



First Unitarian Congregation of Ottawa

The Parkway Spire

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Unitarian GoGos Latest Success



On February 9, the Unitarian GoGos staged their third very successful African Dinner.

How do we measure our success? Firstly, we raised more than \$9000, considerably exceeding previous years’ amounts. The money came from the generous donations of our dinner guests and also from a most interesting Silent Auction featuring forty-four varied and appealing items, from quilts to concert tickets, art pieces to massages.

Secondly, to judge by the good will and conviviality that filled the room, we have to think that our guests really enjoyed themselves, as did the GoGos who prepared and served the meal and drinks, organized the auction, and decorated Fellowship Hall.

Everyone came prepared to have a good time as well as to support African grandmothers struggling to care for children orphaned by the devastating HIV-AIDS pandemic.

The GoGos are deeply grateful to this congregation for its ongoing, unstinting support of our work—attending our dinners, purchasing our Granny Squares and Christmas baking, as well as our garden plants in the spring—and for making this wonderful facility available to us for events such as our African Dinner. You have helped the GoGos contribute close to \$120,000 to the

In Memoriam

Leslie Huggett—died
February 14, 2013

Christopher (Kit) Yeatman—died
February 17, 2013

Caring Committee

Caring Contacts for the next two months:

April

Marianne Dawes, [613-761-5589](tel:613-761-5589)
mmdawes@sympatico.ca

Kay Walker, [613-725-3671](tel:613-725-3671)

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Isabel Burrows, [613-727-6152](tel:613-727-6152)
iburrows@rogers.com

Maryan O'Hagan, [613-729-7752](tel:613-729-7752)

Stephen Lewis Foundation over the past 6 years, a sum of which we should all be very proud.

And what is coming up for the GoGos? In addition to the two remaining Granny Squares sales before summer (Sundays April 21 and May 19), we will also be holding our fourth annual “Unitarian GoGos and Meditation Gardens Plant Sale”. As described above, you’ll find us outdoors on the west side of the church from 9 a.m. to 2 p.m. on Saturday, May 11 and Sunday, May 12 (Mother’s Day).



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Deadline for submissions: May 15, 2013

Subscriptions

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

The Internship Committee Needs Your Assistance

Feedback for Kye

Where does the time go? Kye Flannery is half way through her internship with First Unitarian and the Fellowship. The Internship Committee seeks comments on how she has touched you positively and how we can help her improve.

Shortly, you will have the opportunity to fill out an evaluation form for the various activities where you encounter Kye: at a church service, in a committee, attending a workshop, etc.

Please take the time to comment on each. By doing so, you will be helping us create a more in-depth and balanced evaluation for Kye.

There will be a slotted, sealed box on the Membership Table during the Sunday service. Otherwise, it will be in the office. You can also respond by email to sbwilliams@bell.net.

Thank you for your participation.

A Place to Live

Kye Flannery had to spend time and energy finding a convenient and reasonably priced place to live in Ottawa. A place which seemed perfect ended up not being so. If possible, the Internship Committee wishes to avoid a similar situation for Jennifer Gray, our intern for 2013-2014.

If you know of potential accommodations—an apartment, sharing with a roommate, a house-sitting opportunity, a room in a home—that are as convenient as possible for OC Transpo travel between the our congregation on Cleary Avenue and the Eastern Fellowship on McArthur Road, we will pass that information on to Jennifer.

Please leave such information in the office or email it to sbwilliams@bell.net.

Thank you!

—*The Internship Committee*

Report from the Caring Committee

On Saturday, February 23, Mark Goldblatt from the *Funeral Co-operative of Ottawa* gave a detailed overview of the progress that has been made in the past three years toward the establishment of a functioning non-profit funeral service in Ottawa. The Co-op's mission is to provide a range of quality funeral arrangements which reflect the choices of the deceased and their families in a compassionate manner and on a not-for-profit basis. The Co-op has obtained sufficient funding to lease space on St. Laurent Boulevard and is currently renovating it.

They expect to open for business by May 1 or June 1, 2013. Mr. Goldblatt expressed the need for additional members in order to spread the word and to assist in the continuing existence and development of the service. Membership is \$20 per person, is valid for a lifetime, and entitles one to a discount on the price of services. More information may be obtained from the Co-op at 613-288-2689 or info@funeralcooperativeofottawa.ca or from Ria Heynen at 613-828-8468, r-j.heyne@bell.net



Sunday Services in April/May



March 31 Easter
10:30 a.m. Speaking Truth to Power—Jesus and other such Fools – John Marsh
4 p.m. Unitarian Easter Communion

April 7 How Much Difference Does a Pope Make? – John Marsh, Linda Gionet and others
In our tradition, the gathered congregation is our ultimate authority. We don't pretend that the gathered congregation is always correct, only that it gets to make the final decisions. Within our walls, the Pope has no power to ordain anything. Yet, he (and it always is a he) still gets our attention.

April 14 Spring's New Growth – Kye Flannery



We are of a faith that acknowledges we shape religion, much as historians shape history. How does our faith also shape us? We may be “spiritual but not religious,” or we may have practices that guide us. How do we ensure that we keep growing?

April 21 Tiamat's Tears: A Story for Earth Day Multigenerational Service

–Susan McEwen and others

There are several versions of a Babylonian myth about the dragon-shaped goddess, Tiamat, meaning earth mother. She was the great mother dragon from whose body all the stars in the heavens and the foundations of the earth were born. Join us in a worship service for all ages as we explore, through drama, music,

and the sharing of many voices, our connections to the earth and the ways we can care for the interdependent web of existence.

We thank Joy Silver of Beacon Unitarian Church in Coquitlam, B.C., not only for her story—an adaptation of Reverend Rebecca Parker's dream as told in her book, *Proverbs of Ashes*—but also for the beautiful dragon puppet she created to enhance the storytelling experience! Joy has developed a “spirit play” version of Tiamat's Tears, a story told for children with concrete materials and wondering questions. We'll be sharing this story in our Children's Worship at the end of March in preparation for our all ages service.

–Susan McEwen

April 28 Hallelujah and Beyond – John Marsh

The poetry and music of Leonard Cohen has touched our hearts and given us pause to think for over half a century now. This sermon is part of our faith heroes theme for the year.

May 5  in Global Perspective

The Welcoming Committee and the Youth Group will join forces to bring you a service on lesbian, gay, bisexual, transgender, queer and intersex issues and activism from around the world. In this multigenerational service, the youth will share some of their insights from the UU-UNO Spring Seminar.

May 12 Mother's Day
10:30 a.m. Mothers as Faith – John Marsh
4 p.m. Jenn Grey, Our incoming intern for 2013-14

May 19 “The Heroic Fibre”— Having the Courage Of Our Confusions

Special Guest Speaker Richard Gilbert, Minister Emeritus of the Unitarian Church of Rochester NY. Dr. Gilbert is author of the much-used and loved curriculum: *Building Your Own Theology*, and numerous books and articles. He has been a tireless advocate for greater social justice in the world.

May 26 So Long, It's been Good to Know You

Last September, Kye wrote in the Spire that we co-create each other, congregation and intern, by seeing each other. Now, we've spent many months together. How have we shaped each other? Kye will share some of her experiences and learning of nine months with this congregation, and say farewell.



Photo —Jan Andrews

International Women's Day

On March 3, 2013, First Ottawa celebrated an inspirational service in commemoration of **Strong Resilient Women**. In honour of the women who have touched our lives, the congregation collectively produced "Spoken Word Poetry" and a Tableau of Tributes. In recognition of International Women's Day, we share with you the poem created from both services and selected heartfelt tributes.



Heartfelt Tributes

"My mother played tennis and hockey as a young woman in the early 1900s, then taught math and science to tough men scarcely older than herself in an age when women were expected to stay home with the children. As a mother she always insisted that girls get the same education as boys. A very strong mother and woman."

"The women in my life are the food that nourishes me, the love that supports and propels me, and that which anchors me. I cannot pick just one."

"My mother typed 120 wpm, shorthand at 200 wpm, only ever skated on speed skates, dove from the 3 metre board, rushed all the time (once she forgot to put her shirt on as she ran out the door) she made enemies, she wanted to save our souls - everyone's."

"A single mom of four who bravely birthed her fifth. Sacrificing sleep, time, fun and freedom to give her children a chance at life."

For the creation of this thoughtful service, we thank:
Liz Benjamin, Melanie Davidson, Phyllis Eleazar, Kye Flannery, Margaret Linton, Sina Naebkhil, Katrin Nagelschmitz, N'Kem Odita, John Soar, Paula Theetge and Three Rivers Choir.
Recognition to Sarah Kay, Spoken Word Poet.

We Are One Woman

We are One Woman:

Encouraging and supportive teacher,
share your truth –
my mum, the artist –
patient and forgiving,
courage to face dark demons,
caring and strong.
She made enemies.

Women in the workforce, independent –
A pied piper,

she is my grandmother –
highly insightful,
persistent, always learning –
passionate, courageous, innovative.

Marry a strong woman and be happy!

She is a coach,
transgender, which is shorthand for
"true to herself,"

oozing creativity –
she travels an unfamiliar new way with grace.

Bravely compassionate
single mom who sacrifices.

Lullabye singer
becoming whole.

Warm and welcoming,
We are One Woman.

We are one Woman
Kindness and laughter

A world traveller
Caring encouragement to grow

Loved me fiercely
Sharing passion

Daring and caring
Physical and mental strength

Compassionate and dedicated to her values
Living well! Living for justice!

The phrase: "Why not?"

Laughed her way through 98 years
Music and song

Strong and independent
Makes me happy

Open and continually evolving
So damn brave!

She held it all together
We are One Woman!





Religious Exploration

—sharing a moment with Susan

Once upon a time, there was a village...

This late winter in children’s Religious Exploration, we learned about hunger and community through visits from special guests, art projects, seed planting, stories, games, and our “Full Tummies, Full Hearts” food drive.

April/May R.E. Calendar

April 3-7 Youth visit New York City for UU-UNO Spring Seminar

April 7 Small group RE curriculum sessions

April 14 Small group RE curriculum sessions

April 21 All Ages Service for Earth Day: Tiamat’s Tears

April 28 Children’s Worship and RE Family Potluck
Small group RE curriculum sessions

May 5 RE Leaders Appreciation Breakfast
Youth sharing from UU-UNO in service
Small group RE curriculum sessions

May 12 Clean-up in RE
Congregational Picnic – Celebrating Faith Heroes!

May 19 No RE (Victoria Day Weekend)
Annual Conference and Meeting of the Canadian Unitarian Council in Calgary

May 26 Children’s Summer Program begins
Conclusion of Jr. High OWL

Do you remember the classic folk tale, “Stone Soup”? Hungry travellers pass through a village, asking for some food to sustain them, but the villagers feel they have little enough for themselves and hurry to hide their food. Then the travellers build a fire and set up a giant pot of water over the flames. They add one stone and begin to remark that although the broth smells good, it would be so much better with some cabbage... and carrots...and beans....and barley... Soon the villagers are bringing simple offerings for the soup until a delicious and nourishing meal is ready for everyone to enjoy.

In our little village of children and adults in RE, we reflected on how “Stone Soup” connects with our experience of community. What if...

The soup pot is the covenant we make to be together with respect and kindness in community. Our commitment to our covenant holds us; it is like a container for us.

The fire under the pot is the spark of our aliveness, what makes us grow, what fuels our creativity and transformation. It is our dedication to keep on learning all through our lives.

The vegetables in the soup are all of our unique offerings, all of the special gifts each of us bring with their own flavours, colours, textures, and ways of nourishing ourselves and others. They are our acts of kindness, our patience with one another, our generosity, talents, and willingness to listen and speak truthfully.

The water in the pot becomes a broth made inside the soup pot of our community covenant. It is full of all the goodness of our offerings and it is warmed and made delicious by the fire of our vitality. The stone is an idea, an invitation to share our gifts in community.

As we talked about the story, our children wondered and offered insights: *When the people said they couldn’t share, that wasn’t true! Why did they share when the soup pot came out? Maybe they shared because someone came along and helped them be excited about something they could do together. Sometimes people really can’t add anything to the pot, but we should still welcome them and give them some soup. Sometimes people can add things that can’t be seen but are still valuable. Everyone has something to offer.*

What do you see in the story of “Stone Soup”?

Blessings,

Susan



Be Welcome — Kye Flannery



I'm excited about April. And not just because it might (maybe? at some point?) start to look like spring! (Though you can see by the photo I have been thoroughly enjoying the Canadian winter.)



Photo—Kye and David Hudson Skiing

I've been working with some of you to plan a learning module called "Creating Safer Spaces: Understanding Privilege and Living our Welcome."

We've borrowed some elements from the Unitarian Universalist Association's "Who is My Neighbour?" training, and introduced other pieces—skits, conversation topics, videos—to be relevant to Canadian UUs.

This course is not about making hard and fast rules; it's about deepening our understanding. The aim is to help us to see each other more clearly, to build deeper relationships, and to understand how we each might experience life at First Unitarian. How can we "Be Welcome" to all people?

Be Welcome might register at first glance as a grammatical error. But I like that it cuts through all the nonsense. Like Be Peace, or Just Do It—and like those two phrases, there are years of practice that go into learning how to live up to its simplicity.

Be Welcome combines two pieces of wisdom that are dear to my heart. One is from Howard Thurman: "Love loves. This is its nature." The other is from Cornel West: "Justice is love in public."

"Justice is love in public."
—Cornel West

Love in public: That's our first principle, honoring the worth and dignity of all people. How might our language embrace or push away? How do we support and get to know people who come from backgrounds unlike our own, who have had experiences we haven't? What are assumptions we have that we might not see?

Tuesday evenings, starting April 9, we'll tell our stories and sit with our uncertainty; we'll hear difficult truths and ask difficult questions. And, in a way, they will all be shades of this one big question: How do we embody the welcome we want to offer to all people?

I invite you into this journey. You are, of course, welcome!

—Kye Flannery





A Message from the Lay Chaplaincy Task Force



The Lay Chaplaincy Task Force is seeking people interested in becoming lay chaplains. In the last Spire, Caroline Elson wrote of memories she will hold dear when she retires from the lay chaplaincy in May. This month, our other two lay chaplains, Jan Glyde and Bob Armstrong, who remain chaplains until next spring, share their thoughts with us. For more detailed information contact Donna Bowen-Willer, bowen.willer@yahoo.ca or Susan Mackenzie, macs@magma.ca.

A Most Unlikely Pursuit

Have you ever jumped in with both feet—into something you thought might be a good idea, but which put you waaaaaay outside your comfort zone? If so, you'll know what I experienced. If not, maybe it's a time to explore the possibility.

Six years ago, I noticed the advertisement for lay chaplains and immediately ignored it. The calling was not my cup of tea. Yet something (not my dear wife) nagged me to give the idea some thought. After fits and starts, I submitted my application, confident that the selection committee would use good judgement and gently put it aside. I was wrong—the committee selected me.

Now I was in trouble! Far outside my personal comfort zone, I settled down to reading the recommended books, taking the initial training course, and listening to the advice of former lay chaplains. Eventually, I performed my first memorial. I may have been shaking, but I survived and learned a lot.

Over 5 years, I have officiated at 47 memorials, 47 weddings, and 5 child dedications. I'm going to miss being a lay chaplain. I will miss the joy of bringing stability to a grieving family or helping a nervous couple through the most significant ritual in their lives.



Bob Armstrong officiating at a wedding

I will remember:

- being gowned and gloved to perform a marriage in the Heart Institute
- being there for the family of a 22-year-old daughter who had died
- being asked to dedicate the daughter of the first couple I had married and, 2 years later, to dedicate their son
- performing a wedding on December 30th—outdoors!

I know how rewarding it is to be a lay chaplain. Please ask me. I'll tell you no lies. Blessings —Bob Armstrong

The Gift of Lay Chaplaincy

“What is it like being a lay chaplain?” That is the question I often hear. I used to answer that it is a privilege. How? I get to participate with families and couples in the major events in their lives: the welcoming of a new member to the human family, the union of two to make a new family, and making meaning of the life of a beloved one who has departed. I also get to share our UU principles and values with the wider community.

Now that I've officiated and celebrated a dozen or so rites of passage, I need to elaborate. Among my favourite pastimes is hearing people's stories, because they enrich my life immeasurably. At the heart of lay chaplaincy lies the story. Consequently, lay chaplaincy is also a way to collaborate in honing the story of a couple's life together, of the birth of a child, or of the dying of a beloved. Now when I'm asked what it is like being a lay chaplain, I answer that it is a gift.

—Jan Glyde



Thank You Merci Gracias

— compiled by Alastaire Henderson

- ✚ Sincere thanks to Margot Clarke and Ken MacKenzie for the new exterior sign that graces the West Entrance! Margot purchased the lettering, and Ken MacKenzie (of Quality Home Improvement) prepared and erected the sign. You may be familiar with Ken—he is our contractor of choice when we have work to be done at the church.
- ✚ A big thank-you to Margaret Linton for suggesting we should have a service celebrating International Women’s Day, and to all the women and men who contributed to the two beautiful services on March 3.
- ✚ Many thanks to Carolyn Turner and Jen Brennan for your welcoming assistance every day and for overseeing everything in the office and the church so ably and with such a positive attitude.
- ✚ Thanks go to the Sunday drivers who bring Shree and Dikchya from their home in Orleans, delivering their delicious sushi, momos and lentil soup, and take them home again: Mary Duncan, Tara Upreti, David Hudson, Judy Dunlop, Elizabeth Waechter, and Karl Nagelschmitz.
- ✚ Thanks to the Writers’ Group for submitting poems for a plaque for the Meditation Gardens’ solar array. Special appreciation to Merridy Cox Bradley, whose poem was selected.

Note: 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.



Photo—Jan Andrews

Friends of the Meditation Gardens Update

Look for a bulletin board (or two) on the inner sides of the south entrance arbour, this summer. Built by Renee’s longtime friend, Rick Day, this board will be used to post monthly updates on garden happenings; field notes on our varied plant and insect life, our fish, frogs, birds and other wildlife; the Garden Rules for adults and children; and, for garden walk-about, a pocket with laminated copies of the Memorials list and a map showing the locations of memorial trees, shrubs and benches.

South Garden

Our well’s flow has decreased since 2011. The first step in addressing the problem is to test the well pump and if necessary raise it to repair or reset it. Renee is working with staff at a local business, The Pumphouse, on the testing.

North Garden

We will focus on the North Garden this year, completing hardscaping jobs begun last year: building a foundation for the new north arbour; clearing and replanting the rest of the central flowerbed; and extending the low wall around this central bed.

Other activities:

Rebuilt fire pit. The pit has been cleaned up and reshaped; we’ll be monitoring its use (or lack of use) this year to decide if it is worth maintaining.

Plaque for solar array. We have created a commemorative plaque similar to the one on Brian’s Reste, and will put it up this spring.

Spring Clean-up Days. Usually we have two garden clean-up and preparation days in April. Watch for dates to be chosen at the end of March, when we know how soon the ground will be dry enough to walk on.

“Home of Our Own” Update from Unitarian Universalist Fellowship of Ottawa



Things are moving right along for the Fellowship as we prepare to relocate to our new neighbourhood on McArthur Avenue. We now have a temporary banner up on the building, and RND Construction is preparing the site for the plumbing and electrical work, which will soon begin.

Meanwhile, our Fellowship members are hard at work organizing and planning for the move, which we hope will happen in late spring or early summer. And we are meeting frequently with Heartwood House, our co-owner in the property, making numerous decisions together concerning the many details which arise in a project of this size and scope.

Lots of hard work and fun for us, and many thanks to First Unitarian for your continuing support!



Announcements

Fall Fair Stamps

Your donations of stamps and coins can be made at any time. There is a slot in the photocopier room for small packages. Anything larger should be labelled “Fall Fair Stamps” and left with the office. If you have any questions about collections you might like to donate, please contact Barry Read, baread@rogers.com, 613-592-5563.

Are you interested in leading a summer service at First Unitarian Congregation of Ottawa?

Inspiring summer services are vital for our congregants and for visitors in search of a faith community. If you or your group would like to lead a service during the summer, please complete and submit the application form at www.tinyurl.com/UUSummer or request one from Linda, lgionet@yahoo.com.

We are accepting applications until May 1, 2013.

Considerations:

- Summer services should include elements of worship that nurture a transformational and spiritual experience.
- Sermons are more than informative lectures. Ideally, the topic connects with Unitarian Universalist principles and sources.
- The order of service should include elements of ritual such as chalice lighting, community building, such as joys and sorrows, and music (at least two hymns).
- The congregation’s worship associates will work with individuals and groups whose proposals for summer services are selected.
- Summer services run from June 24 to September 2.

Kye Flannery’s Farewell Party Extravaganza!

A Fundraiser for the Internship Fund!

When: Sunday May 26 – 7:30 p.m.

Where: Fellowship Hall

If you would like to be involved in planning this event, please contact Party Coordinator, Sue Williams, at 613-241-5140.



Announcements



Social Action Movie Nights

Pot Luck Supper - 5:15 p.m.

Film Screening - 6:30 p.m.

Donations toward film licence fees appreciated.

Contact: Frances Deverell, frandev@sympatico.ca, 613-747-7584

Sunday April 14—*Living Downstream*

This film beautifully documents the way environmental pollutants such as PCBs get into the environment, move into even the most pristine places, end up in our bodies, and cause cancer. This poetic film follows Sandra Steingraber, a modern-day Rachel Carson, during one pivotal year across North America, working to break the silence about cancer and its environmental links. She herself receives a health scare, so we begin two journeys with Sandra: her private struggles with cancer and her public quest to bring attention to the urgent human rights issues of cancer prevention.

Info: www.livingdownstream.com/about-film Co-sponsored with ActCity Ottawa www.facebook.com/actcity.ottawa

Sunday May 5—*Climate Refugees*

What happens when an over-populated world, lack of resources and a changing climate collide? Many are calling the result the greatest challenge mankind will ever face. Where *An Inconvenient Truth* demonstrated the causes of climate change, this film shows its effects on our civilization. *Climate Refugees* explores in depth the global human impact of climate change and its serious destabilizing effect on international politics. The film turns the distant concept of

global warming into a concrete human problem with enormous worldwide consequences. “Strong visuals and potent testimony help sound the alarm for instituting new policies and working together to create solutions to cope with this imminent crisis.”

Tulipathon 2013

The Poverty Awareness Working Group welcomes your sign-up to take part in Tulipathon 2013, a fundraiser for the Multifaith Housing Initiative (MHI). Come to the Social Responsibility table in Fellowship Hall after Sunday services April 14 through 28. This is the fourth year that our congregation will take part in this delightful walk-a-thon along the Rideau Canal to raise funds for places to live for people without access to affordable housing. The Social Responsibility Council contributes \$25 to MHI for every walker from our congregation, plus 10 percent for every dollar in pledges our walkers raise. Our congregation is a member of MHI.

When: Sunday May 5 at 3:00 p.m.

Contact: Ria Heynen at r-j.heyne@bell.net 613-828-8468



Social Responsibility Calendar April/May 2013

Sunday, April 7

12:30 p.m. UN Working Group

Tuesday, April 9

9:00 a.m. Poverty Awareness Working Group

Sunday, April 14

Social Action Potluck and Movie Night: “Living Downstream” Potluck at 5:15 p.m. Film at 6:30 p.m.

Thursday, April 18

4:00 p.m. Unitarian GoGos

Friday, April 19

9:30 a.m. Social Responsibility Steering Committee

Sunday, April 21

10:00 a.m. Granny Squares Sales
10:30 a.m. Earth Day Service
11:45 a.m. Fair Trade Sales

Saturday, April 27

5:00 p.m. Canada-Nepal Working Group Nepali Gala

Sunday, May 5

12:30 p.m. Global Justice Working Group
12:30 p.m. UN Working Group
Social Action Potluck and Movie Night: “Climate Refugees”
Potluck at 5:15 p.m. Film at 6:30 p.m.)

Monday, May 6

7:30 p.m. Funeral Information Society

Saturday/Sunday May 11 & 12

9:00 a.m. to 2:00 p.m. GoGo Grannies and Meditation Gardens Plant Sale

Thursday, May 16

4:00 p.m. Unitarian GoGos

Friday, May 17

9:30 a.m. Social Responsibility Steering Committee

Sunday, May 19

10:00 a.m. Granny Squares Sales
11:45 a.m. Fair Trade Sales

Announcements

Funeral Information Society of Ottawa—Annual General Meeting

About funerals, did you know that routine embalming is not required by law? That you are not obliged to hire an undertaker? Most of what we think we know about funerals is wrong. Here is an opportunity to learn about a mysterious and potentially too expensive aspect of our culture. The Global Justice and the Poverty Awareness working groups bring the AGM of the Funeral Information Society of Ottawa (FISO) to First Unitarian. Speaker Josh Slocum, Executive Director of the non-profit industry watchdog, Funeral Consumers Alliance, says: “When we fail to plan ahead, we become a walking blank cheque at the undertaker’s on the worst day of our lives.” FISO began at our congregation in 1958.

When: Monday May 6 at 7:30 p.m.

Contact: Bob Stevenson
stevbob@sympatico.ca
613-729-3765.

Unitarian GoGos and Friends of the Meditation Gardens Annual Plant Sale

Find a wide range of perennials, including hostas, herbs, geraniums, irises, daylilies, natives and shrubs, heritage and unusual vegetable starters, as well as Kazuri jewellery for Mother’s Day gifts. Tell your friends! Proceeds go to the Stephen Lewis Foundation to help grandmothers and orphans in Africa, and to the Meditation Gardens for care and maintenance.

When: Saturday May 11 and Sunday May 12, 9 a.m.–2 p.m.

Where: Outside on west side of church and in the South Garden

How: Cash, or cheque with ID
Plant Donations Welcome!

Friends of the Meditation Gardens and the Unitarian GoGos are requesting donations for the plant sale. If you have garden plants, seedlings, or house plants to donate, please contact Renee at reneeknowsbest@rogers.com or the GoGos, 613-721-0791 (Joan Turner) or unitariangogos@gmail.com
Thank you!!

Take a Mindful Journey with Unitarian Universalists and their Friends to India— November 5-18, 2013

Visit the renowned Golden Temple in the Punjab, and experience the incredible, one-of-a kind, once-a-year Pushkar Camel Fair in Rajasthan. Sikh art in Punjab, frescos in Rajasthan, ornate palaces, spectacular hill-top forts—the varied architecture and art on our journey will be memorable.

Visiting Hindu, Sikh, and Jain temples, we’ll learn the history and beliefs. We’ll stay in small heritage hotels and spend two nights in a tented camp. At the end of our journey, it will be possible for you to add the Taj Mahal or other places in India. Taking a mindful journey is about being alive in the moment, being wide awake, being present to what is on our path. No better place to do that than India. This will be the “Best Exotic Marigold” adventure ever!

Information: Beverly Carr, Neighbourhood Unitarian Universalist Congregation, Toronto
beverlz@me.com or [http://www.nuuc.ca/Mindful Journeys.htm](http://www.nuuc.ca/MindfulJourneys.htm), for more information. Rev. Wayne Walder will accompany us.



Photo —Mario Bernatchez



Announcements



Time & Talent Silent Auction— Bidding Begins!

Donations are in—thank you, everyone, for your generous offers! Bidding sheets are prepared, and a “Master List of Auction Items” is ready for distribution.

When: Bidding dates are **Sundays April 7, 14 and 21.** Bidding closes at 12:30 sharp on April 21.

How to Bid?

1. Come to church on any or all three consecutive Sunday mornings. Set-up is at 10 a.m. in the Lounge before service, and in front of the pews after service, until 12:30 p.m.
 2. Pick up a Master List to determine what items you would like to bid on. All items are numbered—just look for the corresponding number on the bidding tables.
 3. Enter your name, contact information and bid amount on the bidding sheets. Don't forget to check in again the following week to see if anyone has outbid you. You can then rebid, as often as you like, until bidding closes on April 21 at 12:30 p.m. The highest bidders will be notified by email the following week.
- Check out the many new items we have this year, and please participate in this annual auction event! It's fun, and it's an important fundraiser for the church.

Our Church Lending Library

The church's self-serve lending library, for our adult congregants, is located in the Lounge. This library contains interesting books and other materials concerning a variety of topics related to our approach to religion and spirituality. Books and other materials can be borrowed for four weeks and can be renewed.

As well, in a separate location in the church, we have a small library archive consisting of our very old books (printed before 1920) and some heritage books of a scholarly nature (possibly suitable for in-depth research). These archived materials may also be borrowed by congregants, upon request to the lending library volunteer, Brian Cowan, 613-829-7986, briancowan@rogers.com.

Everyone who enjoys what a library has to offer is invited to make use of this important church resource.

Creating Safer Spaces: Living our Welcome and Understanding Our Privilege

This course will create a space to explore practical skills for welcoming people of all backgrounds, faiths, income levels, and to think about our own lives and experiences.

Kye Flannery and facilitators from the Congregation will help us with important conversations

about race and ethnicity, economic class, and gender with the aim of making our community nurturing for everyone. This course builds from week to week, so attendance at the first session is essential.

When: Tuesday evenings beginning April 9. If you're interested, RSVP intern@firstunitarianottawa.ca

Last Call for Delegates

If you would like to be a delegate representing First Unitarian Congregation of Ottawa at the CUC Annual General Meeting, please let us know. You may add your name to the sign-up sheet on the DAC bulletin board in Fellowship Hall or speak with Maury Provost.

When: The AGM will be held in Calgary **May 16-17**, just before the CUC Annual Conference begins.

Information on the resolutions to be presented at the Meeting will be provided to all delegates. Cheque exchange is available to help defray travel costs.



Announcements

Monday Reading for Growth

The Monday Reading for Growth group will have its next meeting on April 8 at 1:00 p.m. in the Lounge. We will be discussing *The Center Cannot Hold: My Journey through Madness*, by Elyn Saks. We welcome new members and guests. Contact Anita Maclean at 613-820-2892, anitamaclean@rogers.com



Painters' Circle

Come and join a group of friendly peers to paint together, share ideas, and encourage each other. We need new members to keep it going, so you will be warmly welcomed. All media welcome except oils. This is not a class, so experience is necessary. It is essential to get full details from Clea Derwent, 613-695-0505 clderwent@gmail.com, before coming.

When: Tuesdays 9:30 a.m.–12 p.m.

Where: Room 4,

Got Building Materials?

The Sanctuary Working Group needs planks, stakes, etc. for the construction of raised garden beds. So if you have some suitable lumber needing a new home, please contact Mary Duncan, meduncan@sympatioco.ca, or Elizabeth Waechter, waechter0675@rogers.com



Hospitality Hour Notes

If you have a church event that requires coffee and or tea to be packaged up, please contact Betty Campbell directly.

April and May sign-up sheets are up and ready to receive your names to assist at Hospitality Hour.

Thank you. —Tarrel Armstrong, Coordinator

UU Round Table Lunch— Friday April 19

Where: The Mongolian Village Grill, in Bells Corners, Ottawa
150 Robertson Road

RSVP:

Tudy McLaine, 613-745-8074, or (Marjorie Daechsel, 613-596-1471) by April 18.

Unitarian Seniors' Program

In April, Alex Campbell will speak about "Peace". Elizabeth Bowen will conduct the worship service.

When: Thursday, April 25 Service: 11:30 a.m. Lunch: (\$7) 12:00 p.m.

Program: 1:00 p.m. Where: Worship/Fellowship Hall

RSVP (only if you are not on the phone list): Maureen Sly, 613-728-7610, mmsly@rogers.com by Monday, April 22.

In May, Jacob Caines will present "My Life with Music". Rev. Fred Cappuccino will conduct the worship service.



When: Wednesday, May 29

Service: 11:30 a.m. Lunch: (\$7) 12:00 p.m. Program: 1:00 p.m.

Where: Worship/Fellowship Hall

RSVP (only if you are not on the phone list): Maureen Sly, 613-728-7610, mmsly@rogers.com by Sunday, May 26.

Holtom Lecture: Stories and What They Do

With author Noah Richler

When: Monday, April 29 at 7:30 p.m.

This lecture will be based on Noah Richler's book, *What Do We Say When We Talk About War*, which was a finalist for the Governor General's Award for Non-Fiction and the Shaughnessy Cohen Award for Political Writing.

Before returning to Canada in 1998, Mr. Richler was a prize winning producer for BBC Radio. Since then he has been writing essays, columns for *The Globe and Mail*, *The Guardian*, *the National Post*, and *The Walrus*, as well as his best-selling book, *This Is My Country, What's Yours?*

This free lecture, sponsored by the memorial fund established in honour of peace activist Edith Holtom, will be followed by discussion with the audience and a reception in Fellowship Hall.

Save the Date—

**Saturday, Nov 16, 2013—
Holly and Lace Bazaar, 2013**