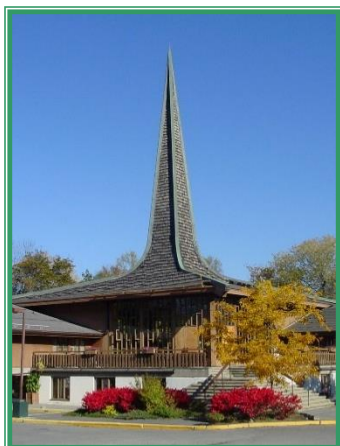




FIRST UNITARIAN CONGREGATION OF OTTAWA

This document will help you connect with any of the groups and activities in our Congregation.

Please Note: Most groups/activities invite you to drop in to see if they might be right for you. However, some (**marked with ***) have prior requirements or need pre-registration. They ask you to call the contact before you attend.



This document is prepared and maintained by volunteers like you. To request an electronic copy or to give updates and corrections, please contact:

**gettingconnected@
firstunitarianottawa.ca**

An Activity for Everyone

Why might you consider volunteering or getting involved in groups or activities within our Congregation? Your motivations are as unique and personal as your spiritual beliefs and practices. But, one of the great strengths of our religion is that the diversity of member motivations is matched by the opportunities available for members to find what is valuable for them.

Your very personal needs or desires might lead you to look for groups or activities that foster:

- a sense of belonging,
- opportunities for spiritual growth,
- positive action to better our communities, country, and the world,
- personal sharing and close relationships with others,
- active sharing through music, work parties, or organization of events,
- intellectual growth through study, reading, discussion, meditation, or lectures,
- the development of new friendships,
- chances to make a significant difference in the world we all share.

If any of these hit a chord, please look through the wide and varied opportunities described in this document. You may be surprised at the depth and breadth of what goes on in our Congregation outside of Sunday worship. Don't hesitate to make contact and find out more – there's never any obligation and you may find a perfect match for your personal journey.

How to Find a Group or Activity

Our groups and activities fall into eight general categories. Although any group may, in fact, fit well into more than one category, we've chosen what we believe is the best fit to simplify this listing.

The categories are:

- | | |
|------------------|------------|
| Fundraising | Outreach |
| Internal Service | Liaison |
| Music | Operations |
| Self-improvement | Social |



Table of Contents

An Activity for Everyone	1
How to Find a Group or Activity	1
Congregation Staff	3
Congregation Staff	3
Fundraising	3
Fall Fair	3
Time and Talent Auction	3
Internal Service	3
Book of Gratitude	3
BookShelf	3
Breakfast Forums	3
Caring Network*	3
Committee on Shared Ministry	3
Friends of the Meditation Gardens	3
Greeters (Sunday)	4
Hospitality Hour (Sunday)	4
Memorial Receptions	4
Our Whole Lives (OWL)	4
Spiritual Care Visitors*	4
Unitarian Seniors' Program	4
Worship Team and Worship Associates	4
Liaison	4
River Parkway Children's Centre	4
Unitarian House Liaison	4
Music	4
Chalice Choir	4
Fusion Choir	4
Three Rivers Singers	5

Operations	5
Adult Learning Team	5
Adult Library	5
Archives	5
Audit Committee	5
Board of Directors	5
Campus Planning Committee	5
Denominational Affairs Team	5
Embracing Diversity Committee	5
Finance Committee	5
Governance Committee	5
Nominating Committee*	5
Personnel Committee	5
Outreach	6
Child Haven Working Group	6
Poverty Action Working Group	7
Refugee Working Group	7
Social Responsibility Coordinating Team	7
Social Responsibility Council	7
Unitarian GoGos Working Group	7
Self-Improvement	7
Arts Night	7
Empower Dance	7
Mindfulness Meditation Group	7
Painters' Circle	7
Reading for Growth (Friday)	7
Reading for Growth (Monday)	8
Spiritual Growth Group	8
Spirituality & Philosophy Discussion Group	8
UU Writers' Group	8
Women's Personal Growth Group	8
Yoga	8
Social	8
Bridge Group	8
Knitters Group	8
Voyageurs Group*	8

Congregation Staff

Congregation Staff

Church Office Phone: 613-725-1066

Minister: Rev Patricia Haresch , x225
minister@firstunitarianottawa.ca

Spiritual Care Visitor: Rev. Ellen Bell 613-831-5205

laycare@firstunitarianottawa.ca

Community Minister: Rev. Linda Goonewardene

Cupotea13@rogers.com

Operations Manager: Jen Brennan x221
omr@firstunitarianottawa.ca

Finance & HR Manager: Michelle Jackson x222

fm@firstunitarianottawa.ca

Facility Manager: Lori Clarke x224
facmgr@firstunitarianottawa.ca

custodian cell phone, 613-890-1066

Music Director: Deirdre Kellerman x230
music@firstunitarianottawa.ca

Director of Religious Exploration: Neo Yaxley x234

dre@firstunitarianottawa.ca

Sound and Lighting Co-ordinator: Gareth Auden-Hole x223

soundandlight@firstunitarianottawa.ca

Fundraising

Fall Fair

This is the largest single fundraiser for our Congregation each year. We need people to organize materials, plan and publicize the event, set up, sort, bake, price, make, serve, sell, and clean up. Most of the work is done the week before the Fair.

Time and Talent Auction

Members of the Congregation and others offer their time, talent, or interests in an annual auction to raise money for the Congregation.

Internal Service

Book of Gratitude

The Book of Gratitude lists people who have made exceptional financial donations to First Unitarian Ottawa. It is displayed in a case at the back of the pews in Worship Hall.

Volunteers advance the pages on display each week and have new names added annually.

BookShelf

The bookshelf sells a carefully selected collection of high quality fiction, non fiction and children's books. It is open most Sundays from September to June and staffed by a hardworking group of 5 volunteers.

Breakfast Forums

The Breakfast Forums seek to expand the conversation on important topics of the day. We meet about twice a month on Sunday mornings. After pouring yourself a hot cup of coffee or tea, we begin with a 45-minute presentation in Fellowship Hall followed by a discussion circle in the Volunteer Centre until the regular service begins.

Caring Network*

*We encourage and nurture a caring network in the Congregation. We recruit volunteers to provide occasional transportation, phone or make personal visits to people who are ill or house bound, and to assist people, as necessary and when possible, in emergencies; we send caring cards; and we help to organize memorial receptions for Members when requested.

Committee on Shared Ministry

The Committee on Shared Ministry acts as an advisory committee to the Board, the Minister and the congregation, with the goal of supporting and coordinating our ministries for greatest effectiveness.

Friends of the Meditation Gardens

We recruit members and friends to participate in caring for the Meditation Gardens during the growing season. For the past four years, we have organized spring and fall clean-ups, as well as work parties for routine maintenance and new projects. We need volunteers to help with digging, watering, weeding, planting, fertilizing and fundraising. The Friends raise funds by selling baked goods and a congregational garden wall calendar.

Greeters (Sunday)

People are needed for each Sunday service to prepare the handout materials, greet people as they arrive for worship, act as ushers, provide a tour of the facility, assist with the elevator, and serve at the Green Mug Table. Training is available.

Hospitality Hour (Sunday)

Volunteers are recruited for Hospitality Hour (a sign up schedule is available) and training is provided. The kitchen is stock with supplies such as snacks and hot & cold beverage. On Sundays, volunteers prepare the tables and beverages & snacks in Fellowship Hall before services and serve refreshments following. Clean up including washing of dishes is done following Hospitality Hour.

Memorial Receptions

The Memorial Receptions Team will occasionally provide a reception after a Memorial Service for a Member of our congregation. The food may be catered or we may provide sandwiches, baking, fruit or vegetable trays, and beverages. Volunteers help in setting up, serving, and cleaning up Fellowship Hall. We call on our helpers only a few times a year, but their assistance is truly appreciated.

Our Whole Lives (OWL)

Our Whole Lives (OWL) is a positive, comprehensive, and age-appropriate educational program that promotes sexual health and provides accurate, developmentally appropriate information in the context of our Unitarian Universalist community. Programs for elementary aged children, youth, and adults are administered and coordinated through the Director of Religious Exploration and related groups.

Spiritual Care Visitors*

Volunteer Spiritual Care Visitors visit members of the Congregation who ask for or who are thought to need support. They help people to make their own decisions and clarify their own choices. They are not professional counsellors but may make referrals to the Spiritual Care Visitor and to the ministerial staff. Volunteer Lay Spiritual Care Visitors are members of the Congregation who have completed the Lay Spiritual Care training.

Unitarian Seniors' Program

Once a month, seniors meet in the early afternoon for a time of fellowship and informal conversation. We begin with a short worship service, followed by a program and light refreshments.

Worship Team and Worship Associates

The Worship Associates work with the minister to develop and participate in several Sunday services during the church year. Worship Associates' participation during Sunday worship is a testimony to our community's commitment to direct congregational involvement in the worship and the liturgy of the church.

Liaison

River Parkway Children's Centre

RPCC has been a proud partner of FirstU for approximately 50 years delivering high quality early learning and care for our community. The Child Care Centre currently serves 72 children and is located on the FirstU campus. See riverparkwaychildrenscentre.ca for more information.

Unitarian House Liaison

Unitarian House is the seniors' residence on our campus. One person from the Congregation serves on the Unitarian House Board of Governors.

Music

Chalice Choir

Chalice Choir meets Thursday evenings from 7:00-9:00 and is our largest group. Our repertoire covers it all, from pop arrangements to hymns; folk tunes to choral standards. We value community building, dedication to musical development, laughter and learning. We sing in services approximately twice a month. This is a non-auditioned choir and everyone is welcome. Previous musical experience is helpful but not necessary.

Fusion Choir

Fusion (formally called Jazz Choir) rehearses on Monday afternoons from 1:00-3:00pm. We like to sing music that has lush harmonies and funky rhythms and we work on blend and ensemble development. Fusion sings in services on a monthly basis and is designed for experienced

singers. Ability to sight-read and/or learn music quickly is an asset.

Three Rivers Singers

Three Rivers Singers meet on Wednesdays from 1:00-3:00pm. We are a small women's ensemble that sings in a variety of styles, aiming to highlight female composers and themes of welcome, community and empowerment. Three Rivers sings in services on a monthly basis and regularly sings for Unitarian GoGo events.

Operations

Adult Learning Team

We consider proposals for courses, speakers and workshops. We plan, implement, promote and evaluate adult learning programs. For program information see the Lifespan Learning Guide available in September and January.

Adult Library

The self-serve lending library in the Lounge contains roughly 900 books and other items on diverse subjects. In our basement archives room there is also a small collection of older books (some printed in the nineteenth century).

Archives

Our Archives serve three main purposes: to help us locate our internal information more easily, to assist us to have readily at hand documentation we are legally required to keep and perhaps produce upon request, and to preserve the main outlines of our history for future generations of congregants.

Audit Committee

The Audit Committee provides oversight of the integrity of financial information and reporting, and internal control risk. The committee chair reports directly to the Board. Committee members are appointed by the Board.

Board of Directors

The Board is elected annually by the Congregation to provide leadership in all aspects of the church community. New members for the Board are proposed by the Nominating Committee. Any Congregation Member may attend a Board meeting except for the portions of meetings that may be in-camera.

Campus Planning Committee

The Committee focuses on issues affecting the planning and development of the Church campus

and environs. New members with knowledge or interest in planning, architecture, landscape design or engineering are welcome to participate on the Committee. The work of the committee involves Community Design Plans, land development, campus plans, zoning, site planning, engineering, and finance. Meetings are held on an ad hoc basis depending on need. One could generally expect a two hour meeting in the evening every second month. The Board appoints committee members.

Denominational Affairs Team

We make members of the Congregation more aware of Canadian Unitarian Council (CUC) and other denominational activities and issues by encouraging participation in CUC webinars and other training, committees/task forces, and national or regional conferences and meetings, and by recruiting delegates to represent the Congregation at the CUC Annual General Meeting.

Embracing Diversity Committee

The Embracing Diversity Committee provides this assistance by: planning and overseeing the implementation of an annual plan of educational, advocacy, outreach, and community-building activities intended to create awareness of current realities and to build attitudes, behaviours and practices that embrace and respect diversity of all kinds; recommending policy, procedural and/or structural changes in the operations of the Congregation; and creating platforms to promote inclusion.

Finance Committee

The committee chair reports directly to the Board. Committee members are appointed by the Board.

Governance Committee

The Committee reports directly to the Board and its members are appointed by the Board.

Nominating Committee*

Find and nominate congregation members for Board positions and assist in recruiting members for major committees. Facilitate leadership development. Committee members, elected at the Fall Congregational Meeting, serve 2-year terms.

Personnel Committee

This committee assists the Board by helping to provide watchful and careful monitoring of

Getting Connected

personnel policies and general practices, It reviews/proposes policies and facilitates communication related to personnel policies and practices. The committee chair reports directly to the Board. Committee members are appointed by the Board.

Property Team*

We oversee the operation of the Major Maintenance Fund, which involves expenditures of more than \$1,000 as part of our mandate to keep our building and campus functional, safe, and beautiful. There are always opportunities for individuals to take on small projects such as minor repairs. Meetings: Monthly, September-June.

Sound & Light Team

The S+L Team operates Audio-Visual equipment for all Worship Hall events with a monthly Volunteer rotation for Sundays and congregational events plus paid opportunities for rites of passage and other rental events. New Operators are offered mandatory technical training and shadowing with our staff Sound and Lighting Coordinator.

Stewardship Committee

Stewardship is a year-round function focussed on recognizing and celebrating the generosity of our congregation and community towards enabling our covenant. We do so through both fundraising and fun-raising events and activities. We develop and implement the annual pledge campaign, orchestrate special events, act as a resource for other congregational fundraising activities, and build upon the Planned Giving program (e.g.; promoting bequests to the congregation).

Welcome & Membership Team

We welcome everyone to our services, help people get connected to the Congregation, guide new member applicants through the membership process, and support members' engagement with us. We staff the Welcome Table on Sunday mornings, help maintain membership records, host programs for people interested in learning about us, organize New Member Welcome services several times per year, and contact members to facilitate their connection with the congregation. We meet as needed.

January 2020

Outreach

Child Haven Working Group

We promote the work of Child Haven International (CHI). For information, see childhaven.ca.

Communications & Outreach Committee

This Committee assists the Board in ensuring effective communications both within and external to the Congregation. The Committee works closely with various groups in the Congregation to develop communications strategies that ensure their visibility in both the Congregation and the community. This is accomplished by both providing advice to the groups as well as assisting in the development of communication products and plans. The Committee chair reports directly to the Board. Committee members are appointed by the Board.

Environmental Action Working Group

description pending

Global Justice Working Group

We encourage our Congregation to deliberate on issues of social justice, advocate for social change, and join with other people of faith and goodwill. Individuals are encouraged to bring their social justice concerns to the group for discussion and action.

Indigenous Relations Working Group

In service to reconciliation, we seek and support relationship building between Indigenous and non-Indigenous people.

Lay Chaplaincy Team

The Lay Chaplaincy Team serves both our congregation and the UU Fellowship. The team is responsible for overseeing the Lay Chaplaincy program; serving as the selection team for lay chaplains; maintaining communication with the CUC regarding our Lay Chaplaincy program; ensuring that an annual review of chaplains is conducted; ensuring that chaplains reflect UU principles in their contact with the public; and providing support to the Lay Chaplains. The team meets two or three times per year or more often if needed.

Mental Health Working Group

Our group sponsors congregational activities and provides information and education to increase awareness about mental illness. We support

Getting Connected

Ancoura, a not-for-profit organization dedicated to establishing stable, affordable housing within supportive communities for persons living with a mental illness. Ancoura is supported by local faith communities. We promote healthy attitudes to remove the stigma of mental illness and advocate for specific actions that promote societal change on mental health issues. We hope to sponsor the opening of an apartment for three residents in the coming year.

Poverty Action Working Group

We create awareness in the Congregation and take action to promote poverty alleviation and increase affordable housing. Specific actions include fundraising and volunteer involvement with: the Multifaith Housing Initiative (MHI), support programs for low-income secondary school students such as Students Will All Graduate, local food banks, and programs supporting urban indigenous people through Minwaashin Aboriginal Women's Support Centre and the Odawa Native Friendship Centre. PAWG cooperates with the Mental Health Working Group on issues and programs of mutual interest.

Refugee Working Group

We facilitate the settlement of individual refugees and/or families. The tasks are many and include arrangements for housing, banking, schooling and health issues. Other activities can include arranging social activities, day camp registration, and securing furnishings for the families.

Social Responsibility Coordinating Team

The team co-ordinates the activities of the social responsibility working groups.

Social Responsibility Council

The Council evaluates funding requests from the social responsibility working groups and awards funds. Any group of persons in the Congregation, at least six in number, may propose a new group to pursue activities in keeping with the principles and aims of social responsibility. If approved by the SRC, the new working group becomes part of the SRC family.

Unitarian GoGos Working Group

Unitarian GoGos are a dynamic group of about 30 congregants and community members, who work to Turn the Tide of HIV/AIDS in Africa through the Stephen Lewis Foundation. We are

January 2020

part of a regional network of 20 Granny groups. Meeting at the church on a Thursday afternoon once a month the group learns about the impact of HIV/AIDS in sub-Saharan Africa and how we can make a difference and plans fundraising events such as the Party for Africa in February, the Garden, Goodies & Gifts Sale in May and monthly Bake Sales in Fellowship Hall.

Self-Improvement

Arts Night

Arts Night is held on the last Friday of each month from September to June, except for December. Three invited guest artists from the literary, visual, and musical arts speak and demonstrate or perform for about twenty minutes each. They showcase their art and share a meaningful description of the art, science, and spirit and passion of their particular art form, and what has brought them to this place in their lives. There is time for audience participation, discussion with the guest artists, and socializing.

Empower Dance

description pending

Mindfulness Meditation Group

The Wednesday Evening Mindfulness Meditation Group sits together mid-week from 7-8:30 pm in Fellowship Hall. All interested in 'turning inward with patience' in a supportive and mostly silent community, are welcome to join in.

Painters' Circle

We are a very friendly group of varied talents in different media, meeting Tuesday mornings. We paint, look at each other's work and encourage, no heavy critiquing, but if advice is asked for, we discuss and come up with ideas. Some people have a lot of experience and exhibit, others are beginners. This isn't a class. It is for community building and for you to make time in your week for expressing your spiritual connection with the world through painting.

Reading for Growth (Friday)

There are two Reading for Growth Groups. Both meet monthly in the afternoon - one on the second Monday, the other on the last Friday. Each group chooses its own book to review for each month. The books cover a wide range of topics such as politics, social issues, spiritual and religious thought and current events. The discussions are lively and informative.

Getting Connected

Reading for Growth (Monday)

There are two Reading for Growth Groups. Both meet monthly in the afternoon - one on the second Monday, the other on the last Friday. Each group chooses its own book to review for each month. The books cover a wide range of topics such as politics, social issues, spiritual and religious thought and current events. The discussions are lively and informative.

Spiritual Growth Group

This group grew out of last year's "Spiritual growth using the Spiritual Enneagram". We meet monthly to continue seeking ways to support our spiritual awakening. This group might be open to new participants at a future time.

Spirituality & Philosophy Discussion Group

description pending

UU Writers' Group

This group provides a forum for writers to share their work with other writers, encouraging each other to write with praise and insightful, constructive criticism. There are no obligations. The group encompasses radically different writing styles and life concerns. What we read to each other is usually intensely personal and quite spiritual. Groups meet on alternate Tuesdays.

Women's Personal Growth Group

Taking care of the inner self, to nurture the emotional and spiritual growth of participants. We explore resources related to topics of interest, share our own experience and learn from one another. An informal group with trust that anything shared stays within our group.

January 2020

Yoga

Improve your flexibility in a relaxed setting! Everyone is welcome to join. Drop in on Friday, from 10:15 - 11:15 a.m. to try out our Yoga class. There is a charge for these sessions.

Social

Bridge Group

All levels of players are welcome to this mentally stimulating fellowship activity. The format is multi-table rotational, Chicago scoring. We meet at 7:00-9:30 pm one Friday evening a month (most often the third Friday) from September to November and January to May. We share in providing light refreshments. Contact us or see the e-UU newsletter for dates, location, and cost.

Knitters Group

This group welcomes knitters and crocheters of any level, from beginner to expert, who enjoy creating hand-made items in a friendly, supportive setting. We learn from each other and share creative ideas and stimulating discussions. Using donated yarn we make a variety of goods to sell at Fall Fair, Mitten Tree, etc. or to donate to special community projects. Meetings are Wednesdays from 10:30am to 2:00 pm. Bring your lunch and we'll make tea.

Voyageurs Group*

A group for men focused on developing their full emotional and spiritual potential. We have bi-weekly three hour meetings and semi-annual weekend retreats. The group is small and new members are welcomed as current members move on.