



Learning
Spans a
Lifetime

FALL, 2009

First Unitarian Congregation of Ottawa Lifespan Learning program

September 1–December 31, 2009

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.*

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

Welcome!

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.

Celebratory Potluck for the Rai Family

Everyone is welcome to join Shree Rai and his wife Dikchhya and his son Adittyra for a great celebratory potluck. Now that Shree has left the shelter of living in sanctuary in our church for over two years, his family has joined him from Nepal.

Date: Thursday, September 17 **Time:** 5:30p.m.

Contact: Mary Duncan, 613-798-0267, meduncan@sympatico.ca, or church office, 613-725-1066

Family Contra and Country Dance

Everyone welcome! Don't miss this Church-wide Multigenerational Event! Easy dances, taught and called by Liz Benjamin. Come and have fun with your family and friends! All ages invited. Children and Youth especially encouraged to join in. Followed by light refreshments.

Date: Saturday, September 26 **Time:** 7:00–8:30 p.m.

Place: Fellowship Hall

Admission fee: Donation to the Church, except for those who have already donated through the Time and Talent Auction.

Contact: Liz Benjamin, 613-759-8361, or lizben@storm.ca

Special welcome for Nicky Duenkel, Lunch & Treasure Hunt

Everyone is invited to a Special Welcome Service and Lunch, to celebrate the arrival of our new Director of Lifespan Learning, Nicky Duenkel. Following the meal, all those who are brave of heart and agile of mind, and wish to go up and down stairs—or figure out ways to go around them—will be challenged to embark upon a quest for the Holy Chalice and Fount of Inspiration.

Date: Sunday, September 27 **Time:** 10:30 a.m. **Place:** Worship Hall, Fellowship Hall, the Lounge, and the deck (weather permitting)
Cost: Donation to the church for lunch

We need volunteers on Saturday, September 26, 2:00–5:00 p.m. to make sandwiches and on **Sunday, September 27** at 9:15 a.m. for set-up, and 1:00 p.m. for clean-up.

Contact: Joan Turner, 613-721-0791, adultlearning@firstunitarianottawa.ca or Linda Brown at 729-5182 or brownkohan@gmail.com

Human Rights of Women Around the World

What are the differences between the rights of women and men today—in Canada and around the world? How do the realities of women's lives compare to those of men? A panel of experts will discuss these questions in the context of the current status of gender work at the United Nations, the situation of women in war and the situation of African women affected by AIDS. The panelists are Diane McIntyre, Women' Voice for Peace, Kathryn Trevanen, Institute for Women's Studies, University of Ottawa, and Julie Coultas, Stephen Lewis Foundation, Grandmothers to Grandmothers Campaign.

Date: Wednesday, October 7 **Time:** 7:30 p.m.

Place: Worship Hall, followed by a simple Reception

Donations: To Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign would be appreciated

Contact: Marnie Johnstone, 613-237-3443, or mjohnstone@sympatico.ca,

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

Holtom Lecture

The Holtom Peace Lecture was established by Edith Holtom's family in 1984, to honour her memory as a committed peace activist. The Honourable Flora MacDonald, former Member of Parliament, will be honouring the memory and work of Dr. Lotta Hitchmanova, underlining the importance of humanitarian work in building peace. This year is the one hundredth anniversary of Dr Lotta Hitchmanova's birth. Everyone is invited to attend this special lecture.

Date: Wednesday, November 4 **Time:** 7:30p.m.

Place: Worship Hall followed by a simple Reception

Contact: Mary Duncan, 613-798-0267, meduncan@sympatico.ca or church office, 613-725-1066

All Church Pot-Luck Supper & Variety Show

Everyone is invited to this event, which is a fundraiser for Rev. John Marsh's Installation. "Climb up on the Steinway and belt out some blues at the variety show!" If you would like to participate in the show with a song, dance, skit or poem (three-minute time limit), contact Music Director, Jane Perry.

Date: Friday, October 16 **Time:** 6:00 p.m. (supper), 7:00 p.m. (show) **Suggested Donation:** \$20 regular, \$10 senior/student, \$30 for families, or pay what you can

Contact: Jane Perry, 613-725-1066, music@firstunitarianottawa.ca

Take Your Temperament Workshop

For Grandparents, parents, and everyone. Nanci Burns and Nancy Rubenstein will demonstrate nine different temperaments to help us understand how to build harmony in our families. This workshop has been extremely well received and their textbook, *Take your Temperament*, has been very popular.

Date: Saturday, November 7 **Time:** 2:00–4:00p.m. **Place:** |Room 2, downstairs, First Unitarian Congregation, 30 Cleary Ave.
Cost: A donation to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign

Contact: Wendy Doyle, 613-824-7462, doylewendy@rogers.com or Nanci Burns and Nancy Rubenstein, www.takeyourtemperament.ca

Holly and Lace Bazaar (Fall Fair)

By 9:30 a.m., there can be two hundred people in line; and as many as three hundred when the doors open at 10:00 am. Not to worry, the line moves fast as people rush to booths for clothing, jewellery, books, toys and games, music, computer goods, silent auction, jams and baking, and more! Have lunch at one of our food booths. See you in line early for free coffee at the biggest and best church bazaar in Ottawa!

Date: Saturday, November 14 **Time:** 10:00a.m.–3:00p.m.
Contact: the church office, 613-725-1066

Installation Ceremony for Rev. John Marsh

We are very honoured to be holding the Installation Ceremony for Rev. John Marsh as the First Unitarian Congregation of Ottawa's fifteenth settled Minister. The ceremony will include Unitarian speakers from far and wide, along with interfaith and civic leaders. It will be a very moving and special occasion for our Congregation. You won't want to miss it. All are welcome.

Date: Monday, November 16 **Time:** 7:00p.m.
Place: Worship Hall, followed by a simple Reception
Contact: Church office, 613-725-1066

December Songs

The Choirs of the First Unitarian Congregation present their annual winter concert.

Date: Sunday, December 6 **Time:** 3:00p.m.

Candlelight Christmas Eve Service and Pageant

Everyone is invited.

Date: Thursday, December 24 **Time:** 5:00p.m.

Place: Worship Hall, followed by a reception

Unitarian GoGos African Marketplace

Gorgeous Kazuri Jewellery made by Kenyan women, African Batiks, beautiful greeting cards and bookmarks. Experience and take part in African drumming. All proceeds to the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign. Tea, coffee and light refreshments.

Date: Saturday, April 24 **Time:** 10:00 a.m.–3:00 p.m.

Contact: Wendy Doyle, adultlearning@firstunitarianottawa.ca, or 613-725-1066.

Perspectives of World Religions Weekend

Put the Perspectives of World Religions Weekend on your calendar for April, 2010. 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.

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

Time: to be announced

Cost: to be announced

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

Spiritual Growth

COURSES WITH REV. JOHN MARSH

Introducing Ourselves

Becoming part of a spiritual community is energizing and exciting. It is also a slow, sometimes random, sometimes lonely process, fraught with moments of uncertainty. 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 how they merge and meander across centuries and continents. We will tell you about the history of this congregation here in Ottawa. 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 of the course they can.

We recommend that everyone who is interested in becoming a member take this course. However, taking the course does not commit you to anything. Some of you who attend these sessions may want to become members of the congregation right away. Some of you may want to run for cover. Some of you may want to think it over for a while. It is all good.

Date: Saturday, October 24 **Time:** 9:00a.m.—4:00p.m.

For those who like to get things done fast! Here is a four week course condensed to one day!

Date: Tuesdays, January 5,12,19,26 **Time:** 7:00 p.m.

For those of you who like to be methodical and deliberate! Here is a one day course drawn out over four weeks!

Leaders: Rev.John Marsh, Katherine Gunn and others

Registration: Please sign up on bulletin board near Small Kitchen, or call church office, 613-725-1066

Spiritual Groups and Courses

Weekly Meditation Group

A fresh start for the weekly meditation group, which will not be specifically Buddhist; everyone is welcome to join us whatever you practice. Instruction in the ancient traditional form, adapted for contemporary situations, will be given as an option for those who want some guidelines. Short readings on meditation practice (not doctrine) will be briefly discussed. The intention is for the evening to be helpful and entirely suitable for Unitarians.

If you wish to sit on the floor, bring a blanket and a deep, firm cushion. Chairs will be provided. No incense will be used.

Date: Wednesdays, starting October 7 **Time:** 7:30–8:30 p.m.

Place: Room 4, downstairs

Facilitator: Clea Derwent (Authorized Meditation Instructor) assisted by Mo Gabe

More Information: A full description is available and would be helpful. Please contact Clea Derwent, clderwent@gmail.com, 613-695-0505

Articulating Your UU Faith

A Unitarian Universalist Association course which encourages personal reflection, and discussion to assist participants in communicating their liberal religious ideas. Facilitated by Sharmila Khare and Chuck Shields.

Date: Monday October 19, 26, November 9, 23, and December 7
Time: 8:00–9:30 p.m.

Registration: Please sign up on the bulletin board beside the Small Kitchen, or contact Sharmila Khare or Chuck Shields

Contact: Sharmila Khare, 613-565-0127, sharmila.khare@gmail.com or Chuck Shields, 613-232-6708, chuckshields@rogers.com

Mapmaking

Mapmaking, a five-session guided experiential program, co-facilitated by Joan Turner and Havi Echenberg, offers activities and opportunities that will help you clarify your spiritual journey, explore your potential or actual role in the congregation, and build significant relationships with others. We particularly invite new members and friends of the church to register for this free program.

Dates: To be announced—Winter/Spring, 2010

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

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. However, 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 class time. Our groups for younger UUs are guided and advised by teams of attentive, caring, and responsible adults.

In 2009–2010 we are offering:

- **First Steps** (toddlers to 2-year olds)
- **Chalice Children** (3- and 4-year olds)
- **Spirit Play** (5- and 6-year olds)
- **Moral Tales** (September to December) and **Faithful Journeys** (January to May) (7- and 8-year olds)
- **Holidays and Holy Days** (9-year olds)
- **Bibleodeon** (10- and 11-year olds)
- **Coming of Age** (12- and 13-year olds)
- **Youth Group** (14- to 20-year olds), **Contact:** Stephen Gabe, stephen.gabe@sympatico.ca, 613-226-3250
- **Grade 1 and 2 Our Whole Lives (OWL)** sexuality education based on the Unitarian Universalist curriculum, will be offered in January–March, 2010
- **Grade 5 and 6 Our Whole Lives (OWL)** sexuality education based on the Unitarian Universalist curriculum, will be offered in January–March, 2010

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 Fall Session opens on **Sunday, September 13** with an Ingathering Service for all ages. Our group RE activities continue until Sunday, May 16.

Registration: Sundays, September 13 and September 20, and any following Sunday, downstairs.

The program year will end with a unique and moving service on **Sunday, May 23**, 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

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 all age groups; Grades 1 and 5, junior and senior high school youth, young adults and adults.

Young Adult/Adult Our Whole Lives (OWL) Facilitators training Workshop

Workshop leaders are Monica Bennett and Jane Detwiler from the Unitarian Universalist Association (UUA) in Boston, and Joan Turner.

Dates: Friday, October 23 to Sunday, October 25

Time: 5:00 p.m. Friday to 2:00 p.m. Sunday

Cost: \$200 payable to First Unitarian Congregation of Ottawa

Contact: Guy Belleperche, owl@firstunitarianottawa.ca

Registration: Download registration form from www.firstunitarianottawa.ca

Senior High Our Whole Lives (OWL) Weekend Workshop

Using the 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.firstunitarianottawa.ca/learn/owl.html for more information.

Dates: Friday, November 27–Sunday, November 29

Time: 7:00 p.m. Friday to noon on Sunday

Location: First Unitarian Congregation of Ottawa

Dates: Friday, February 26–Sunday, February 28

Location: First Unitarian 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

Religious Exploration Special Events

Crafts for Winter Holidays Sunday, December 20
This multi-age activity offers children and their adult leaders a morning of creativity, learning, and fellowship. **Time:** 10:30 a.m.

Mystery Pals Sunday, January 31–Sunday, February 28
Mystery Pals is a multigenerational group activity composed of pairs of pals—one young person, one adult. Pals get to know each other through a month long note exchange at the “Mystery Pals Post Office” before finally meeting face to face at a special after service lunch.

RE Spring Picnic Sunday, May 16
Children and youth, along with leaders, advisors, and parents are invited to spend the morning outdoors on this last Sunday of our Spring session.

Services for All Ages

This year, we will share in six 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.

Ingathering Sunday, September 13

Thanksgiving Sunday, October 11

Mitten Tree Sunday, December 6

Candlelight Christmas Eve Service
and Pageant at 5:00 p.m.

Thursday, December 24

Stories and Songs Sunday, December 27

Love and Friendship Sunday, February 14

Easter Sunday, April 4

In addition, we'll be offering the following **Soulful Sundown Services for All Ages** in the afternoons, starting at 4:00p.m.

Fall Equinox Sunday, September 20

Blessing of the Animals Sunday, October 4

Winter Solstice Sunday, December 20

Spring Equinox Sunday, March 21

Summer Solstice Sunday, June 20

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 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.

Dates: Last Friday of the month from September to June, except December

Time: 7:30 p.m. **Fee:** \$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. Books by writers and CDs by musicians in the Congregation are for sale as well as *The Humanist* magazine.

Dates: Sundays after service from September to May

Contact: Carole Yeaman, Carole.Yeaman@sympatico.ca or Margaret Zielinski, mmzielinski@sympatico.ca

Empower Dance

Dance, stretch, move, and meditate to all kinds of music. "We enjoy having new participants and new music."

Dates: Wednesdays **Time:** 7:30–9:00 p.m.

Fee: Suggested gift of \$3/evening to the church

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

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

- September 14: *Planet India*, by Mira Kamdar

Friday Group

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

- September 25: at this meeting each participant will present the bibliography of someone significant to him or her, and explain the reasons behind his or her selection.

Fiction

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

Contact: Kathie 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.

Dates: Alternate Tuesdays **Time:** 7:00 p.m.

Donations: To First Unitarian Congregation of Ottawa are welcomed

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.

Dates: Alternate Thursdays **Time:** 10:00 a.m.–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.

Dates: First Monday of the Month, or Tuesday if Monday is a holiday. **Time:** 7:30 p.m.

Donations: To the First Unitarian Congregation of Ottawa welcomed

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

Yoga for Seniors and Everyone Else

Everyone, at every level, is welcome—improve your flexibility in a relaxed setting. Led by Linda Percy. You are welcome to drop in and try it out.

Dates: Friday mornings, September 11–December 18, except November 13 **Time:** 10:15–11:15 a.m.

Fee: \$135 for 14 weeks, or \$10 drop-in.

Contact for Information: Linda Percy, 613-729-8913

Contact to Register: Wendy Doyle, 613-824-7462, adult@firstunitarianottawa.ca

Fellowship

Bridge Club

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

Dates: Fridays, September 18, October 30, and November 20, 2009; and January 15, February 19, March 19, April 16 and May 7, 2010

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

Fee: 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, and for donations to meet community needs. Bring your own lunch.

Dates: Wednesdays **Time:** 10:00 a.m.–2:00 p.m.

Contact: Norma Gross, 613-596-1702, or Rosemary Bonyun, 613-563-0594

Britannia Neighbourhood Group

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 Sunday *Communique* 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 May or June.

Dates: Monthly, usually the last Sunday of the month

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

Riverside Park Neighbourhood Group

Meetings in participants' homes, 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. Meeting 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.

Dates: Monthly, from September to May

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

Contact: Bob Staveley, 613-733-6678.

Painters' Circle

In the Painters' Circle, we paint together, show what we have been doing, discuss painting techniques, offer encouragement, and critique only when asked. We are a friendly, enthusiastic group with experience ranging from those who exhibit and sell their work to those who have been painting only a short time. The refreshment and challenge of another's view and inspiration of seeing what others are doing keeps us painting during the week. We are seeking new members and are open to friends and neighbours as well as Unitarian Universalists.

Dates: Tuesday mornings, starting September 22

Time: from 9:30 a.m.

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

Contact: Clea Derwent, 613-695-0505, 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, September 29

Thursday, October 29

Wednesday, November 25

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 Communique* or *Parkway Spire* for location.

Dates: Third Friday of the month **Time:** 1:00 p.m.

Location: Rose Bowl, 1717 Carling Avenue (September–December)

Contact: Tudy McLaine, 613-745-8074, mclaine2d@hotmail.com, 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 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.
- * Grannie 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 and the Working Groups and their activities, contact the following people:

Social Responsibility Steering Committee

**Debra Mair, 613-728-7507
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 Liason

Bob Stevenson, 613-729-3765
stevbob@rogers.com

Child Haven Working Group

Agnes Davis, 613-737-6527
davisab@rogers.com

Environmental Working
Group

Pauline Heinonen, 613-792-1188
paulineph@rogers.com

Global Justice Working Group	Bob Stevenson, 613-729-3765 stevbob@rogers.com
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@rogers.com
Sanctuary Committee	Mary Duncan, 613-798-0267 meduncan@sympatico.ca
Unitarian GoGos	Wendy Doyle, 613-824-7462 doylewendy@rogers.com or Beth Elliott, 613-680-1450 unitariangogos@hotmail.com
UU-United Nations Office Working Group	Marnie Johnstone, 613-237-3443 mjohnstone@sympatico.ca

Music

Chalice Choir

Rehearsal on Thursdays (from September 10 to December 3) 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 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 September 13 to December 6) 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 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.

- **Habanera!** Sunday, September 20 at 7:30 p.m. With Gertrude Letourneau, flute; Garry Elliott, guitar.
- **Ballad of the North.** Friday, October 2 at 7:30p.m. With Ralitsa Tcholakova, violin; Elaine Keillor, piano.
- **Music for Piano Duet.** Sunday, November 22 at 7:30 p.m. With Catherine Donkin and Amélie Langlois, piano.
- **Geoff Lapp Jazz Trio.** Sunday, November 29 at 7:30 p.m. With Geoff Lapp, piano; Paul Johnston, bass; and David Laing, drums.

Other upcoming concerts

There is always something musical going on at the church!

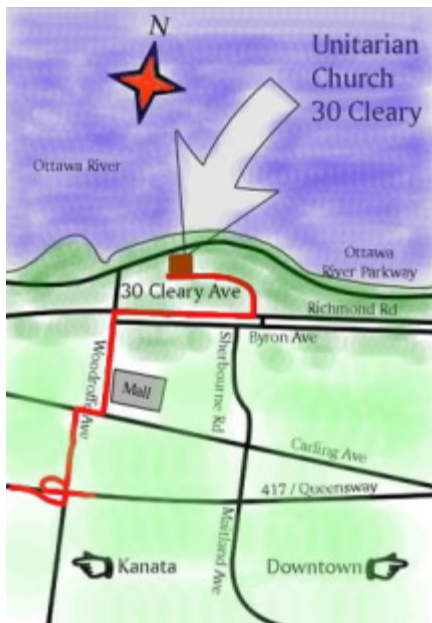
- **All-Church Variety Show!** Friday, October 16 at 7:00 p.m. Music, short skits, and readings by talented amateur performers.
- **Elisabeth and Friends.** Saturday, October 24 at 7:30 p.m. Featuring pianist and host Elisabeth Morrison, flutist Sam Clemann, and others.
- **December Songs.** Sunday, December 6 at 3:00 p.m. The Choirs of the First Unitarian Congregation present their annual winter concert.
- **The Ewashko Singers in Concert.** Friday, December 11 at 7:30 p.m. This chamber choir, conducted by Laurence Ewashko, will present songs of the season.

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.



First Unitarian
Congregation of Ottawa

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