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**Deadline for next Spire
submissions:
January 7, 2016**



Caring Contacts

November

Anita MacLean
613-820-2892,
anitamaclean855@gmail.com

Jennifer Shaw-Read
613-592-3369,
jsread@rogers.com

December

Wendy Tomlinson
613-829-1964,
wendyraet@hotmail.com

Marianne Wood
613-725-3452,
mharhwood@gmail.com



In Memoriam

Maureen Cassidy, wife of
Michael – Died October 21,
2015



☞ *Do you want to help Syrian refugees? Find out how on page 11*

☞ *Turn to page 4 to see photos of our Thanksgiving Service*

☞ *Ever wonder what Worship Associates really do? Find out on page 7*

☞ *Can you find the djembe? (Hint: it's music related)*



President's Corner

—Maury Prevost

Ode to the Standing Committee

You will be reading this column shortly after our Fall Congregational Meeting on October 25. The meeting will have provided a good update on the business of the congregation, so I'm doing something different from my usual columns.

The following reading appeared in the "Fall Letter" I and others received by email from the Canadian Unitarian Council (CUC) in September. It spoke to me and I used it the same day as an opening reading at what turned out to be a three-hour long meeting of our Board of Directors. Talk about à propos!

I share this reading with you in the same spirit as it was used in the CUC letter, in recognition of our tireless leaders and volunteers who do the fundamental and necessary work of building and sustaining our congregation, who may sometimes get discouraged but who come back together in faith and with hope. I hope it speaks to most of you too.

Reading for the Standing Committee

Let us know going into it, that we will never have all the answers.

We will never have it exactly right.

No matter what we do or how hard we try, we will never please everyone.

And we will never finish all the work.

We may never be in complete agreement on anything

And we may bear more criticism than thanks.

Much of what we do will be unseen by most of the congregation.

We will, without even realizing it, reinvent the wheel.

And there will be times when we wonder why in the world we signed on for this. But there will be other times too, times when we are able to make real the mission and vision of the church.

There will be times when we laugh together and are grateful to be in this place and be part of the process.

Times when our trust builds and our confidence is high and we feel the deep satisfaction of a job well done.

Times when we are proud to be counted among the leaders of this congregation.

No policy handbook ever says that what the Standing Committee does is holy work: This is not a committee that leads worship or makes moving music or stirs hearts in prayer.

But without your leadership and the work you do, there would be no church.

While no one would ever call serving on the Standing Committee a spiritual discipline, it is, without question, an act of faith.

By Phyllis B. O'Connell

From "Bless the Imperfect: Meditations for Congregational Leaders," Skinner House Books.

~Maury Prevost



Religious Exploration

–Liz Roper



Since the themes for November and December are ‘Honesty’ and ‘Stories’ I thought I would start with a little bit of both.

I witnessed my first Canadian snow today. I have had many Canadian firsts since I have joined you all at First Unitarian: first Canadian Thanksgiving, first multisensory service, first All Together NOW, first meeting, first hug from a child, first tears from a worshipper, first baked loaf, first shared meal, first compliment, first complaint, first offer of support, first RE class, first prayer, first game, first retreat, first hymn, first meditation, first mistake, first success, first long week, first long weekend--many, many firsts.

All will be repeated again and again, some have happened only once, some have already happened many times. (And I am quite happy with those ratios at the moment!) I am also looking forward to many more firsts, as winter is approaching and this means the winter holidays. Christmas is my most favoured holiday of all, a time to snuggle up and keep warm by the fire, watch cheesy movies and drink hot chocolate, play games with your nearest and dearest, everyone singing, even those who say they can't, thinking of others near and far, sending cards, thinking of the perfect gifts for others, twinkling lights inviting you to look at others' homes, trees being brought inside when it may be too cold to enjoy them outside, festive foods that are bought or made but are special because they're saved for this festive time, Christmas hit songs in the shops, late night shopping, mulled drinks, Christmas crackers, stockings, Christmas Eve late nights, and early Christmas mornings. This is a short list of what I enjoy about Christmas, but my most treasured part is spending time with my family.

My mother is the matriarch of her side of the family, which means everyone comes over to our house, from 8 to 16 people. She sets and decorates the table at least a day in advance, and we cook all morning, with a break to go to church, all after we have opened our stockings! We then feast and curl up in front of the TV for Downton Abbey and Dr Who!

This, however, will be my first Canadian Christmas, though not my first one away from family. I find my joy comes from sharing my traditions with others, making adventures out of everyday seasonal events. I am looking forward to a wonderful season shared with you all. Please join me in all the special events and services we have planned. It will make the season that bit more magical and festive for me, and will create new traditions and firsts for you too.

As you may have noticed, I like to tell stories. What many people may not realise is that I love to hear them too. I would love to hear what is important to you in your life; a real life story is as good as any fable, though I love both. My office is always open for tea and, who knows, maybe I will get some hot chocolate as the season grows colder. Come join me any time and tell me how best to survive my first Canadian Christmas – and winter in general!

Best wishes, health and blessings,

~Liz Roper



RE Calendar

November

Sunday, November 1– All Together NOW, on the theme of Honesty

Please feel free to join us. Don't forget your Halloween costume as there will be a parade for everyone to show their best efforts this year!

November 8 -14– week of Fall Fair

Youth can use volunteer hours towards their requirements. We are looking into putting on homework help and childcare for younger children if their parents want to help on an evening. If you are interested please drop me an email, dll@firstunitarianottawa.ca

December

Sunday, December 6– All Together NOW, an Advent Spiral service

Something special that can be shared with all generations, inspired by the Waldorf tradition, a highlight of the advent season for many.

Sunday, December 13– The Mitten Tree – Multisensory Service

We will be discovering stories together and the many ways we can tell them and learn from them. Don't forget to bring warm mittens, gloves, scarves, and hats for our Mitten Tree.

Sunday, December 20– Carolling at Unitarian House

We will be taking time out of our usual RE classes to carol at Unitarian house. Everyone is welcome to join us!

Thursday, December 24- Multisensory Christmas Eve service

Come and watch our RE stars tell stories of the season during this wonderful, family-friendly service, followed by a shared meal and festivities.

Thanksgiving Service



The stories our food can hold



Listening

Gratitude



Musical Interludes

–Deidre Kellerman



The music program at First Unitarian is alive and thriving!

This fall, we have over 60 singers participating in our three choirs and a joyful noise from our congregation during our services. Music is a wonderful way to build community, and I'm so pleased to create and share music together every Sunday.

I am thrilled to announce that a congregational set of *Singing the Journey* has been purchased and is now in use. This is a supplementary hymnbook that includes music in a variety of styles and languages. The music is exciting, accessible yet challenging, and I'm so excited for the songs to become a part of our services.



Another new addition to our music resources is a *djembe*! Pronounced “gem-bay”, this medium-sized African drum was fundraised by our choir members and will bring a new sense of depth and rhythm to our choral pieces and hymns.

Please let me know if you are interested in playing the djembe – no experience necessary! All are welcome.

Our three choirs have been working hard on a variety of styles and genres, all supplementing our themed ministry. Everyone is welcome to join a choir here at First Unitarian at any time. Check in with me to see which choir may be the right fit for you!

Calling all instrumentalists: Interested in music but choir isn't your thing? We would still love to have you participate! Whether you can tinkle the ivories, strum a tune on guitar or play a mean set of spoons... if you'd like to share your music, let me know, at music@firstunitarianottawa.ca.

Save the Date! Our annual Winter Concert will be Saturday, December 19 at 7:30 pm.



And stay tuned for some exciting new music programs starting up in 2016!

Yours in song,

~Deidre Kellerman

November-December Worship Services

Themes: Honesty and Stories



November 1 — All Saints Day

Speaker: AJ Galazen
Old churches are often surrounded by graveyards, and sometime you need to walk through the graves to get to the church. This underscores the Christian theology of the communion of the saints. When we celebrate All Saints Day, let us kindly welcome home the spirits of the dead, saints and sinners alike, believing they are in a more merciful place, knowing they have not been forgotten.

November 8 — Wars Civil and Uncivil

Speaker: John Marsh
The theme for the month is honesty, and on this Sunday before Remembrance Day, we will honour those who have put themselves in harm's way for the sake of our country, and take a look at what Wilfrid Owen referred to as "the old lie".

November 15 — Trustworthy Aboriginals and Dishonest John

Speaker: John Marsh
Examining archetypes in the mythic struggle for justice for the First Nations, Metis and Inuit Peoples of Canada.

November 22 — Celebrating Our Worth

Speaker: John Marsh & others
One of my favorite lines from a Christmas Carol celebrates the moment when "the soul felt its worth." Our first principle is an

affirmation of the dignity and worth of every person. Yet, our own feeling of worth can so easily get lost amid the everyday striving simply to get by. This service will celebrate our tenacity and our exuberance: all that we have been, all that we already are, and all that we might yet become!

November 29—Necessary Honesty and Unnecessary Honesty

Speaker: AJ Galazen

December 6 — Stories of Divine Births

Speaker: John Marsh
Have you heard the one about Mahavira? (the founder of Jainism). These stories may not tell us that much about history, but they do tell us bushels about ourselves.

December 13 — Mitten Tree Service & Multisensory Service for All Ages

Speakers: Liz Roper and others
Everyone is invited to bring a pair of mittens, a hat or a scarf with which to decorate a mitten tree. The clothing items will later be given to the Snowsuit Fund for distribution to needy children in the Ottawa community.



December 20 — Celebration of Solstice

Speaker: John Marsh
Winter Solstice is the shortest day and the longest night of the year. It is important to both humanists and pagans. It is a time of both foreboding and expectancy: death and the renewal of life.



Christmas Eve Services

We will celebrate the "new possibility" that came with Jesus and has come with every new baby before and since. Candlelight will flicker. Songs will be sung. Stories told. Everyone is welcome.

5:00 pm: Multisensory Service for All Ages

6:15 pm: Light Supper of soup, salad and bread will be served. There are also rumours of a Bûche de Noel.

7:30 pm: Candlelight Service of Lessons and Carols

10:00 pm: Service in English and French

December 27 — Family Stories
Speaker: A.J. Galazen

January 3 — Aging

Speaker: John Marsh
The Hebrew Scriptures tell us that Abraham was 75 years old when he set out for his big adventure. It seems a bit far-fetched, but more recent history is filled with examples of others who have undertaken similarly fierce journeys of body and spirit.

Thank you Merci Gracias



~ compiled by Alastaire Henderson

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

- ♥ A big thank you to Jen Brennan for the lovely cover and beautiful set-up for the fall edition of the Lifespan Learning Guide.
- ♥ Thanks to Carolyn Turner, Jen Brennan and Lori Clarke for your assistance and expertise. You are always a big help to each of us congregants.
- ♥ Thank you to everyone who participated in our Fall Congregational Meeting on October 25 and helped in any way to make it happen.
- ♥ Appreciation to Peter Goddard for his four months of service on the Board of Directors, before having to resign for personal and work-related reasons.
- ♥ Kudos to all who responded to Liz Roper's call for new volunteers to help with the youth and children's Religious Exploration programs.
- ♥ Thanks to Jill Whitford for her great props, such as big ears and rocks, to accompany the "Listening" theme during the last two months of services, and to Brian Cowan for his diligent work on our library and office filing system.
- ♥ Thanks to all the people working hard to prepare for the Fall Fair on November 14.
- ♥ A big hand to the Parkway Spire Team and all contributors to the issues.
- ♥ A shout-out to Karl Nagelschmitz, who has volunteered with Shepherds of Good Hope since 2006, on the occasion of his receiving the 2015 Agnes Devlin Award from the Shepherds.

You can submit items by sending an email to Alastaire at hendersalas@gmail.com or by calling 613-562-2253 at least 48 hours before the Parkway Spire deadline.



The Worship Team needs you!

We are looking for volunteers to fill some vacancies among the worship associates. Our associates not only participate in Sunday services but contribute to them by finding the readings and meditations that fit with the sermon themes. Worship associates work on Sunday morning with our minister, ministerial intern, music director and director of lifespan learning, and in monthly planning sessions. We need people who would enjoy finding readings and meditations to suit themes and who would enjoy speaking from the front of Worship Hall.

What if I would like to do one of those jobs, but not the other? We can use you. We need both researchers and speakers. If you'd rather just do research or just act as master of ceremonies, that's fine. If you want to do both, that's even better.

What if I don't have a lot of time, or I'm not sure I'd like it? You can start small. Do one service and see how you like it.

What if I don't know how to do it? This isn't a problem. There is a basic script to follow, there are mentors among present and former worship associates, and even some training sessions if you wish.

Is it rewarding, or just something someone has to do? I asked several present and former worship associates why they volunteered and what they enjoyed most. Here's what they said:

- I got to work with and get to know the professional staff
- It took some of the workload away from the professional staff
- It helped to develop meaningful worship
- As a humanist, it was a chance to explore my personal spirituality
- It helped me connect with congregational life
- It was an outlet for creativity and a chance to perform.

If you are interested, or have further questions, please contact Phil at phil.nagy@rogers.com or 613 789-7032. What are you waiting for?

~ Phil Nagy



Your Guide to the Fall Fair at First Unitarian Saturday, November 14, 9:30 a.m. to 3:00 p.m.

Fall Fair Facts

The Fall Fair started as a modest endeavor 35 years ago but over the years it has grown to the extent that it now takes almost 400 volunteers to pull it off! Proceeds for last year's Fall Fair constituted an amazing ten percent of the congregation's operating budget. The Fall Fair is now such a popular annual event that by 9 o'clock on the morning of the Fair, there is already a long line-up before doors open (complimentary cups of coffee help chase away the chills!).

Want to Help Out?

We need movers, sorters, drivers, bakers, sellers, and helpers. We are also on the lookout to borrow bridge tables, trucks, trailers, and vans, and, as always, donations of good, saleable stuff! Please call Kim Ross, 613-878-4546, anthropel@gmail.com to volunteer.

We also need buyers so make sure you come to buy! This is a great opportunity to find new must-haves for yourselves or gifts (especially for the upcoming holiday season) at extraordinary prices.

Parking Passes

The church parking lot is reserved for our customers, so we ask volunteers to park on the side streets. Volunteers can get a street-parking permit from their convenor electronically or in the photocopy room. The shuttle and parking lot managers also will have permits to distribute on the day of the sale.

Donations

We've asked earlier this year and we are asking again! Preparations are underway, so clean out those closets, basements, and garages. We welcome forgotten treasures rather than well-loved, well, ... junk that we'll end up discarding at a cost. So please, *donate only things you would want to buy yourself*.

Pre-sorting your donations is a must!

- Make sure all items are clean and safe—not chipped, broken, dirty or mouldy!
- Try to group like items together
- Use boxes rather than bags, and label the contents.
- Keep boxes small enough for one person to lift and carry. If needed, call Katharine Gunn at 613-729-0504, klgunn@magma.ca for packing boxes.

Dropping off Donations

Donations are gratefully received at the church from **Monday, November 9 to Thursday, November 12**, between the hours of 9:30 a.m. and 8:00 p.m. Go to the west ground-floor door where there will be directional signs. Helpers will be available at the door to assist with boxes on weekdays, 10:00 - 11:30 am and 1:00-2:30 pm.

Exceptions:

- Preserves and baking, which can be dropped off on Friday, November 13 until 5:00 p.m. or Saturday morning, November 14, before sales start.
- For those whose only window of opportunity is Sunday the 8th after service, donations may be brought after coffee hour, while rooms are being set up.

Pickup and storage:

- If you have a pressing need to bring donations to the church earlier than November 9, call Katherine Gunn, 613-729-0504, klgunn@magma.ca ahead of time about storage.
- For boxes to use in packing, call Katherine or get from helpers at the drop-off door November 9-12. (What would we do without you Katherine?!)



Your Guide to the Fall Fair cont...

What to bring:

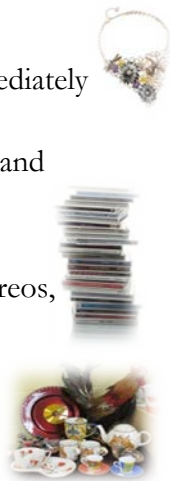
- Jewellery, stamps and coins (immediately to the Admin office)
- Clothing & accessories for adults and teens
- Books, CDs, tapes, records
- Electronics (consider working stereos, iPods, or computers)
- Toys, games, puzzles
- Fine artwork, glassware, china
- Linens & curtains (no drapes)
- Household items (kitchenware, tools, small furniture, knick-knacks)

All items must be carry-able by a single person.

What not to bring:

- Items that are dirty, mouldy or need repair (unless it is jewellery)
- Equipment for small children (cannot be resold due to safety implications)
- Fabric (no booth)
- Children's clothing (no booth)
- Stuffed toys (these do not sell)
- old TVs or CRT monitors
- Tires
- text books, magazines, National Geographics, Reader's Digest Condensed

~ Sherri Watson



Opinion: Meditation Gardens threatened by LRT

About 20 years ago, a member of our congregation had a vision. Jack Wright, a landscape designer, saw possibilities for a garden on our campus. With construction still in progress, Renée de Vry, a woman with a deep knowledge of gardening and love of nature, was inspired by our Seventh Principle to join the group. Jack and Renée worked, together with other congregants, to give us an oasis in the middle of a parking lot.

Our well-loved Meditation Gardens are now threatened by the possibility the Western LRT will be routed close to the gardens. Underground moisture levels have already decreased because of development south of the gardens, which seriously reduced surface water and underground seepage needed by the roots of many of the trees and shrubs. The proposed route of the LRT through a corner of our campus would be a further heavy blow. Lower water levels would be especially hard on some of our trees, including our flame willow, the last willow on the property whose flowers supply the major source of food for early spring Andenid native bees.

Blasting would produce clouds of alkaline dust that clog leaf respiration and increase the pH of an already alkaline soil, killing valuable microorganisms. Blasting and vibration would also damage root tips in the shallow soil. A row of trees along the south edge of the campus currently protects the gardens from winter wind; their loss would affect the survival of some delicate trees, including memorial trees.

Our Meditation Gardens are open to the public and visited daily, enhancing the health and wellbeing of Unitarian House residents, the community at large, and summer visitors.

Other LRT routes that would cause far less destruction were considered by City Councillors but were rejected in favour of the current plans.

~ Submitted by Angela Beale

Social Responsibility Council

SR Calendar

November

Sunday, **November 1**

12:30 pm - UN Working Group

12:30 pm – Child Haven Information Meeting

Thursday, **November 5**

5:00-7:00 pm – Ancoura Open House

Thursday, **November 19**

3:30 pm - Unitarian GoGos

Sunday, **November 22**

10:00 am - Fair Trade Sales

12:30 pm - Global Justice Working Group

Wednesday, **November 25**

7:30 pm – Holtom Lecture (see announcements)

Friday, **November 27**

9:30 am – Social Responsibility Steering Committee

December

Sunday, **December 6**

12:30 pm - UN Working Group

Tuesday December 8

9:00 am – Poverty Awareness Working Group

Sunday December 13

10:00 am – GoGo Grannies Christmas Bake Sale

10:00 am - Fair Trade Sales

Thursday, **December 17**

3:30 pm – Unitarian GoGos

Sunday, **December 20**

10:00 am - Fair Trade Sales



Aboriginal Issues Focus

At the April 2015 Annual General Meeting, the Congregation decided that Aboriginal issues should be the focus for social responsibility activities for the two years 2015-16 and 2016-17. Two planning meetings in May and June generated a general plan and then more detailed ideas. Social Responsibility working groups are encouraged to include Aboriginal issues within their responsibilities, as are other areas of the Congregation

The initial practical activity has been support for Shewanjagemik, aka Centre 510 on Rideau Street, the drop-in operated by the Odawa Native Friendship Centre. Centre 510 now has financial stability through March 2016, and a cadre from our congregation shares in volunteer shifts preparing food, meeting clients, and assisting in clean-up at the Centre.

The first overall activity within the Aboriginal Issues focus is to inform and educate ourselves. We began in June with the thoughtful sermon by former Chief Gilbert Whiteduck, Algonquin, of Kitigan Zibi, who spoke of the Truth and Reconciliation Commission, and

where we can go next in reconciliation with Canada's Indigenous people. In July, the Global Justice Working Group's summer service brought Ben Powless, Mohawk, to give us his perspective on climate change and the efforts of groups such as the Indigenous Environmental Network.

In October, the Poverty Awareness Working Group presented the film *Water Everywhere and Not a Drop to Drink*, with a discussion of the appalling drinking water situation in Canadian Indigenous communities. Two presentations of the Blanket Exercise gave congregants a chance to engage with the history of colonization, treaty-making and resistance affecting Indigenous people in what is now Canada. The Blanket Exercise can be given for any of the groups in the congregation on request, and will be offered again after Christmas.

We thank Ria Heynen, Marlene Koehler, Werner Daechsel, Katherine Gunn, Anita McLean, Katrin Nagelschmitz, Tudy McLaine and Bob Stevenson and their teams for these events.

~Bill van Iterson

Sponsoring Syrian Refugees

There is strong support across Canada to help alleviate the situation facing Syrian refugees. To contribute to this effort, the Refugee Working Group has held two meetings on Syrian refugees, with about 20 people attending both times.

At its October meeting, the Board of Directors passed three motions. In keeping with at least three of our principles, the Board has reaffirmed that refugee sponsorship is a mission of the congregation and has established a refugee sponsorship fund. While the congregation has agreed in principle to sponsor a Syrian refugee family, full Board approval was dependent on the subcommittee raising an initial \$20,000 to support the family. However, in the interim, the Canadian Unitarian Council (CUC) released new guidelines requiring that 75 percent of the necessary funds be in place before it will apply to sponsor a refugee on behalf of member congregations. Since the CUC estimates that \$40,000 is required to support a family of four for a year, we will need an initial \$30,000, with the remaining \$10,000 to be found over the course of the year. (Some of this can be in the form of in-kind donations of goods.) The family is the responsibility of the congregation.

Until November 8, we will be collecting donations for this project. Cheques of any size will be gratefully received at the SRC table in Fellowship Hall, in the office, or in the safe in the photocopy room. Make cheques payable to First Unitarian Congregation of Ottawa, and mark "Refugee Fund" in the memo line. Donations are tax deductible.



Why is the congregation doing this?

Supporting Syrian refugees is consistent with the principles of our congregation, specifically:

- The inherent dignity and worth of every person;
- Justice, equity and compassion in human relations; and
- The goal of world community with peace, liberty and justice for all.

How much money is needed to sponsor a family and what does this money cover?

Citizenship and Immigration Canada (CIC) requires at least \$27,000 be raised, including "in kind" donations, for a family of four, but the Canadian Unitarian Council (CUC) states that \$40,000 is more realistic. The CUC also suggests that another \$3,000 is needed for every additional family member.

What is our congregation's responsibility?

The congregation would be legally responsible for the financial and moral support of the family for one year as we help the family integrate into Canadian society. The congregation is not responsible for any debts the family may incur in Canada or before coming to Canada (e.g. travel loans).

What mechanism will we use to sponsor a family?

We would be applying under the Sponsorship Agreement Holders (SAH) mechanism held by the CUC. This application should include information on how costs will be covered, a settlement plan and the role of volunteers. Approval of sponsorship applications is faster when a SAH is involved. Our family would be identified from a government list of approved Syrian refugees under the Blended Visa Office-Referred Program. Choosing a refugee family from this list entitles a congregation to some financial help for the family from the federal government.

Has a refugee family been identified?

No. Once we have raised at least \$30,000, we will send a letter of commitment to the CUC and it will send us the name of a Syrian refugee family from the Canadian government's approved list. The size of the family depends on how much money we raise and the number of volunteers we muster to settle the family.

When will the family arrive in Ottawa?

Families sponsored from the approved list take about 2–4 months to arrive from the time the government approves our sponsorship application.



Sponsoring Syrian Refugees cont...

How and when can I make a donation to the FUCO fund to sponsor a Syrian refugee family?

You can write a cheque any time—the sooner the better. On November 1 and November 8, you can give your cheque to a representative of our Syrian Refugee Sub Group at the Social Responsibility Table in Fellowship Hall. You can also put your cheque in the safe or give it to Jen Brennan or Carolyn Turner in the office. Your cheque will not be cashed until we have raised \$30,000. Should this not happen, which is highly unlikely, your cheque will be returned to you.

Will I get a tax receipt for my donation?

Yes. Since we are undertaking the sponsorship as a congregation and as your cheque goes to the congregation, you will get a tax receipt as you would for any other donations. In-kind donations such as furniture, when their value is independently and objectively verified, may be eligible for charitable tax receipts.

I would like to give more than a one-time donation. May I write post-dated cheques?

Yes.

What else will be needed besides money?

We will need people to give volunteer time over the course of at least a year to help settle the family in Ottawa. Tasks range from finding housing, to getting the children registered at school, to getting the family to medical appointments, to helping ease adaptation to our culture, and more. In-kind donations would also be appreciated.

Thank you for all the help you can give!

~Ted Thiessen

Gentleness in Living by Richard S. Gilbert

Be gentle with another—

*It is a cry from the lives of people battered
By thoughtless words and brutal deeds;
It comes from the lips of those who speak them,
And the lives of those who do them.*

*Who of us can look inside another and know what is there
Of hope and hurt, or promise and pain?
Who can know from what far places each has come
Or to what far places each may hope to go?*

*Our lives are like fragile eggs.
They crack and the substance escapes.
Handle with care!*

*Handle with exceedingly tender care
For there are human beings within,
Human beings as vulnerable as we are,
Who feel as we feel,
Who hurt as we hurt.*

*Life is too transient to be cruel with one another;
It is too short for thoughtlessness,
Too brief for hurting.
Life is long enough for caring,
It is lasting enough for sharing,
Precious enough for love.*

Be gentle with one another.

~ Richard S. Gilbert

Richard S. Gilbert retired in June 2005 after serving 44 years in the Unitarian Universalist ministry, in Cleveland, Ohio; Golden, Colorado; Ithaca, NY; and for 32 years at the First Unitarian Church of Rochester, NY.

Found on the Unitarian Universalist Association Website:

<http://www.uua.org/worship/words/meditation/gentleness-living>



Announcements

Social Responsibility Council Announcements

GoGo Grannies Tea & Bazaar

Hosted by the Unitarian GoGos Working Group.

Location: Party Room, Northwest One, between 2625 Regina Street and 265 Poulin Avenue. All proceeds support the Stephen Lewis Foundation.

Date: Sunday, November 29, 12:30-4:00 pm

Contact:
unitariangogos@gmail.com

Edith Holtom Memorial Lecture

On Wednesday, November 25, Dr. Des Morton, Professor Emeritus, McGill University Department of History, will deliver the Holtom Lecture: "How a Scottish General Appointed a Catholic Bishop in Quebec". Lecture is at 7:30 pm, followed by a reception.

Where: Worship Hall, First Unitarian Congregation

Spirituality & Philosophy Discussion Group

We are beginning a new book, "Gaia and God: An Ecofeminist Theology of Earth Healing" by Rosemary R. Ruether. Ruether discusses how Christian and Western cultural and religious traditions have influenced our relationships with each other and the Earth – with a view to finding ways of earth healing. We meet the every second Saturday, year-round. Next meetings: November 7, 21, December 5, 19.

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

LRT Public Information Session

On Tuesday, November 17, 7:00-9:00 p.m. in Worship Hall, the Campus Planning Committee and City of Ottawa staff will present an update on the Light Rail Transit (LRT) project. The session will focus on current plans and next steps for the Stage 2 Western extension of the LRT, in particular as it impacts the vicinity of our campus, and will include time for questions and comments. We encourage attendance from the community at large.



CRA Information Session

After the Sunday, November 29 service, there will be an information session on the implications of our congregation's status as a registered charity, including limitations on our political activities. To maintain our charitable status, we must comply with a set of requirements regulated by the Canada Revenue Agency (CRA). The session will be led by Vyda Ng, Executive Director, from the Canadian Unitarian Council.



Introducing Ourselves

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

When: Saturdays, November 21, January 9, March 19 or June 4, 9:00 am- 4:00 pm
(Lunch included)

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

Contact: Rev. John Marsh,
613-725-1066 x 225,
minister@firstunitarianottawa.ca

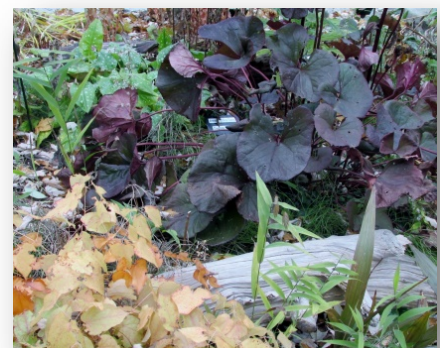
What a Long Strange Trip it's Been

A film journey through Unitarian Universalist History
Led by John Marsh

When: Sundays at 2 pm:
November 8 – Part 5 Evolution
November 22 – Part 6 Unitarian Universalism

The first three film segments (viewed last spring by an Adult Education group) may be borrowed from our congregation's library in the Lounge.

Suggested Donation: \$5 per session



Announcements cont...

Hospitality Hour

I'm putting out a call for clean but serviceable large and medium-sized towels for the main kitchen. They are used to protect the counter above the dishwasher during the washing process and the table from the hot trays. The stack of towels (kept beside the microwave) regularly dwindles down to just a few. If you have some that were taken home to be washed, please return them. More towels would be greatly appreciated.

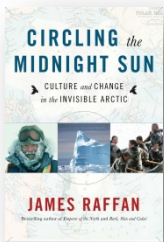


~Tarrel Armstrong

Friday Reading for Growth

This group will meet in the Lounge at 1:30 p.m. on Friday, November 27 to discuss "Circling the Midnight Sun: Culture and Change in the Invisible Arctic" by James Raffan.

Newcomers are welcome. Contact Margot Clarke, 613-820-6596, mmclarke80@gmail.com



Glebe/Centretown/Old Ottawa South Neighbourhood Group

November

Sunday, November 22 at 7:30 pm Dana Mullen will talk about "Some experiences as a teacher in a Nishga'a village in B.C."



Where: Courtyard Room, Unitarian House, 20 Cleary Ave., Ottawa, hosted by Neighbourhood Group members now living in the House. Park in the church parking lot and enter by the door in the corner of the Courtyard.

Contact: Helen McCuaig, 613-232-4777, nell.mccuaig@gmail.com

All are welcome. Bring a small dessert (finger food) to share.

Please contact Ann Denis, adenis@uottawa.ca if you would like to be added to the email list and receive notices of activities.

NB: There will be no meeting of the Neighbourhood Group in December

Unitarian Seniors' Program November

Music Director Deirdre Kellerman will lead the annual pre-Christmas music program, and Intern Minister AJ Galazen will lead the worship service.

When: Thursday, November 26
Where: Worship/Fellowship Hall
Service: 1:00 pm
Program: 1:30 pm
Refreshments (\$3 or pay what you can): 2:30 pm
RSVP (if you are not on the phone list) to Maureen Sly at 613-728-7610, mmsly@rogers.com by Monday, November 23.

Note: Earphones available in Worship and Fellowship Halls. Service and program can be recorded on a CD (cost \$5) or be available as a broadcast from our website (free), provided permission for such permission for such has been given by the speaker(s).





First Unitarian Congregation of Ottawa

30 Cleary Avenue
Ottawa, Ontario K2A 4A1

Phone: 613-725-1066

Fax: 613-725-3259

E-mail: uuoffice@firstunitarianottawa.ca

Web site: www.firstunitarianottawa.ca

Office Hours: Monday to Friday, 9: a.m. – 4:00 p.m.

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Program Staff

Rev. John Marsh, Minister minister@firstunitarianottawa.ca x225

Liz Roper, Director of Lifespan Learning dll@firstunitarianottawa.ca x234

Marie Gabe, Lifespan Learning Assistant lla@firstunitarianottawa.ca x226

Deirdre Kellerman, Music Director, music@firstunitarianottawa.ca x230

AJ Galazen, Intern Minister, intern@firstunitarianottawa.ca x229

Ellen Bell, Spiritual Care Visitor

Lay Chaplains

Alex Campbell, Nicki Bridgland

Administrative Staff

Carolyn Turner, Director of Operations dro@firstunitarianottawa.ca x228

Jen Brennan, Office Manager omr@firstunitarianottawa.ca x221

Michelle Jackson, Accounting Officer accountant@firstunitarianottawa.ca x222

Spire Contributors

Tarrel Armstrong, Angela Beale, Margot Clarke, Ann Denis, Alexandra Devine, Wendy Doyle, Katherine Gunn, Alastaire Henderson, Deirdre Kellerman, John Marsh, Phil Nagy, Maury Prevost, Liz Roper, Maureen Sly, Ted Thiessen, Sherri Watson

Next deadline for submissions: January 7, 2016

Subscriptions

Electronic subscriptions are free, contact: publications@firstunitarianottawa.ca

For information on receiving the Spire via postal mail (cost \$12 per year), contact the church office.

Spire Editorial Team

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

