



Inside this issue

May Worship Services.....1
Caring Contacts.....1

President’s Corner.....2
Capital Ideas.....3
Gray Areas - Reflections from the Intern.....4

Religious Exploration5

RE Calendar.....6
Announcements.....6, 10, 11

June Worship Services.....7

Thank You Merci Gracias....8
Hospitality Hour8

Social Responsibility
Page.....9
Announcements.....10-11
First Unitarian Congregation of
Ottawa Information.....12

Caring Contacts

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June

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May-June Worship Services

Note: the 5 p.m. service has been discontinued for the foreseeable future.

May 4 Cinematic Visions

Speaker: John Marsh, with reflections from Frances Deverell & Greer McNally

On this unofficial Star Wars Day (May the Fourth Be With You) we will consider the influence of movies in our lives, our dreams, and our understanding of the world.

May 11 Coming of Age Service for All Ages

This special service invites all ages in our congregation to honour the transition of twelve young people from childhood to youth. Gather with our thoughtful and spirited 11- to 13-year-old Coming of Age group as they share and celebrate their discoveries around the “campfire of community”. Join us for stories, songs, and insightful reflection, hear hopes and wishes from parents, and meet our team of caring mentors. There may even be S’Mores!

May 18 What does it mean to love your neighbour?

Guest Speaker: Rabbi Stephen Garten

Rabbi Garten will be retiring this year after serving Temple Israel (Ottawa’s only Jewish Reform Congregation) for almost two decades. Throughout his career, Rabbi Garten has been involved in teaching, multi-faith dialogue, and social justice projects. He is also an avid golfer.

May 25 Recognizing the Moral Crisis

Speaker: John Marsh

The widening gap between rich and poor and erosion of the middle class is not only an economic crisis, but also a moral crisis. How shall we respond as individuals, and as a community?

June 1 Flower Communion, New Member Sunday, and All-Congregation Picnic

Speaker: John Marsh

On our annual flower communion Sunday, everyone is invited to bring a flower to share at this service and to take a different one home. The story of Norbert Capek will be told. New members to our congregation will be welcomed.

Note: Our picnic this year will honour and celebrate the ministry of the Rev. Liz Benjamin, who will be moving to Vermont this summer.

... **June services on page 7**



President's Corner

—Maury Prevost

Transitions

My all-time favourite washroom graffiti quotation I saw around 1970, in the Physics building at the University of British Columbia: *“Time is merely a device to prevent everything from happening all at once ... and it doesn't work”*.

Sometimes it does feel like everything is happening at once. Our lives are full of transitions, and sometimes more than one occurs at the same time. I want to speak about several transitions that are currently happening.

The first transition is a personal one, involving the recent death of my mother in her 98th year, the last of her generation in our immediate family. As I write this column, I am preparing to go to Vancouver for her memorial service on April 15. Her death, welcome after a long decline, had an immediate impact on my routine of calling every weekend. I am missing that regular connection with my mother and her weekend caregiver.

The second transition is also personal and involves the Congregation. Elected on April 27, I now serve as President of our congregation for the coming year (hence this column). This is both an honour and challenge and will certainly be a transition in my journey as a member.

The third transition is an ongoing one for the Congregation. At our Annual General Meeting in April 2012 we adopted a new General Operating By-Law, and the Board of Directors moved to a Policy Governance model. This model puts the Minister and staff firmly in charge of day-to-day operations and leading most of the teams of volunteers that accomplish so much of what we do. This was a big change and we continue to make adjustments as we learn how to make the model work most effectively.

Speaking of volunteers, it happens to be National Volunteer Week at the time of writing, and I want to thank all of our volunteers for their invaluable contributions. Directors and Officers are among those volunteers, so it is especially appropriate at this time to salute Kim Elmer, who served so ably as President during the first two years of Policy Governance, and Paul Ward, who has served on the Board for the last six years, at one point as Acting Treasurer. I wish Kim and Paul well in their own transitions.

~Maury



Capital Ideas!

—John Marsh



I met Pete Seeger in person only once, but it was enough.

The Clamshell Alliance had gathered for a weekend in Seabrook, New Hampshire, to protest the building of a nuclear power plant. The organizers were in fierce disagreement with each other over strategy (what else is new?) and Seeger went from campsite to campsite, checking in with as many people as possible, giving us encouragement, and raising our spirits: “They say there is disagreement among us—I say: we are a democratic organization, of course there is disagreement among us!”

When I learned of Pete’s death it felt like losing a member of the family. His music spoke to four generations of us. He was also a Unitarian Universalist. The way he tells it, he initially joined the Community Unitarian Universalist Church in New York City because they gave him free rehearsal space.

He gave back in kind, though, performing concerts there and at other congregations and the 2005 General Assembly of the Unitarian Universalist Association.

A few years back when he was doing a radio interview he was asked what he was reading these days. He replied: “The Unitarian Universalist World Magazine, I find it has many excellent articles.”

Pete always had a cause bigger than himself. I am glad we in this congregation will be able to celebrate his life in song on Saturday, May 31, raising money for causes he would have held dear: the Multi-faith Housing Initiative (local) and USC Canada (international). The presence of Tim Baker (lead singer of Hey Rosetta), who comes to us courtesy of USC Canada, will ensure that the event is intergenerational.

Pete used to introduce the song “We Shall Overcome”, which contains the lyrics “We are not afraid”, by saying: “You know, sometimes we are afraid for our future, but we sing, we are not afraid, and that helps us do what we need to do.”

And now, he is one of the ancestors, pulling us along.

~John





Gray Areas: Reflections from the Intern

How time flies! It is hard to believe that this is the last newsletter article I will be writing for you. It seems like just yesterday we were holding the opening service and Rev. Marsh and I were preaching about covenant.

It has been quite an interesting year! Through our partnership with Multi-Faith Housing, we have had religious leaders of multiple faith traditions speak to us. We have considered what it means to be together and examined the ways we communicate with one another. We held another amazing Fall Fair. We have grown together and more people have decided to become a part of this community.

I have been blessed by my time here with you. I'm grateful to have been given the opportunity to know all of you and I'm happy that we have some time left together. You have supported my search and my journey toward ordination. I will be forever grateful for your love and support.

I do want to remind you of one guideline you may already know. Interns, when they leave a congregation, are restricted from maintaining contact with that congregation for one year. (Settled ministers are bound by this rule as well; it just lasts for a longer period.)

So after I leave, I can no longer respond to messages and emails. This boundary allows the next intern her own space to develop a relationship with all of you. And it teaches us as

new ministers what it will be like to leave a congregation after years of service and cut off contact with them. It isn't easy. I've grown to care deeply about you this year. While this guideline makes me sad, I support the boundaries set in place by the ministers' association. I want your next intern to have the space to make her own mark, just as I have been given the opportunity to make mine. If you have any questions or concerns about this, please let me know.

So we have a bit less than two months left. If you'd like to talk about anything, or go out for tea, let me know. Let's make the best of this time!

~Jenn Gray

Interns will be Interns!

It's almost time to say good-bye to Jenn, our 2013-14 intern. A year is just long enough for us to learn what a special person she is, to enjoy her insightful humour and launch her into her career.

Before Jenn moves on, the Unitarian Universalist Fellowship of Ottawa and First Unitarian are joining to fête her with a party on Saturday, June 7 – in the evening at the UUFO, 400 MacArthur Avenue, Vanier. Ideas and volunteers welcome!

Contact: Laura Evans,
lauraevans86@yahoo.ca

Religious Exploration – Sharing a moment with Susan



“We cannot hold a torch to light another’s path without brightening our own”.~ Ben Sweetland

Our Unitarian Universalist Principles affirm and promote acceptance of one another, encouragement to spiritual growth, and a free and responsible search for truth and meaning. In children’s language, we sat respecting all beings, celebrating the spirit, and growing all our lives.

One way to embody these principles, to live them out, is through offering your service in the learning and growth of others, our ministries with children, youth, and adults in Lifespan Learning call to you! Please consider how you might share your time, presence, and gifts next year, beginning September 2014.

Religious Exploration for Children and Youth

We are seeking volunteers to work with children on Sunday mornings. We invite you into a flow which holds and supports children and leaders with ritual, community, healthy snacks, clear activity plans, and supplies and materials. Our sessions include storytelling, cooperative games, outdoor adventure, art and drama, creative movement, and social justice projects. We welcome youth, young adults, and adults to serve as assistants and leaders in our programs for babies to 11-year-olds.

Our junior youth, aged 12 to 14, will participate in Junior High OWL (Our Whole Lives sexuality education) in the coming year. Are you a trained OWL facilitator who would like join us as a leader this year? If you are not experienced in OWL but have skills and experience that lend themselves well to this program, you might assist our trained leaders and perhaps receive training yourself.

Our Youth Group, ages 14 to 20, relies on the support of adult advisors (25+) to act as companions in building strong youth community and creating connections with the whole congregation. Youth

advisors take part in Sunday morning activities as well as other conferences and events throughout the year.

Our RE community is vibrant! Ongoing support and development is available for all of our leaders and assistants. Contact Susan McEwen, dll@firstunitarianottawa.ca, 613-725-1066, ext. 234 with your interest.

Adult Learning

We’re blessed to have a very rich and varied adult learning program in our congregation, but it doesn’t happen by accident. How important is our adult learning program to you? In what ways can you help make it happen?

- Join our Adult Learning Team, a small but dynamic group that plans, promotes and evaluates our adult learning program. We meet monthly from August to June. This is a great way to help steer and grow our adult learning program. We’d love to have someone to help us with promotion.

- Offer to facilitate one of our programs. We’re particularly keen to find co-facilitators for two fall 2014 courses - Building your Own Theology and Articulating your Faith.

- Share your ideas for courses and events that you’d like to see, and may be willing to lead. We welcome proposals for courses or events that help us live our principles.

Send us an email:

adultlearning@firstunitarianottawa.ca.

RE CALENDAR

May 4	Last Sunday for RE programs Celebrating Me & My World, OWL, Farm to Table, and Coming of Age
May 11	Coming of Age “Campfire” Service for All Ages
May 18	Victoria Day Weekend: no RE (activities for parents and children in the Lounge)
May 25	Youth Group continues and Children’s Multi-Age Summer Program begins
June 1	Congregational Picnic
June 29	Youth Group ends & Children’s Multi-Age Summer Program ends

ANNOUNCEMENTS

Riverbank Cleanup

Mother Earth permitting, Adopt-a-Riverbank will be hosting its annual Riverbank Cleanup Saturday morning May 24 from 9-11:30 . Meet at the church for garbage bags and gloves. Bug spray, boots, sunscreen, etc. is up to you.

Rain date: Saturday May 31.

For more info contact Marilyn Gerber, gerber5@sympatico.ca or Roxanne Merits, rockyl2686@gmail.com

EWG Motion/Ad hoc Investment Committee

At our April 27 AGM, congregants passed a Fossil Fuel Divestment motion with a strong majority. EWG is now establishing an ad hoc investment committee to plan next steps, working with the Board and Finance Committee. Doug Cousins, Paula Theetge, Mike Fletcher and Debra Mair have agreed to participate. If you’re interested in sitting on this ad hoc committee, contact Alastaire, hendersalas@gmail.com, 613-562-2253.

BE IT RESOLVED that First Unitarian Congregation of Ottawa:

Instruct our investment advisors, Doherty & Associates, to stop making any new direct investments in fossil fuel companies, including dividends from our existing direct investments in fossil fuel companies;

-Create an ad hoc investment committee to study and report to the treasurer and Finance on any impacts of switching our investments out of fossil fuel stocks into other investments. This study may include a plan to divest all holdings in fossil fuel companies within five years. Divestment is defined as having no investments in any companies included on the Carbontracker list.

-As a leading Canadian Unitarian Universalist congregation, publicize its stance on divestment through various media.

The Bookshelf

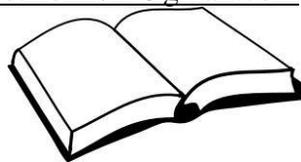
The Bookshelf has been running for over 30 years. We provide quality Adult and Children's Fiction and Non Fiction as well as a fine selection of Unitarian Universalist literature.

Our main aim is service rather than profit; our books are sold with very little mark-up and no tax. We also provide a friendly corner for people to chat, sometimes very important for the lonely or new members.

Since the last, west-end bookstore sadly closed, we have been buying from Amazon.ca. As a result we can sell books at amazingly low prices, and also we can now take requests.

We currently are *in need of more volunteers*. If we have enough people, you will only need to commit to one Sunday a month or even less. The routines are simple and quickly learnt.

Please contact Margaret Zielinski:
margaretzielinski@gmail.com



Reading for Growth

The Friday Reading for Growth group will meet in the Lounge at 1 p.m. on May 30 to discuss “Walls: Travels along the Barricades” by Mareello Di Cintio. On June 27, our title will be “The Judgement of Paris: The Revolutionary Decade that Gave the World Impressionism” by Ross King. Newcomers are welcome.

Contact: Margot Clarke at [613-820-6596](tel:613-820-6596) or mmclarke80@gmail.com

June Worship Services & Announcements

June 1

Flower Communion, New Member Sunday, and All-Congregation Picnic

Speaker: John Marsh

On our annual flower communion Sunday, everyone is invited to bring a flower to share at this service and to take a different one home. The story of Norbert Capek will be told. New members to our congregation will be welcomed.

Our picnic this year will celebrate the ministry of the Rev. Liz Benjamin, who is moving to Vermont soon.



June 8

Finding Faith in Art

Speaker: Jacob Caines, Music Director

In a world seemingly less spiritual day by day, where do you find faith? For many young people, the relationship with faith and spirituality is not within a church or a religion. Many youth hesitate to even name an idea, action, or guiding principle as spiritual or faith-based. The arts provide a means to express thoughts and feelings without categorizing them as faith or spirituality. Looking at contemporary art with new

eyes, we see the world is not becoming less spiritual; the terminology and expression have just changed.

June 15

Fatherhood as Misunderstood, Mystifying, Miraculous Masculinity

Speaker: Rev. Linda Goonewardene

“My father used to play with my brothers and me in the yard. Mother would come out and say: “You’re tearing up the grass!” “We’re not raising grass,” Dad would reply, “We’re raising boys.”

~Harmon Killebrew

“It’s a wonderful feeling when your father becomes not a god but a man to you—when he comes down from the mountain and you see he’s this man with weaknesses. And you love him as this whole being, not a figurehead.” *~Robin Williams*

June 22

Aboriginal Day Sunday “Connecting with Mother Earth and all Living Beings

Speaker: Douglas Cardinal

Mr. Cardinal is a renowned Canadian architect, of German and Blackfoot heritage, who has designed many landmark buildings, including the Canadian Museum of History and Ottawa’s Wabano Centre.

June 29

Go Now in Peace

Speaker: Jenn Gray

What does it mean to share part of a journey together, even when we know we must then part? Join us for Jenn’s final sermon as our intern.

Unitarian Seniors’ Program

On **Wednesday, May 28**,

Valerie Cousins will facilitate a discussion of “Wartime Reminiscences”. Anyone wishing to share their wartime memories or experiences may participate. Michael and Maureen Cassidy will lead the worship service. **Service:**

11:30 am **Lunch** (\$7 or pay what you can): 12:00 pm

Program: 1:00 pm **Where:**

Worship/Fellowship Hall

RSVP (if not on the phone

list): Maureen Sly at 613-728-7610, mmsly@rogers.com by Sunday, May 25.

On **Thursday, June 26**, Ken

Lund will speak on the

“Scots”. Alex Campbell will

lead the worship service.

Service: 11:30 a.m. **Lunch**

(\$7 or pay what you can): 12 p.m. **Program:** 1:00 p.m.

Where: Worship/Fellowship

Hall **RSVP** (if not on the

phone list): Maureen Sly by June 23

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).

Thank you Merci Gracias

~ compiled by Alastaire Henderson

Here are some people and activities to appreciate, recognize, and celebrate:

- Thanks go to **Eva Berringer**, who is resigning from the Adult Learning Committee to be on next year's Board of Directors. Sincere thanks are due to her for her years of leadership in Adult Learning.
- Kudos to **Wendy Doyle**, who for several years has worked extremely hard in putting out the Lifespan Learning Guide!
- Many thanks to all the faithful volunteers who have kept the Bookshelf running over this past year: **Margaret Zielinski, Sue Wheeler, Alastaire Henderson, Susan Mackenzie, Valerie Cousins, Mabel Ong and Helene Lamb.**
- Appreciation of your excellent work, **Jacob Caines** and **Susan McEwen**, for enabling the Chalice Choir to sound superb, and developing wonderful Religious Exploration programming, respectively!

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

Meditation Gardens Plant Sale

On the May 10-11 weekend, 10 a.m. to 2 p.m., the Friends of the Meditation Gardens will be holding their annual plant sale – perennial flowers, grasses and shrubs! Come to the big white tent in the south garden and pick up some garden plant treasures.

Contact: reeneknowsbest@rogers.com



Hospitality Hour

...and the Green Apron Caper

Hospitality volunteers set up the Green Mug table each Sunday as part of their duties, and wear a green apron—which disappeared around Christmas time. I hoped someone had just taken it home to wash but alas, it has not shown up again.

So I shopped for a plain green apron—none to be found. But when I was recently in Victoria, staying with my cousin Gail, a quilter/sewer, I mentioned our missing apron and my quest to find an unadorned, full green apron. She searched her stock of fabric and found the perfect piece of fabric! She had 2 apron patterns and sewed a man's length apron in a couple of hours.

So do admire our new bright, green apron – warm thanks are extended to Gail for the now complete outfitting of the Green Mug table. And if you find the former apron, please return it to the main kitchen so that we have a spare.

*Tarrel Armstrong
Coordinator*



Social Responsibility Calendar May-June

Sunday, May 4: 12:30 p.m.
UN Working Group (WG)
-3 p.m. Tulipathon Walk for
Multifaith Housing, Dow's
Lake

Thursday, May 8: 7:00
p.m. Holtom Peace Lecture

Saturday, May 10: 9:00
a.m. to 2 p.m. GoGo Grannies
Plant Sale

Sunday, May 11: 9:00 a.m.
- 2 p.m. GoGo Grannies Plant
Sale

-12:30 p.m. Global Justice WG

Tuesday, May 13: 9:00
a.m. Poverty Awareness WG

Thursday May 15: 4:00
p.m. Unitarian GoGos
Meeting

Sunday May 18: 10 a.m.
Fair Trade Sales

-10 a.m. Granny Squares Sales

Friday May 23: 9:30 a.m.
SRC Steering Committee

Saturday May 31: 7 p.m.
Concert Tribute to Pete Seeger

Sunday June 1: 12:30 p.m.
UN WG

Tuesday June 10: 9:00
p.m. Poverty Awareness
Working Group

Sunday June 15: 10 a.m.
Fair Trade Sales

-10 a.m. Granny Squares Sales

Thursday June 19: 4:00
p.m. Unitarian GoGos

Friday June 20: 9:30 a.m.
SRC Steering Committee

Social Responsibility Column

Mother's Day Treats –Unitarian GoGos Annual Sale

Our annual sale is coming! A large assortment of perennial plants, geraniums and herbs will be available. Jewelry for sale will be both gently used costume jewelry and Kazuri jewelry, the beautiful hand-painted ceramic beads from Kenya.



The GoGos will also provide their homemade baking. Proceeds go to the Stephen Lewis Foundation.

Date: Saturday May 10 &
Sunday May 11, 9:00 am to
2:00 pm.

Place: Lower parking lot.
Information:

unitariangogos@gmail.com
and posters in the church.

Big Soul Project Concert for Multifaith Housing

Did you enjoy the recent concert by Big Soul Project at Southminster United Church, put on by the Mental Illness Working Group as a fundraiser for Ancoura, or maybe you missed that event? Mark your calendar for another opportunity to attend a performance of the

Big Soul Project Community Gospel Choir at First Unitarian. This concert is a fundraiser for the Multi faith Housing Initiative in support of its capital campaign to double their affordable housing units.

Date: Saturday September
13, 7:30 pm

Tickets: \$20 in advance. \$25
at the door. Children under
12, \$10

For ticket sale locations
across Ottawa, see the
posters in the church.

Contact:

povertyawareness@firstunitarianottawa.ca, or Mike
Wheeler 613-829-8298

Have you got an Hour or Two ...?

... that you could contribute to the local community? Our Social Responsibility Council's working group on Poverty Awareness welcomes volunteers who can share in picking up household donations, sorting them (and cleaning some), and then delivering them. We're supporting Oshki Kizis Lodge, the Aboriginal Women's Shelter. We help women who, having received housing, are moving on from the shelter, but with no furniture or household goods. Contact: povertyawareness@firstunitarianottawa.ca, or Katherine Gunn, 613-729-0504.

More announcements

The House Next Door

Unitarian House is holding its annual fundraising dinner at Unitarian House of Ottawa on Tuesday, May 13. Reception at 6:00 p.m. Dinner at 7:00 p.m.

There will be a silent auction and the guest speaker, Shirley Greenberg, will speak about *Living Life and Giving Back* \$130 per person (\$100 tax receipt)

RSVP by May 5, 2014 to 613-722-6690.

UU Round Table Lunch

Lunch is open to all UUs and guests.

1 pm. May 16 and June 20
Biagio's, 1349 Richmond Road

RSVP: Tudy McLaine (613-745-8074), or Marjorie Daechsel (613-596-1471) by May 15 and June 19

Wednesday Evening Mindfulness Meditation group

This group will continue to meet weekly until June 18, at 7 p.m. in Fellowship Hall. Our objective is to increase the strength of our moment-to-moment awareness by practicing 'sitting' together in a friendly, meditative community. *All are welcome.* Contact Colleen adultlearning@firstunitarianottawa.ca

Greetings from the Fall Fair Committee!

If you are new to the congregation, you are in for a treat. This is the social / fundraising event of the year and akin to old home week for Ottawa UUs. Please mark your calendar for **Nov 15**, rain or shine!

Our annual Fall Fair (aka Holly and Lace Bazaar) has small tasks, big tasks, on site tasks, at home tasks. People contribute by donating their gently used treasures, making jams, jellies, sweaters, squares, salads and baking, organizing a section of the bazaar, selling, serving, counting money and schlepping goods into our building and then out to community organizations when it does not sell.

The Organizing Team is seeking people to grow into these roles:

Assistant Director - grow into co-director role; oversee the event ensuring congregational policies are followed; lead the organizing team.

Books, Bytes, Beats, Bric-a-Brac Coordinator – this coordinator mentors and manages the conveners of books, music, flea market, electronic and large items (outdoor).

Contact Margaret 613-728-2446, mlinton@trytel.com for more info.

Fall Fair 2014 Organizing Team:

Director - Margaret Linton
Assistant Director - tbd
Site Services - Katherine Gunn
Site/Property Management - Ron Wilson
Books, Bytes, Beats, Bric-a-Brac Coordinator – tbd
Clothing Coordinator – Jen Brennan
Finer Goods Coordinator - Paula Theetge
Food Services Coordinator – Kate Kirkwood
Finances - Bob Armstrong
Volunteer Coordinator - Ellen Smith

Feel free to contact any of the above for more information.

Save those valuables

As you clean out the garage or basement this summer, please consider saving your treasures for the fair.

-Remember the finer items for the silent auction – those gifts no longer used; a great way to earn a charitable tax receipt.



-Jewelry, stamps and coins can be left at the office at any time.

Storage Space

Space (large or small) is needed; it allows us to accept items from those moving house this summer. If you have storage space we could use until mid-November, please call klgunn@magma.ca or

More Announcements

FallFair@firstunitarianottawa.ca

If your household items need to move before then, contact Katherine who can route them to the Poverty Awareness Working Group's project assisting the Aboriginal Women's Shelter.

Holtom Lecture

"Dignity: it's Essential Role in Resolving Conflict" Edith Holtom Memorial Lecture.

Co-sponsored by Harvard Club of Ottawa. Speaker: Dr Donna Hicks, Associate, Weatherhead Center for International Affairs, Harvard, a noted scholar of conflict resolution and international mediator A question and answer session and a reception to follow.

Date: Thursday, May 8, 2014, 7 p.m. **Place:** Worship Hall
Free admission

Glebe/Centretown/Old Ottawa South

Neighbourhood Group

Sunday May 25 at 7:30 pm. Maury Prevost will talk about 'Report from Montreal' (on the latest CUC annual meeting).

Where: Marilyn & Maury Prevost, #5, 405 Laurier Ave East, Ottawa.

Contact: [613-231-7391](tel:613-231-7391),
mmprevost@sympatico.ca

All welcome. Bring a small dessert (finger food) to share.

Sunday, June 29 at 6:00 pm.

Event: This is our annual spring/summer potluck supper.

Where: Trudy Kassner, 108 Belmont Ave, Ottawa ON K1S 0V3.

Contact: Trudy at [613-730-2823](tel:613-730-2823) or trudyk@magma.ca

All are welcome. Bring something to share with the group

Reminder: The

Neighbourhood Group doesn't meet in July and August.

We'll announce the exact date of our September meeting in the next issue of the Spire. It will be a Sunday in late September at 6 pm, a potluck, when we'll begin to plan our meetings for 2014-15.

Do plan to bring both your contribution to our meal and your ideas for topics/speakers for our future meetings.

Contact: Ann Denis at adenis@uottawa.ca if you would like to be added to the e-mailing list for the group.

You will receive information about 'to be announced' topics once they have been confirmed. A reminder is also usually sent during the week before the monthly meeting (no meetings in July, August and December).

Seniors' Yoga

The Spring Session will take place in Fellowship Hall at 10:15 a.m. each Friday from April 25 to June 27. Newcomers are invited to join

our friendly, welcoming group for an hour of stretching and strengthening with our very experienced instructor, Linda Percy. \$90 for the session or \$10 drop-in. Contact: Margot Clarke at [613-820-6596](tel:613-820-6596),
mmclarke80@gmail.com or Linda Percy at [613-729-8913](tel:613-729-8913),
billbeau@sympatico.ca

Social Responsibility Tip of the Month

Besides food, the Ottawa Food Bank also needs: toothpaste / toothbrushes / deodorant / shampoo / feminine supplies / baby powder / baby wipes / pull-ups / diapers / toilet paper / soap (personal & dish soap). One easy way to get extras of these is by using the coupons that turn up – buy two, get the third free and donate it.





First Unitarian Congregation of Ottawa

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Fax: 613-725-3259

E-mail: uuoffice@firstunitarianottawa.ca

Web site: www.firstunitarianottawa.ca

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

2012–2013 Board of Directors

Maury Prevost, President; Kim Elmer, Past President; Maggie Sharp, Vice-President; Chuck Triemstra, Treasurer; Alastaire Henderson, Secretary;
Members at Large: Robert Cummings, Eva Berringer, Guy Belleperche, and Terri Kimmel
Youth Representative: Jenna Hill-Murphy

Program Staff

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Jenn Gray, Intern Minister intern@firstunitarianottawa.ca, x229
Susan McEwen, Director of Lifespan Learning dll@firstunitarianottawa.ca, x234
Marie Gabe, Lifespan Learning Assistant lla@firstunitarianottawa.ca, x226
Jacob Caines, Music Director, music@firstunitarianottawa.ca, x230
Ellen Bell, Spiritual Care Visitor

Lay Chaplains

Bob Armstrong (Beechwood Military Cemetery), Alec Campbell, Nicki Bridgland (candidate)

Administrative Staff

Carolyn Turner, Director of Operations dro@firstunitarianottawa.ca, x228
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Submissions deadline for next issue: June 21, 2014

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