Singing Meditation, songs are alternated with silent intervals for contemplation. Songs are drawn from a variety of spiritual paths: Earth-centred, Sufi, Hindu, Christian, Jewish and others. You need not be an experienced singer to participate, as songs are short and easily learned.

When: Sunday, February 28, March 28, April 25, May 30, from 4:00 to 5:00 p.m.

Where: NOW Room

Facilitator: Nicky Duenkel, Director of Lifespan Learning

Religious Exploration: Our Ministry with Children and Youth

Most Sundays, worship begins with a Time for All Ages in Worship Hall, followed by small and large group Religious Exploration (RE) experiences for children and youth. Our groups for younger UUs are guided and advised by teams of attentive, caring, and responsible adults. On the **first Sunday of each month** children (and their grown-up friends) gather in the NOW room prior to RE sessions for their own special worship service. Our Children's Worship services incorporate songs, stories, meditations, activities, and rituals—all focused on the monthly theme being explored in that day's adult service. We hope this provides the opportunity for further exploration of these ideas within families and between generations. Children's Worship and themes are as follows:

January 3—Justice

January 31 (instead of February 7)—Brokenness

March 7—Transformation

April—No Children's worship due to Easter Service for All Ages

May 2—Friendship

In the winter/spring of 2010 we are offering the following programs:

- **First Steps**—toddlers to 2 year olds
- **Celebrating Me and My World**—3 and 4 year olds
- **Gr. 1 Our Whole Lives (OWL)**—5 and 6 year olds (January to February)
- **Spirit Play**—5 and 6 year olds (March to May)
- **Faithful Journeys**—7 and 8 year olds
- **Holidays and Holy Days**—9 year olds
- **Faithful Journeys**—7 and 8 year olds
- **Holidays and Holy Days**—9 year olds
- **Gr. 5 Our Whole Lives (OWL)**—10 and 11 year olds (January to March)
- **Bibleodeon**—10 and 11 year olds (March to May)
- **Coming of Age**—12 and 13 year olds
- **Youth Group**—14 to 20 year olds

We welcome parents with babies and offer a comfortable Lounge equipped with a closed-circuit monitor, so that parents may easily move in and out of Worship Hall as desired and still follow the service.

Our Winter Session opens on **Sunday, January 3** with a Children's Worship service focused on the theme of Justice. Our regular RE activities continue until Sunday, May 16.

Registration: Any Sunday, downstairs.

The program year will end with a unique and moving service on **Sunday, May 16**, prepared by the Coming of Age youth, in which they will share their faith statements with the rest of the congregation.

Summer Programming varies from year to year, so stay tuned for what new and exciting things develop!

Contact: Nicky Duenkel, Director of Lifespan Learning, 613-725-1066, ext. 234, dll@firstunitarianottawa.ca

Religious Exploration Special Events

Children's Yoga

Sunday mornings (Dates and Time TBA)

Breath, stillness, movement, relaxation, yogic donkeys, and belly bliss! Children's yoga practice promotes self-confidence, self-esteem, and self-soothing; can aid focus and concentration; and can enhance physical and mental (right brain-left brain) coordination. Yoga offers fun, multi-faceted tools for expanding awareness, consciousness, kindness, and creativity in children of all ages. Come join Racquel Smith, a certified Hatha Yoga instructor trained in the techniques of the Radiant Child Yoga Program.

Mystery Pals

Sunday, February 7 to Sunday, March 7

Children and adults send notes, drawings, and tiny gifts to a secret mystery pal until finally, after weeks of sharing, they meet at a formal and fun luncheon. The Mystery Pal Program is designed to bring people (young, old, and in-between) of our congregation together to meet someone they might not otherwise meet. Register Sunday, January 17.

All Ages Spring Picnic

Sunday, May 16

The entire congregation is invited to enjoy lunch outdoors on this final Sunday of our Spring RE session.

Services for All Ages

This winter and spring, we will share in two Services for All Ages on Sunday mornings. These are times for people of all ages to gather in creative worship, song, and joyful community.

Love and Friendship
Easter

Sunday, February 14
Sunday, April 4

In addition, we will be offering Soulful Sundown Services for all ages.

Spring Equinox
Summer Solstice

Sunday, March 21 at 5:00 p.m.
Sunday, June 20 at 5:00 p.m.

Our Whole Lives

Our Whole Lives (OWL) Sexuality Education

OWL is a positive, comprehensive, and age-appropriate educational program that promotes sexual health and is based on four primary goals: to provide accurate, developmentally appropriate information; to increase self-esteem and understanding of relationships with, and responsibilities toward, others; to develop interpersonal skills, including communication, decision making, and problem solving; and to teach responsibility for personal health and safety. We have an active OWL Facilitation Committee overseeing the use of OWL curricula across six age groups: Grades 1 and 2, Grades 5 and 6, junior high and senior high school youth, and young adults and adults.

Senior High Our Whole Lives (OWL) Weekend Workshop

Using the Our Whole Lives curriculum developed by the Unitarian Universalist Association and the United Church of Christ, students are provided with up-to-date information and opportunities to learn with their peers from a team of trained facilitators. Time for fun and hearty meals is included. At the conclusion of active participation in four weekends, youth graduate in a Saturday evening graduation ceremony.

For youth ages 15 to 19, in Grade 10 to first year post high school.

Go to <http://www.owlintottawa.blogspot.com> for more information.

When: Friday, February 26 to Sunday, February 28. The program starts at 7:00 p.m. Friday and ends at 10:00 a.m. on Sunday

Location: Unitarian Church of Montreal

Fee: \$40/session for first time participants, \$35 for return participants. **Contact:** Stephen Gabe, stephen.gabe@sympatico.ca, 613-226-3250 for information or to register

Young Adult Our Whole Lives (OWL) Sexuality Education Program

For the very first time, Young Adult OWL, based on the 2008 *Young Adult OWL* curriculum, is being offered in Ottawa. The first of four one day workshops will include: *Sexuality and Young Adults*, *Mind and Body*, and *Sexual Anatomy and Sexual Pleasure*. Trained facilitators will lead participants through experiential learning activities which are sometimes serious, sometimes fun. Overnight home hospitality available on request for those from out of town. Everyone age 18 to 35 is welcome to attend. Please register by January 18. After that date contact Joan or Jessie.

When: Saturday, January 23 from 8:30 a.m. to 6:30 p.m.

Where: Room 2, lower level, First Unitarian Congregation of Ottawa

Cost: \$20 or pay what you can. Includes workshop, lunch, refreshments and supplies.

Information: Joan Turner, adultlearning@firstunitarianottawa.ca

Registration: Jessie Davis, Jessie.davis@unb.ca

Adult OWL

Whether you are a parent and want to be able to talk more easily about sexuality with your child or you want to be up to date and better informed, or you simply want to learn more about yourself and about relationships, you can participate in Our Whole Lives Sexuality Education for Adults of all ages. The course takes place at First Unitarian over a month-long period consisting of two Saturdays and four Wednesday evenings. Grounded in a holistic view of sexuality, Our Whole Lives (OWL) helps participants to clarify their values, build interpersonal skills and understand the spiritual, emotional, physical and social aspects of sexuality.

Samplers: Offered so that you can meet the facilitators, engage in a typical learning activity and ask questions. Come on one of these dates. No need to pre-register for samplers.

When: Wednesday, March 24 from 7:00 to 8:30 p.m.

Sunday, March 28 from 12:15 to 1: 45 p.m.

Where: Room 2, lower level, First Unitarian Congregation of Ottawa

Adult OWL classes begin on Saturday, April 10 and end on Saturday, May 8. Please register by April 8 so that we can plan.

When: Saturday, April 10 from 9:00 a.m. to 4:00 p.m.

Wednesdays, April 14 to May 5 from 7:00 to 9:30 p.m.

Saturday, May 8, from 9:00 a.m. to 4:00 p.m.

Where: Room 2 at First Unitarian **Cost:** \$60 for the full course or pay what you can (cost should not be a barrier to participation). Supplies, lunch and beverages on Saturdays are included.

Information: Joan Turner, 613-721-0791, adultlearning@firstunitarianottawa.ca

Registration: adultlearning@firstunitarianottawa.ca. Please register by April 8.

Live and Learn

Unless otherwise stated, events take place at the First Unitarian Congregation of Ottawa, located at 30 Cleary Avenue and the cost for courses and activities is \$3 per evening or pay what you can.

Arts Night

Three guest artists, one from each of the literary, visual and musical arts, give a presentation each month. They share the origin, passion and demonstrate examples of their particular art form. This is followed by a question and answer period where the audience interacts with the artists. There is an open mike at the beginning of the evening, where a few members of the audience may give five-minute presentations. Refreshments served. Evenings open to everyone.

When: Last Friday of the month from September to June (except December) at 7:30 p.m.

Cost: \$5/evening or pay what you can

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880 or the church office, 613-725-1066.

ArtSpace

Our Lounge has a well-lit display wall, where each month we feature a different artist from the congregation.

Contact: Laurie Foster-MacLeod, 613-728-1916.

The BookShelf

The BookShelf in Fellowship Hall offers a wide range of titles chosen in support of Unitarian Universalist Principles. These books include Adult Fiction, Non-Fiction and Children's Literature, many of which are award winners. We also sell books and CDs by members of our congregation.

When: Sundays after service from September to May

Contact: Helene Lamb, 613-829-7151, helenelamb@sympatico.ca

Empower Dance

Dance, stretch, move, and meditate to all kinds of music. "We enjoy having new participants and new music." Everyone welcome! Drop in and try it out.

When: Wednesdays from 7:30 to 9:00 p.m.

Cost: Suggested gift of \$3/evening to the congregation

Contact: Janet Clayton, 613-733-9566

Reading for Growth

There are two active Reading for Growth groups which explore and learn about relevant issues by reading and discussing thought-provoking books. Some of the books coming up are:

Monday Group

This group meets the second Monday of the month from 1:00 to 3:00 p.m. in the Rose Room at Unitarian House.

January 11: *Dead Aid*, by Dambisa Mayo

Friday Group

This group meets the last Friday of the month from 1:00–3:00 p.m. at the church.

January 29: *Welcome to the Urban Revolution*

Fiction

If you are interested in being part of a Fiction Reading Group, please contact Katharine Elliott.

Contact: Katharine Elliott, 613-270-8308,
katharine.elliott@opera.ncf.ca

UU Writers Groups

This small group of would-be writers meets for herbal teas, low calorie (?) cookies, fun, companionship, reading, and of course, writing. Amateurs welcome; no need to call beforehand. Donations to First Unitarian Congregation of Ottawa are welcomed.

When: Alternate Tuesdays at 7:00 p.m.

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880, or Ian Shields, 613-824-6080 ext.282, ianshields@rogers.com

Unitarian Women

Enjoy speakers on a wide variety of topics as well as several potluck lunches. Please feel free to join us.

When: Third Thursday of the month, from 10:00 a.m. to 12:00 p.m.

Contact: Marian Rickey, 613-736-8642, rickeyem@rogers.com or Marianne Dawes, 613-761-5589

Women's Personal Growth Group

This is an evening of fun and exploration for women. Members of the group select topics they wish to explore. Under the benevolent guidance of Joycelyn Loeffelholz-Rea. Donations to the First Unitarian Congregation of Ottawa are welcomed.

When: First Monday of the month (or Tuesday if Monday is a holiday) at 7:30 p.m.

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880, or Evelyn Algar, 613-728-5761

Yoga for Seniors and Everyone else

Everyone is welcome to join; improve your flexibility in a relaxed setting. Led by Linda Percy. Drop in and try it out!

Date: Friday mornings from January 8 to March 26, (except March 19)

Time: 10:15-11:15a.m. **Where:** Fellowship Hall

Cost: \$95 for 11 weeks or \$10 drop-in

Contact: Linda Percy, 613-729-8913, or Margot Clarke, 613-820-6596, mmclarke@magma.ca

Fellowship

Bridge Club

All levels of players welcome. The format is multi-table rotational bridge. Light refreshments.

When: January 15, February 19, March 19, April 16 and May 7, 2010

Time: 7:00–10:00 p.m. **Place:** the Lounge

Cost: A donation to the congregation of \$5/evening or \$25/season

Contact: Tarrel Armstrong, 613-823-8751 or home@thearmstrongs.ca

Crafty Crafters

This group welcomes knitters and crocheters who want to share their enthusiasm for the needle arts, have great discussions, and join occasional field trips. We learn new techniques, experiment with new materials and share our experiences. We knit, crochet, needlepoint, and embroider interesting, fashionable, and useful items for the Holly and Lace Bazaar, for church and community sales, and for donations to meet community needs. We bring our lunches and make tea.

When: Wednesdays from 10:00 a.m. to 2:00 p.m.

Contact: Norma Gross, 613-596-1702, or

Rosemary Bonyun, 613-563-0594

Britannia Neighbourhood Group

This is a social group that meets once every six to eight weeks in members' homes or party rooms for a potluck lunch or dinner. The purpose is to stay in touch and have a pleasant afternoon or evening in good company. Please see the Sunday *Communiqué* or *Parkway Spire* for upcoming meetings.

Contact: Susanne Ahlers, 613-828-3368, or

Veronika Dent, 613-727-6161

Glebe/Centretown/Ottawa South Neighbourhood Group

The group meets at participants' homes for coffee, dessert, and to hear a guest speaker, with discussion afterwards. We also have a potluck dinner in September and June.

When: Monthly, the fourth Sunday of the month. We do not meet in December, July, or August

Contact: John Stevenson, 613-232-4446, eq738@yahoo.ca

Riverside Park Neighbourhood Group

Meetings, in participants' homes, include a guest speaker on substantive topics relevant to a religious institution: other religions, important activities within our own church, justice issues, environment issues, social movements, etc. The meetings are followed by coffee, tea, and desserts. Participants are centred in the south end of the city, but anyone who shares an interest in the topics is welcome.

When: Monthly from September to May

Time: Usually on a Sunday evening at 7:30 p.m.

Contact: Bob Staveley, 613-733-6678.

Painters' Circle

Being able to share our ideas, show what we have done, and seek suggestions is a really pleasant experience artists who usually paint alone. We are a friendly, encouraging group with a wide range of painting experience. We welcome neighbours, friends, and members of the congregation.

When: Tuesday mornings, between 9:30 a.m. and 12:30 p.m.

Where: Room 3, on the lower floor of First Unitarian

Cost: \$10/weekly donation to the congregation, or pay what you can

Registration and information: Clea Derwent, 613-695-0505, or clderwent@gmail.com

Unitarian Seniors' Service, Lunch and Program

Once a month, from 11:00 a.m. to 2:00 p.m., seniors and retired folks meet for service in Worship Hall, followed by lunch in Fellowship Hall.

After lunch, we present a program that is entertaining and/or thought-provoking. Seniors' Lunches take place once a month, on various weekdays. Mark your calendars for:

Tuesday, January 26

Thursday, February 25

Wednesday, March 31

Tuesday, April 27

Thursday, May 27

Wednesday, June 30

Tuesday, July 27

Thursday, August 26

Wednesday, September 29

Tuesday, October 26

Thursday, November 25

Time: 11:00 a.m.–2:00 p.m.

Contact: Maureen Sly, 613-728-7610, mmsly@rogers.com or John Soar, 613-836-1948, thesoars@rogers.com

UU Round Table Lunch

Open to all Unitarian Universalists and guests. Lively discussions take place among members of the group, who have diverse interests and experiences. Our meeting location changes every three months. Check the *Sunday Communiqué* or *Parkway Spire* for location.

When: Third Friday of the month at 1:00 p.m.

Location: Ho Ho Restaurant, 875 Richmond Road, (January–March)

RSVP: Tudy McLaine, 613-745-8074, mclaine2d@hotmail.com, or Marjorie Daechsel, 613-596-1471 by Thursday evening.

Young Adults (The Noble Birds)

The Noble Birds is a diverse group of congregants in their twenties and thirties. It includes students, young professionals, young couples, and parents who wish to share, as a community, in activities of mutual interest. The Noble Birds have monthly events, often a potluck or other social event. They also organize one or two worship services a year and assist at other events and services. This group is dynamic and growing.

Contact: noblebirds@firstunitarianottawa.ca or Amy McRobert, amymcr@gmail.com

Social Responsibility Council

Weekly

On Sundays, the Social Responsibility Council displays topical information at its table in Fellowship hall.

Monthly

Watch the congregation's publications for information on these events after service on Sundays:

- Social Responsibility letter-writing sessions, dealing with current issues in our community, province, country and the world.
- Fair Trade products for sale by the Environmental Working Group.
- Granny Squares—brownies, lemon squares, and so on—for sale by the Unitarian GoGo Grannies, aiding the Stephen Lewis Foundation to support the Grandmothers to Grandmothers campaign for Grandmothers and AIDS orphans in Africa.

Monthly meetings of Social Responsibility Working Groups are announced in the Sunday *Communiqué* and the monthly *Parkway Spire*, as are other special events, seminars, etc.

To learn more about the Council, its Working Groups, and their activities, contact Debra Mair, Chair, Social Responsibility Council at 613-728-7507 or debramair@rogers.com

Meetings of the following groups are announced in the Sunday *Communiqué* or *The Parkway Spire*. To find out more about these activities, contact the following people.

Adopt-A-Riverbank	Margaret Linton, 613-728-2446 mlinton@trytel.com
Ancoura Working Group	Kathie Elliott, 613-270-8308 katharine.elliott@opera.ncf.ca
Canada Nepal Solidarity for Peace Working Group	Judy Dunlop, 613-728-9242 judy_dunlop@sympatico.ca
Canadian Unitarians for Social Justice Liaison	Katharine Im-Jenkins, 613-866-0071 president.cusj@gmail.com
Child Haven Working Group	Agnes Davis, 613-737-6527 davisab@rogers.com
Environmental Working Group	Alastaire Henderson, 613-562-2253 hendersalas@gmail.com

Global Justice Working Group	Bob Stevenson, 613-729-3765 stevbob@sympatico.ca
Ottawa West Community Support Liaison	Margot Clarke, 613-820-6596 mmclarke@magma.ca
Parkdale Food Centre	Phyllis Mitchell, 613-721-2387
Peace Watch Working Group	Dan Morrison, 613-225-7216 ae947@ncf.ca
Poverty Awareness Working Group	Ria Heynen, 613-828-8468 m.heynen@eyecan.ca
Refugee Working Group	Bob Stevenson, 613-729-3765 stevbob@sympatico.ca
Unitarian GoGos	Wendy Doyle, 613-824-7462 doylewendy@rogers.com or Beth Elliott, 613-680-1450 unitariangogos@gmail.com
UU-United Nations Office Working Group	Mary Duncan, 613-798-0267 meduncan@sympatico.ca

Music

Chalice Choir

Rehearsal on Thursdays (from January 7 to May 6) from 7:30 to 9:30 p.m. If you can carry a tune and commit to our weekly rehearsal schedule, then you're in—no audition necessary! This forty-five-voice choir's repertoire includes classical music, hymns, world music, and tuneful new choral works from Canada and beyond.

Gospel Choir

Rehearsal on Sundays (from January 3 to March 14) from 9:30 to 10:00 a.m. This twenty-five-voice multigenerational choir is open to singers of all ages and ability levels—no audition necessary. Repertoire includes gospel music, spirituals, and world music.

Children's Choirs

Rehearsals are on Sundays from April 11 through May 2, with a special appearance in the Sunday-morning Worship Service on Mothers' Day, May 9. Participation in the children's choirs is open to any child who falls within the age range of Choir I or Choir II—no audition necessary. Children who are not currently enrolled in the church's Religious Exploration program are welcome to join after their parent/caregiver fills out a permission form for their child/children.

Choir I (ages 6 through 9; rehearsal from 9:30 to 10:00 a.m.)

Choir II (ages 9 through 12; rehearsal from 12:00 to 12:30 p.m.)

Chamber Music on Cleary Avenue

All concerts take place in Worship Hall. Ticket prices are \$20 regular, \$12 senior/student, or pay what you can at the door on concert day.

- **Perron Trio.** Saturday, January 30 at 7:30 p.m.
With violinist Sheila Jaffe, violist Shelly Tramposh, and cellist Johanne Perron.
- **The Choral Oboe.** Friday, February 5 at 7:30 p.m.
With oboist Angela Casagrande, Tone Cluster (quite a queer choir!), and conductor Jane Perry.
- **In An English Country Garden.** Friday, March 5 at 7:30 p.m.
With clarinetist Angela Blackwell, harpist Lucile Brais Hildesheim, and pianist Jane Perry.
- **Northwinds Brass.** Sunday, March 28 at 2:30 p.m.
With Ken Isles and Al Ridgway, trumpets; Martin Bender, French horn; Dean Tronsgard, trombone; and Guillaume Poulin, tuba.

- **Music for Piano Trio.** Sunday, April 11 at 2:30 p.m.
With violinist Donnie Deacon, cellist Timothy McCoy, and pianist Tea Mamaladze.
- **The Swan's Song.** Sunday, April 25 at 2:30 p.m.
With the multi-talented Janet Roy (violin, viola, voice), and pianist Jane Perry.
- **Arias for Tenor and Continuo.** Saturday, May 1 at 7:30 p.m.
With tenor Denis Boudreault, oboist Marc Gibbons, harpsichordist Sonja Deunsch Plourde, and cellist Jan Jarvlepp.
- **Bringing It Home.** Saturday, May 15 at 7:30 p.m.
With violinist Véronique Mathieu and pianist Jennifer Hu.

Other upcoming concerts

There is always something musical going on at the church!

- **The Annual Steinway at First Concert: Modern Energy.** Saturday, February 20 at 7:30 p.m. A solo recital by Ottawa-born pianist Shoshana Telner. Tickets: \$25 regular, \$15 senior/student, or pay what you can.
- **A Choral Constellation.** Saturday, April 17 at 7:00 p.m in Worship Hall. The Choirs of the First Unitarian Congregation present a spring concert with two guest choirs: the Kanata Choral Society, and the Ottawa Hungarian Choir. Tickets: \$15 regular, \$10 senior/student, or pay what you can.

Getting to the First Unitarian Congregation of Ottawa

The First Unitarian Congregation of Ottawa is at 30 Cleary Avenue in Ottawa, about a kilometre east of the intersection of Woodroffe Ave. and Richmond Road. The tall spire of our modern structure is visible from Richmond Road and the Ottawa River Parkway.

From the Queensway (Hwy 417):

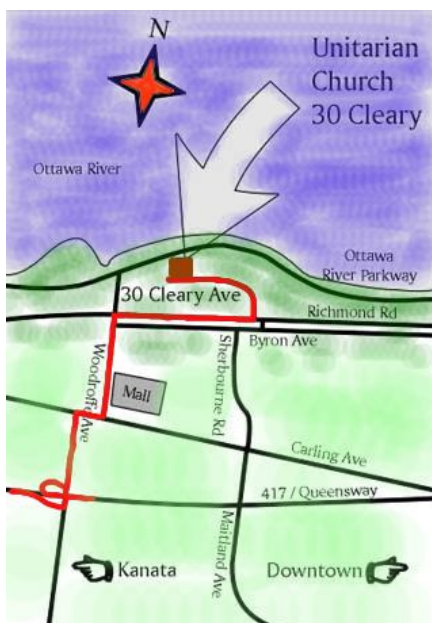
Take the Queensway (Hwy 417) to Woodroffe Avenue North. Continue north on Woodroffe, crossing Carling Avenue (with a jog to the right then left) and going past Carlingwood Shopping Centre until you reach Richmond Road. Take a right on Richmond Road and go to the next traffic light, Cleary Avenue, and turn left. We are at the end of Cleary Avenue behind Unitarian House. There is ample free parking.

By Bus:

The Route 2 bus stops at the intersection of Richmond Road and Cleary Avenue, not far from the church.

Access for Disabled Persons:

The Richmond Road/Cleary Avenue intersection has audible aids. The church is at the end of Cleary Avenue; all sidewalks are handicapped accessible and the church has an elevator.



About Our Faith

Unitarian Universalism is a liberal, theologically diverse religion, in which members support one another in the search for truth and meaning. As members of a non-creedal religious tradition, Unitarian Universalists are free to discern their beliefs about theological and ethical issues.

The First Unitarian Congregation of Ottawa welcomes those of all racial, religious, cultural and social backgrounds, gender identity and sexual orientation.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

Principles

As Unitarians we covenant to affirm and promote:

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 congregations 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.

Our Mission Statement

We kindle the light within and inspire courage to nurture the web of life and to create a just and compassionate world.

MEMBER
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UNITARIAN
COUNCIL
www.cuc.ca



Unitarian
Universalist
CONGREGATIONS

As Unitarians, we endeavour to live authentic and fulfilling lives, embracing life's many lessons and celebrating its transitions.

Our congregations are learning communities where we foster a sense of belonging, exploration and growth—together and in age-appropriate settings. Our education is liberal and progressive. We have a hands-on approach and seek to create an environment in which all questions and perspectives are honoured.

As we nurture one another, learn new skills and expand our inner lives, our place in the world becomes more meaningful.



**First Unitarian
Congregation of Ottawa**

30 Cleary Avenue
Ottawa, Ontario
K2A 4A1
Telephone: 613-725-1066
Fax: 613-725-3259
uuoffice@firstunitarianottawa.ca
www.firstunitarianottawa.ca