

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

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**fall, 2011**

*Lifespan Learning*

**Program Guide**



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congregation of ottawa

# 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 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.

## 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.*

To learn more about our Congregation,  
visit [www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)

# First Unitarian Congregation of Ottawa Lifespan Learning Guide

September 1 – December 31, 2011

You are invited to browse our program of  
**Lifespan Learning events,  
and to attend any that  
interest you.**

Welcome!

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## Lifespan Learning Vision Statement

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

For Information on any event, contact Wendy Doyle,  
at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)  
Or the Congregation web site  
[www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)

## Special Events and New Programs

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

### “Understanding the Enneagram as a Tool for Releasing our Potential”

This two-day workshop, sponsored by the Integral Life Practice group, will be offered at First Unitarian under the leadership of Jane Lindsay, experienced coach, OD consultant and Riso-Hudson trained Enneagram teacher. The Enneagram is a dynamic system of personality types which blends ancient wisdom with modern psychology in a powerful tool for strengthening relationships, communicating more effectively and living mindfully.

This workshop will help you:

- Develop practical understanding of the Enneagram’s dynamic nature
- Appreciate the patterns of assumption, attention, energy, gifts and weaknesses of its 9 types
- Reflect on ways you personally connect with all types but have one core type
- Explore the Enneagram as a tool for communicating more effectively, expanding your options, loosening “stuck” patterns, building better relationships, opening to your fullest psychological and spiritual potential.

**When:** Saturday, September 17 and October 1, 9:00 a.m. - 5:00 p.m.

**Tuition:** \$190 (includes HST) If fee is a barrier, contact us

**Contact:** Jane Lindsay, 613- 761-9249 or  
Paula Theetge, 613-260-1709

**To register:** e-mail: [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)  
Registration deadline is September 7.

## 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.

### Special Needs:

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



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# The First Unitarian Congregation of Ottawa presents

## The Complete Beethoven Sonatas for Piano and Violin

Mauro Bertoli, piano

Wolfgang David, violin

**When:** October 3 through October 5, 2011, 7:00 p.m.

First Unitarian Congregation of Ottawa

30 Cleary Avenue (off Richmond Road)

613.725.1066

[www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)

Italian-Canadian pianist Mauro Bertoli and Austrian violinist Wolfgang David will make a stop in Ottawa on their Canadian tour, to perform these masterworks in a series of three evening concerts. Monday, October 3 at 7:30 p.m.: Sonatas #1, 2, 3 and 5 (“Spring”) Tuesday, October 4 at 7:30 p.m.: Sonatas #6, 7, and 8 Wednesday, October 5 at 7:30 p.m.: Sonatas #4, 9 (“Kreutzer”), and #10

**Individual tickets:** \$25 regular, \$20 senior/student, or pay what you can at the door.

**Series pass:** \$65 regular, \$55 senior/student.

Advance tickets and passes are available at Leading Note Music (370 Elgin St at Frank; 613-569-7888) and at the church office.

## “Twelve Steps to a Compassionate Life” Reading Groups

Beginning in September, First Unitarian will sponsor three reading groups on the book “Twelve Steps to a Compassionate Life”, by Karen Armstrong. The book complements the Charter for Compassion which was signed by some 1000 religious and secular leaders in 2009 and calls upon us all to live by the Golden Rule – to always treat others as you would wish to be treated yourself

Underpinning the twelve steps is the recognition that compassion can be learned and taught by example. The belief is that individual transformation leads to societal change.

**When:** Every third Saturday from September 24 to June 2012, 9:30 - 11:30 a.m. OR Every third Monday from September 26 to June 2012, 7:00 - 9:00 p.m.

**Where:** First Unitarian.

**Required reading:** Karen Armstrong: “Twelve Steps to a Compassionate Life”, Toronto: Alfred A. Knopf Canada, 2010. ISBN: 978-0-307-40065-9. Retail: approximately \$25.

**Contacts:** Paula Theetge at 613-260-1709 or John Gall at 613-237-3214

**Registration:** Sign-up in the Registration book outside the Lounge or e-mail [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca).

## 2011 Holtom Peace Lecture

Edith Holtom (1893–1978), a committed peace activist, was the founder and president of the Ottawa Peace Council from 1949 to 1969. She worked tirelessly throughout her life to support the principles of the UN Charter and the prohibition of the atomic bomb. The Holtom Peace Lecture was established by Edith Holtom’s family in 1984, to honour her memory.

The 2011 lecture “**Democratic Development Abroad: Dos & Don’ts**” by Ed Broadbent, Leader, New Democratic Party, 1979-1985, founding president “RIGHTS and DEMOCRACY”, currently Visiting Professor, Institute for Canadian Studies, University of Ottawa.

**When:** Tuesday September 27 at 7:30 p.m.

**Where:** First Unitarian Congregation

Question/Answer session & refreshments

For further information please contact: 613-725-1066

## Wise Elders' Circle

A new four week program for Senior Ladies gives an opportunity to meet with other seniors to look at our lives and honour our knowledge. Led by Audrey O'Callaghan.

**When:** Thursday, October 6, 13, 20, and 27, from 1:00 to 3:30 p.m.

**Where:** First Unitarian Congregation

**Registration:** please contact Audrey O'Callaghan, 613-283-6055, or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

## Living By Heart 2011 – Serve in Spirit

Many members and friends of our Congregation actively take time to care for family, friends, neighbours and the earth, at home and around the world. Service is our prayer. Our vision and our love are great. But the world's challenges seem overwhelming. What sustains us in this work? Retreaters will reflect on their own personal approaches and practices:

- What motivates you to get involved?
- How do you prepare yourself?
- How is your work going?
- What practices do you use to renew yourself?
- How has your approach changed as you learn from experience?
- How have you changed in relation to your world?

Take time to examine how your connection to Unitarian Universalism supports you in your life work. Reflect in a journal about yourself, your spiritual life, and your life of service. There will be times of silence and times of sharing. Led by Rev. Frances Deverell  
**When:** Saturday, October 29, 8:30 a.m. to 4:30 p.m. Lunch included  
**Cost:** Suggested donation to First Unitarian Congregation  
**Registration:** Please sign up in Registration Book outside the Lounge or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) by Sunday, October 23.

## Music

### Chalice Choir

Rehearsal on Thursdays (starting on September 8, 2011) from 7:30 p.m. 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 fifty-voice choir's repertoire includes classical music, hymns, world music, and tuneful new choral works from Canada and beyond.

### Gospel Choir

Rehearsal on Sundays (starting on September 18, 2011) from 9:30 a.m. 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.

### Chamber Choir

This is an auditioned choir of 25 voices. The Chamber Choir rehearses twice each month (singers are expected to learn their music at home before the rehearsal), and then sings two services per month. (one morning and one evening). To arrange an audition, please contact the Music Director, Sara Brooks.

### Children's Choirs

Rehearsal on Sundays (starting on September 18, 2011.) 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 4 through 8); rehearsal from 9:45 a.m. to 10:15 a.m.

**Choir II** (ages 9 through 13); rehearsal from 12:00 noon to 12:30 p.m.

### \*NEW\* Evening Vocal Ensemble

With the introduction of a new 5:00 p.m. service, this ensemble will participate in two services per month. Rehearsal is held at 4:00 p.m. prior to the service and repertoire will include a variety of styles suited for intimate settings. If you're interested in being involved in this exciting project, please e-mail Sara Brooks for more information at: [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca)

Environmental Working Group	Alastaire Henderson, 613-562-2253
GLBT Welcoming Congregation Working Group	Heidi Wright, 613-730-5562
Global Justice Working Group	Bob Stevenson, 613-729-3765
Mental Illness Working Group	Katharine Elliott, 613-270-8308
Ottawa West Community Support Liaison	Margot Clarke, 613-820-6596
Poverty Awareness Working Group	Ria Heynen, 613-828-8468 Mike Wheeler, 613-829-8298
Refugee Working Group	Bob Stevenson, 613-729-3765
Unitarian GoGos	Wendy Doyle, 613-824-7462 Pat Hill 613-719-7786 unitariangogos@gmail.com
United Nations Working Group	Katrin Nagelschmitz, 613-722-8775

## Social Action Movie Night

The documentary film is the new vehicle for communicating what is going on in our world and what we have to do about it. Some really great ones are being made on all kinds of interesting subjects from globalization, to food security, to the environment. The Global Justice Group (a CUSJ Chapter) will share a dynamic film and conduct a discussion afterwards. Feel free to bring a friend. Two movie nights are planned for fall. In the first, "Who's Counting", Marilyn Waring explores our global economy from the point of view of a sheep farmer in New Zealand who becomes an MP. In the process of educating herself about national economic matters, she goes to visit the World Bank and the International Monetary Fund to try to learn why things work the way they do. By answering her own questions, she also answers ours.

**When:** Date to be announced, 7:30-9:30 p.m.

## Exploring World Religions

Save the date for the final World Religions Weekend! JW Windland, compassionate, charismatic founder of Encounter World Religions Centre, will present a unique overview of the world's major religions, and a more detailed study of several, followed by visits to several religious institutions.

More information will be available in the Winter/Spring edition of the Lifespan Learning Guide.

**When:** Friday, April 20, and Saturday, April 21, 2012

**Contact:** Wendy Doyle at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

## Spiritual Growth for Adults Unitarian Universalist Courses

First Unitarian offers a range of 'core curriculum' courses to help newcomers, members and friends learn about and deepen their understanding of Unitarian Universalism and also explore, clarify and enrich their own spiritual journey. These programs include:

- **Introducing Ourselves** is designed for newcomers to provide information on Unitarian Universalism and the Congregation and to encourage newcomers to think about how First Unitarian could fit in their continuing spiritual journey.
- **Mapmaking** is designed for new members and friends of the Congregation to help participants clarify their spiritual journey, explore opportunities for involvement in the Congregation and build significant relationships with others in the Congregation.
- **Articulating your UU Faith** helps members to explore and communicate what it means to be a Unitarian-Universalist.
- **Building Your Own Theology** is based on the premise that everyone is their own theologian. It invites participants to develop their own 'personal credos', the fundamental religious beliefs, values and convictions that inform and direct how they live their lives.

Below you'll find more information on the courses being offered this fall, **Introducing Ourselves**, **Articulating your UU Faith** and a new course, **What Moves Us: Unitarian Universalist Theology** which will provide an opportunity for long-time Unitarian Universalists to engage in theological reflection. Watch for information and dates on the other courses in future Lifespan Learning Guides.

### Quick! What's a Unitarian-Universalist?

Answer this question and build your own 'elevator speech'.

Participate in **Articulating Your UU Faith**, A Unitarian Universalist Association course which uses readings, personal reflection, group exercises and discussion, to help you communicate your liberal religious faith. Facilitated by Chuck Shields and Barbara Freeman.  
**When:** Tuesdays at 7:30 p.m., September 20, 27, October 11, 18, and Thursday, November 3, 2011

**To Register:** Use the Registration Book outside Lounge or e-mail [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

**Contact:** Chuck Shields, 613-232-6708, or Barbara Freeman, 613-322-2036, or e-mail [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

## Social Responsibility Council

At First Unitarian, an integral part of the learning experience is moving beyond our personal selves. We learn about social justice and environmental issues through our involvement in education, advocacy, organizing, service and community at the local level or dealing with international and global issues.

### Weekly Activities

On Sundays, the Social Responsibility Council displays topical information at its table in Fellowship Hall, and greets those who would like to discuss current issues.

### Monthly Events

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**, sold by the Environmental and Global Justice Working Groups.
- **Granny Squares**, brownies, lemon squares and so on are sold by the Unitarian GoGos help the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign for grandmothers and AIDS orphans in Africa.
- **Monthly meetings** and other special events, seminars, etc. of Social Responsibility Working Groups are announced in the weekly *eUU* e-mail newsletter, Sunday *Communiqué* and the monthly *Parkway Spire*.

### Contact Us

To learn more about the Social Responsibility Council, its Working Groups and their activities, contact the following representatives:

Social Responsibility Steering Committee	Ron Wilson, 613-747-7584
Adopt-A-Riverbank	Margaret Linton, 613-728-2446
Canada Nepal Working Group	Tara Upreti, 613-733-8242
Canadian Unitarians for Social Justice Liaison	Rev. Frances Deverell ( <a href="mailto:president.cusj@gmail.com">president.cusj@gmail.com</a> )
Child Haven Working Group	Leslie Baird, 613-729-8946

## 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. See the Sunday *Communiqué* or *Parkway Spire* for details

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

**Location:** For Fall 2011, Biagio's, 1349 Richmond Road, 613-828-8770

**Contact:** Tudy McLaine, 613-745-8074 or Marjorie Daechsel, 613-596-1471 by Thursday evening to reserve a place.

## Young Adults (The Noble Birds)

The Noble Birds is a diverse group of Congregants, in their twenties and thirties that 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. The group is dynamic and growing.

**Contact:** noblebirds@firstunitarianottawa.ca

## Introducing Ourselves

This course is designed to give newcomers to our community as much information as possible - to help you make decisions that are informed and intentional.

We will ask you to share some information about your own spiritual journey thus far. We will tell you about the histories of Unitarianism and Universalism and about the history of this Congregation. Current members of the Congregation will speak of how they came to be involved here and what this Congregation means to them.

It is best to commit yourself to attending the whole course, but those with conflicting obligations are invited to attend whatever parts they can.

**When:** Saturday, October 8 or Saturday, November 26,

9:30 a.m. – 4:00 p.m. (lunch included) OR

Tuesday, November 1, 8, 15 and 22, 7:30 p.m. – 9:15 p.m.

**Leader:** Rev. John Marsh

**Sign-up:** Please sign up in Registration Book outside Lounge, or at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca), or the church office: 613-725-1066

## What moves us: Unitarian Universalist Theology

Developed by Rev. Dr. Thandeka, led by Jennifer Channin, Intern Minister, First Unitarian Congregation

“Providing a framework for deep and longtime Unitarian Universalists to engage in theological reflection, not as an intellectual exercise, but as a process of meaning-making that equips one for living in the world as a Unitarian Universalist person of faith, this program explores the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart, a new direction, new hope, and a deeper understanding of their own liberal faith. These workshops offer participants a chance to engage with and bring their personal experiences to bear on the very questions explored by each theologian in turn. The program offers a pathway for developing not only one’s own personal theology but also one’s deep understanding of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage.”

**When:** date to be announced

# Spiritual Groups and Courses

## Integral Life Practice

Can one be both spiritual and rational?

The Integral Life Practice group discusses spirituality in the rational world. Some of the topics which have engaged us (look into them on the Internet for some background) are Spiral Dynamics, the Enneagram of Personality, the shadow in personal development, the writings of philosopher Ken Wilber, and evolution in both science and spirituality. The Discussions influence our individual world views, help us to learn about our own psyches, and reveal new spiritual horizons. Newcomers are very welcome – try us out!

**When:** Alternate Saturdays, from September 10, 2011, 9:30-11:30 a.m.

**Where:** Please check the noticeboard at the lower entrance

**Contact:** Dale Wilson, h.dale.wilson@gmail.com, or Katherine Gunn, 613-729-0504, or adultlearning@firstunitarianottawa.ca

## Women's Spirituality Group

The Women's Spirituality Group started up again this year on a bi-monthly basis, after an 8-year hiatus. This is an open women's circle where we take turns facilitating the evening; usually a ritual, but sometimes a workshop or discussion, followed by refreshments. Our spiritual focus is Pagan, earth-based and eclectic.

**When:** Tuesday, September 13, gather at 7:00 p.m. – “Full Moon Ritual”. Please arrive on time & bring a lawn chair and finger-food to share.

**Look:** for announcements of future meetings in November, January, March and May in Sunday *Communiqué* and *e-UU*

**Suggested Donation:** \$3 for costs

**Contact:** Laurie Foster-MacLeod, or Wendy Doyle, adultlearning@firstunitarianottawa.ca

## 30s & 40s Group

In 2010-2011 several members of the Congregation got together to create the 30s and 40s group to provide a space in which Congregants within this age range could get to know one another better and foster each other's spiritual growth within a social and family-friendly environment. The 30s and 40s group meets approximately once a month. Meetings generally consist of a potluck family-style meal followed by topic-specific discussion. Previous discussion topics have included “mindfulness”, “letting go / holding on”, “covenant building” and many more. In 2010-2011 the group also organized several outdoor activities, including skating on the canal and a nature walk / hike followed by a BBQ. Whenever possible, the group tries to ensure its events and discussions are family-friendly. Events are usually posted in the *eUU* and Sunday *Communiqué* in advance. New members are always welcome.

**When:** Usually on the third Sunday of each month from 4:15 p.m. to 7:00 p.m.

**Where:** First Unitarian

**Contact:** Heidi Wright at adultlearning@firstunitarianottawa.ca

## Unitarian Seniors' Program

Once a month, seniors and retired folks meet for a short service in Worship Hall, followed by lunch in Fellowship Hall.

After lunch, we present a program that is thought-provoking, entertaining – or both. The gathering takes place near the end of each month, (except December) on various weekdays. Mark your calendars for:

Date	After Lunch Speaker	Worship Leader
Wednesday, September 18	“How to Find a Minister” by Kent Swinburn	John Soar
Wednesday, October 26	“Blues & Gospel” by Rev. Ernie Cox	Alex Campbell
Tuesday, November 29	Carols with Choir Members	

**Time:** 11:30 a.m.– 2:00 p.m.

**Cost of Lunch:** \$7

**Contact:** Maureen Sly, 613-728-7610, or Pat Hill, 613-719-7786

## Fellowship

### Bridge Club

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

**When:** Fridays September 16, October 21, November 18, 2011

**Time:** 7:00–10:00 p.m.

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

**Contact:** Tarrel Armstrong, 613-823-8751

### Fibromyalgia Support Group

We invite anyone who has Fibromyalgia, or who may be caring for someone who has this disease, to come to our support group. The purpose of our meetings is to brainstorm on how to proceed as a group to pool our knowledge and resources, and to support each other in order to better cope with this little known disease.

**When:** Sundays, September 11, October 9, November 20 and December 4, 12:30 p.m.

**Contact:** fibromyalgia-support@firstunitarianottawa.ca

### Glebe/Centretown/Ottawa South Neighbourhood Group

The group meets at a participant's home. The usual format includes coffee and dessert, followed by a guest speaker with discussion afterwards. September and June meetings are pot luck dinners. All UUs from Centretown, Glebe and Ottawa South are welcome (as are others with an interest in a given topic). Come out and meet your UU neighbours!

**When:** Monthly, usually the fourth Sunday of the month (we do not meet in December, July or August)

**Contact:** Rosemary Bonyon, 613-563-0594 or Trudy Kassner, 613-730-2823

### Riverside Park Neighbourhood Group

Meetings are held at a participant's home, with a guest speaker on substantive topics relevant to a religious institution, such as other religions, important activities within our own church, justice issues, environment issues, social movements, etc. 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.

## 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 for their own special worship service in the NOW Room prior to RE sessions. Our Children's Worship services incorporate songs, stories, meditations, activities, and rituals all focused on the monthly theme which is also generally being explored in the adult service on this same day (or close to it!). We hope this provides the opportunity for further exploration of these ideas within families and between generations. This Fall's Children's Worship and themes are as follows:

- October 2 – Democracy
- November 6 – Vision
- December 4 – God
- January 1 – No Children's Worship due to No RE Sunday
- February 5 – Authority
- March 4 – Evil
- April 1 – No Children's Worship due to Service for All Ages upstairs!
- May 6 – Freedom

In the fall of 2011 we are offering the following programs:

**First Steps** – toddlers to 2 year olds

**Celebrating Me and My World** – 3 and 4 year olds

**Spirit Play** – 5 and 6 year olds

**A World of New Friends** – 7 and 8 year olds

**Bibleodoe** – 9, 10 and 11 year olds

**Coming of Age** – 12 and 13 year olds

**Youth Group** – 14 to 20 year olds

(K-1 & Gr. 4-6 OWL will be offered in the spring.)

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.

Registration for the Fall sessions opens on **Sunday, September 11** and RE programming begins on **Sunday, September 18**. Our regular RE activities continue until Sunday, May 13.

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

## Religious Exploration Special Events

**Halloween Procession & UNICEF collection** – Sunday, October 30 in Fellowship Hall following service.

**Mystery Pals** – Sunday, November 6 to Sunday, November 27. Children and adults send notes, drawings, and tiny gifts to a secret mystery pal until finally, after weeks of sharing, they meet face to face at a Discovery Breakfast on Sunday, December 4.

**Night Tree Event** – On December 18, during RE, we will celebrate the beauty of the season by giving back to nature and hanging edible gifts for animals on an outside tree.

**Children's Art Auction Religious Eductaion Fundraiser** - This year's RE Fundraiser will be a Children's Art Auction! Two Family Ministry teams will join together (parents of 5 & 6 and 9 to 11 year olds) to organize this event. Children's masterpieces will be framed and auctioned off on April 22, 2012. Art work could include sculptures, drawings, or craft projects and each piece will be accompanied with a description by the artist. It's a creative way to raise funds and who wouldn't want to purchase this fabulous artwork created by our RE children.

**Social Action Sundays** – RE programming for these Sunday mornings will offer children of all ages the opportunity to engage in various forms of social action! October 9, February 19, and March 18.

## Services for All Ages

This year we will share in four Services for All Ages on Sunday mornings, as well as one on Christmas Eve. These are times for people of all ages to gather in creative worship, song, and joyful community.

World Food Day Service with USC	Sunday, October 16
Mitten Tree Service	Sunday, December 11
Christmas Eve service & Pageant	Friday, December 24
Winter Service	Sunday, January 29
April Fool's Day Service	Sunday, April 1

## Painters' Circle

Sharing our ideas and planning together is encouraging experience for painters whose activity is usually alone. We are a friendly group with a wide range of painting experience. This is not a class. We welcome neighbours, friends and members of the Congregation. All media are welcome except oils. Please contact Clea Derwent if you are interested.

**When:** Tuesday mornings, between 9:30 a.m. – 12:00 p.m.

**Where:** Room 4 on the lower floor

**Cost:** A contribution of \$5 -\$10, or pay what you can is suggested

**Contact:** Clea Derwent, 613-695-0505

## 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.

**When:** Alternate Tuesdays, 7:00 p.m.

**Donations:** To First Unitarian Congregation of Ottawa are welcome

**Contact:** Joycelyn Loeffelholz-Rea, 613-224-9880, or Ian Shields, 613-824-6080 ext.282.

## Growing Our Creative Selves

### Arts Night

Three guest artists, one each from 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, 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.

### 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, 10:00 a.m.–2:00 p.m.

**Contact:** Rosemary Bonyun, 613-563-0594 or Coral Sato, 613-599-8838

### 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, 7:30–9:00 p.m.

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

**Contact:** Janet Clayton, 613-733-9566

## 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. OWL curricula are available across 6 age groups; Grades 1 & 2, Grades 5 & 6, junior high and senior high school youth, 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 [www.owlintottawa.blogspot.com](http://www.owlintottawa.blogspot.com) for more information.

**When:** Dates to be announced (Friday, 7:00 p.m. to Sunday, 10:00 a.m.)

**Where:** First Unitarian Congregation of Ottawa

**Fee:** \$40 for the weekend (includes all food)

**Contact:** Stephen Gabe, [OWL@firstunitarianottawa.ca](mailto:OWL@firstunitarianottawa.ca), 613-226-3250 for information or to register

### Adult OWL (Our Whole Lives)

Why an adult program about sexuality? As experienced adults, don't we already know what we need to know? Adult OWL is built on the principle that we all keep growing, right up to our last days, and that in every phase of life we face new challenges, new issues, and new ethical dilemmas and we have new opportunities to revitalize our lives. Explore the spiritual, emotional, physical and social aspects of sexuality in a safe, respectful atmosphere.

**When:** Next workshops are scheduled for Fall, 2012

**Contact:** Frances Deverell at [adultowl@firstunitarianottawa.ca](mailto:adultowl@firstunitarianottawa.ca) for more information, or if you would like to see us offer it sooner.

## 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.

### 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

### Reading For Growth

There are three active Reading For Growth Groups which explore and learn about relevant issues through the reading of thought-provoking books.

One group meets every second Monday afternoon of the month. On September 12th, it will be discussing "Paris to the Moon" by Adam Gopnik. We meet from 1:00 - 3:00 p.m. in the Church lounge. The other non-fiction group meets on the last Friday afternoon of the month. On Friday, September 30, at 1:00 p.m., "The Language of Life", by Francis Collins will be discussed. Please contact Margot Clarke at 613-820-6596 or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) for more information about this group.

The new fiction group will be meeting on Tuesday, September 6th in the church lounge between 1:00 p.m. and 3:00 p.m.. The book for this meeting is "Cutting for Stone" by Abraham Verghese

**If you are interested in joining any of these groups** or would like to attend as a visitor, please contact Katharine Elliott at 613-270-8308 or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) or just come along and join us.

### 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. Women of all ages are welcome.

**When:** First Monday of the Month, or Tuesday if Monday is a holiday, at 7:15 p.m.

**Donations:** To the First Unitarian Congregation of Ottawa are welcome

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

### Yoga for Seniors and Everyone Else

Give yourself the gift of peace and well-being through yoga. Improve your flexibility in a relaxed setting. Everyone welcome. Drop in and try it out! Led by Linda Percy.

**When:** Friday mornings, September 16 – December 16 (except November 11) 10:15 -11:15 a.m.

**Where:** Fellowship Hall

**Cost:** \$125 for 13 weeks or \$10 drop-in

**Contact:** Linda Percy, 613-729-8913, or Margot Clarke, 613-820-6596, or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)