

First Unitarian Congregation of Ottawa

# The Parkway Spire

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Deadline for next Spire submissions:

**August 19, 2017**



**Church office closed  
Fridays, July 7 to  
August 11  
Reopens Friday, August 18**

## Caring Contacts

### July

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### August

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Margot Clarke, [mmclarke80@gmail.com](mailto:mmclarke80@gmail.com),  
613-820-6596

## In Memoriam

**Thomas (Tom) Dent**, husband of Veronika —  
Died May 6, 2017

**Alan Todd**, partner of Meredith Kost —  
Died May 22, 2017

**Douglas Byron Emmons**, husband of Judy  
Dunlop — Died May 29, 2017

**Audrey Marian O'Callaghan** (nee  
MacLatchie), wife of Gerald O'Callaghan —  
Died June 12, 2017



## Introducing Rev. Dr. Len De Roche

### ~ Interim Minister

Rev. Dr. Len De Roche is a second-career minister whose first career was as a USAF officer. He started his Air Force career flying F-111's but after breaking too many, he was sent to maintenance to fix them. He ended his service closing bases in England and Germany after the Berlin Wall fell.

Len lived 13 years in England and attended two British Unitarian congregations and was involved with the British and Foreign Unitarian Association. Upon retirement, he went back to graduate school and entered seminary and has served the UU Ministry since 1997. Len has specialized in serving congregations that had troubled ministerial endings, needed some organizational restructuring or change of culture.

He is currently the Interim Senior Minister of the Universalist Church of West Hartford, Connecticut. He was the settled minister in the Unitarian Universalist Church of the Lehigh Valley, Bethlehem, PA. He served churches in Norwell, MA, Amherst, NY, Charleston, WV and at Kingston, MA. He trained as a Pastoral Counselor at Kanawha Pastoral Counseling, Charleston, WV, and as a Pastoral Counselor/Psychotherapist and Chaplain at the University of Chicago and its Hospital. He is currently enrolled in Analyst Training course at the CG Jung Institute-Boston.

Len was raised in a New York City culture, which at times can be very direct, and asks that you point this out if you find it troublesome and help him learn what Ottawa/Canadian culture is all about.

He would like to get to know you and invite you to make an appointment for a conversation about your experiences as a member of the First Unitarian Congregation of Ottawa. Sometime after church starts again in the fall, Len would like to host Friday night potlucks with 10-12 members, but isn't sure of where the venue will be yet.

Len comes with a 50-kilo ten-year-old black Lab, who looks forward to some significant winter.

Len will begin his Ministry with us on August 1, 2017.

*~Prepared by Bob Armstrong*



# Religious Exploration (RE)

~ Liz Roper



*So what does your Director of Lifespan Learning do all summer when the kids aren't here?*

Usually summer is our quiet period. There is always planning to be done but it is also a time to take some down time. This year is a little different; the RE team are going to be meeting throughout the summer to continue our re-visioning work. We have created a new volunteer support structure which allows more creativity for our volunteers and more support for each of them, including small group ministry for our volunteers. Our training will be overhauled and our classroom covenants and expectations clarified. We have lots of policy and structure work to do including finalizing the RE team's terms of reference, job descriptions and covenant. This is on top of the recruitment, training, curricula planning and supply gathering that our summers usually consist of.

We also have a few community building activities scheduled for the summer – a rafting trip, a camp fire, and marching in the Capital Pride parade!



Of course, I will have some change to my regular work schedule. I am grateful that First Unitarian has put a high level of importance of ongoing professional development for their staff. Earlier this year I attended a conference, "Think Orange", which dealt with combining the influences of the family home life with the life of the congregation to have a much bigger

impact in our children's lives. This summer I will be adding to this by taking time to read up on our new curricula, training techniques, volunteer leadership and governance.

I will also be attending a double training at Ocean Grove in New Jersey, my third renaissance module: "Teacher Development" and "Family Ministry", all supporting the goals of supporting families and the volunteers who work with them.

In September, I am pleased to announce, I will be travelling to Hawaii as I was chosen as one of the few people to attend the trainer of trainers program of OWL for all levels. This means, if I pass, I will be eligible to train facilitators at all levels and will be able to spend some of my "off Sundays" travelling the country and into the States to train more OWL facilitators in congregational and community settings. This will certainly make it easier for us to update and increase our own trainer list here at First!

With all of this, will there be any space for down time? As many of you know my 100-year-old Nana passed away recently, and I will be visiting the UK to honour her with a story or two at her funeral and a visit with family and friends. Following this I will be taking my beloved Derby on a little vacation to "dog camp" in Kingston, a week of training from obedience to dancing to guided strolls, we should have a great and tiring week. The summer will be long and busy; I will enjoy seeing you nearly every Sunday and can't wait until September!

~Liz Roper, Director of Lifespan Learning

## Religious Exploration cont'd

### **RE Recruitment for September!**

*We have a number of roles for our new upcoming program in September just waiting for people to find their best fit in our children's worlds.*

Why volunteer with us?

- Volunteering with the RE program is an excellent opportunity to explore other means of deepening your understanding of Unitarian universalism;
- Volunteering with the RE program will help keep our principles alive with the next generation and help sustain First Unitarian into the future;
- Old & young alike benefit from multi-generational relationships, helping everyone feel more welcome and connected within our UU community.

Help us bridge the upstairs/downstairs divide and free up parents occasionally for the opportunity to participate in the services. Quite frankly, it's a lot of fun and heart-warming to see our young ones growing and learning. There are a number of specific interest areas to choose from (not just age): music, nature & outdoors, creative play (artist, constructive & pretend play), opportunities for deeper spiritual discussions with the tweens & youth. Opportunities with different levels of commitment and experience are available.

### **What kinds of roles do we have?**

There is something for everyone. Have a quick look and then get in touch, we will be able to give you more information. There is training for everyone, and we can find your best fit!

Email Liz, [DLL@firstunitarianottawa.ca](mailto:DLL@firstunitarianottawa.ca) or look out for members of our RE team in Fellowship Hall throughout the summer Sundays.

### **Tadpoles** (Preschoolers, 2-4 yrs old)

Help our littles ones learn about themselves and their world and discover the spiritual in the everyday with the curriculum "Celebrating Me & My World."

Our little ones really thrive in the comfort of a warm, caring presence who models curiosity in everyday life

If you have experience with pre-schoolers and are comfortable establishing a predictable and enjoyable rhythm/routine, while coordinating the team, join us as a Tadpole Team Lead.

If you are interested in building relationships with the little ones and being a more consistent presence in their lives as you guide them through the morning rhythm, join us on the Tadpole Team (About 2 Sundays per month)

### **Wonder Play** (5 – 9 year olds)

Join in deepening your UU faith with children by listening to wisdom stories from around the world (Our stories led by our RE staff)

Then pursue a deeper understanding through interpretation in nature & outdoors, creative exploration or in music.

Explore questions and seek a deeper understanding using the many languages of children's learning: nature & outdoors, creative exploration or music. Choose what is most interesting to you.

If you are comfortable establishing a predictable and enjoyable rhythm, while coordinating the team, join us as a Team Lead in nature & outdoors or creative exploration. We already have a team lead for music.

Interested in building relationships and being a more consistent presence in the children's lives as you guide them through the morning rhythm? Join us as an Anchor on of the teams. (Approximately 2/month)

Interested in occasionally assisting in the classroom? Join us as a lead (Approximately 1/month).

### **Cocoon** (10-12 yrs)

Join in deepening your UU faith with children by listening to wisdom stories from around the world (Our stories led by our RE staff)

Help our tweens in a more personal and deeper journey into their spirituality, primarily through discussion and exploring the children's interests, getting to know them as individuals Interested in building relationships and being a more consistent presence in the children's lives as you guide and support them in their journey, join us as one of the team. (2/3 Sundays a month).



## RE Recruitment cont'd

### Angel:

Have an opportunity to observe the RE program in action

Help save the day and keep things moving on Sunday morning, helping set-up, assisting with questions, odd jobs, etc.

Volunteer at a frequency that is best for you, once a season to once a month

We already have our lead angel and now are looking to complete our team.

### Snack:

Have an opportunity to pop into each classroom each week and help our children and leaders to thrive.

Help rev up the leaders by putting coffee on at 10 a.m. Chop some fresh fruit or veggies, pair with crackers or other prepared goods and bring to the class each week.

No need to miss the service if you don't want to; prep the food and deliver to the class before the service and return at noon to do one load of dishes. And if you need support, the angel is there to lend a hand.

Volunteer about once/month or so.

We already have a lead for snack, and now we are looking to complete our snack team.

~Liz Roper



### 5 STEPS TO FAITH DEVELOPMENT THROUGH:

## WORSHIP



#### TIME FOR ALL AGES (ALL)

Every week our children see part of our main worship service that is curated for them, learning liturgy, hymns and stories.



#### ALL TOGETHER NOW SERVICES (4-12)

First Sunday each month families worship together downstairs in a child friendly service that mirrors our main worship.



#### MULTISENSORY SERVICES (6+)

Quarterly the whole congregation worships together in a vibrant and engaging way that speaks to all ages.



#### CREATION OF YOUTH WORSHIP (13-20)

Quarterly our youth create their own collective spiritual experience, exploring what speaks to them in worship.



#### MAIN WORSHIP DISCUSSION (13-20)

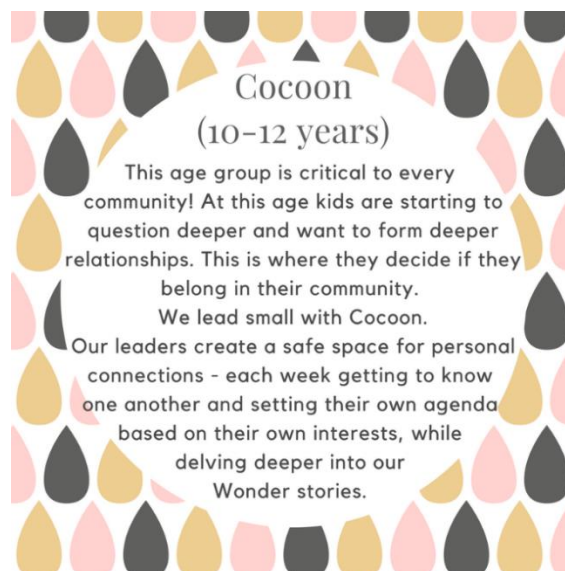
Fully fledged to our main services we take time to discuss them together and relate it to the youth's lives once a month.



*Infants (0-2)*

\* \* \* \*

We have found that our infants are most at home getting to know the congregation in their parent's arms and laps. We welcome infants into our worship hall and also provide a more private space with a little more wiggle room in the lounge, with the service shown on a TV set so you don't miss anything!

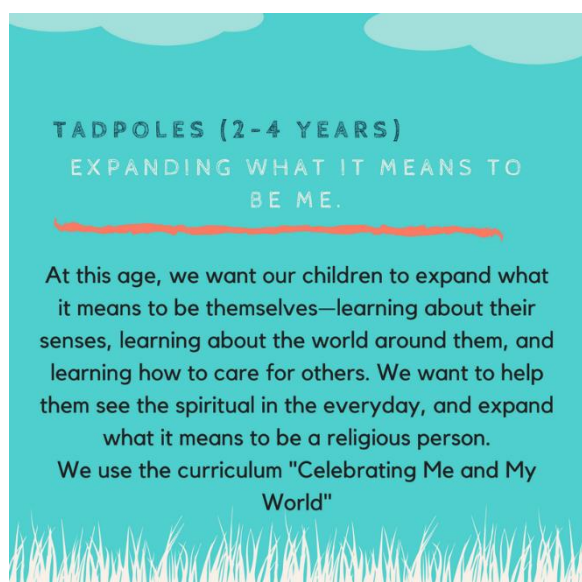


**Cocoon**  
(10-12 years)

This age group is critical to every community! At this age kids are starting to question deeper and want to form deeper relationships. This is where they decide if they belong in their community.

We lead small with Cocoon.

Our leaders create a safe space for personal connections - each week getting to know one another and setting their own agenda based on their own interests, while delving deeper into our Wonder stories.

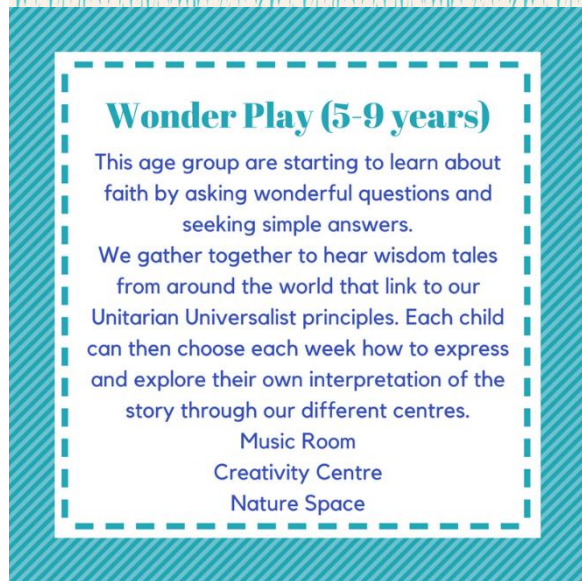


**TADPOLES (2-4 YEARS)**

EXPANDING WHAT IT MEANS TO BE ME.

At this age, we want our children to expand what it means to be themselves—learning about their senses, learning about the world around them, and learning how to care for others. We want to help them see the spiritual in the everyday, and expand what it means to be a religious person.

We use the curriculum "Celebrating Me and My World"



**Wonder Play (5-9 years)**

This age group are starting to learn about faith by asking wonderful questions and seeking simple answers.

We gather together to hear wisdom tales from around the world that link to our Unitarian Universalist principles. Each child can then choose each week how to express and explore their own interpretation of the story through our different centres.

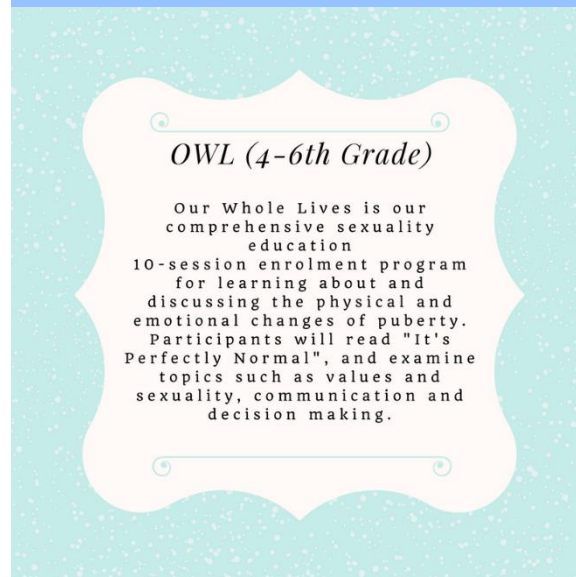
Music Room  
Creativity Centre  
Nature Space



13-20 YEARS

**YOUTH GROUP**

We meet to create community, worship together, bring about social change, learn more about ourselves, and have fun.



*OWL (4-6th Grade)*

Our Whole Lives is our comprehensive sexuality education

10-session enrolment program for learning about and discussing the physical and emotional changes of puberty. Participants will read "It's Perfectly Normal", and examine topics such as values and sexuality, communication and decision making.

# Musical Interludes

~ Deirdre Kellerman



## Music News - July/August

Our choirs had an exciting winter and spring, culminating in “Greatest Hits”: a wonderful concert celebrating FUCO’s 50th anniversary, as well as the history of the choral program. Fusion spent May out in the community, singing for seniors at Lord Lansdowne, New Orchard Lodge and Unitarian House.

At our year-end choir party, we said goodbye to Chalice Choir’s accompanist, Dan Soucy. Dan will be moving to Montreal to pursue doctoral studies and we wish him the very best!

Three Rivers Singers participated in a Welcoming Ceremony for Karen Keskinen’s Witch School at her cottage in Chelsea. Thanks to Karen for the opportunity!

In June, our Summer Choir participated in “Joy of Faith”, an annual musical event hosted by the Capital Region Interfaith Council. It’s always wonderful to share our music and to experience the music of our spiritual neighbours.

### Summer Choir

Interested in checking out our music program? Can’t wait for regular choir to start up again? Summer Choir is for you! We rehearse for an hour on Thursday evenings, preparing music for the following Sunday. No long-term commitment is required.

Thursdays, 7:00-8:00pm, May 25 to August 24

**Note:** \*No rehearsals July 13, 20 or 27th\*

### Fall Rehearsal Start Up

Regular rehearsals begin in September and new members are welcome. Check out our website for details about the choirs and contact Deirdre to chat about which group would be the best fit for you!

*Three Rivers Singers:* Wednesdays from 1:00-3:00 (starting September 6)

*Chalice Choir:* Thursdays from 7:00-9:00 (starting September 7)

*Fusion:* Fridays from 1:00-3:00 (starting September 8)

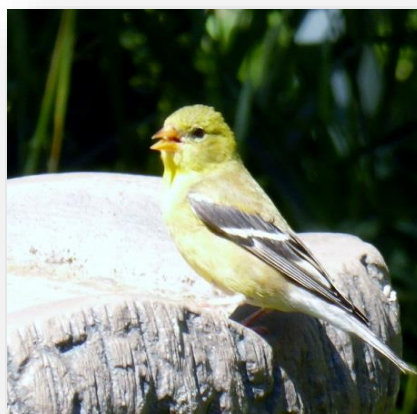
### Song Circle □

Keep your eyes peeled for details about our Song Circle fall start up, which will continue to be a part of Congregational Nights. Let me know what songs you want to sing!

Yours in song,

~Deirdre Kellerman

[music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca)





# Summer Worship Services

## **July 2 Mo Gabe “Coming Home”**

Mo Gabe has been a member of either First Unitarian or the Unitarian Fellowship of Ottawa for many years. She discovered her true vocation late in life and worked in palliative care and then for twenty years as a counsellor at the Sexual Assault Support Centre of Ottawa. Together with her life-long partner, she has recently moved to Unitarian House.

*Home can mean the “place where the heart is” and/or a physical place where we live. This sermon will consider our concepts of home, living in community and “coming home” to the end of our lives - in the context of a move to a seniors’ residence. We’ll hear about how Unitarian House, our nearest neighbour, came into being and what is special about this loving organization.*

## **July 9 Éric Hebert-Daly “Natural ecosystems and human relationships”**

Éric has been National Executive Director of the Canadian Parks and Wilderness Society since April 2009. He spent 17 years in politics, from a lowly campaign worker to becoming the National Director and Chief Financial Officer for Canada’s NDP. Éric is fluently bilingual, a graduate of Concordia University’s School of Community and Public Affairs, and a candidate for ordained ministry in the United Church of Canada. At age 14, Éric became the youngest ever Coordinator of Lesbian and Gay Youth of Toronto, the world’s largest LGBT youth group at the time. A former child actor, Éric helped launch Theatre Wakefield in 2003 and continues to be actively involved as an actor, director and board member. Éric has lived with his partner Scott for over 27 years.

*When we consider the magnificent and diverse natural world in which we live, it isn’t hard to be impressed. The ecosystems of our human relationships are no different. Predator-prey, in-group and out-group, scarcity and abundance – they are all at play in our daily lives. When we understand our relationships through the lens of how nature works, we may develop the insight of how to relate to one another better. Going with the grain of nature rather than fighting it may align us better with what is good.*

## **July 16 Jill Whitford “Can you make the world a better place by looking at whether you are open to change?”**

Jill Whitford has been a Unitarian for over thirty years by choice. She was raised in a strict Lutheran home but chose to change. Her search for truth and meaning led her to Unitarianism and the ability to continually grow and change within it has kept her dedicated to this community.

*Do you have aversion to change? Perhaps change equates to fear of the unknown or the reason for unwanted conflict or even the cause of pain in some form for you. Will what first served you on your search for truth and meaning always be as relevant? One experience may simply be a stepping stone for another, allowing you to meet the ever changing needs ahead. Instead of change being a negative experience perhaps you need to open your arms wide and embrace it. Change may be what offers you the opportunity to meet yourself where you are and as you are now with the hope of becoming what you want to be in the future.*



# Summer Worship Services cont'd

## **July 23 Anne Nagy “Original Sin Revisited: Hitler, Trump, and Ordinary People”**

Anne has been a member at First for 15 years. She has served as a worship associate and been involved in sanctuary and refugee welcome. Singing in the choirs is one of her joys.

*When we see ordinary people vote for hate, and even carry out horrible massacres and atrocities, we tend to ask: how could they do this? But the question should be, how can we do this, and what can we do about it?*

## **July 30 Maury Prevost “The Power of Music”**

Maury is now retired from careers in software development (first) and fundraising (second). One of his retirement projects is learning to play the clarinet. He has been a member of our congregation since 2003 and just finished five years on the Board of Directors, including 2 years as President. While living in North Carolina from 1987 to 2000, he performed in several choirs. *As a follow-up of the “Now Let Us Sing!” service in April, Maury will take us on his personal journey with music from early childhood to the present, including life lessons learned and its spiritual, healing power. The journey will include some musical illustrations and audience participation.*

## **August 6 Alistair Miller “God and Science”**

Alistair Miller, PhD in Chemical Engineering, Researcher Emeritus at Canadian Nuclear Laboratories; lifelong interest in science and especially cosmology; specialist in heavy water technology and hydrogen for global energy systems. Council Chair of Deep River Community Church; delighted convert to progressive theology.

*Our understanding of the fundamental nature of our Universe is incomplete but two features are evident: (1) its workings can be described by elegant equations, and (2) in many ways it is finely tuned to an extraordinary degree to deliver galaxies, stars, elements and life. “So what?” is the usual response to the latter: “If it weren’t so, we wouldn’t be here to wonder why”—that’s an “anthropic principle”. I think invoking the principle is bad science and a distraction from the mystery of the Universe’s existence.*

## **August 13 Liz Roper “And the Bees Still Buzz!”-Reflections from a Mancunian**

Liz is our Director of Lifespan Learning and has been a life-long Unitarian. *“Keep Calm and Carry On” is the famous, but never used poster from WW2 Britain. If ever a phrase summed up Britain’s attitude to destruction and terror it would be this one. Today’s world seems to be full of fear, so how do we keep calm and carry on? From war time ditties to Facebook memes, Liz Roper, born and raised in Greater Manchester will reflect upon the different ways cultures and individuals deal with their fears in the face of adversity and terror.*

## **August 20 Deirdre Kellerman/Ellen Bell/Liz Roper “Pride Week”**

*“Ellen is our newly ordained UU minister who serves as our Spiritual Care Visitor. Liz is our Director of Lifespan Learning, and Deirdre is our Director of Music.” Kick off Pride Week at a cabaret-style service celebrating the LGBTQ2 community. Through music and stories, we will acknowledge Canada’s successes as well as examine the work that still needs to happen to embrace the diverse rainbow of this beloved community.*

## Summer Worship Services cont'd

### **August 27 Guy Belleperche “Dealing with the Loss of a Loved One”**

Guy has been a very active friend and member of First Unitarian Congregation of Ottawa for more than 13 years, and currently serves as a worship associate and as Vice President of the Board of Directors. *"It's all right, children. Life is made up of meetings and partings. That is the way of it. I am sure that we shall never forget Tiny Tim, or this first parting that there was among us." - Bob Cratchit to his family after the death of Tiny Tim, in "A Muppet Christmas Carol". To live, and to love, is to risk and to experience loss, and dealing with loss can be a long and arduous process, impacting health, work, relationships and spirituality. Guy will speak of his experience of the illness and death of his mother at the end of 2016, the insights he has gleaned, and his on-going journey to integrate this into his reconfigured life.*

### **September 3 Chuck Shields “Happiness and Joy: Goals for our Lives?”**

Chuck is a life-long Unitarian and has been an active member of Ottawa 1st for many years. He is retired from a career of leadership roles with national and international health organizations. He brings happiness and joy into his life by working with his wife, Lynn, to build a new home, by exploring good food and wine and by travelling. *Can we build happiness and joy in our lives? We'll consider what spiritual leaders such as the Dalai Lama and Desmond Tutu have to say and will discuss a technique that can increase the happiness and joy we feel.*

## **Friends of the**

## **Meditation Gardens**

The rainy May weather gave a huge boost to the gardens, making everything extra-luxuriant and green. To add colour for the Open House on June 11, the Friends planted impatiens, cosmos, snapdragons, petunias, salvia and other annuals around the gardens. Now we can enjoy them all summer long.

On June 22, Katherine Forster, of Faith and the Common Good, Greening Sacred Spaces, Sustainable Gardens program, visited our gardens to tour them with us and give us advice on caring for what we have, as well as ideas for plants we might acquire to make the Meditation Gardens even more of a water-conserving, wildlife and pollinating-insect-friendly place than it already is.

At the southern edge of the South Garden, a communal vegetable garden of tomatoes, kale, and sweet peppers has been planted. The produce is available to pickers once it's ready to be harvested. Please take only enough for yourself and leave the rest for others.

If you'd like to join the Friends in their outdoor or indoor work (meetings, fundraising, social events), please join us on one of our work mornings or contact Alastaire, [hendersalas@gmail.com](mailto:hendersalas@gmail.com).





## The Holtom Lecture Fund



**Edith Holtom, peace activist, 1893-1978**

*Charcoal portrait by Laurie Foster MacLeod*

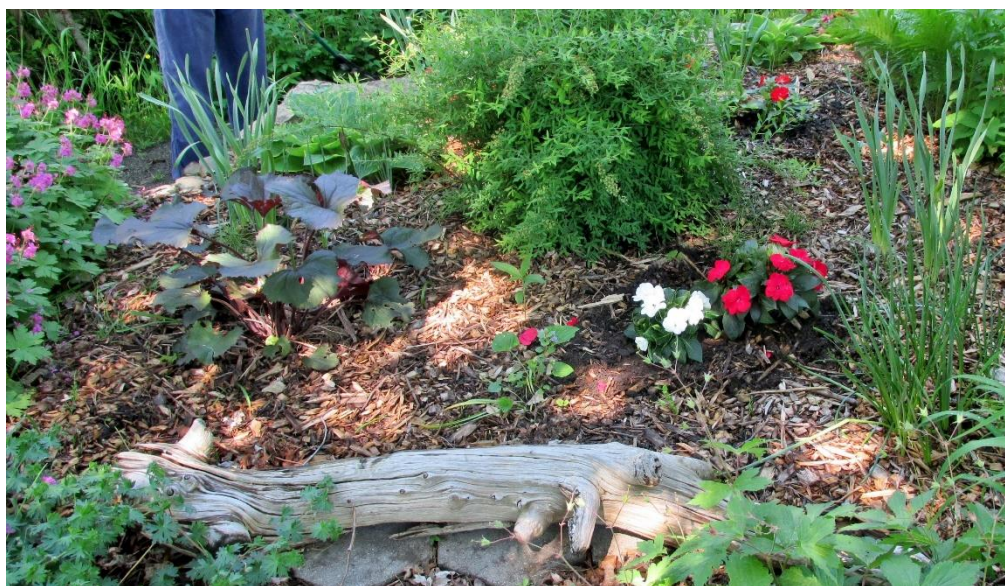
As well as being an active member of First Unitarian Congregation for the last fifty years of her life, Edith Holtom was a prominent leader in local, national and international peace organizations. She worked diligently for disarmament and peace – work that became very politically unwelcome during the McCarthy era of the 1950s.

In honour of her unflagging peace activism, her family created the *Edith Holtom Memorial Lecture Fund* to host lectures promoting conflict resolution and peace by this congregation.

Rev. John H. Morgan delivered the first lecture in 1984 and Dr. Irvin Waller of our congregation gave the most recent on March 7, 2017; seventeen others have been presented in the intervening years.

This new portrait by Laurie Foster MacLeod, and a full account of the lectures, will soon be added to our congregational website.

*~ Mary Duncan*





## Update on the Canadian Unitarian Council and other denominational activities

On May 13, the Canadian Unitarian Council (CUC) had its Annual General Meeting (AGM). For the first time, the majority of the participation was online, fulfilling an “Active Democracy” resolution approved in 2013 to allow for electronic participation and voting. Positive benefits include the elimination of travel time and cost as a barrier for voting delegates, and a reduced environmental footprint.

Six of our seven voting delegates participated online, five of whom gathered in a room in our building for the event. Our seventh delegate, Jaime Dunton, was in Toronto for his final meeting as a member of the CUC Board of Directors.

A key decision at this year's CUC AGM was to increase the annual amount member congregations pay to the CUC from \$93 to \$100 per voting (active) congregation member. This increase will help the CUC to be more financially sustainable and to better compensate its hard working staff while at least maintaining current service levels. Our Denominational Affairs Team, Board of Directors, and delegates to the CUC AGM strongly supported the fee increase, because of the value we place on having a strong CUC and the value of the benefits the CUC provides to our congregation.

Delegates to the CUC AGM also approved updated goals and strategic priorities for the next two years. For more information, here are a couple of sources on the CUC website:

- <http://cuc.ca/unfolded-2017-annual-general-meeting>
- <http://cuc.ca/wp-content/uploads/2014/06/CUC-Annual-Report-2016-FINAL2.pdf>

The CUC is offering leadership training again this summer after a hiatus of several years. At least one person from our congregation is participating, out of three

deadline was June 15. See the CUC's events calendar at <http://cuc.ca/events/> for information about other events taking place this summer and early fall (July to September).

As part of our congregation's ongoing Social Responsibilities focus on “Indigenous Issues”, we plan to make further use of the Truth, Healing, and Reconciliation Reflection Guides developed by the CUC for different age groups. One of the prerequisites for making this happen is having more trained facilitators. The CUC has scheduled facilitator training sessions on August 26, August 30, September 30, and November 4.

Thinking long-term and globally, here are some other events to plan for:

- February 11-15, 2018 — Meeting & Conference of the International Council of Unitarians and Universalists (ICUU) in northeast India. A brochure is now available at: [http://icuu.info/sites/default/files/articles/ICUU\\_CM\\_2018\\_brochure.pdf](http://icuu.info/sites/default/files/articles/ICUU_CM_2018_brochure.pdf)
- April 5-7, 2018 — Intergenerational spring seminar at the UU United Nations Office in New York City. Youth and sponsors arrive April 4 for orientation. (2018 theme TBC)  
Website: <http://www.uua.org/international-justice/un/spring-seminar>
- May 18-20, 2018 — CUC Conference in Hamilton (at McMaster University)

This update was prepared by our Denominational Affairs Team (DAT), which links our congregation to the national and international UU movements. More volunteers are always welcome for these activities. Contact DAT Chair Maury Prevost for more information, at: [datchair@firstunitarianottawa.ca](mailto:datchair@firstunitarianottawa.ca).  
~Maury Prevost

## Thank you Merci Miigwitch

~ compiled by Alastaire Henderson

*Here are some people and activities to appreciate, recognize, and celebrate.*

- ♥ A HUGE thank you to the 50<sup>th</sup> Anniversary Team, Kathy Yach, Brain Cowan, Marg Lee, Maryan O'Hagan, Margot Clarke, Gay Stinson and Julie Defalco for all your hard work creating memorable events to mark 50 years at Cleary Avenue, including the Tony Turner concert in February, the anniversary dinner and special service in April, the June 11 Open House, and the Memory Book.
- ♥ Many thanks to the Interim Minister Search Team who found us a superb interim minister in Rev. Dr. Len De Roche: **Jane Lindsay, Sarah Dewar, Amy Bérubé, Phil Nagy, and Jill Whitford.**
- ♥ It is often said it takes a village to raise a child. At First Unitarian it takes more than our lecturer to host our Edith Holtom Lectures. As well as those who donated cookies, squares and fruit for the post lecture reception we also had several congregants who welcomed our guests and tidied up afterwards: **Phyllis Eleazer, Ed Willer, Marlene Campbell, Alex Campbell and David Hudson** particularly pitched in. Thanks to all!
- ♥ Thanks for all their hard work on the Personnel Committee over the past year to: **Jennifer Shaw Read – Board Representative, Eleonore Benesch, Pat Wevrick, Barry Coburn, Chuck Shields, Bill Davis, Carolyn Turner and Rev. Paula Gable.**
- ♥ We salute the Search Committee for our next settled minister, **Amy Bérubé, Kristina Cormier, Sharmila Khare, Rozanne Lépine, Phil Nagy, Don Paskovich, and Chuck Shields**, as they work hard over the summer.
- ♥ Thank you so much to the dedicated team who work so hard to provide an enjoyable Hospitality Hour each Sunday: **Wendy Tomlinson, Evelyn Algar, Elisabeth Morrison, Marilen Gerber, Jan Glyde, Betty Campbell, Mona Whittaker, Barbara Brown, Paula Moura, Tara Upreti, Louise Garrow, Ian Gorman, Gordon King, Francis Murphy, John Stevenson, Gary Campbell.** And to the groups: Voyageur Men's Group, Caring Committee, Poverty Awareness and the Go Go Grannies.
- ♥ Thank you to **Anita Maclean** for organizing the showing of "The Pass System: Life under Segregation in Canada".

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



## Congregational Night

WE ARE BACK!



Every Tuesday  
Fall:  
Sept 19th - Oct 24th  
Winter:  
Jan 16th - Feb 27th

*We need you!*

We are looking for programming so if you have a great idea that you want to share or you want to reach a wider audience then get in touch! Congregational nights are so we can pool our talent and resources and get together more!

[DLL@firstunitarianottawa.ca](mailto:DLL@firstunitarianottawa.ca)



**Potluck**  
A shared meal - dish to share or monetary donation.



**Programming**  
Social justice, singing, OWL, storytelling, and more!



**Childcare**  
Widening our reach to include our families.

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

## Social Responsibility Council

### Poverty Awareness Working Group

#### ***Reconciliation with Ottawa's Indigenous Community***

"Shawenjeagamik", House of Compassion, is operated by the Odawa Native Friendship Centre as a day drop-in for homeless and marginally-housed Indigenous people in Ottawa. The colloquial name of "Centre 510" comes from its address at 510 Rideau Street in Centretown. From the Indigenous community in Ottawa: "It is the only place of its kind in Ottawa that assists Indigenous people with both respect and dignity."

The Centre offers a key service for the Indigenous community in Ottawa, giving people a base to stay in contact with others, to receive telephone messages or mail, and to connect with Odawa programs such as counselling and legal support, and the provision of nutritious meals.

Consistent with our current Social Responsibility priority of Indigenous issues, our congregation has been helping to support Centre 510 for the last two years, along with about 30 other faith and community groups in Ottawa, as part of the Right Relations Network.

Part of our support is financial, contributing \$150 per month to cover food costs for 1 day each month. The other part of our support is in providing volunteers as kitchen help, particularly needed over the summer when volunteer attendance lags. Our volunteers

report that they find the time spent at the Centre to be rewarding.

The volunteer role involves primarily dishwashing, with some meal serving (breakfast or lunch) and/or assisting the cook with food preparation for lunch, when requested. The Monday through Friday shifts are 8-10 a.m., 10-12 noon and 12-2 p.m. You may sign up for as many or few as you wish, on a regular or irregular basis. There are opportunities to engage with staff and with some of the Indigenous people who rely on the Centre.

A police records check (quite simple!) and a brief orientation session are required. If you would like to know more or if you can volunteer, please contact Maury Prevost of our congregation at [mmprevost@sympatico.ca](mailto:mmprevost@sympatico.ca), or the overall coordinator Manuela Popovici at [amanuelap@gmail.com](mailto:amanuelap@gmail.com).

*~Marlene Koehler, Katherine Gunn*



#### **Refugee Working Group**

It is a pleasure to announce that our two latest refugees arrived last month. After a four-year wait, Abie Hagos and Furtuna Kiflu have begun their resettlement. Both young women are Ethiopians; Abie has spent the last

seven years in Uganda, and Furtuna has come directly from Ethiopia.

Our congregation will be assisting them with a monthly stipend for their first year. Abie has decided to resettle in Calgary with some friends from Uganda, while Furtuna will be living with Emebet Weldemarian here in Ottawa.

Emebet has assisted us with the resettlement of several other refugees, beginning with the arrival of her brother, Tadyose, in 2001. Furtuna has already started ESL classes at Algonquin College and has a sales job at a clothing store.

Emebet and Furtuna were able to attend our Open House and were introduced to several members of the congregation. Their photos and those of other people that we have sponsored were on display. Both Abie and Furtuna have expressed their happiness at starting a new life in Canada.

Furtuna's comments are in her note posted on the notice board outside the church office.

*~Bob Stevenson*

*Note: Wednesday, August 16, is the Social Responsibility DEADLINE for the September-October Spire.*



## Announcements

### Communications and Outreach Standing Committee

The C & O Committee needs help! Specifically, from the “techies” in our midst, as well as videographers and graphic designers. Contact committee chair Chris Hughes at [chris@thehughes.com](mailto:chris@thehughes.com) if you are interested in working with the committee on improving internal and external communications.

The C& O Committee has also struck a Web Subcommittee to work on revamping our congregational website. Contact: Ruth Tait, [artbyrt@gmail.com](mailto:artbyrt@gmail.com) if you would like to assist with this important project.

### Unitarian Seniors' Program

#### July

John Soar will challenge the group with some lighthearted, entertaining quizzes. Ellen Bell will lead the worship service.

**When:** Thursday, July 27

**Service:** 1:00 p.m.

**Program:** 1:30 p.m.

**Refreshments** (\$3 or pay what you can): 2:30 p.m.

**Where:**

Worship/Fellowship Hall.

**RSVP** (if you are not on the phone list): Maureen Sly at 613-728-7610,

[mmsly@rogers.com](mailto:mmsly@rogers.com) by Monday, July 24.

#### August

Ellen Bell will facilitate a “bring and share” activity. Those who wish may bring an item of significance and share the story it represents. Others may prefer just to come and be entertained. Elizabeth Bowen will lead the worship service.

**When:** Tuesday, August 29

**Service:** 1:00 p.m. **Program:** 1:30 p.m. **Refreshments** (\$3 or pay what you can): 2:30 p.m. **Where:**

Worship/Fellowship Hall

**RSVP** (if you are not on the phone list): Maureen Sly at 613-728-7610, [mmsly@rogers.com](mailto:mmsly@rogers.com) by Saturday, August 26.

**Note:** Earphones available in Worship and Fellowship Halls.

### Glebe/Centretown/Old Ottawa South Neighbourhood Group

Note: There will be no meetings of this Neighbourhood Group in July or August.

#### September

This meeting of the group will be a potluck. Enjoy fellowship and participate in planning the program. All welcome. Bring something to share for the potluck dinner.

Details about the date and location will be in the next Spire, or contact Ann Denis at [adenis@uottawa.ca](mailto:adenis@uottawa.ca) if you would like potluck details, more information about the group or to be

added to the e-mail list and receive notices of upcoming activities.

### Congregational Memory Book

#### Now Available in Our Library

In the Unitarian Universalist (History) section of the Adult Lending Library in the Lounge, there are five copies of the following book put together by members of our congregation:

*“First Unitarian Congregation of Ottawa Memory Book: Celebrating 50 Years at Cleary Avenue 1967-2017”.*

Each copy may be borrowed for a four-week interval, and may be renewed unless someone else requests it.

~Brian Cowan, Library Volunteer

You may also read the Memory Book on our website, at [http://www.firstunitarianottawa.ca/uploads/2/1/0/6/21068182/fuco\\_memory\\_book\\_final\\_050617.pdf](http://www.firstunitarianottawa.ca/uploads/2/1/0/6/21068182/fuco_memory_book_final_050617.pdf).





# First Unitarian Congregation of Ottawa

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**Facebook:** [www.facebook.com/First-Unitarian-Congregation-of-Ottawa](https://www.facebook.com/First-Unitarian-Congregation-of-Ottawa)

**Twitter:** <https://twitter.com/UUOttawa>

**Office Hours:** Monday to Thursday, 9:30 a.m. – 4:00 p.m., Sunday, 9:00 a.m.-1:00 p.m.

**Closed Fridays July 7 to August 11. Reopens on Friday, August 18.**

## 2017–2018 Board of Directors

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Members at Large: Jennifer Shaw-Read, Jill Whitford, Lisa Sharp

## Program Staff

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Marie Gabe, Lifespan Learning Assistant [lla@firstunitarianottawa.ca](mailto:lla@firstunitarianottawa.ca) x226

Deirdre Kellerman, Music Director, [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca) x230

Rev. Ellen Bell, Community Minister & Spiritual Care Visitor, [spiritualcare@firstunitarianottawa.ca](mailto:spiritualcare@firstunitarianottawa.ca)

## Lay Chaplains

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## Administrative Staff

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**Next deadline for submissions: August 19, 2017**

## Subscriptions

Electronic subscriptions are free, contact: [publications@firstunitarianottawa.ca](mailto:publications@firstunitarianottawa.ca)

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

## Spire Editorial Team

Copy Editor: Alastaire Henderson; Layout: Jan Andrews;

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