

First Unitarian Congregation of Ottawa
Lifespan Learning Guide
September 1 - December 31, 2018
You are invited to browse our program of
Lifespan Learning events, and attend any that interest you.

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Lifespan Learning Vision Statement

We promote learning for all ages as a fundamental spiritual practice in our community, with intention, willingness and forethought.

The Adult Learning Team coordinates and manages the structure and process of providing learning opportunities for adults consistent with the fundamental spiritual practice in our community.

Church community members interested in presenting a course or event related to Unitarian Universalism are asked to contact the Adult Learning Team (adultlearning@firstunitarianottawa.ca) to obtain the ***FIRSTU Proposal for Adult Learning Event***.

For information on any event, contact Wendy Doyle, adultlearning@firstunitarianottawa.ca or the congregation web site www.firstunitarianottawa.ca

Special Events and New Programs

Spiritual Growth Group: Using the Spiritual Enneagram as a Tool to Support our Journey

The Franciscan theologian Richard Rohr sees the Enneagram as “an ancient tool for a new spiritual journey”. This group will use selected elements of the Spiritual Enneagram and its nine types – also called “the nine faces of the soul” – as lenses for seeking insight about the habits of mind and behaviour separating us from our highest gifts and the Spirit of Life within. Led by Jane Lindsay and Donna Bowen-Willer, our explorations will be fed by short presentations on the Enneagram lenses, use of them in embodied intelligence practices and sharing of personal experience and reflections (rather than intellectual discussion) in pairs and in circle. Donations according to means, will be accepted at each session for the congregation’s operating fund.

In our initial session we will get connected as a group, reflect on our spiritual journeys, overview key principles of the Spiritual Enneagram (as outlined by Jane Lindsay) and become familiar with practices for use in subsequent sessions. In each of the remaining nine sessions, a short presentation will be given on one Enneagram type from a spiritual perspective, followed by use of this “lens” in experiential exploration and then sharing of insights by group members.

By participating in this group, we hope you will: 1) identify some habits of mind and behaviour which separate you from your highest gifts and deepest self; 2) learn a couple of embodied consciousness practices for opening to wise insight; and 3) apply these practices to explore how your own habitual patterns arise and how you might respond to and shift these patterns to realize spiritual growth. (Note that our intent is not that you learn a lot about the Enneagram per se or become a student of it.)

Attendance in all ten sessions is encouraged, but, other than for the first session, not essential. Advance knowledge of your Enneagram type is an asset. To register and, if applicable, to arrange an Enneagram typing session, contact Jane Lindsay at janelindsay@sympatico.ca

When: Ten Tuesdays 7:00 – 9:00 pm, October 2 – December 11 (excluding November 13), 2018

Cost: Donations according to means, will be accepted at each session for the congregation’s operating fund.

Contact: Jane Lindsay at janelindsay@sympatico.ca

Indigenous Issues

Indigenous Issues continue as our congregation's priority and thus the Global Justice Working Group is organizing two events this fall in this category.

“The Highway of Tears”

The 2015 documentary will be shown to raise awareness of the issue of Missing and Murdered Indigenous Women. The Global Justice Working Group is sponsoring this event for The Humanist Association of Ottawa, Center for the Inquiry Ottawa.

When: Tuesday, October 2 at 7:30

Where: Worship Hall

The Mercury Poisoning of Grassy Narrows First Nations

Gustavo Frederico, member of the Global Justice Working Group visited this reserve last May and will talk plus show pictures and videos from his visit. The purpose of this event is to raise the awareness of the serious health issues continuing for the population of this reserve due to excessive amounts of mercury dumped in the waters around there in 1960 and 1970.

When: Tuesday, October 30 at 7pm

Where: Worship Hall

Contact: Anita MacLean at anitamaclean855@gmail.com with questions. These events will be suitable for ages 14 and above.



Highway of Tears, photo credit: cbc.ca

Fall Fair, Saturday, November 17

Our well-known Fall Fair transforms our church every November into 16,000 square feet of selling space. From high-value items in the Silent Auction to knickknacks, all the donated goods brought in by congregants and others are organized and offered to the many shoppers on sale day. There are great deals on gently used clothing, housewares, books, jewellery, electronics and other treasures. Plus two food venues, baking, jams, knitting and crafts. For more information on what to donate, please check the First U Website at www.firstunitarianottawa.ca/fall-fair.html.

The proceeds contribute to our church budget, of course, but it's also our annual "Fun Fair" where we build community among members and with outside supporters while enjoying ourselves! Fall Fair also helps our community and our environment by reducing waste and donating leftover items to worthy local charitable organizations.

Want to be part of the fun? Fall Fair volunteers help with set up and sales of clothing, linens, flea market items, outdoor goods, books, and more. They prepare and serve food, bus tables and run the dishwasher. They help with parking, assist at the Silent Auction, and count money. There is a job and a time to suit you! Please contact the Fall Fair team at FallFair2018@firstunitarianottawa.ca.

Holtom Lecture

The Holtom Peace Lecture was established by Edith Holtom's family in 1984, to honour her memory as a committed peace activist.

When: Date and time of this year's lecture is to be decided

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

Faith Formation

We have a new format for faith formation for children and youth. Each Sunday we will spend time in worship together as a whole congregation, allowing for our children to learn how we live our lives as a community of faith by being part of our communal gathering and rituals.

As well, childcare will be offered with our trained ECE worker Rita, and Krystal in the Lounge from 10:15 – 11:45 am

Our children's Faith Formation workshops will be starting again in the fall.



Our Whole Lives Sexuality Education

Our Whole Lives provides accurate, developmentally appropriate information about a range of topics, including relationships, gender identity, sexual orientation, sexual health, and cultural influences on sexuality.

It has four primary goals:

- To provide accurate, developmentally appropriate information.
- To increase self-esteem and understand relationships with and responsibilities toward others.
- To develop interpersonal skills including communication, decision making, and problem solving.
- To teach responsibility for personal health and safety.

For more information please visit the website - <http://www.uua.org/re/owl>

Our Whole Lives (OWL) Grade K-1

OWL for 5-6 year olds is an 8-session program that supports parents in educating children about birth, babies, bodies, and families. Families are encouraged to have conversations at home each week based on the workshop topics.

Next Offering: Planned for 2019 – 2020.

Our Whole Lives (OWL) Grade 4-6

OWL for 9-11 year olds is a program for learning about and discussing the physical and emotional changes of puberty. Participants will read *It's Perfectly Normal* by Robie H. Harris, and examine topics such as values and sexuality, communication, and decision making.

Next Offering: Planned for 2019-2020.

Our Whole Lives (OWL) Grade 7-9 (Jr. High)

OWL for 12-14 year olds is a sexuality education program for youth that models and teaches caring, compassion, respect, and justice. It is a holistic program that moves beyond the intellect to address the attitudes, values, and feelings that youth have about themselves and the world. Unlike many other sexuality curricula currently available, this program is comprehensive and progressive. In an inclusive and developmentally appropriate manner, it addresses sensitive topics that are typically excluded. (New topics include body image, social media/internet, bullying/bystander responsibilities, and consent education.)

Next Offering: Parent info session: September 9, 2018, 12:30pm.

Registration Deadline: September 25.

Orientation and Opening weekend: Sunday September 30

More information and link to registration available online:

firstunitarianottawa.ca/OWL

Our Whole Lives (OWL) Grade 10-12 (Senior High)

Using a comprehensive approach, this program for 15-20 year olds helps senior-high youth gain the knowledge, life principles and skills they need to express their sexuality in life-enhancing ways.

Senior High OWL is currently seeking new volunteer coordinators at either a local or regional level in order to continue offering workshops. If you are interested in or would like more information about volunteering please contact: ourwholylives.ottawa@gmail.com

Our Whole Lives (OWL) for Adults and Young Adults

Using values, communication skills and spirituality as starting points, this program explores sexuality issues for adults of all ages, builds understanding of healthy sexual relationships, affirms diversity, and helps participants accept and affirm their own sexuality throughout their lives. The Young Adult workshops help participants navigate young adulthood with accurate information, increased self-knowledge, enhanced safety, and strengthened interpersonal skills. If you are interested in or would like more information about volunteering please contact:

ourwholylives.ottawa@gmail.com.



Spiritual Growth for Adults

Introducing Ourselves

Have you been visiting the First Unitarian Congregation of Ottawa and wondering if you might like to join our spiritual community? Are you a newcomer who feels affinity with us but is not quite sure what we believe, how we function and what is going on here? Introducing Ourselves, hosted by our Welcome and Membership Team is designed for you.

The Introducing Ourselves workshop is currently held in two parts.

In **Part One** (2.5 hours) you will:

- Talk with Rev. Pat Haresch, your workshop host(s) and other newcomers about what brought them to the First Ottawa and what you are looking for in a spiritual community;
- Led by Rev. Pat, learn about how Unitarian Universalism and its Guiding Principles have evolved over centuries through the contributions of progressive and fascinating men and women;
- Get some sense of the nature and vitality of the UU community today across Canada and other parts of the world
- Ask whatever questions you may have about us (which we will do our best to answer on the spot or in Part Two).

When: Part One, Sunday, October 14, 12:30 – 3:00 pm

In **Part Two**, which focusses on how we function and how you can get more connected with us, you will:

- Talk with Rev. Pat and some of our other staff members about the roles they play in our Congregation and ways you might engage with them in things like our choirs, children's / young people's programs, our Worship Associates function and office volunteering;
- Meet and talk with some congregants who currently play an active part in the governance of our congregation and /or in its range of groups and programs (from social justice outreach, to learning and development, to peer support and shared-interest activities);
- Learn about becoming a member of the Congregation, should you wish to do so

When: an October date to be determined in consultation with Part One participants

We ask you to register in advance by signing up in the Registration Book near the Office and Lounge or by contacting the Welcome and Membership Team leader Jane Lindsay at janelindsay@sympatico.ca

We recommend that anyone who is interested in becoming a member of our Congregation participate in Introducing Ourselves – but please note that participation does not commit you to anything. As well, these sessions are open to those who are already members but would like to learn more about us.

The Way of Mindfulness

The group meets during the week on Wednesday evenings from 7:00 to 8:30 pm. This being our sixth year we have gradually found our way in practicing mindfulness by introducing ourselves then quietly focusing inward by reading together the Buddha's guiding words on loving-kindness/metta. We intentionally aim to slow our minds' activities, individually moving through a walking meditation period and then we come back together to sit for half an hour of silent meditation together. Everyone is welcome.

When: Wednesdays, 7:00-8:30 p.m.

Where: Fellowship Hall

Donation: the evening is free, all good will offerings supports the Adult Learning program

Contact: Colleen Glass, at adultlearning@firstunitarianottawa.ca, or church office, 613-725-1066

Spirituality and Philosophy Discussion Group

How can we as Unitarians be both spiritual and rational beings? Our meetings cover this and other aspects of the search for knowledge and meaning. We explore the ideas of early and modern philosophers and spiritual teachers, scientific and cultural evolution and consciousness.

Periodically, group members choose a book, purchase it online as one order to keep costs down, and spend a few weeks to a couple of months discussing the book, depending on length and complexity. The facilitator role is rotated at each meeting.

Our conversations influence our world views, help us learn about our own minds and spirits, and expand our knowledge. Newcomers are always welcome - try us out!

When: Alternate Saturdays, from October 20, 2018, 9:30-11:30 am

Where: Usually Room 6, but please check the noticeboard at the lower level entrance.

Contact: Paula Theetge, 613-260-1709,

adultlearning@firstunitarianottawa.ca or the church office, 613-725-1066.

Gentle Yoga with Linda Percy

Yoga can be practiced at all stages of life, by people of all ages and all ability levels. Perhaps, you are a seasoned practitioner, or someone who hasn't practiced for some time, or maybe you are curious and would like to give yoga a try. Please join us.

Everyone is welcome. We offer a warm, friendly atmosphere where each participant is encouraged to proceed at his/her own pace and level of difficulty. The classes include stretching, breath work and relaxation, as well as some visualization, meditation and work with mudras.

When: Fridays, September 14 – December 14, 2018

Time: 10:15-11:15 am,

Where: Fellowship Hall

Cost: \$130 for 13 weeks, or \$12 drop-in

Contact: adultlearning@firstunitarianottawa.ca or church office, 613-725-1066.



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Live and Learn

Unless otherwise stated, events take place at the First Unitarian Congregation of Ottawa, located at 30 Cleary Avenue.

The Book Shelf

The Book Shelf in Fellowship Hall offers a wide range of titles chosen in support of Unitarian Universalist Principles. These books include Adult Fiction, Non-Fiction and Children's Literature, many of which are award winners. For the past 30 years, we have supported local booksellers. Children's books are bought from Books on Beechwood, as are some adult books. With the closing of so many independent bookstores, however, we are now ordering other adult books from Amazon.ca, which allows us to offer a great selection at good prices. Unitarian Universalist books are ordered mainly from the Unitarian Universalist Association in Boston.

We endeavour to provide a welcoming corner where people may linger and chat about books. We provide a sheet on which you may list your requests. The Bookshelf is run by a fine team of volunteers. More are always welcome. If you are interested in joining us, please let us know.

When: Most Sundays after the service from September to June

Contact: Margaret Zielinski, or church office at 613-725-1066

Women's Personal Growth Group

Did you know there is a Women's Personal Growth Group in our Congregation? Yes, there is and, we have been around since 1997. We are supportive of each other, a "Sisterhood Group". We do this by encouraging spiritual and mental growth, with themed discussions based on our Unitarian Principles. Recent themes: Intuition, Community, Meaning of Money, Social Activism and Nature's Resilience, Aging and Camping.

We meet on the first Wednesday of each month in Room 6 from 7:15 p.m. to 9:30 p.m. Why not join us? We'd LOVE to see YOU!!

Dates: Wednesdays; Sept. 5, Oct. 3, Nov. 7, and Dec. 5, 2018.

In 2019 we meet Jan. 2, Feb. 6, Mar. 6, Apr. 3, May 1, June 5, July 3, Aug. 7, Sept. 4, Oct. 2, Nov. 6 and Dec. 4.

For further information contact Evelyn at 613-728-5761 or adultlearning@firstunitarianottawa.ca, or just show up!

Reading for Growth

There are two active Reading for Growth Groups which explore and learn about relevant issues through the reading of thought-provoking books.

The **Monday Non-Fiction Group** usually meets on the second Monday of the month at 1:00 - 3:00 p.m. in the Church Lounge.

Monday Book Line-Up January 2018 to November 2018

Sept. 10: *The Age of Discovery* by Ian Goldin and Chris Kutarna

Oct. 15: *All We Leave behind* by Carol Off

Nov. 12: TBD

Dec. 10: *The Shock Doctrine: the Rise of Disaster Capitalism*
by Naomi Klein

We welcome visitors. Please call Katharine Elliott, 613-270-8308,
or adultlearning@firstunitarianottawa.ca

The **Friday Non-Fiction Group** meets on the last Friday of the month at 1:30 p.m. in the Lounge. The group will discuss:

Sept. 28: *Stalin's Daughter: The Extraordinary and Tumultuous Life of Svetlana Allilayeva* by Rosemary Sullivan.

Oct. 26: *The Reason You Walk* by Wab Kinew

Nov. 30: *Red Notice: A True Story of High Finance and One Man's Fight for Justice* by Bill Browder

Jan. 25: *Better Now: Six Big Ideas to Improve the Health of All Canadians* by Danielle Martin

Visitors and new members are welcome. Contact Margot Clarke, 613-820-6596, or adultlearning@firstunitarianottawa.ca, or just come along and join us.



Thenounproject.com
created by Maxim Kulikov, the Books Collection

Growing Our Creative Selves

Arts Night

Three guest artists, one each from the Literary, Visual and Musical Arts, give a presentation each month. They share the origin, passion and demonstrate examples of their particular art form. This is followed by a question and answer period where the audience interacts with the artists. There is an open mike at the beginning of the evening, where a few members of the audience may give five minute presentations. Refreshments served. Evenings open to everyone.

When: Last Friday of the month from September to June, except no Arts Night in December

Time: 7:30p.m.

Cost: \$5/evening or pay what you can

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880, Elisabeth Morrison, 613-225-6702 or the church office, 613-725-1066.

Crafty Crafters

This group welcomes knitters and crocheters of all levels, from beginner to expert: we share our ideas and expertise, try out new techniques and materials, and admire each other's creations. As we work, we have great discussions on a wide variety of topics, ranging from world events and philosophical ideas to our personal experiences. The sale of our hand-crafted items at the Fall Fair and on other occasions helps to raise funds for the congregation. Donations of yarn, pattern books and needles are always welcome. We meet every Wednesday morning, winter and summer, rain or shine; we bring our lunches and share a pot of tea. All welcome.

When: Wednesdays, 10:30 a.m.–2:00 p.m.

Where: usually room 3, downstairs

Contact: Rosemary Bonyun, 613-563-0594 or Coral Sato, 613-599-8838

Empower Dance

Dance, stretch, move, and meditate to all kinds of music. "We enjoy having new participants and new music." Everyone welcome! Drop in and try it.

When: Wednesdays, 7:30–9:00 pm

Cost: Suggested gift of \$3/evening to the Congregation

Contact: Janet Clayton, 613-733-9566

Painters' Circle

Is it difficult for you to find the time to paint? Set aside Tuesday mornings with the Painters' Circle. We are particularly looking for members from the Congregation. We are a friendly and fun group with a wide range of painting experience from beginners to people who sell their work. We welcome neighbours, friends and members of the Congregation. All media are welcome including oils. This is not a class. Please feel free to drop in to see us, but it is essential to contact Clea first if you want to paint.

When: Tuesday mornings, between 9:30 am – 12:00 pm

Where: Room 3, lower floor of Unitarian Church

Cost: A contribution of \$10, or pay what you can is suggested

Contact: Clea Derwent, 613-694-0505

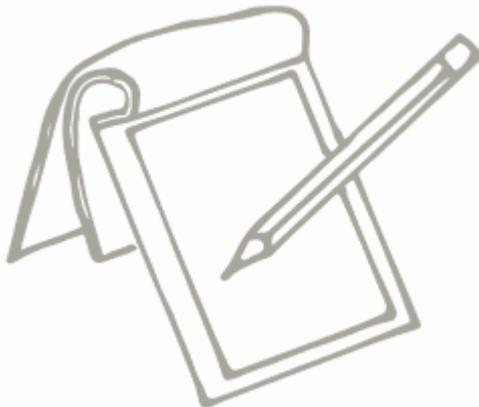
UU Writers Group

This small group of would-be writers meets for herbal teas, low calorie (?) cookies, fun, companionship, reading, and of course, writing. Amateurs welcome; no need to call beforehand.

When: Alternate Tuesdays, 7:00 pm – this group continues all year

Donations: To First Unitarian Congregation of Ottawa are welcome

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880.



*Thenounproject.com
created by Olga, hand drawn collection*

Fellowship

Bridge Club

All levels of players are welcome to this mentally stimulating fellowship activity. The format is multi-table rotational, with Chicago scoring. Participants bring light refreshments including juice and sparkling water. Coffee is supplied.

When: Fridays, 7:00-9:30 pm

September 21, October 19, and November 30, 2018

January 18, February 15, March 15, April 26, and May 31, 2019

Where: Room 3, lower level

Cost: \$5 per evening (maximum \$25 for the 2018-2019 season)

Contact: Marilyn or Maury Prevost, 613-231-7391,
mmprevost@sympatico.ca

Glebe/Centretown/Ottawa South/Sandy Hill Neighbourhood Group

The group meets at participants' homes. The usual format includes light refreshments, followed by a guest speaker and discussion afterwards. September and June meetings are pot luck dinners (often combined with planning discussions for future meetings). Topics include issues within our own church (or denomination), other religions, social justice issues, and other topics of interest to us as Unitarian Universalists. Participants are mainly from Centretown, Glebe, old Ottawa South and Sandy Hill, and former residents of these neighbourhoods who now live in Unitarian House. However, anyone sharing an interest in a given topic is welcome – and all are welcome to join the group. Come out and meet your UU neighbours!

When: Monthly, usually the fourth Sunday of the month (we do not meet in December, July or August)

Contact: Ann Denis, 613-730-0283, adenis@uottawa.ca

UU Round Table Lunch

Open to all Unitarian Universalists and guests. Lively discussions take place among members of the group, who have diverse interests and experiences. Our meeting location changes every few months.

When: Third Friday of the month

Location: To be announced

Contact: Tudy McLaine, 613-745-8074 or Marjorie Daechsel,
613-596-1471 by Thursday evening to reserve a place.

Unitarian Seniors' Program

Once a month, seniors and retired folks meet in the early afternoon for a time of fellowship and lively conversation. We begin with a short worship service, followed by a program which is thought-provoking or entertaining... or both. The event concludes with refreshments and informal conversation.

The gathering takes place in Worship and Fellowship Halls on various days during the third week of the month. There is no program in December. Programs planned for Fall 2018 are:

Tuesday, September 18, 2018: *"Life is a Song"*... come and share Doug and Pat MacDonald's love of music.

Wednesday, October 17, 2018: *"Richmond Road at 200"*: a local history presentation by Chris Hughes.

Thursday, November 22, 2018: Musical program TBA.

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

RSVP (if you are not on the phone list): Maureen Sly at 613-728-7610 or mmsly@rogers.com at least 3 days before the event.

Note: Earphones available in Worship and Fellowship Halls. Service and program can be recorded on a CD (cost \$5) or be available on the Internet (free), provided permission for such has been obtained by the speaker/presenter.

Young Adults (The Noble Birds)

Young adults are congregants who are 18-30something. They come from many walks of life: students, people seeking employment, young professionals, singles, parents, partners, and more. What they have in common is a wish to share, as a community, in activities of mutual interest. In the past these have included, game nights, skating, potlucks, movie nights and discussion groups. They meet monthly to hold their own Soulful Sundown, a collaborative, informal and interactive worship service based around the monthly theme, held at the congregation.

Contact: Julia Defalco at adultlearning@firstunitarianottawa.ca
Find us on Facebook – The Noble Birds



Social Responsibility Council

At First Unitarian, an integral part of our learning experience is moving beyond our personal selves. We learn about social justice issues through our involvement in education, advocacy, organizing, service and community at the local level and in dealing with national and global issues. Working Groups in a variety of subjects make up the Social Responsibility Council (SRC), which is guided by the Social Responsibility Steering Committee (SRSC). The Council receives a budget of three percent of annual congregational pledges, and the Steering Committee distributes these monies to the working groups for their activities or for them to donate to registered charities.

Regular Activities

On Sundays, the Social Responsibility Council displays topical information, petitions and other materials at its table in Fellowship Hall during Hospitality Hour after service, and greets those who would like to discuss current issues.

Monthly Events

- Watch for information on meetings and events, often after service on Sundays, in the weekly *e-UU Ottawa* email newsletter, the Sunday *Communiqué*, the monthly *Parkway Spire* and on notice boards.
- Meetings of Social Responsibility working groups are open to anyone who would like to learn about a group and its interests. Some working groups maintain mailing lists to circulate topical information.
- Special events, presentations, films, seminars and letter-writing sessions deal with current issues in our community, province, country, and the world. These activities may be on Sundays after service, or at other times in the week.
- Fair Trade products for sale by the Global Justice Working Group after service on some Sundays support Social Responsibility projects. Dates are published in the weekly *e-UU* and the *Parkway Spire*.
- Granny Squares—home-made brownies, lemon squares and so on—for sale by the Unitarian GoGos after service on some Sundays help the Stephen Lewis Foundation's Grandmothers to Grandmothers Campaign for grandmothers and HIV/AIDS orphans in Africa. Dates are published in the weekly *e-UU* and the *Parkway Spire*.

Contact Us

To learn more about the Social Responsibility Council, its Working Groups and their activities, or to contact the **Social Responsibility Steering Committee** or any of the **Working Groups** contact David Hudson, 613-728-2446 or socialresponsibility@firstunitarianottawa.ca

Working Groups Acting at the Global Level:

Child Haven (CHWG) and Canada-Nepal Solidarity for Peace (CNSP) Working Groups work together: The Canada-Nepal group works to support democracy and human rights in Nepal, provides counseling for Nepalese immigrants and refugees in Canada, and raises funds for destitute women and children in Nepal.

Child Haven International (CHI) operates schools for children in India, Nepal, Tibet and Bangladesh, housing and supporting over one thousand children. The working group supports CHI via fundraising and other activities.

Contact: Leslie Baird, 613-729-8946.

Global Justice (GJWG) and United Nations (UNWG)

Working Groups work together: Global Justice encourages congregational members to deliberate on issues of social justice, advocate for social change, and join with other people of faith and goodwill educating and acting on global issues.

The UN group assists our congregation in learning about and participating in major United Nations issues such as human rights, peace, equity, and the environment. This group supports an annual trip by Youth of the congregation to the UN in New York City.

Contact: Anita MacLean, 613-820-2892.

Unitarian GoGos: Raise funds for the Stephen Lewis Foundation, Grandmothers to Grandmothers Campaign, raise awareness about the HIV/AIDS pandemic and the needs of African grandmothers and vulnerable and orphaned children, and stand in solidarity with the grandmothers of sub-Saharan Africa. Unitarian GoGos usually meet at 1:30pm on the third Thursday of the month at the First Unitarian Congregation of Ottawa. The group welcomes visitors and new members. Fundraisers include bake sales, Party for Africa and Garden, Goodies and Gifts Mother's Day weekend sale.

Contact: Joan Turner or Wendy Doyle, unitariangogos@gmail.com or 613-695-2003.

Working Groups Acting at the Local Level:

Aboriginal Issues Focus 2015-2017

The congregation chose Aboriginal Issues as the Social responsibility focus for the two-year period 2015-2017 which was extended to 2019. Working groups orient their work to aboriginal issues when that is suitable and the Aboriginal Issues Coordinating Group will co-ordinate or organize other aspects of internal and public education, service projects, advocacy and fundraising. **Contact:** Bill Van Iterson, 613-725-5077

Environmental Working Group (EWG):

Educates about and lobbies on environmental issues; provides fact sheets and event announcements; supports and advises on the congregation's move away from fossil fuel investments and energy use and toward clean energy; supports the local food movement and coordinates the campus Cornucopia Organic Garden, with produce donated to Unitarian House and food banks in Ottawa; coordinates the congregation's connection to a community supported agriculture (CSA) farm.

Contact: Mike Fletcher at socialresponsibility@firstunitarianottawa.ca

Mental Health Working Group (MHWG): Supports the Ancoura supportive-housing initiative for people living with mental illness. The group also works to bring greater awareness of the problems that face those living with a mental illness and helps counter the stigma associated with this illness. **Contact:** Paul McGinnis, 613-829-7165.

Poverty Action Working Group (PAWG):

Creates awareness in the congregation and undertakes a variety of projects on poverty and affordable housing issues, particularly through the congregation's affiliation with the Multifaith Housing Initiative, action to assist several Indigenous support organizations such as the Aboriginal Women's shelter Oshki Kizis Lodge, and donations to other organizations in Ottawa. **Contact:** povertyaction@firstunitarianottawa.ca

Refugee Working Group (RWG): Sets up sponsorship agreements under the Canadian Unitarian Council to bring individual refugees and/or families to Canada, and facilitates their settlement through such tasks as arrangements for housing, banking, schooling and health matters.

Contact: Bob Stevenson, 613-729-3765.

The Syrian Refugee Subgroup of the Refugee Working Group

It has been a quiet year while awaiting the arrival of our third (and final) Syrian family. Unfortunately, Immigration, Refugee and Citizenship Canada (IRCC) notified us in August 2018 that the family we had chosen two years ago, did not meet the requirements because they had returned to Syria and therefore no longer qualified as refugees. Given that it would take years to appeal this ruling, our group has decided to begin looking for another family to sponsor through the Blended Visa Office-Referral program - which means the family is pre-approved and hopefully we won't have to wait too long for them to arrive in Canada.

We have already sponsored two refugee families through the generosity of those both in and outside the congregation. Our first family of 7 arrived in Feb. 2016, the second family of 5 in August 2016. Although the First Unitarian congregation is no longer responsible for these families because the year of legal sponsorship is over, we have formed many strong ties between them and the volunteers. Visits and social events are ongoing and both families have adapted well to their new Canadian life: the fathers are working hard in their full time jobs, everyone has learned Basic English and the children are all enjoying school/daycare. We also worked with a Canadian Syrian family with whom we co-sponsored their relatives who arrived in September 2016. And we sent \$10,000 to another UU congregation to help support a trans refugee, whose sponsorship with a private outside group had fallen apart.

We helped two private groups from outside the congregation to settle Syrian families as well. The groups raised their own funds that the First Unitarian congregation managed for them. Both families arrived in December 2016. We are currently working with another external group called the Boat of Hope, whose sponsored family should be arriving sometime before winter. This family just had a new baby so a new set of forms were required by IRCC.

For the most part, settlement for all the families has gone well, although we have had some challenges helping families to budget, adjust to Canadian values, and deal with the trauma of living through war.

Volunteers have been incredibly dedicated to helping the families succeed in their new land. Volunteer teams provide all the necessary settlement support ranging from finding and furnishing accommodations, to getting children registered at school, to connecting the family to resources such as ESL and health services, to helping ease adaptation to our culture, and more.

This work provides many opportunities to learn more about and practice our UU principles, such as:

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

Contact: Jan Andrews or Patricia Paul-Carson
syrianrefugees@firstunitarianottawa.ca

Music

There are many opportunities to experience and participate in music making here at First Unitarian. We have several choirs and they all sing regularly in services and in concert. We are always looking for new singers and there is a place for everyone to share their voice! If you are interested in being a part of our musical community, please contact Deirdre Kellerman, Music Director at music@firstunitarianottawa.ca

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. (Chalice runs September - May).

Fusion rehearses on Friday 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. (Fusion runs September - May).

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. (Three Rivers runs September - May).

Upcoming Events

Songs of Hope: Part 1: Winter Choral Concert – Sunday, December 2, 2018, afternoon (time to be announced)



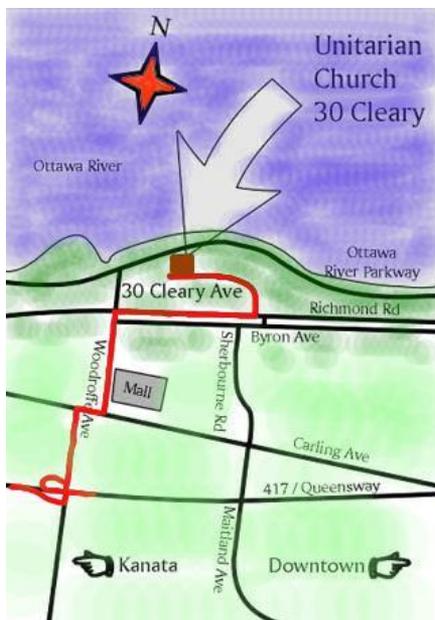
Thenounproject.com created by B Barrett

Where to Find Us

The First Unitarian Congregation of Ottawa is at 30 Cleary Avenue in Ottawa, about a kilometre east of the intersection of Woodroffe Ave. and Richmond Road. The tall spire of our modern structure is visible from Richmond Road and the Ottawa River Parkway.

From the Queensway (Hwy 417):

Take the Queensway (Hwy 417) to Woodroffe Avenue North. Continue north on Woodroffe, crossing Carling Avenue (with a jog to the right then left) and going past Carlingwood Shopping Centre until you reach Richmond Road. Take a right on Richmond Road and go to the next traffic light, Cleary Avenue, and turn left. We are at the end of Cleary Avenue behind Unitarian House. There is ample free parking.



By Bus:

The Route 11 bus stops at the intersection of Richmond Road and Cleary Avenue, not far from the church.

Special Needs:

The Richmond Road/Cleary Avenue intersection has audible aids. The church is at the end of Cleary Avenue; all sidewalks are accessible and the church has an elevator.



First Unitarian Congregation of Ottawa
30 Cleary Avenue,
Ottawa, Ontario K2A 4A1
Telephone: 613-725-1066
Email: uoffice@firstunitarianottawa.ca

About Our Faith

Unitarian Universalism is a liberal, theologically diverse religion, in which members support one another in the search for truth and meaning. As members of a non-creedal religious tradition, Unitarian Universalists are free to discern their beliefs about theological and ethical issues.

The First Unitarian Congregation of Ottawa welcomes those of all racial, religious, cultural and social backgrounds, gender identity and sexual orientation.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

Our Mission Statement

We kindle the light within and inspire courage to nurture the web of life and to create a just and compassionate world.

Principles

As Unitarians we covenant to affirm and promote:

1. The inherent worth and dignity of every person;
2. Justice, equity, and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part

To learn more about our Congregation, visit www.firstunitarianottawa.ca

We are members of the Canadian Unitarian Council



cuc.ca