

Lifespan Learning and Events Guide

Winter 2019



FIRST UNITARIAN
CONGREGATION OF OTTAWA

Lifespan Learning Guide

January 1 - August 31, 2019

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 to obtain a **Proposal for Adult Learning Event** form.

(adultlearning@firstunitarianottawa.ca)

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

Special Events and New Programs

Breakfast Forums

The Breakfast Forums provide the opportunity to discuss important topics of the day. Church committees and working groups take the lead in finding speakers and defining topics. This approach builds relationships and community while distributing the workload. Bring a guest!

When: Two Sundays each month (except July and August; dates announced in the e-UU Newsletter, Sunday Communiqué and on the Calendar on www.firstunitarianottawa.ca)

8:50am coffee and snacks (usually bagels and cream cheese)

9:00-9:45 Presentation and discussion

9:45-10:15 further conversation in the Volunteer Room

Where: Fellowship Hall

Coordinator: Fred Brown, adultlearning@firstunitarianottawa.ca

Indigenous Musicians in 2019

Deirdre Kellerman will give an introduction to Northern Turtle Island's current Indigenous musicians who are shaping both the music and justice movements. We will listen to music by Jeremy Dutcher, Tanya Tagaq, The Jerry Cans, Twin Flames, A Tribe Called Red and more!

Sponsor: Indigenous Justice Action Team

When: Breakfast Forum, date to be announced

Enneagram Essentials Workshop

The Enneagram is a dynamic framework of personality types which combines spiritual teachings from ancient wisdom traditions with principles from modern psychology. Many have found the Enneagram to be an invaluable tool for self-awareness and insight, for being more fully present to themselves and others and for growth in all aspects of their lives.

At this two Saturday workshop, facilitated by Jane Lindsay, an experienced Enneagram teacher and First U congregant, you will:

- Learn about the assumptions, habits, gifts, challenges and potential of the 9 Enneagram types;
- Identify some traits of your own personality that you better recognize and/or understand with the help of this Enneagram workshop and how you intend to apply these insights in supporting yourself to grow toward your highest self;
- Identify some Enneagram teachings that you intend to use to enhance your relationship with others in your life.

When: Saturday January 26 and February 2, 2019, 9:30am - 4:30pm

Where: First Unitarian Congregation, 30 Cleary Avenue, Room 2.

In lieu of a workshop fee, a donation each Saturday is suggested: \$20 or as best you can from congregants, and \$30 or as best you can from non-congregants. To register or ask questions: janelindsay@sympatico.ca.

The Artist's Way – A Spiritual Path to Higher Creativity

(based on the book of the same name by Julia Cameron)

This spring, *The Artist's Way* will be offered at First UU. Participants will interweave their creativity with their spiritual growth based on Julia Cameron's 12-week program. We will stretch into our higher selves with some easy discipline: - daily stream of consciousness writing, and a weekly "artist's date" when we each set aside some time to nurture our inner artist - our creativity - that is something outside our regular activities. This workshop series is truly a path of self-discovery. And sharing our discoveries with others builds connection and community. This series builds upon our UU principles and sources: encouraging spiritual growth; and the experience of transcending mystery and wonder moving us to a renewal of the spirit - an openness to the forces which create and uphold life.

The course will be a combination of self-study and group support. To get a taste of what you can expect, please see: <https://juliacameronlive.com/>

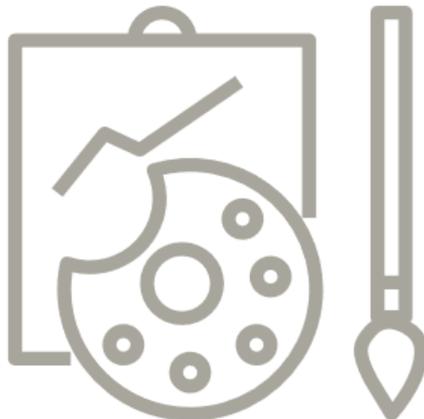
Book required: *The Artist's Way – A Spiritual Path to Higher Creativity*, by Julia Cameron (2002)

Facilitators: Laura Golden and johnnie gall

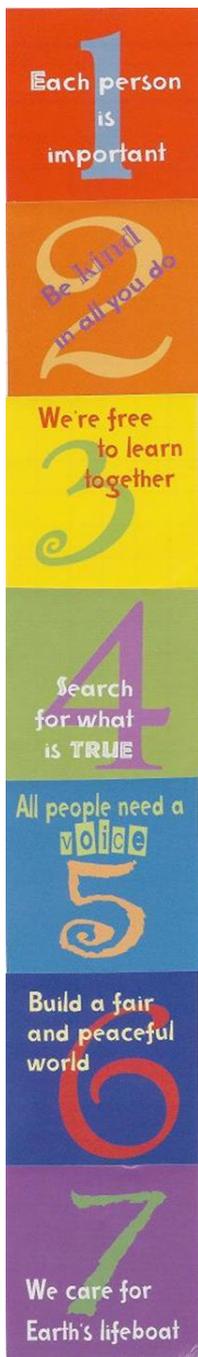
When: Saturdays: March 30, April 6, 13, and 27, May 4, 11, and 25, June 1, 8, 15 and 22, 10:00 – 12:00 noon

Contact: johnnie gall at adultlearning@firstunitarianottawa.ca, or 613-237-3214.

Registration: by contacting johnnie gall, or signing up in Registration Book outside the Lounge. Registration limited to 10 Adults.



Religious Exploration



I am pleased to say the Religious Education program is taking form. Thank you for your patience and support as we work to create a program that meets the diverse needs of families and congregants. Our first official RE Sunday January 20, 2019. Children will learn all about our first UU Principle: *the inherent worth and dignity of each person. Each person is important.* The first set of lessons will include differentiated learning activities throughout the course of learning the 7 UU principles. We offer a variety of spaces to support children in the congregation, as listed below.

The Sanctuary

The Sanctuary will be arranged each Sunday with a variety of quiet play activities to engage children. This will offer children the opportunity to gain familiarity with attending a service and offer congregants the opportunity to experience the joy of being in a service with little ones.

The Lounge

The lounge will serve as a welcoming space for parents with children who are not ready to use the childcare services provided downstairs. A television will display live feed of the sermon in the sanctuary.

Chalice Play Room

The children's playroom (Room 4) will have qualified childcare providers. UU teachings will be shared with children through play. Parents are always welcome to join their child in this space.



Alternative spaces

Two additional parent-accompanied spaces will be provided.

The Now Room will be open to parents whose children need to release energy. Balls and skipping ropes will be provided. Please see posted guidelines on how to best utilize this space.

The children's library will be open for kids who need some downtime. Please see posted guidelines on how to best utilize this space.

*

Universal Heroes and Sheroes (6-8) Junior Elementary, UU Explorers (9-11) Elementary

(age designation is a suggestion)

This space will be open one RE Sunday per month (Room 2). The space is open for children who are ready to delve deeper into Unitarian faith.

Universal Heroes and Sheroes and UU Explorers will meet in Room 2 and will receive further instruction on room allocation.

Volunteers

Currently, we are only able to offer one Religious Exploration Sunday per month. We would love to offer more, but are unable to without the support of volunteers from the congregation.

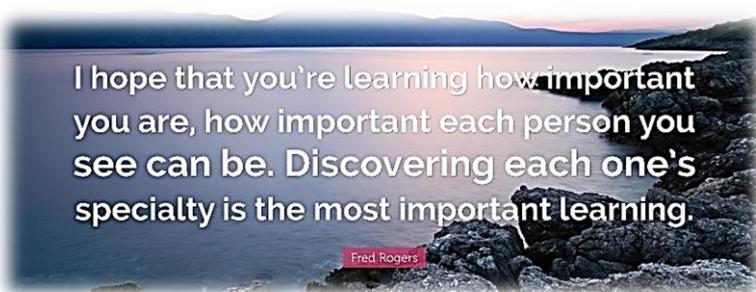
Please volunteer! The children need you and this congregation needs you! Religious Exploration is a fundamental part of the spiritual development of each child, and the children are the future of congregations.

I know from chatting with you that there is an abundance of talents and skills in the congregation that would be wonderful to share with the children. Let us know your skill set and where you feel most comfortable volunteering. We will find a place for you and thank you for offering your time and energy to the children and supporting families. A volunteer sheet will be placed on the Religious Exploration board in the Fellowship Hall.

Stay tuned for a presentation on the activities children participate in during our journey with THE 7 UU principles.

Until next time, stay warm

Neo Yaxley



I hope that you're learning how important you are, how important each person you see can be. Discovering each one's specialty is the most important learning.

Fred Rogers

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.

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.

If you have a child who will fall into K-1 or Grade 4-6 age groups in September 2019, please email ourwholives.ottawa@gmail.com. If we have enough interest, a session will be 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.)

More information at 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: ourwholelives.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:

ourwholelives.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).

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.

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.

Please contact the Welcome and Membership Team leader Jane Lindsay at janelindsay@sympatico.ca about future sessions.

Mapmaking: Beginning your Spiritual Journey with FirstU

Mapmaking provides a range of activities, information and moments of reflection to help you explore the start of your spiritual journey at FirstU. Learn more about the congregation, the ways in which you may choose to participate, and the Unitarian Universalist sources and principles that guide us individually and as a community of faith. Mapmaking offers opportunities for engaging and building significant connections with others in the Congregation. Co-led by Eva Berringer and Rozanne Lépine.

When: Monday, February 4, 11, 25 and March 4, 11, 7:00 to 9:00 p.m.

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

Contact: Rozanne Lépine at adultlearning@firstunitarianottawa.ca

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 January 5, 2019, 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, 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, January 11 – April 12, 2019

Time: 10:15-11:15 am,

Where: Fellowship Hall

Cost: \$140 for 14 weeks, or \$12 drop-in

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



Live and Learn

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

The BookShelf

The BookShelf 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 have been: Intuition, Community, Meaning of Money, Social Activism and Nature's Resilience, Aging and Camping. We meet on the first Wednesday of each month - in the Church, Room 6 from 7:15 to 9:30 p.m. So why not join us? We would LOVE to see YOU!!

Dates: Wednesdays; January 2, February 6, March 6, April 3, May 1, June 5, July 3, August 7, September 4, October 2, November 6 and December 4, 2019.

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 2019 to October, 2019

January 14: *The Memory Illusion: Why you might not be who you think you are* by Julia Shaw

February 11: *No Is Not Enough* by Naomi Klein

March 11: *Planet of Slums* by Mike Davis

April 8: *Red Notice: A true Story of High Finance, Murder and One Man's Fight for Justice* by Bill Browder

May 13: *In Pursuit of Civility* by Keith Thomas

June 10: TBD

July 8: TBD

September 9: TBD

October 7: *Factfulness: 10 Reasons We're Wrong About the World and Why Things are Better than You Think* by Hans Rosling

We welcome visitors. Please call Katharine Elliott, 613-288-7815 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:

January 25: *Red Notice: A True Story of High Finance and one Man's Fight for Justice* by Bill Browder

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

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." All are welcome! Drop in and try it out.

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 donation 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.



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

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 Winter/Spring 2019 are:

Tuesday, January 15: “The Genius of Josiah Wedgwood”... a film about a Unitarian who was one of the founding fathers of the Industrial Revolution and who industrialized English pottery manufacture.

Wednesday, February 20: The Ageless Players' Radio Show will present short stories, scenes from plays and jokes to keep the “studio audience” laughing.

Thursday, March 21: Program TBA.

Tuesday, April 16: Elisabeth Morrison and Sam Clemann will present a piano and flute recital.

Wednesday, May 15: Ellen Bell will speak about the role of a hospital chaplain, based on her experience as a multi-faith chaplain at the Queensway-Carleton Hospital.

Thursday, June 20: Program TBA.

Tuesday, July 16: John Soar will challenge the group with some light-hearted and entertaining quizzes.

Wednesday, August 21: Ellen Bell will facilitate a “bring and share” activity. Participants will bring an item of significance and share the story it represents or just come and be entertained.

Note: Earphones available in Worship and Fellowship Halls.

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 Coordinating Team (SRCT). The Council receives a budget of three percent of annual congregational pledges, and the Coordinating Team 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.

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 Sunday Service *Communique*.

Contact Us

To learn more about the Social Responsibility Council, its Working Groups and their activities, or to contact the **Social Responsibility Coordinating Team** or any of the **Working Groups** contact socialresponsibility@firstunitarianottawa.ca or David Hudson, mailto:HUDSON@trytel.com 613-728-2446

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 in room 3 at the First Unitarian Congregation of Ottawa. The group welcomes visitors and new members. Fundraisers include monthly sale of Granny Squares, Christmas bake sale, Grand Market sale of quilted items, jewellery and other items at Lansdowne Park in late fall, Garden, Goodies and Gifts Mother's Day weekend sale. May 11 & 12, 2019, Classic Theatre in Perth tickets for matinee performances July 6 and August 10, 2019 and more. **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 Indigenous Women's shelter Oshki Kizis Lodge, and material and monetary 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):

We welcomed our third family with parents and two teenagers on Dec 6, 2018, sponsored through the government's Blended Visa Office-Referred program. The family is originally from Iraq but has also lived in Syria and most recently, Turkey. They are settling into their apartment, have registered for school and ESL (for the parents), and are trying to adjust to the Ottawa winter.

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 FirstU 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 jobs, everyone has learned basic English and the children are all enjoying school/daycare.

We also co-sponsored relatives of a Canadian Syrian family - they arrived in September 2016. We've sent \$10,000 to another Unitarian congregation to help support a transgender refugee, whose sponsorship with a private outside group had fallen apart and just recently, because we will still have funds left over after our third and last family is sponsored, we agreed to help the Universalist Unitarian Church of Halifax sponsor a gay family by providing some funding to them.

We helped two private groups from outside the Congregation to settle Syrian families as well. These groups raised their own funds that FirstU 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 this 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.

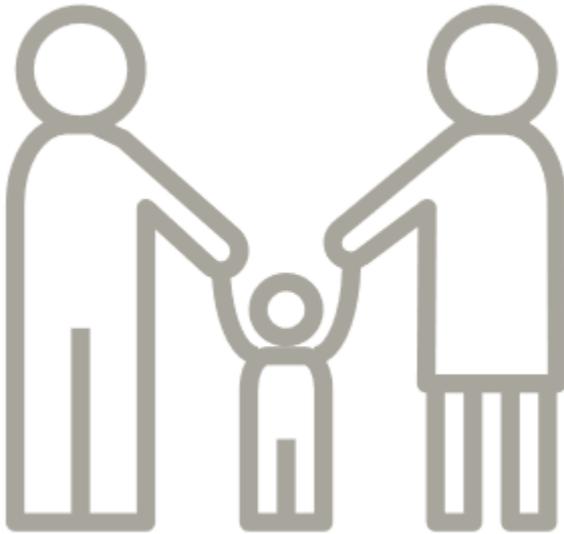
Volunteers have been incredibly dedicated to helping the families succeed in their new land. Volunteer teams provide all the necessary settlement support ranging from finding and furnishing accommodations, to getting children registered at school, to connecting the family to resources such as ESL and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

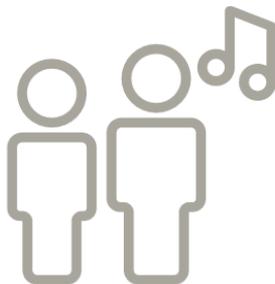
Chalice Choir meets Thursday evenings from 7:00-9:00 and is our largest group. Our repertoire covers it all, from pop arrangements to hymns; folk tunes to choral standards. We value community building, dedication to musical development, laughter and learning. We sing in services approximately twice a 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 II: Saturday, May 4, 2019, 7:30pm. Admission by donation.



Where to Find Us

The First Unitarian Congregation of Ottawa is located at 30 Cleary Avenue, 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

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

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