

First Unitarian Congregation of Ottawa  
***The Parkway Spire***



September-October 2016  
 Vol. 8, No. 11

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**Deadline for next Spire submissions: October 14, 2016**

**Welcome to Rev. Paula!**

Our new Interim Minister, Rev. Dr. Paula Gable, has officially begun her ministry here at First Unitarian Congregation of Ottawa. Her first Spire column, "In the Interim", is on page 3. You can reach Paula at [revpaula@firstunitarianottawa.ca](mailto:revpaula@firstunitarianottawa.ca).



See back page for details!

**Welcome Back!**

*Congregational Retreat*

**Sat Sept 10 2pm First Unitarian Ottawa**

We will gather for fun, fellowship, singing and potluck! Choral gatherings, adult RE workshops, and religious exploration activities - take your pick, there is something for everyone!

*See you there!*

**In Memoriam**

Lyn Gerley – Died July 8, 2016  
 Joyce Turnbull – Died July 23, 2016  
 (Mother of Janet Clayton)

**Caring Contacts**

**September**  
 Alexandra Devine, 613-224-5695,  
[devineaj@outlook.com](mailto:devineaj@outlook.com)

Pat Wevrick, 613-733-7596,  
[fd914@ncf.ca](mailto:fd914@ncf.ca)

**October**  
 Anita MacLean, 613-820-2892,  
[anitamaclean855@gmail.com](mailto:anitamaclean855@gmail.com)

Elisabeth Morrison, 613-225-6702,  
[eq604@ncf.ca](mailto:eq604@ncf.ca)

**Sunday October 23  
 12:15 p.m.  
 Fall Congregational Meeting**  


# President's Corner

## -Maggie Sharp



As we gear up for the fall, the Board held an extended meeting with our Interim Minister, Rev. Paula Gable, to focus on strategic planning for the busy transition year ahead. In addition to reviewing the six tasks of interim ministry, we referred back to our interim ministry application, developed last April by the Board and a small team of volunteers. I'm sharing key elements of it here because the congregational strengths and needs it set out continue to resonate as focal points for the work ahead.

We identified areas of momentum that should be maintained, and traditions or programs that we want to preserve. These included:

- Theme Based Ministry, including Discovery Circles (small groups)
- New Communications & Outreach Committee
- Year-round, holistic financial stewardship
- Active involvement of program Directors (Lifespan Learning and Music) and lay Worship Associates in helping to plan and deliver Sunday worship services
- Music programs (choirs)
- Fall Fair, our biggest fundraising event of the year and a great community-building activity
- Lay Chaplains to perform rites of passage

In terms of areas of focus for the interim ministry, we had emphasized:

- Our governance and organization model, including staff supervision
- Right relations, our congregational covenant, and conflict resolution process

- Bridging the “upstairs, downstairs” divide (between children, youth, their parents and the rest of the congregation)
- Hospitality, especially welcoming and integrating new people
- Expectations of membership, including engaging and supporting volunteers

Our recent discussion with Paula highlighted a few additional areas, such as improving our curb appeal by initiating some clean up around the building, particularly given its 50<sup>th</sup> birthday next spring! There were lots of good ideas for how to get started on addressing the areas of focus this year.

One of Paula's first priorities will be working with us to help make our congregational covenant “come alive”. I believe this is an excellent foundational step. Another piece I'd like to put in place this fall is monthly “fireside chats” with the Board, that is, opportunities for informal conversation about priorities, concerns, hopes and dreams. Stay tuned for details!

~Maggie Sharp



You can read our Congregational Covenant on our website:  
<http://www.firstunitarianottawa.ca/about-our-congregation.html>

# In the Interim

-Dr. Paula Gable



I spent many years of my youth and young adulthood playing woodwinds in pit orchestras, so show tunes frequently float through my head. The tune of the month seems to be “Getting to Know You” from *The King and I*.

My husband, Mark Cannon, and I are delighted to be in Ottawa. I feel like I won the “ministerial lottery” when I was hired to be your Interim Minister for the coming year, with the possibility of a second-year contract renewal, if mutually agreeable. As the dust from our move from Brevard, North Carolina, settles, I really DO want to “get to know you”—especially if you are a team leader or chair of an existing group, or if you’re contemplating starting a new one. Specifically, if you are interested in breathing new life into the “Discovery Circle” small group ministry program, let’s talk soon. Such groups are the life blood of a large congregation such as ours.

I hope you will be patient with me as I strive to learn several hundred new names, faces and stories. (It’s just not as easy as it was 10 or 20 years ago 😊.) What I have found by doing “change management work” for the past 20 years is that “recurring themes” quickly emerge. Once they do, we can discuss them and decide if we will “do more of what’s working well”, and/or make some adjustments to those things that aren’t living up to needs or expectations.

I am here to serve you; to listen to your joys and sorrows; to reflect on theological and philosophical issues; to build community and work for social justice; to celebrate your history; to strengthen ties to the Unitarian movement; to plan for the future; and to assist you in calling your next Settled Minister to begin around the fall of 2018.

Since I believe it is essential for members and friends of FUCO to understand the precise nature of my work, here is the exact wording in the contract between the Board of First Unitarian and me:

1. To serve as interim minister of the Congregation for the period beginning August 1, 2016 and ending July 31, 2017, with an option to renew for one more year by mutual agreement.
  2. To carry out the normal responsibilities of congregational ministry, including worship and pastoral care, and also assist the congregation in addressing the following interim tasks:
    - a. claiming and honouring its past and engaging and acknowledging its griefs and conflicts,
    - b. recognizing its unique identity and its strengths, needs, and challenges,
    - c. understanding the appropriate leadership roles of minister(s), church staff, and lay leaders and navigating the shifts in leadership that may accompany times of transition,
    - d. making appropriate use of regional, CUC, UUA, and other outside resources,
    - e. reaching beyond the dominant culture to include the multicultural world in social service and social justice, and
    - f. renewing its vision, strengthening its stewardship, preparing for new growth and new professional leadership, ready to embrace the future with anticipation and zest.
  3. To supervise, in her “chief of staff” role, the congregation’s Director of Operations, Director of Lifespan Learning, Director of Music, and Spiritual Care Visitor during the contract period.
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4. Not to become a candidate for the congregation's called ministry until at least three years after the interim ministry's end, not to serve the congregation for more than two years, and not to discuss specific prospective candidates for the called ministry of the congregation with the ministerial search committee.

Although 2018 seems like a long time in the future, I can assure you that for those involved in the search process, it will pass by at light speed.

#### How to Contact Me

I am an early riser and tend to be in the office Monday through Wednesday mornings. I am available by appointment, and strive to accommodate your calendar, mobility and locational preferences whenever possible.

For this reason, I say I "tend to" have office hours. Many of my meetings take place in members' homes or one of Ottawa's many eating establishments, often well outside the typical 9-5 workday.

On Thursdays, I "hide in a 'secret' location" (often a coffee shop) to write the upcoming sermon. Friday is my day off, and I occasionally enjoy R&R on Saturday – if my sermon is finished and there's nothing going on at the church. That's a rare combination.

If you'd like to stop in and chat, feel free to schedule an appointment. My email address was minister@firstunitarianottawa.ca, but some people have told me that John Marsh's name comes up when they try to send email to that address. So I now have a new email address: revpaula@firstunitarianottawa.ca.

I usually check my email several times a day, (other than Sundays or days off), and I do my best to respond within 48 hours. If you do not hear back from me within 3 days, please check with me directly. It probably means an electronic gremlin ate your message.

My office number is 613-725-1066 X225 during business hours. If you have a time-sensitive issue, you can text or call my personal cell phone at (512) 745-4142. It is an Austin, Texas phone number, so it may be a long distance call for you. I carry my phone with me most of the time, for both regular business and emergencies. If I don't pick up, you may leave a confidential voice message and I will return your call as soon as possible.

#### **Getting a Taste of Ottawa**

Exploring new and unusual locations is a hobby for Mark and me, and we do "taste tests" at as many different restaurants as we can when in a new city. The challenge is that we like to have our "furry kid," Millie the dog, join us, and there are few places in Ottawa where this is possible. If you know of any "must see" places off the beaten path, as well as pet-friendly restaurants, please let us know so we can enjoy new cultural and culinary experiences.

I look forward to doing good work and having a lot of fun together during the coming year. Please let me know how you might want to be involved, and what I can do to facilitate your spiritual growth and sense of connection to this amazing community. This should be an interesting, exciting and invigorating year together.

In faith,



Millie and "Mom" meditating in Atlanta, GA



# Religious Exploration (RE)

*-Liz Roper*

It is a new academic year and that means the youngest members of our congregation will soon be with us on a more regular basis. What do we have in store for them, and for you?

## All Together NOW

On the first Sunday of the month, we hold a family worship service downstairs in the NOW Room (NOW fully accessible!); everyone starts downstairs rather than in Worship Hall. This service is for all ages, and children should attend with their parent, family member or adult friend. We will worship together in an intimate and interactive service followed by fellowship time for all ages. On these Sundays, RE will finish at 11.30 a.m.

Sunday, October 2 – Theme – Awakening, with Liz Roper

Sunday, November 6 – Theme – Vulnerability, with Rev. Paula Gable

Sunday, December 4 – Theme – Transformation – Advent Spiral

## Classes

RE classes will start after the “time for all ages” in Worship Hall. We have five choices for our children and youth this year. –

Chalice Children – Our Pre-School Classroom (Sept – June)

Chalice Children is based on the philosophy that a child’s spiritual development is related to his or her own direct experiences. A playroom at home or school is the laboratory for living. Children’s toys are their schoolbooks. Their paints and modelling clay are their pens and pencils. Young children discuss problems by reliving them in dramatic play. They question and wonder most vividly when in contact with real phenomena through touch, sight, or sound. Children learn the worth of other people when they encounter other children, experience conflicts in play, and discover that others have feelings, too.

Holidays and Holidays for Spirit Play – Our School-age Classroom (Sept-June)

“Spirit Play” is a Montessori-based hour adapted by Nita Penfold for Unitarian Universalism. The children hear a story that is illustrated by objects in a kit designed to be touched and which reflect the story’s meaning through “I wonder” questions. These are all connected to a holiday or holy day in one of the many world faiths that are included in the class. They then have “work” time where they can pick one of the many stations and work projects in the curated space, from meditation aids to drama props to painting materials, many different ways for our learners to express themselves and delve deeper into the lesson they learnt through the story.

O.W.L – Our Whole Lives

Honest, accurate, age-appropriate information about sexuality changes lives. It dismantles stereotypes and assumptions, builds self-acceptance and self-esteem, fosters healthy relationships, improves decision making, and has the potential to save lives. For these reasons and more, we are proud to offer Our Whole Lives (OWL), a comprehensive, lifespan sexuality education curriculum for use in both secular settings and faith communities.

K-Grade 1 – September-February

Grades 4-5 – February-June

Grades 7-9 – September-June These classes require pre-registration and full-time attendance to participate. For more information email Liz at [DLL@firstunitarianottawa.ca](mailto:DLL@firstunitarianottawa.ca).

Youth Group – 13-20 year olds

We have a structure focused around worship, fellowship, social justice and fun. The youth group attend the NOW service, and worship upstairs once a month, with a discussion group following the service; they create their own worship for the youth group once a month; and choose a selection of social justice projects, crafts, games, and fundraising for their fellowship time each week. ...

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### Social Justice Sundays

We will also have Social Justice Sundays throughout the year. All ages are welcome to come together to work on different projects sponsored by our social responsibility working groups. Last year, we had a successful Sunday raising awareness and resources for our Aboriginal Issues focus.

### Policy Governance and Adult Learning

So what is this policy governance thing anyway, and how does it affect our adult learning programs?

Policy governance is the best governance model we have to work with and most Unitarian Universalist congregations use this model. To find out more, visit <http://www.uua.org/governance/policybased/articles>

In a nutshell?

Policy governance is about accountability, empowerment, boundaries, and “ends” rather than “means”. Policy governance charges the Board with creating policies to ensure our “ends” are met. These ends can be achieved by any “means” within our policy boundaries. Instead of prescribing how and what people will do, it sets frameworks and levels of mutual accountability in order to get to the end by whatever means people are capable of.

What is so great about policy governance?

Common values: We get to decide together what our “ends” are, what we are trying to achieve as a community, what difference we want to make in the world.

Accountability: We are a covenantal community that makes promises to each other in how we should behave. There is a clear structure in place and we can all work in teams to get things done.

Empowerment: Our staff and volunteers feel ownership of what they are doing, not being told how to do things, only within what limits. Let your imagination and creativity run wild to get to our common “ends”.

What might policy governance look like in adult learning?

Common values: structuring our adult learning programs in a way that reflects our values. Asking ourselves what we want to achieve with our programs, how we want to people to be affected by them. Then creating a program to reflect the goals as a whole.

Accountability: covenanting at every step. We have a congregational covenant but what might a covenant between an adult learning group and the adult learning team look like? How might we both promise to support one another and the congregation’s greater purpose?

Empowerment: guidelines instead of getting permission for each action. When we have clear policies and guidelines, volunteers know exactly the limits they are working with, who to speak to when something unusual comes up, but mostly doing what they do best. Each volunteer has their own strengths, which would all be different rather than prescribed, so they could achieve the group ends with their own means.

Policy governance allows us to create meaningful differences in the world by using individuals’ strengths and working together as teams. I am excited to be the Director of Lifespan Learning so that I can work on this journey toward a vision- and goal-based congregation in all aspects of ministry.

If you’re interested in leading our congregation toward this model then you are in luck! We have spots open on the Adult Learning Team. Send me an email at [DLL@firstunitarianottawa.ca](mailto:DLL@firstunitarianottawa.ca)



-Liz and her Mom at SUUSC, 2016

# Musical Interludes

-Deirdre Kellerman



## What's Happening in the Music Program this Fall!

### Calendar

#### Retreat

Saturday September 10,  
2:00 - 6:30 p.m.

#### Rehearsals

*Three Rivers Singers:*  
Wednesdays, 1:00-3:00  
(starting September 14)

*Chalice Choir:*  
Thursdays, 7:00-9:00  
(starting September 15)

*Fusion:*  
Fridays, 1:00-3:00 (starting  
September 16)

*Spirit Singers:* Sundays,  
9:30-10:00 (starting  
September 18)

#### Song Circles

Saturday September 24,  
4:00-5:00 p.m. in Room 6

Saturday October 15, 4:00-  
5:00 p.m. in Room 6

Saturday November 26,  
4:00-5:00 in Room 6

Saturday December 17,  
4:00-5:00 at Unitarian House

#### Winter Concert

(Chalice Choir, Fusion, Three  
Rivers and Spirit Singers):  
**Saturday December 10** at  
3:00 p.m.

There are lots of exciting things happening this fall! We are starting an annual choir retreat, the Jazz Choir has a new name, and there's a new multi-generational group called Spirit Singers.

Lots of people are showing interest in joining the choirs and remember – all are welcome! If you'd like to participate, pop by my office, give me a call or shoot me an email, and I'll help you decide which group is for you.

If singing isn't your thing, you can still share your musical gifts with us. Let me know if you'd like to play an instrument at a service or help with the Song Circles. We also have a djembe (drum) everyone is welcome to play.

I'm very excited to announce our new music group: **Spirit Singers!** This group will be open to all ages, with no musical experience necessary. It will be great for families looking to make music together, adults who have never sung outside the shower, people who learn by ear and anyone who loves to clap, stomp, snap and sing! We will sing music from around the world, in unison, rounds and simple harmony. We'll sing in services about once a month and help teach the congregation new songs, especially from the "Singing the Journey" teal hymnbook.

The Jazz Choir will be exploring some new musical styles (while maintaining their jazz roots) so a new name was necessary: **Fusion**, a great concept for blending both voices and styles.

Liz Roper and I are planning an exciting new annual event: a Congregational Retreat! One stream of this retreat will be for choir members or anyone who is interested in the choirs. We will have fun and interesting games and activities, a potluck supper and learn a song to sing all together at the June 11 service next year. Please join us!

If you'd like to sing in a choir or want to come to a Song Circle, grab your calendar and add the dates listed in the Calendar on this page. I can't wait to sing with you all!

Yours in song,  
Deirdre Kellerman



# September-October Worship Services

## SEPTEMBER THEME: IDENTITY

We will look at our 400+ year-old Unitarian\* Universalist heritage from different perspectives to reflect on how our history shapes us as individuals, a faith community, and a religious movement.

### September 11

Gathering Sunday "Water Communion"

We will officially gather after a summer of comings and goings, to mark the beginning of a "New Year". This service is truly for ALL AGES, young and older. Please bring a small water sample symbolizing your journeys this summer – whether literal or metaphorical. We will conduct a "Water Communion" to symbolize how water is a universal need that connects us all, at every level.  
Homily & Investiture:

Beginning the Interim Journey by Rev. Dr. Paula Cannon Gable.

This service will set the stage for what promises to be an exciting year of Interim Ministry at FUCO. Being a Covenantal Community, we will explore covenants as sacred promises to guide our lives, and we will hold a brief investiture ceremony to acknowledge that we are gathered to support one another in our free and responsible search for truth and meaning. We will also get a "sneak preview" of the Interim Ministry period, which promises to be a rich time for self-reflection and visioning as FUCO prepares to call a new Settled Minister in 2018.

### September 18

The 'G Word' by Rev. Dr. Paula Cannon Gable.  
Time for All Ages: It Matters What We Believe by Liz Roper, Director of Lifespan Learning (DLL)  
How do we identify: a/theist; U\*U/Other; Religious/Spiritual/None? How do shared and divergent identities shape our priorities and determine who is "in" and who is "out" at FUCO and beyond? How does our self-identity affect our daily lives, and the ways we invest the time, talent and treasures of our beloved community?

### September 25

Out of the Flames by Rev. Dr. Paula Cannon Gable.

Time for All Ages: The Power of a Promise by Liz Roper, DLL

Miguel Servetus was a Spanish "heretic" burned at the stake by John Calvin for his "blasphemous" book, *On the Errors of the Trinity*, published in 1531 and banned by the emperor. Tracing our theological roots back through history, we see that the ideological battle between the orthodox Calvin and the non-doctrinal Servetus continues today.

## OCTOBER THEME: AWAKENING

### October 2

Awakening, by guest speaker Chris Nihmey

Time for All Ages: Puppy Paws: Animals have much to teach us about wisdom and compassion.

Chris is an inspirational teacher and speaker who underwent profound transformations while learning to live with mental health issues. Through humorous and poignant personal stories he will share how, through great adversity, we can learn that everyone is worthy of love and respect—simply for being who he or she is.

### October 9

An Attitude of Gratitude by Rev. Dr. Paula Gable  
Bread Communion by Liz Roper, DLL

This will be a service for all ages. During this time, we will reflect on the many blessings in our lives, and the power of gratitude to transform sadness into joy. Our DLL will lead us in a Dough Kneading and Bread Communion created to help us focus on the positive and release the negative in our lives.

**October, 16, 23, 30: TBD**

# Announcements

## **Greeters Needed**

These are the friendly folk who welcome you when you arrive. They welcome newcomers and provide them with the information needed to “do church” for the morning.

New greeters are appreciated. A Sunday morning team has 7 people to share the duties, and we try to have no one volunteer more than monthly. Margret Linton can fill you in, [mlinton@trytel.com](mailto:mlinton@trytel.com), 613-728-2446.

## **Morning Meditation, Anyone?**

Our Interim Minister, Rev. Dr. Paula Cannon Gable, is interested in (co)facilitating a morning meditation at First Unitarian on a regular basis. She would like to gauge the interest of members and friends to determine the day(s) the program will be offered. If you already practise meditation or would like to learn, please let Paula know of your interest by emailing [minister@firstunitarianottawa.ca](mailto:minister@firstunitarianottawa.ca), 613-725-1066 x 225. She will send out an online “poll” shortly to those who express interest.

Paula is a longtime Zen practitioner and has studied, practised, and taught meditation and other contemplative traditions as well. All styles and levels of experience are welcome, and instruction is available.

## **Mindfulness Meditation**

After a refreshing summer break the Wednesday Evening Mindfulness Meditation Group will once again begin to sit together starting Wednesday, September 28th. All interested in 'turning inward with patience' in a supportive, and mostly silent community, are welcome to join in each week from 7 - 8:30 pm in Fellowship Hall.

Contact: Adult Learning Team: [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca).



## **UU Round Table Lunch**

At Mia's restaurant, 917 Richmond Road. Open to all Unitarian Universalists and guests. Lively discussions among members of the group, who have diverse interests and experiences. Third Friday of the month: September 16, October 21, November 18, and December 16.

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



## **“Heart, Head and Hands” Eastern Region Fall Gathering**

**October 22, Montreal**

Hosted this year by the Lakeshore UU Congregation in Montreal. Come and enjoy this opportunity for singing (with Kerry-Anne Kutz), fellowship, and learning and growing with other UUs.

There will be a program for youth at this event.

Unitarian Universalism is more than just the experience of one congregation. In the Eastern Region, we have many sister congregations from Nova Scotia and New Brunswick to Kingston. They are all different sizes, with different experiences and approaches to developing and following a spiritual path and creating beloved community. If we want to grow our community, sometimes the best way is to see how others are doing it and trade ideas.

Mark your calendars for this opportunity to meet other Eastern Region Unitarians.

## **Painters' Circle**

The Painters' Circle has completed its tenth year. In the last three years, we have met through the summer on Tuesday mornings at 9:00 a.m. Our numbers have been climbing, and we are up to eleven. Many members are from outside the church so it also serves as a community outreach group.

Info: Clea, [clderwent@gmail.com](mailto:clderwent@gmail.com)



## Thank you Merci Migwetch

~ compiled by Alastaire Henderson

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

\*Heartfelt thanks to our Lay Chaplains Nicki Bridgland and Alex Campbell. We are proud to have you represent our congregation. You show our greater community what loving, compassionate and caring UUs we strive to be.

\*Many thanks to champion garden waterers Susan Mellor, Ellen Kammermayer, Susan Woollam and Lori Snyder for bringing the Meditation Gardens through a long, hot, dry spell in excellent shape!

\*Greeters! Thank you, Evelyn Algar, Bob Armstrong, Joan Auden, Amy Berube (McRoberts), Barbara Brown, Alex Campbell, Marlene Campbell, Barry Coburn, Doug Cousins, Ed Cuylits, Bill Davis, Agnes Davis, Frances Deverell, Ron Doyle, Wendy Doyle, Katherine Gunn, David Hudson, Margaret Linton, Mary Jackson, Doug Jordan, Terry Kimmel, Gordon King, Maryan O'Hagan, Mabel Ong, Sharon Reeves, Maureen Sly, Bob Staveley, Bob Stevenson, Kent Swinburne, Karen Swinburne, Janice Tait, Karin Weiss, Roy Wood, and Marianne Wood.

\*Many thanks to all the speakers, worship associates, greeters, sound operators, and other volunteers who delivered an excellent program of summer services. Special mention and kudos to Bob Armstrong for his leadership role in organizing all of this!

\*Great appreciation to DLL Liz Roper for her leadership to ensure our congregation's official participation in this year's Capital Pride Parade. We had a good group of marchers who didn't allow some rain to dampen their enthusiasm. Liz also deserves thanks for organizing two related events on August 20, "Ice Cream for Consent" and a work party to create posters, streamers, messages, etc. for the parade.

You can submit items by contacting Alastaire at [hendersalas@gmail.com](mailto:hendersalas@gmail.com), 613-562-2253 at least 48 hours before the Parkway Spire deadline.

### **A big thank you to the volunteers who helped with Hospitality Hour this summer!**

It was often unpleasant working in the heat. With special thanks to Vodinh Cappuccino from the Fellowship. He diligently worked in our kitchen every Sunday, from setting up (arriving before anyone else) and staying until the last dish was washed. A young man with a wonderful volunteer spirit. Please drop in anytime to help out with Hospitality Hour.

~Tarrel Armstrong

## Announcements, cont'd

### **Unitarian Seniors' Program**

September

Fred Brown will speak about his trip to Taiwan. Frances Deverell will lead the worship service.

When: Thursday, September 29

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

Worship/Fellowship Hall RSVP (if you are not on the phone list): Maureen Sly, 613-728-7610, [mmsly@rogers.com](mailto:mmsly@rogers.com) by Monday, September 26.

### **October**

"Beauties of the Red Mansion" Angela Beale will speak about illustrations on porcelain of heroines from Chinese classical literature. Ellen Bell will lead the worship service.

When: Tuesday, October 25

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

Worship/Fellowship Hall RSVP (if you are not on the phone list): Maureen Sly, 613-728-7610, [mmsly@rogers.com](mailto:mmsly@rogers.com) by Saturday, October 22.

*Note: Earphones are available in Worship and Fellowship halls. Service and program can be recorded on a CD (cost \$5) or be available as a broadcast from our website, provided permission has been given by the speaker(s).*

### **Communications & Outreach Standing Committee**

This new committee of the Board has met twice over the summer and determined that its first priority is to improve internal communications among the groups within our congregation. Many groups means many voices/messages, leading to information overload and competition for congregants' attention ... what to do? The Spire will carry regular updates on our progress on this file.

~Alastaire Henderson, COSC Interim Chair

# Social Responsibility

## Calendar

### September

Sunday September 4, 12:30 p.m. - UN Working Group  
Thursday Sept. 15, 1:30 p.m. Unitarian GoGos  
Sunday Sept. 18, 10:00 a.m. Granny Squares sales  
Sunday Sept. 18, 11:45 a.m. Fair Trade sales  
Sunday Sept. 25 12:30 p.m. Global Justice Working Group  
Tuesday, Sept. 27, 7:00 p.m. Global Justice Working Group: Consultation on Canadian Electoral Reform

### October

Sunday Oct. 2, 12:30 p.m. UN Working Group  
Sunday Oct. 9, 11:45 a.m. - Fair Trade sales  
Wednesday Oct. 12 - SRC deadline for November-December issue of Spire  
Thursday Oct. 20, 1:30 p.m. Unitarian GoGos  
Sunday Oct. 23, 11:45 a.m. Fair Trade sales  
Tuesday October 25, 7 p.m. - Global Justice film night: "The Occupation of the American Mind"

## THE OCCUPATION OF THE AMERICAN MIND



### Fair Trade Sales

The Global Justice Working Group will be selling Fair Trade products from farmer co-operatives on October 9 and 23, in Fellowship Hall after Sunday service: coffee, chocolate products and Zatoun olive oil.



### Consultation on Canadian Electoral Reform

The Special Parliamentary Committee on Electoral Reform wants *your* feedback. Come on Tuesday, September 27, 7:00 p.m. to examine the importance of electoral reform and why changing the Canadian voting system could make it more democratic. There will be a short presentation on various voting systems followed by small group discussions on several related questions. The results will be sent to the Special Parliamentary Committee on Electoral Reform to inform its decision making. Background information: <http://www.fairvote.ca/> and <http://tinyurl.com/z3pe5mk>. This event is presented by the Global Justice Working Group. **Contact:** Sharon, [sharon.reeves@bell.net](mailto:sharon.reeves@bell.net), 613-729-8748.

### The Occupation of the American Mind: Israel's Public Relations War in the United States

The Global Justice Working Group is showing this film on Tuesday, October 25 at 7p.m. "Anyone who wishes to understand the deeper reasons for America's utter failure to bring peace to the region should begin by watching this powerful film. " "As courageous as it is informative." "... how propaganda drives public opinion and, in turn, our understanding of reality." **Contact:** Anita MacLean [anitamaclean855@gmail.com](mailto:anitamaclean855@gmail.com), or Ria Heynen, 613-828-8468.

### Tulipathon 2016

The annual Multifaith Housing Initiative (MHI) walk-a-thon 'Tulipathon' on Sunday May 1 saw only 8 of our congregation participating, perhaps deterred by the rainy weather. But many in the congregation pledged financially, so we raised \$1,845 for this important cause. (See its website for the fantastic work MHI does to develop affordable housing in Ottawa <http://www.multifaithhousing.ca>.) A big thank-you to the walkers and pledgers from the Poverty Awareness Working Group.

Thank You For Your Support!  
Together, We Make A Difference.



# Pride Weekend and Parade

## Pride Weekend

This year we had a blast over Pride Weekend! We also got very, very wet.

We started off the weekend with the Ice Cream for Consent workshop for adults. We made ice cream sundaes together and talked about reframing consent in our everyday lives. “Would you like a hug?” “Do you like to twirl while you dance?” “Do you like rainbow or chocolate sprinkles?” We had a great age range and a wide variety of perspectives, and different ice cream tastes!

After we had our fill of frozen treats, we broke out the paints to decorate our banners for the Pride Parade. Many people came to help us get prepared for the march the next day. It was a family-friendly event and even Derby had fun running around and wagging her tail between everyone’s legs. I want to give a huge shout-out and thank-you to all who came to prepare even if you were unable to brave the rain the next day.

Then the rains began! My bike was wonderfully decorated but it had to be undone because the water was leaching all the colour out of everything. I made it downtown early with our new vinyl banners – which came in handy since they are rainproof! Slowly everyone else started to arrive; we had over 15 people from our combined congregations and around 10 people from the Universalist Muslim group. The Unitarians and Universalists of Ottawa were really well represented! The crowds were sparse but highly enthusiastic, as were our marchers. We gave out postcards, we carried our banners, we spoke to the crowds, and we gave out the message that Unitarians and Universalists care about our LGBTQ+ siblings and there is more fight left in us! The rain did not stop us, as we will never stop showing up for equality! Thank you, everyone, who stood up with us, in body or in spirit, on that day.

-Liz



## Announcements cont'd...

### Spirituality and Philosophy Discussion Group

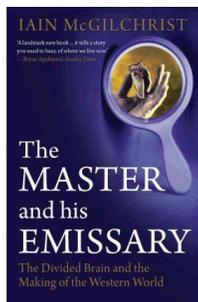
The Master and his Emissary: The Divided Brain and the Making of the Western World, by Iain McGilchrist.

Once there was a wise master and his emissary, who travelled throughout the domain to carry out his master's behests, but came to think he was smarter than his master and to disobey him, with disastrous results. This tale serves to illustrate the author's main thesis: Just as the emissary deposed his master, over the last few centuries the left hemisphere has deposed its wiser "master", the right hemisphere, in the mistaken conviction that its judgement is superior. McGilchrist argues that relying on left-brain "scientific" thinking at the expense of the contextual, empathic vision of the right brain is seriously distorting our lives and thought.

Note: We will read and discuss this book in sections over a period of several weeks.

When: Alternate Saturdays, from September 17, 9:30–11:30 a.m. in Room 6.

Contact: Alastaire, hendersalas@gmail.com.



### Seeking volunteers for next Pledge Campaign

The Stewardship Team is seeking volunteers for our next pledge campaign to help fund First Unitarian Congregation of Ottawa's 2017 Operating budget. There are already a couple of volunteers in place with experience from last year's campaign. Possible roles include communications (solicitation messages, pledge form, other publicity), organizing one or more events, list/data management and reporting support (for the tech savvy), making follow-up phone calls, and doing individual pledge thank-yous. If interested, contact Larry Jones, 613-299-2770, stewardship@firstunitarianottawa.ca) by September 25.

As recommended after last year's campaign, the Stewardship Team is evolving into a year-round steering group that coordinates a set of revenue-generating activities, of which the annual pledge campaign is just one. Other components include promotion of bequests (planned gifts), fundraising events like the Fall Fair and Time and Talent Auction, planning for the next capital campaign, trying to increase our rental revenues, and consideration of other possible funding sources (e.g. concerts, lecture series, and grants or crowdfunding for specific projects).

~ Maury Prevost

### Friends of the Meditation Gardens

Since the end of June, a dedicated core group of "Friends" has been watering, weeding, deadheading, and planning for the future of our beautiful gardens.

We hold regular "work days" on Tuesday mornings, 9:30 to 11:30 a.m., when we all work as a group on selected garden beds, with a social break midway. New volunteers – weeders and waterers - are always welcome, even if you can come only occasionally.

The prolonged drought in July and the first half of August made an every-second-day watering schedule a "must"; our waterers rose to the challenge and made sure everything got enough to drink, especially the new plantings. Many thanks to our volunteers for keeping everything alive and healthy.

On September 6 at 12 noon, we'll hold a Fall Planning Meeting open to anyone interested; stay tuned for details. Contact:

congregation.garden@gmail.com

~Alastaire Henderson



# Fall Fair 2016 – Saturday, November 19

## Mark your calendars; it's a week after Remembrance Day, one week later than usual.

What is it? A “Happening” involving the entire congregation past and present, where you are guaranteed to make a new friend, renew old acquaintances and take pleasure in a job well done at the end of the Fair. This is the biggest church bazaar in town (as far as we know) due entirely to our enthusiastic volunteer base! It's a valuable opportunity to get rid of the good-but-no-longer-needed clutter(!), acquire needed items or pick up gift items—holidays won't be that far behind.

Why? We have fun working together to support our congregation financially—it is the biggest fundraiser of the church—when we welcome the city into our beautiful building, as well as help Ottawa community services with our high-quality remainders.

Who? Everyone can participate by donating goods, or by volunteering time either off site or on site, before or during or after the Fair, even working at home, as well as shopping on the big day!

How can you help?

### In September

- Make extra preserves (Mason jar-sealed please) such as jams, pickles, sauces. Contact: Evelyn Algar [evelyn.algar@rogers.com](mailto:evelyn.algar@rogers.com)
- Save stamps and coins; sort through your jewellery (we appreciate early delivery, especially of items that can be cleaned and repaired). Jewellery, stamps and coins can be brought to the office immediately.
- Find and organize treasures you can part with (and encourage your friends and neighbours to contribute). Overall, keep quality in mind and donate things you would be prepared to buy yourself. Bring only things you can carry e.g. nothing bigger than a side chair.
- Items sold for more than \$25 at the Silent Auction receive charitable donation receipts for tax purposes.
- Offer storage space.
- Volunteer to organize a booth, help organize site plans. Contact Sherri Watson [smwatson@magma.ca/](mailto:smwatson@magma.ca/)
- Save your plastic bags; always in need to package purchases.

### In October

- Sign up for a job during the week of the Fair, Sunday November 13 through Sunday November 20. It can be food preparation such as baking, salads (at home), moving furniture, first aid, organizing, selling, counting money, clean-up, transportation, parking, shuttle, driving
- Sort and pack up those treasures you are going to donate!

### In November

So many ways to have fun – details to follow! Maybe your older kids or grandkids want to help? After getting the goods & the volunteers, the biggest need is dry, secure storage such as a garage or extra bedroom for use from now to early November; we need to hear from you. Contact Katherine Gunn, [klgunn@magma.ca](mailto:klgunn@magma.ca), 613-729-0504.

### Fall Fair Team 2016 Job Opportunities!

Clothing Coordinator

Volunteer Coordinator

Co-Coordinator Site Manager

Convenor for Women's & Teen's clothing

Co-convenors for each of Large items (outdoor booth), Shuttle Service, Silent Auction, to work with experienced convenors.

Contact Fall Fair Director Sherri at [smwatson@magma.ca](mailto:smwatson@magma.ca), 613-792-1357 for more information on anything!

### Your Team

Communications – vacant – advertising, media relations, public relations, marketing, photography, sound booth, signage, menus, maps, handouts.

Site Manager – Ron Wilson managing tables, shelving; signage; parking; shuttle service; custodial services. (613-747-7584, [rawwill@sympatico.ca](mailto:rawwill@sympatico.ca))

Site Services – Katherine Gunn, disposal; storage and moving; recycling; supplies; meet and greet.

Volunteer Coordinator– vacant - recruiting and managing volunteers

Finance –Bob Armstrong.

floats, collection, deposits, and tallies. (613-823-8751, [Bob@TheArmstrongs.ca](mailto:Bob@TheArmstrongs.ca))

Clothing Coordinator – Vacant - coordinating men and women's clothing, accessories, women's boutique

Food Services Coordinator – Kate Kirkwood, coordinating the lunch room, international cafe, coffee service and volunteer food. (613-741-8999, [katekirkwood@sympatico.ca](mailto:katekirkwood@sympatico.ca))

Finer Objects Coordinator – Paula Theetge, coordinating Crafts; Gift Shop; Timeless Treasures; Stamps & Coins; Jewellery; Silent Auction, Linens. (613-260-1709, [paulath@rogers.com](mailto:paulath@rogers.com))

Beats, Bytes, Books, and Bric-a-brac Coordinator – Gwen Harman, coordinating Computers & Electronics; Books; Flea Market; Outdoor Large Items; Toys & Puzzles (613-277-7173, [GHar35@gmail.com](mailto:GHar35@gmail.com))

# Unitarian House News

## The House Next Door

Unitarian House, a not-for-profit, charitable organization that provides affordable, supportive housing for seniors, is looking for new board and committee members

Unitarian House provides independent living apartment units and retirement home living with supports for seniors in the west end of Ottawa. Unitarian House is governed by a Board of Governors (Directors) which includes community members, representatives from the Residents' Council and the Unitarian congregation, which has a long-standing relationship with the House.

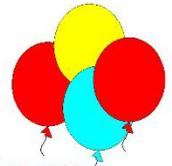
The Board is looking for candidates from diverse backgrounds. Particular skill sets required at this time are in the area of finance and property management. There are also opportunities to join a number of board committees. Board and committee meetings are held during the daytime.

If interested, please contact Al Clark, President of the Board for more information at [coneil@unitarianhouse.ca](mailto:coneil@unitarianhouse.ca).

Note: The Annual General Meeting of Unitarian House will be held on Sunday, September 18, 2016 at the House.



# Fall Fair



at Unitarian House, 20 Cleary Ave  
on Saturday, September 10, 2016  
from 10:00 to 2:00 (rain or shine)

**FUN FOR  
ALL AGES**



**Silent Auction**

## GIANT YARD SALE OF:

<b>Clothes</b>	<b>Knitting</b>
<b>Jewellery</b>	<b>Toys</b>
<b>Kitchenware</b>	<b>Japanese crafts</b>
<b>Books</b>	<b>Attic treasures</b>
<b>Puzzles</b>	<b>Home baking</b>

## Entertainment



## Games & Prizes



Music by

- Fumblin' Fingers 10:30-11:30
- Mary-Ellen Shennan & friends 12:30-1:30

live demos

kids - face paint



**BBQ**



## An Archaeological Find on our Campus

In the spring of this year, work was being done on our campus to expand the Unitarian House parking area. As part of their task, workers operating south of Unitarian House (i. e. between Unitarian House and Richmond Road) were involved in clearing bushes and other plant material from a ditch about six feet deep, running in a roughly north-south direction.

Once most of the bushes and the plant material had been cleared, it was discovered that traversing this ditch, at a depth of about five feet, was a concrete structure that appeared to be a bridge/culvert. On the south side of this structure there is prominently engraved into the concrete what seems to be the year 1913. It is our good fortune to have been able to tap into the knowledge of local historian Robert Grainger PhD, who is the chairperson of the History Committee of the Westboro Beach Community Association. Dr. Grainger has a background in statistics and has extensively researched and written about the history of Ottawa localities in which, and near which, our campus is located. In 2006 he published a book entitled *Early Days in Westboro Beach: Reflections and Images*.

Dr. Grainger was kind enough to come to our campus and examine the newly discovered bridge/culvert there. He agrees that the engraving (even though it is now a little degraded) should be read as 1913. He is also of the view that the bridge/culvert is railway connected. The railway did not come to what is now our campus until about 1869, when the Canada Central Railway laid track across the terrain where we are presently situated. Then, possibly as early as the 1880s, the Canadian Pacific Railway (CPR) acquired this rail system and made it a part of their own main east-west line. It wasn't until about 1960 that the CPR discontinued the use of this particular railway route.

It is Dr. Grainger's opinion that the bridge/culvert now on our campus was quite likely placed there by the CPR in 1913, during railway line maintenance or renovations in that year.

~ Brian Cowan,  
Records/Archives Volunteer





## **First Unitarian Congregation of Ottawa**

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

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Charles Triemstra, Treasurer; Eva Berringer, Secretary

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**Next deadline for submissions: October 14, 2016**

### **Subscriptions**

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

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

### **Spire Editorial Team**

Copy Editors: Alastaire Henderson

Layout: Alastaire Henderson, Jen Brennan

Proofreading: Jen Brennan, Susan Mellor, Warren Scott





# Welcome Back!

## *Congregational Retreat*

**Sat**  
**Sept 10**  
**2pm**  
**First**  
**Unitarian**  
**Ottawa**

We will gather for fun, fellowship, singing and potluck! Choral gatherings, adult RE workshops, and religious exploration activities - take your pick, there is something for everyone!

*See  
you there!*