

First Unitarian Congregation of Ottawa

The Parkway Spire

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Deadline for next Spire submissions:

August 15, 2021



In Memoriam

Doris Manon Markson Smith, wife of Donald Smith ~ died 1 April 2021 (age 95)

Phyllis Anne (Henderson-Brown) Grigg ~ died 25 April 2021 (age 94)

Marguerite (Marge) Larson, wife of the late Bob Larson) mother of Jennifer ~ died May 23, 2021

From the Editor...

This month we say a fond farewell to three people who have been such positive influences in our midst: Rev. Pat Guthmann Haresch, Music Director Deirdre Kellerman, and Intern Minister E.N. Hill. You will all be sorely missed and we wish you well in your future endeavours!

A warm welcome is extended to our new settled minister, Rev. Eric Meter, and our new music director (TBA) who will both join us in August.

Our recently hired Communications Coordinator, Allison Armstrong, has been very productive. I’m sure I’m not the only one who has noticed that the *e-UU* is so comprehensive that I fear the Spire might just become obsolete! Allison has also been working hard on refurbishing our FirstU website. Check it out at www.firstunitarianottawa.ca.

We have a full edition for June, proving that in spite of the COVID-19 lockdown, congregants have been very busy indeed. Our “Meet A Member” column features not one, but two members this month and our feature article, a must read for everyone, describes an interesting new pilot project, *Ajashki*, to be initiated on our campus land. From poetry to editorial articles to interviews to committee summaries to farewells, and everything in between, this issue promises to keep you engaged and up-to-date on many

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levels. It might even prompt some personal reflection as you delve into the writers’ thoughts and perceptions.

Have a wonderful summer, everyone!

~ Marg Lee, Editor

Pat's Ponderings ~ Rev. Patricia Guthmann Haresch



*This spring as it comes bursts up in bonfires
green,
Wild puffing of emerald trees, and flame-filled
bushes,
Thorn-blossom lifting in wreaths of smoke
between
Where the wood fumes up and the watery,
flickering rushes.*

*I am amazed at this spring, this conflagration
Of green fires lit on the soil of the earth, this
blaze
Of growing, and sparks that puff in wild
gyration, . . .*

*And I, what fountain of fire am I among
This leaping combustion of spring? . . .*

- from The Enkindled Spring, D.H. Lawrence

Did the blooms look as beautiful every other spring I have been here as they do this year? The colours are so bright and bold. Have COVID times nudged me to notice these everyday gifts more keenly? Have you experienced this?



I shared in a Hospitality Hour that the emerging green and blooms have been bringing the minister's office at 30 Cleary to my mind. I haven't been there much this past year. In the past, while on the phone or looking up for a break from my desk, I would catch a glimpse out the window and notice the trees changing from season to season from my office. Would watch the activity of birds and squirrels. See beyond to the river and to the shores of Quebec beyond that. Would see a swatch of white or blue water depending upon the season and weather.

And when my mind goes there, to the office, I think of pre-COVID times when there was so much activity going on in our bank of offices. Staff and congregants in and out, phones ringing, deliveries, surprise guests, sometimes dogs. Perhaps a choir practicing, meetings going on. Zoom doesn't quite make up for all of that.

This past year when I need to stop by the office during the week, I drive onto campus with anticipation, but as I park and go to the front door, it dawns on me. I probably won't be seeing anyone. All will be quiet. And it probably won't be abuzz again in the office before I leave Ottawa.

It will be interesting to see what it will be like as you all return to the building. Now with hybrid capabilities, will office hours be the same? Will there be as much walk-in traffic during the week in the building? How many groups will choose to have meetings on Zoom (I imagine many of the evening meetings) instead of at the building? How many people will opt to watch live-streamed Sunday services instead of navigating to the building on slippery winter days? You all can realistically start thinking about the return to the building. A safe return, an inclusive return.

And already, Richmond Road is transforming. Take a drive or walk around if you haven't in a while (in accord with current COVID restrictions). Around and near the entry to our campus, construction lines the road for many blocks. I have actually been stuck on Richmond in a line of traffic several times, waiting for construction vehicles to move in and out of the road.

I imagine over the next few years there are going to be times when you'll need folks like Andrew (when we had the Fish Fry), standing with big yellow Sou'westers with giant fish cutouts in hand, making sure folks looking for our Sunday morning services find their way to our door through the construction. Better yet, they might wear the colourful question mark shirts that our Fall Fair information people wear. (And when might a Fall Fair be held again and how best to do it safely in the near or far future?)

. . . continued on page 3

Pat's Ponderings *cont...*

It will be different in some ways when you all enter the building again. A new minister will be there, a new Music Director. Floors and walls that have been refreshed. New furniture generously offered in some spaces. You will encounter some people in person who you have only ever met online, even new faces of people entering for the first time. You will note with a tug on your heart, those missing as they have died since last we were together. And the children will seem transformed by inches or feet. And don't be surprised that babes in arms a year ago may now be running around.

You are an amazing, multi-skilled and talented, resilient congregation born of rich life experiences who call each other to live out our UU principles. Who reached out to each other during a pandemic and kept your virtual doors wide open. The place was hopping and popping even if we couldn't be together in person.

*The church is not a place; it is a people. . .
The church is not just a set of doors open on
Sunday morning,
but the commitment day after day, and moment
after moment. . .*

Rev. Margaret Weis

This next congregational year will be an incredible new beginning for FirstU. I am so grateful to have been with you on this part of the journey these three years. Getting to know you. Learning with you. Learning about Canada. Getting through the pandemic together.

All my best to each and every one as we continue on our way.

~ Rev. Pat

Religious Exploration ~ Neo Yaxley



Warmer days are more frequent making it so much easier and fun to get outside. And the really good news is that COVID numbers are on the decline and vaccinations are increasing.

With all of that, we are hopefully going to be in a position to resume in-person Religious Exploration. I am eager to resume as I am sure you all are. When the Ontario government allows it, we will be ready to go – we plan to hold RE in the children's playground and focus on nature-based programming. Please let us know if you are interested in having your child or grandchild participate by sending an email to: dre@firstunitarianottawa.ca.

Classes would be held on Sunday morning. It will be important to keep an eye on the *e-UU* for updates as to when exactly we will be able to kick-start our outdoor program. Until then, we have bi-weekly online sessions for the UU Kids (8-12). Check the *e-UU* for the link.

Sincerely,
~ Neo Yaxley,
Director of Religious Exploration



Musical Interludes ~ Deirdre Kellerman



“Here’s to song, here’s to time... here’s to friends who raise their voices high...”

The time has come for so-longs and farewells. At the end of June, I will be moving on from the role of Music Director at First Unitarian and leaving with memories, music, friendship, and gratitude.

During my time with you, the choirs prepared for ten concerts; many Song Circles were held; Jazz Vespers became a Valentine’s tradition; multigenerational music experiences were had, such as the Spirit Singers and Summer Choir; we celebrated the 10th anniversary of our Steinway piano; the church was a concert venue for acts like Tony Turner, Spirit of the Streets, and Xara Choral Theatre; and we embraced a whole new way of making music over the internet, creating more than twenty virtual choir recordings over this past year. The choirs have grown in size, skill, and strength, and, most importantly, have continued to be a place for small group ministry and deep community.

It really is more of a “so long” than a farewell, as I won’t be far. My wife, Ashleigh, and I (with our dog Stevie) will be staying in Ottawa where I’ll continue to be making music: conducting choirs and teaching from

my home. I’m sure I will bump into many of you at the grocery store, at the NAC, or at First Unitarian when I come to visit!

Thank you to everyone who has supported my work at the church, who has come up to me after a service to share their appreciation, or who has come to a choir concert. Thank you to my colleagues who bring humour and kindness to work each day, and to the leaders of the congregation for valuing our music program. Thank you to the dedicated, amazing people who make up our choirs; I have so much gratitude for you. And finally, thank you to everyone who has made music with me by singing at a Song Circle, adding your voice to a hymn, or even just tapping your foot along to a song. This past year has reminded us not to take such things for granted, and I’m grateful to have connected with you all through music.

“...kings have riches widely lain, lords have land but then again, we have friends and song no wealth can buy.”

Here’s to Song by Allister MacGillivray

Yours in song,

~ Deirdre Kellerman



Internship Reflections ~ E.N. Hill



What are a few things you've learned over the last 10 months in Ottawa?

Mostly things about myself and the kind of minister I want to be, and more so, the kind of support that is needed in order for that to happen. An internship is built with lots of support – the internship committee, my supervisor, the Fellowship support communities, all of these things that are there for a student. I can't imagine if I were an ordained minister without all of these connection points and forms of support. So, I've really learned the significance of the need to build in supports like this in my future ministry. That's really the main thing that I know I've learned. I'm sure there will be other gems that will arise as I sit and reflect on it all.

Have there been any surprises or unexpected events?

There have been a lot of surprises with my interactions with folks.

One has been how active people are. I knew that I was coming to a UU community with an older demographic, but people are so active and busy. I think one of the most surprising things was when I met Joycelyn who was turning 90 and I saw the books that she recently published. She is an example of it,

but I feel that it is true for a lot of people in the congregation who are older, who are doing things like – “What, you're how old and you just did what?” That's amazing! That has not been my experience in the States.

The second surprising thing is that I am even entertaining the thought of being a parish minister. That is a huge surprise. When I came here, I was not open to that at all.

In your “No More Kyriarchy” sessions, we talked about how culture can shape how we see each other. Have you noticed any differences in the Ottawa UU culture compared to your experience in the States?

Initially, I thought that Canadians were generally less likely to speak up about things than in the States, and several Canadians told me that this is a part of the culture here, to want to keep the peace. But I realized that with microaggressions, I can't say that American UU communities I've been in speak up much more. In those ways, I don't think there are as many differences as I originally thought. Some Canadian UU's may be disappointed to hear that as some people here think that they are better, but even that view is also found in the States.

Coming to a new country in the middle of a pandemic must have been a difficult decision. How have you coped?

I've coped by having all of the support that I mentioned earlier, like having the Internship Committee, having people who I can be honest with and decompress and share some of the personal challenges that are happening in my family life – that's been really, really helpful.

Having this time to myself has been really comforting, to see that I can be alone and I can enjoy myself and support and nourish myself. Granted, I'm anxious to be going home to be near my mom and other forms of support, but I am grateful to have had this experience. When the world feels like it's on fire and I am basically isolated, I know how to entertain and comfort myself and my spirit - what I'm really talking about is God and my ancestors that are keeping me company. Plus, I'm in a really wonderful relationship. Even through distance, we've made each other extremely happy.

You've now been in at least three different UU contexts: The US, Canada, and Transylvania where we first met on our Mindfulness Walk. Do you see areas of our faith that cross the borders?

I feel like it is our openness that crosses borders, even if we struggle with being inclusive, sometimes. You might recall that in Transylvania, there were people who were not used to seeing a black person and I think that's also very similar in a lot of UU communities that are surprised to see a black person in their spaces, but the openness and desire to be inclusive, I think, has been everywhere. The country itself might not be as mindful or thinking about being as open or diverse or tolerant. I said tolerant because I know in Transylvania the language they originally used was tolerance. I think it has moved more to a place of acceptance and celebration and I feel like that crosses the borders in the UU context.

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Internship Reflections~E.N. Hill *cont...*

What would you like FirstU to take away from your time with us? Any parting words of advice?

I really want FirstU and the Fellowship to know how wonderful you all are and the gifts and your talents that you already have – all that you are doing and all that you can continue to do, without trying so hard to be diverse and multicultural. Yes, that is a reasonable desire, but I don't think that you all have to try so hard. I don't mean you shouldn't work to improve yourselves, to grow spiritually, but all the emphasis on "We have to do more to get more youth" "We have to do more to get more people of colour," is too much. I personally don't think all of that is necessary and as I shared in my last sermon, it doesn't often feel good because it comes across as desperate, and it discounts those who are present. There is so much emphasis on "We need more in order to survive" – and it's not really true. So, the main advice is to recognize the beauty in all that is here without that scarcity mindset that you need to be something more, because if you know how significant you are, how much you have to offer, you will attract more people who want to be a part of all that goodness.

What's next for you?

I am so blessed to be almost 40 and black and queer and trans-masculine and a UU minister - I feel like the world is my oyster, which is a beautiful thing to feel. And there are a lot of opportunities

that are being provided without much effort and I know I'm just scratching the surface of them.

I've accepted a job with the UUA as a team member with the LGBTQ+ and Multicultural Ministries as a person who facilitates and helps plan the trans and nonbinary monthly meetings. I've also been invited to be a minister with my friends' online church community, *Dare to Bless the Love* and I'll be doing co-ministry with my partner which is very exciting. Keeping my fingers crossed, there is a possibility of being a contract minister at the Unitarian Universalist Church of Tallahassee. My interview with the UUA Ministerial Fellowship is now in September and I am confident I will soon be ordained. Simultaneously I'll be joining the army as a reserve chaplain.

Anything else you'd like to share?

I have so much gratitude for this opportunity and for all of the love and generosity that people have poured out to me. There was so much concern about how I was doing during this pandemic. Everyone's encouraging words and just reaching out to me. People didn't often want to necessarily have pastoral care, they just wanted to chat with me, and I really appreciated that. People might not know how meaningful those small interactions were – or the emails saying how they enjoyed my talks. So, I want to convey a lot of gratitude to everyone.

~ interviewed by Jan Andrews

Using Hydrogen to Keep Hope Alive

There's a wide range of views about the role of hydrogen in energy transition. Here's an interesting perspective with a comment on local developments.

Hydrogen is currently generating a great deal of excitement as an effective tool in humanity's effort to reduce its carbon footprint. Thanks to the pioneering efforts of one of Ottawa's own citizens, our city could embrace the "Circular Economy" by running its garbage trucks and buses on hydrogen extracted from our city's own refuse by means of a technology that produces zero carbon. In 2015, Ottawa's Rod Bryden repurchased Plasco Energy Group Inc. from its creditors and formed a team which persevered for six years to develop a technology which uses high-temperature gas to harvest hydrogen from non-recyclable, unsorted urban waste. The company recently sold a unit to a California city, which will convert 200 tons a day of unsorted urban waste into green hydrogen, which will run that city's buses and garbage trucks at a cost lower than that of the gasoline and diesel currently used.

Ottawa should consider embracing this home-grown technology as part of its strategy to reduce its emissions to zero.

~ submitted by Werner Daechsel





Welcome Reverend Eric Meter!

It is with great honour and enthusiasm that your Settled Minister Search Committee warmly welcomes our new Minister, Reverend Eric Meter, and his wife, Ann De Leon, to our congregation. Rev. Eric will officially begin as our new Minister on August 9th, 2021.



This new chapter in our history was clinched in a congregational vote, held May 2nd. With the number of voters far-exceeding the required quorum of 15% of total members, the congregation voted overwhelmingly (99%) in favour of calling Rev. Eric to lead us; he and Ann then graciously accepted our call. This all occurred within an hour of Rev. Eric finishing his second Sunday sermon "The Once and Future Church" in as many weeks, and after 14 days of focused interactions with FirstU staff, as well as many congregants, committees, and interest groups.

Your Search Committee planned more than 20 Zoom meetings over the two-week 'Virtual Candidating'

period, kicking off with a fireside chat that is still viewable on FirstU's YouTube channel: [Fireside Chat with Rev Eric](#). Besides focused zoom sessions, three themed sessions were also organized:

- a) Worship, Spiritual Development, and Lifelong Learning;
- b) Relationship with the Broader Community; and
- c) Welcoming, Engaging, and Nurturing Community.

Non-members were also encouraged to participate in various events, and to observe our open voting process on May 2nd.

With all of this behind us now, your Search Committee has begun to wind down operations. But not before we thank everyone who played a part in making this happen. We thank the FirstU Board of Directors and the Nominating Committee, who initiated the entire process; thanks also to the Negotiating Team, whose members formulated the draft contract between our future minister and FirstU. We also want to acknowledge the invaluable work and dedication of our Developmental Minister, Rev. Patricia Guthmann Haresch, whose efforts not only got us all to the goal of starting this search, but who repeatedly told the congregation that we were ready for it. There are countless others to thank, including our dedicated staff, our congregational knowledge-keepers and some of our

most talented and devoted members who volunteered to help us meet stringent deadlines and compile a wide range of congregational history and information.

Lastly, we wish to thank the congregation for placing your trust in us to operate at arm's length on behalf of you all, then rewarding us with a 99% approval rating for our unanimously-chosen candidate! Not many people get to do what we have done and we truly feel honoured. We now get to return to the congregational work that many of us had to put on hold for the last year, and to await the arrival of Rev. Eric and Ann this coming August.

Settled Minister Search Committee

Left to right: Phil Nagy, Mary Ella Keblusek, Mike Lloyd, Jodi McIntosh, Jane Lindsay (chair), Amy Bérubé (holding baby Evan who also attended our retreat!), and Lena Talback

~ submitted by Mike Lloyd on behalf of the Settled Minister Search Committee



Feature Article: Getting Back to the Garden with *Ajashki*

The Board of the First Unitarian Congregation of Ottawa recently approved support for *Ajashki*, a Community Agriculture, Food Security, Urban, Low-income Youth Pilot Project to be initiated on campus land. It is one response to the acknowledgement that the Campus rests on unceded, unsundered, Algonquin Anishinaabeg Territory and also a response to the Truth and Reconciliation Report's call to create Indigenous-led youth programs.

The name *Ajashki*, Algonquin for "soil", was chosen for this project because soil is the vital element of any garden. In fact, the quality of soil impacts all species. The soil is also a symbol of where we begin to grow as people and as community. Reconciliation requires that we open ourselves to learning about other people and cultures. This project will provide such opportunities.

Kakitigejik

The Gardeners

Kayoki Whiteduck

Kayoki is a young Algonquin Anishinabe farmer from Kitigan Zibi. He is a youth with a vision to teach other indigenous youth how to grow their own food, in an effort to address food insecurity in urban First Nation communities. Kayoki is a strong advocate for sustainable, regenerative permaculture, farming and gardening practices. He has received a Certificate in Horticulture from Camosun College in Victoria, B.C. and has studied Western Herbalism at the International Academy of Health Sciences in Ottawa. Kayoki is the first Indigenous person to be selected to

the Canadian Agriculture Youth Council (CAYC). He was recently chosen to co-chair the CAYC's Climate Change Initiative. This past April, Kayoki was FirstU's Youth Delegate to the UN Intergenerational Conference: All in for Climate Justice, Food Equity and Sustainability. Kayoki grows and markets teas from plants that he cultivates, or harvests from tended wild areas.

Kayoki – *Ajashki*



Kayoki Whiteduck - gardening



Jazzmin Foster

Kwey Kwey, Waaseyaa Nungo Niimi Migizii Aabinoojii ndizhnikaz, Mukwaa ndodem, Kitigan Zibi Aanishinaabeg ndonjibaa.

Jazzmin Foster is a Niizh-Manitoowaag, "Two-Spirit" being who grew up in West Nipissing Ontario, their ancestral lineage and home being Kitigan Zibi Anishinabeg, Quebec. Throughout their life, Jazzmin gained experience working on farms and ecological projects. They are currently focusing their academic studies on Indigenous Environmental Science at Trent University. Their academic research interests include the interconnections within ancestral ceremonies, sustainability, biodiversity and holistic trade systems. Jazzmin has had the opportunity to mentor and teach youth in the fields of Indigenous science, traditional ecological knowledge and leadership development.

Jazzmin hopes to be able to bring a holistic approach to the project by helping to nurture a space where both participants of the project and the community can learn and grow with the intention of true connection to self, others and the land.

Getting Back to the Garden, *cont...*

Kitigan

The Garden

Kayoki and Jazzmin will plan and lead *Ajashki*. They will establish food gardens on the Unitarian campus with the help of two Indigenous and two non-Indigenous youth who will be assisting with building gardens, planting, and tending to the plants (the federal government definition includes youth 18 to 30 years old). *The Ten Oaks Project*, an organization that engages and connects young people from both Indigenous and non-Indigenous 2SLGBTQ+ communities, will direct interested youth to the *Ajashki* Pilot Project.

The team will be onsite for two days a week, working in the garden and engaging in structured learning about plant identification, local wild sources of food, sustainable soil amendment and plant care practices, climate effects on food production, and harvest and food sharing. Through skills development, the potential for future youth leaders will be developed, and participants will be introduced to the possibilities of future employment in agriculture while enjoying a shared harvest.

Ajashki is designed to provide opportunities for reconciliation through relationship building and understanding cultures. To this end, daily programming will include time spent exploring the cultures of the participants through music, art, story sharing and food. To record their experiences, they will be asked to keep a photo voice collection of their learning.



Ajashki site

Support from FirstU comes in the form of the garden space on the campus, access to water and electricity and sharing tools with the Meditation Gardens. A circle of support centred at FirstU includes Indigenous and non-Indigenous participants.

Dashan Pimosen Kitiganing

Come Walk in the Garden

Kayoki and Jazzmin have an inherent understanding of the interconnectedness of the natural world. They care deeply about fostering the interaction of people with nature and people with each other. They will support participants to accept differences and recognize shared values, ideas, goals, and experiences. They will lead them to better understand themselves and others while showing them the possibilities in food production

and an understanding of the importance of caring for the earth.

For a congregation seeking a Green Sanctuary Accreditation, *Ajashki* fulfills the accreditation requirements for working with traditionally marginalized communities in our area. It is one of many actions being taken by the FirstU community to recognize our responsibility for environmental and climate justice. *Ajashki* helps us to respond in practical, functional and caring ways, greening the campus, learning to appreciate what is already there, promoting understanding across cultures and helping to prepare youth to face personal and community challenges.

~ submitted by Lynn Kofmel-Preston



Denominational Affairs: Canadian Unitarian Council - Surprise at AGM

Your FirstU delegates* went into the Annual General Meeting of the Canadian Unitarian Council on May 8th expecting a pretty routine meeting. But the unexpected and bold result was adopting an 8th Principle for Canadian Unitarian Universalists, which states: "We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote: Individual and communal action that accountably dismantles racism and other oppressions in ourselves and in our institutions."

This was unexpected because there was no such motion on the agenda and it required suspending the rules of procedure to consider. The process raised concerns at the time and subsequently, including with respect to the 5th Principle about "use of the democratic process". Late on May 13th the CUC President and Executive Director announced that, following a review of what happened, the motion has been ruled invalid on procedural grounds. The conversation continues. You can read more at:

<https://cuc.ca/wp-content/uploads/2021/05/A-Way-Forward-for-the-8th-Principle-Process2-2021-05-13.pdf>

What triggered the motion was the presentation of a report by the Dismantling Racism Study Group on the results of a survey conducted in the spring of 2020. The first sentence in the Overview section tells the story: "The results of this survey indicate that there is a gap between who we say we are (our UU principles and aspirations) and the existence of racism within our congregations and communities."

Notwithstanding the May 13th decision, the leadership of our congregation wants to proceed as if the motion had been upheld. On May 12th, the FirstU Board met and agreed that they will all read the Dismantling Racism report over the summer and will focus on this topic at their board retreat this fall in order to discuss how to educate our congregation about this important issue. They encourage all in our congregation to read this report. You can find a link to the report at: <https://cuc.ca/dismantling-racism-study-group/>

Our Past President Guy Belleperche was an Observer at the CUC AGM and you can read his take on this subject elsewhere in this issue.

Here are a few more highlights from the meeting:

- The CUC is in good financial health.
- There will be another online national gathering and Sunday service in November 2021.
- Plans for 2022 include 3 more national services and conferences for youth and young adults.
- Chuck Shields of our congregation will serve a second year as CUC Vice-President in 2021-2022.
- Maury Prevost of our congregation was re-elected for a second 3-year term on the CUC Nominating Committee, which he currently chairs.
- The Shining Lights Award went to Liz James of Saskatoon for her creation of the "UU Hysterical Society" Facebook group which now has more than 60,000 followers from around the world.

*FirstU's engaged and engaging voting delegates at this year's CUC AGM were: Maury Prevost, Rev. Pat, Lisa Sharp, Carl Sonnen, Andrew Drake, and Brent Nicolle.

~ submitted by Maury Prevost, Chair, Denominational Affairs Team



An Observer's Take on the CUC AGM

I was a delegate at the 2019 Canadian Unitarian Council's Annual General Meeting and was one of many who voted against adding an 8th Principle focused on Dismantling Racism. At the time, I thought that our 1st (inherent worth and dignity of every person), 3rd (acceptance of one another and encouragement to spiritual growth in our congregations), and 6th (goal of world community with peace, liberty, and justice for all) principles were enough. Since then, the learning opportunities provided by the Embracing Diversity Steering Committee, my own readings and personal growth, and events in Canada and around the world, have led me to conclude that we do need such a principle explicitly focused on dismantling racism. It's been part of our culture for over 400 years, and it won't go away on its own.

To be clear, I believe that everyone is racist. Maybe not intentionally, but by virtue of where they live, how they are raised and the media they consume. But racism by people of European descent is especially problematic because the negative effects are amplified by a system of white privilege that disadvantages those who are BIPOC (Black, Indigenous, People Of Colour) and favours those who are white. And Unitarian Universalism is not immune. Our hymns and readings, our systems of governance and leadership, our social events, and our worship services, are all heavily influenced

by the Euro-Christian roots of our faith. There is nothing wrong with these roots, but we, as UUs, need to be actively aware of how they can be barriers to those of other backgrounds and cultures. We need to be intentional in rooting out our unconscious biases and our racist, supremacist and colonialist behaviours, and in making ourselves the welcoming faith that we aspire to be. We need to be the example to our community, our country, and the world.

I was an observer this year, so I was not able to directly contribute to the surprising, delightful, ground-breaking and spontaneous decision to add an 8th principle. Sadly, since then, the CUC Board has deemed the vote invalid and thrown the issue back out for discussion. I am as proud to have witnessed this historic event as I am disappointed by this reversal. I can only imagine how our BIPOC members must feel. Regardless, I intend to be a champion and to support our Minister, our Board, and our congregation in dismantling racism and other oppressions, and in helping FirstU be a leader in the fight against white supremacy. This is a fight for true justice and equity, where everyone really is treated with the respect that their inherent worth and dignity deserve and demand. I know that I, and we, will make mistakes, but that is how we learn and grow.

~ submitted by Guy Belleperche

Here Comes the Sun

I am cautiously optimistic we will come together as a Community by the end of 2021. As this mess all ends, as we come out of hibernation to see the light again, we have many new beginnings to look forward to at 30 Cleary. Among them, a new Settled Minister, new Music Director, and new ways of doing worship and our work.

In reference to the Beatles' 1969 song referred to in the title, our winter wasn't too long or cold this year, but it sure could be lonely, and it sure does feel "like years since we've all been here."

When you do finally get to come through those big oak doors again, after you've taken in the (3d) smiling faces and listening to each other's voices in real time, you will notice a few new things.

- New staff members: Rev Eric Meter, a Music Director, and Allison Armstrong, Communications Coordinator.
- Air conditioning in Fellowship Hall!
- A lot more audio-visual equipment in Worship Hall
- A newly-furnished Room 6
- Meditation Gardens looking as lovely as ever
- (Perhaps) a community garden on the grounds
- Plenty of major cleaning and maintenance: just look at the gleaming floors upstairs and down.
- Staff wandering the halls because we've forgotten where everything is.
- And, we will all look almost two years older than the last time we were together!

Of course, the most important thing will be all the humans we get to see again, and to worship together; but we want to ensure you can see the fruits of the labours of staff and volunteers over this past while and know there was a constant flurry of activities both inside the church (staff) and among those (staff and volunteers) working from home. I think we've done OK keeping the home fires burning. So, have a wonderful summer and enjoy the wonderful thoughts of meeting again and "the smiles returning to the faces." Because "here comes the sun, and I say it's all right."

See you before 2022.

~ submitted by Jen Brennan

Meet a Member: Betty Campbell



Elizabeth (Betty) Campbell donates the Indigenous Peoples Atlas of Canada to the Congregation

For 90 years The Royal Canadian Geographical Society (RCGS) has recognized achievements in geography, exploration and education, as well as outstanding contributions to the Society through its awards program. In 2019 Betty was awarded the Capt. Joseph-Elzéar Bernier Medal with the following citation:

Elizabeth Campbell has dedicated her life to enhancing Canadians' knowledge of this country's incomparable geography. A photogrammetrist and pilot, she has also written extensively on cartography and satellite imagery, and embraced innovative technologies that enabled better mapping of the country.

The award came with the magnificent Indigenous Peoples Atlas of Canada, a four-volume set with titles: *Inuit, Métis, First Nations*, and *Truth and Reconciliation*, which Betty has donated to the Congregation. Once church is re-opened, you will have a chance to see them.

Born in 1925, Betty grew up in Vancouver, BC. Recognized as she has been by RCGS, it wasn't plain sailing. Betty was a rare woman scientist in her field in the 1950s and experienced discrimination and much lower pay than her male counterparts. To ensure her work would be judged fairly and to put herself on an equal footing, she wrote her scientific papers under the name E.A. Fleming (her work signature). Imagine the surprise of her male colleagues at seeing a woman show up as the winner at three different awards ceremonies over the years.

Interestingly, in 1976, the of the Canadian Hydrographic Service asked Betty and a co-worker to assist them in finding hazards to navigation along the coast of Labrador. She and a co-worker used Landsat imagery to plot every white dot on Landsat images

(which could be icebergs) in the area of interest. Any dot that remained in the same position on more than one image was suspect. These results were checked by the Canadian Hydrographic Survey ship (CSS). The majority of the points were "rocks awash" but one was an actual island and thus became Landsat Island and also extended (slightly) the area of Canada.

Betty has travelled widely in the Arctic and NWT and has visited many of the small communities that struggle to retain their heritage. She has been a member and volunteer at the Congregation since 1957 and resident of Unitarian House since 2012.

You can read more about this "Unsung Woman" and the island she discovered here:

<https://earthobservatory.nasa.gov/features/videos/landsat-island>

~ submitted by Jan Glyde



Photo from: [NASA's Earth Observatory](https://earthobservatory.nasa.gov)

WE ARE:

- ALL CONNECTED
- STRONGER TOGETHER
- LOVE'S HANDS IN THE WORLD
- CALLED TO CREATE JUSTICE
- RESPONSIBLE FOR ONE ANOTHER AND THE EARTH

UUA.ORG/IMAGES

Meet a Member: Ren Martin-Doïké



Moving from Philadelphia to Ottawa on a Friday in August 2019 as the newest member of the National Arts Centre Orchestra (she became second newest in September 2020), violist Ren Martin-Doïké found her way to the Congregation

the next Sunday even before all her boxes were unpacked.

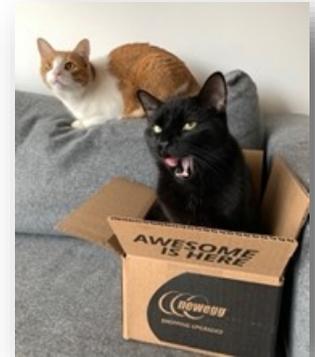
Born in Honolulu, Hawaii to an American mom and Canadian dad, Ren grew up steeped in music. Her grandmother played classic radio all day and later in life took up piano; her mother is a violinist and music teacher. Homeschooled, Ren learned to play violin and viola as well as flute, piano and various Balinese and Javanese gamelan instruments. She and her sister even formed a quartet with their two young cousins. Around age 17, she found her true voice in the viola, which she explains is closest to the human voice. She sang in choirs in Mandarin and Taiwanese at the Tzu Chi Buddhist Chinese School in Honolulu and later sang with the First Unitarian Universalist choir in Philadelphia while in University.

A graduate of the Curtis Institute of Music, Philadelphia, Ren earned her master's degree from the Conservatoire National Supérieur de Paris where she graduated with a unanimous first prize from the jury, along with top marks for her final thesis and associated world premiere recording. She has performed throughout Europe, Asia, and the Americas as a soloist and member of diverse ensembles as well as for radio broadcasts in France, the US and Hong Kong. She has

been named a Harriet Hale Woolley Scholar and Artist in Residence in Paris, is an award-winning chamber musician, and is a prize winner at the Rubinstein International Viola Competition in Germany. As a student, Ren had her own program as a community radio DJ and considered training to be a recording engineer until her mentors advised music studies to give herself an edge. Her super goal is to have her own recording studio. For Ren music is as much about community and its power to connect and transform as it is about performance.

As a teenager, Ren was also influenced by the writings of Robert Fulghum, American author and Unitarian Universalist Minister, and later, as an undergraduate, joined the First Unitarian Church of Philadelphia. Ren is now a member of First Unitarian Congregation of Ottawa and is happily ensconced with her two beloved rescue cats, Azari and Charlie.

In pandemic times, Ren loves teaching as part of the orchestra's educational program. As the orchestra adapts to working from home, the musicians enjoy getting to know each others' pets. "What an occasion the next live concert will be!"



For Ren's NACO bio: <https://nac-cna.ca/en/bio/ren-martin-doike>

For Ren's recordings: <https://ren.instantencore.com/web/videos.aspx>

~ submitted by Jan Glyde



Unitarian Universalists at the UN Intergenerational Seminar April 2021

All in for Climate Justice: Food Equity & Sustainability

This spring, FirstU sent 19 delegates to the United Nations Organization Spring Seminar which was focused on the inequity in our food systems both locally and internationally and what we can do about it.

In order to support more youth and young adults in attending, FirstU paid for their registration fees; we had five participants, 16–30 years old! Interestingly, there were 45 out of 215 registrations from Canada, including one youth from western Canada who was on the seminar organizing team. UU Hamilton had a delegation of 11.

Led by Lisa Sharp and Irvin Waller, with close collaboration from Katrin Nagelschmitz and Ren Martin-Doïké, we organized two preparatory meetings in February and March. These meetings raised awareness and excitement about the UN generally, building on the Holtom lecture and UN Sermon in 2020. The first prep meeting focused on UN achievements, the Sustainable Development Goals and the seminar, including several great videos. The second prep meeting continued the themes from the first prep with a focus on getting to know each other, including participating in a Google Earth scavenger hunt of New York City. It had participation from folk outside FirstU including from UU Hamilton and UU Calgary. Special guests Erin Fletcher and

Kayoki Whiteduck spoke about their activist work as young adults in Ottawa.

The seminar itself was organized and led by youth and young adults with support from the UU Ministry of the Earth and staff and interns from UU at UNO. It included a great combination of worship services, keynote panels, intergenerational break outs, and fun activities.



The first keynote was not to be missed. “Soul Fire Farm” is a modern-day community education farm owned and operated by young activists from Black, Indigenous, Persons of Colour (BIPOC) communities. They gave a sobering history of land ownership in the US from the arrival of Columbus, showing how native peoples had their land stolen from them; how black slaves with farming experience were specifically targeted in the slave industry; and how migrant workers from Latin

America continue to be exploited through existing laws today. The history of land ownership has many similarities in Canada. The end result today is that there is little farm land in North America owned and operated by people of color. It made us think more about our own privilege in benefitting from land ownership, and what we might do.

Other panels introduced us to food deserts, urban farming, and farming in forests. A featured panel explained how to organize advocacy for change, including how to plan; new ways to think about advocacy; as well as productive ways to make changes in our local, regional and international systems where oppression exists.

A follow-up meeting was held on April 17th where we communicated our enthusiasm to share what we learned with FirstU. We intend to organize some follow-up events this summer and in the fall. We hope to resurrect the United Nations Action Group to build on this momentum and continue FirstU’s leadership as a Sixth Principle Congregation, which recognizes congregations in the US and Canada who are committed to supporting and benefitting from the Unitarian Universalists at the UN Office.

~ submitted by Lisa Sharp and Irvin Waller

Images of Soul Fire Farm, from [UUA website](#)



Campus Diary – March to May

In early March the mountains of snow are so high it seems they can't melt in time for spring. Only a willow, a golden fan against the brilliant blue sky lifts the spirits, but the weather is unusually warm and the sun works its magic. Soon the willow has a veil of green, like lace.



The first living creatures to emerge are the residents of Unitarian House who join the hardy souls who have been walking all winter. The first signal of spring, snowdrops open in the Meditation Garden, so small and alone. Next, I hear a cardinal singing two songs, one with a twirly extension. Their rapturous songs (they have 28) are not, of course, to fill me with joy and not only to attract a mate but also to stake out their territory so the cardinal in our tree is answered by another somewhere on Byron Ave, like an operatic duet.



Along with flowers comes the wildlife. The ducks are back. Last June a resident cleared the debris from the stream and bank and the ducks are enjoying feeding in the clear water. Baby squirrels are chasing each other up and down and nibbling at the excess maple sugar that crystallizes on the small twigs. Mature rabbits are wildly chasing each other across the campus in open daylight.



But April is the trickster month. Brave daffodil trumpets and tulips, mauve, pink and red, are out. In the Memorial Garden the star magnolia is in full bloom. The greening of the trees is just beginning. Everything is a month early. Then a sudden dive in temperature, sunless rainy days with northeast winds, even snow again, slows everything down.



By the beginning of May, the buds of the lilac and the yellow magnolia tree, which we watch longingly, are still in tight, tiny buds. Then mid-May begins a magical change. First dandelions, speaking of the sun, spangle the grass like a multitude of stars. The maples to the side of the church are in new leaf, the brightest green, one copper coloured. A crow is vocalizing like a baby practicing the sounds of words. A clump of delicate narcissi quiver on the banks of the stream. Two handsome drakes (a gay couple?) stand heads together looking at the murky pond water – a healthy place for a dip? And today, as I write, the purple, white and mauve lilacs along the edge of the Memorial Garden fill the campus with a heady perfume.



I have always felt the campus, with the trees around and sky overhead, to be the extension of our sanctuary. Please come and walk around, watching through the summer months. There is so much more to unfold.

~ submitted by Clea Derwent

Photo credits: Clea Derwent

Social Responsibility Council News: Environmental Action Group

Results of “How You Eat” Food Challenge

THANK YOU to those people who participated in our Food Challenge. The Week 10 Challenge asked people to comment on their experience. Here is a selection of comments sent in.

~ submitted by Donna Bowen-Willer, Environmental Action Group

<p>In what ways did the food challenge bring about changes in your regular life around food?</p> <ul style="list-style-type: none"> * do not eat meat on Monday, Tuesday, Wednesday, Thursday each week * no changes but it was great reinforcement * was inspired to find some new vegan recipes * a small decrease in dairy; increase under meat free and plant based *we are cooking more of our own food rather than ordering in *not eating meat since January; less dairy too * challenged myself to try non-dairy products in my tea/coffee * am much more conscious about the carbon impact of various foods I eat * have been doing one dairy free day a week * started to separate out the compost that could be used for making compost broth *being more deliberate in avoiding beef and lamb, in choosing vegan or dairy free options *being more aware of carbon footprint of what I am eating 	<p>Is there something which will become a regular or permanent change in your life?</p> <ul style="list-style-type: none"> *am more aware of my insulin highs and lows related to eating low glycemic foods four days a week *quantities of meat have decreased when cooking at home *gather all my food scraps and take them to my daughter’s green bin * cancelled our big box store account, are buying local whenever we can * found two non-dairy products for my tea and coffee which I can live with...intend to make this a permanent change * will be more conscious of my dairy intake...and of the carbon impact of different meats * will be more conscious of my dairy input * will be more aware of consciously choosing a majority of low carbon foods * will continue to make compost broth
<p>What challenges did you find most difficult?</p> <ul style="list-style-type: none"> *dairy...miss milk with coffee, don’t like soy and almond, miss cheese *the waste one...I too often get caught with food spoilage...but am diligent about using the city’s green bin program *difficult accessing local organic foods in the winter *1 or more days no excess low nutrient calories was hard...no daily chocolate? *need to be more creative with recipe changes *no low nutrient days...need my potato chips or other delight *week 6. I have a sweet tooth, I like baked goods and chocolate *ideal is Canadian organic, but what to do when choice is between imported organic or local “other” * got some seeds week 5 but never got round to planting them in pots 	<p>The most valuable or surprising thing you learned?</p> <ul style="list-style-type: none"> *not all animal protein has the same greenhouse gas score, beef and lamb being the culprits *how bad dairy is for emissions *minimal meat is not meatless, but still better than lots of meat *am amazed at how large the proportion of my garbage that can go in the green bin *Wow! Avoid beef and lamb! *the carbon impact of dairy *with encouragement and tips it is possible to change food patterns *milk and cheese rank higher on the emissions scale than pork...who knew? *my eating habits are quite low carbon to begin with
<p>Other Comments</p> <ul style="list-style-type: none"> *don’t like plant-based burgers *this was a good project, offering opportunities to learn facts about the carbon footprint of the food I consume, encouragement to try new things and to become a more conscious consumer *this year buying organic herb seedlings from organic farm *store your food in glass containers not plastic *it was an amazing and fun way to increase people’s awareness of the carbon impact of our food choices *not everyone can be 100% vegan...consult an experienced nutritionist 	

Social Responsibility Council (SRC) News: Environmental Action Group

How do Ontarians Eat and What does this Mean for our Carbon Footprint?

A case study originating at the University of Waterloo looked at dietary intake data for 10,000 residents of Ontario. Seven dietary patterns were identified, and their prevalence in the population calculated.

Ontario Dietary Patterns Images



Fig. 1 Distribution of dietary preferences among the ON population

Definitions:

1. Vegan: excludes all animal products (dairy, eggs, fish and meat)
2. Vegetarian: excludes meat and fish, but includes dairy and eggs
3. Pescetarian: excludes all meat, includes fish, optional intake of dairy and eggs
4. No Red Meat: excludes red meat, includes poultry, fish, dairy and eggs
5. No Beef: excludes beef products, but includes other animal products
6. No Pork: excludes pork products, but includes other animal products
7. Omnivorous: with no apparent exclusion or dietary restrictions

These figures suggest that Ontarians prefer diets rich in animal protein, particularly beef.

Much less common were vegetarian, especially vegan, and pescetarian dietary patterns. The most recent data available was 2004 and it could certainly be argued that the percentage of dietary patterns from 1-6 have increased in the past 15 years.

But the main purpose of this study was to investigate how food baskets based on the common food items for each of these dietary patterns (DP) would contribute to Global Warming Potential (GWP). This estimate was on a farm to fork basis, so included the GWP of farm operations, processing, and distribution, along with household processes, such as cooking, storage and food waste.

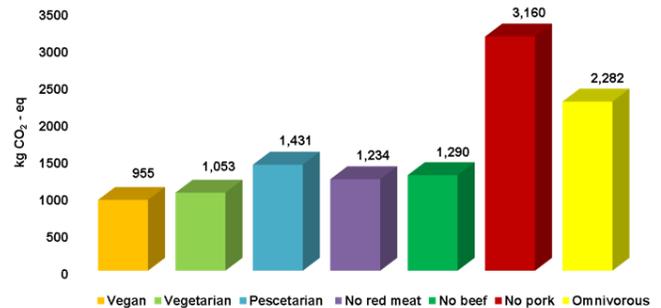


Fig. 2 Global Warming Potential (GWP) of ON Food Baskets on a farm-to-fork basis

Not surprisingly, the key contributors to GWP were meat, (especially beef), dairy and eggs. Results show that the **No Pork DP** followed by the **Omnivorous DP** had the highest GWPs due to the high volume of beef consumption in both, and the emissions associated with beef production. Diets without beef or red meat had emissions less than half the **No Pork DP**. In the **Omnivorous** and **No Beef DPs**, there were notable contributions to emissions from butter and eggs, and lesser contributions from chicken and pork. The **Vegan and Vegetarian DPs** produce the least emissions, but **Vegetarian DPs** which contained a larger proportion of eggs and dairy showed a higher GWP. Interesting too was the significant impact of greenhouse grown vegetables, and the 9% to 15% of GWP contributed by avoidable household waste!

Dietary Choices have enormous impacts on the environment, health and food systems. This study concluded that “GWP reductions can be achieved by minimizing consumption of beef and dairy products, as well as minimizing food wastage at the household level.”

To view a chart on *Food: Greenhouse Gas Emissions Across the Supply Chain*, go to:

<https://www.sustainmeals.org/post/in-english-you-want-to-reduce-the-carbon-footprint-of-your-food>

References for this article:

https://www.researchgate.net/publication/317574326_Carbon_footprint_of_dietary_patterns_in_Ontario_Canada_A_case_study_based_on_actual_food_consumption

Anastasia Veeramani, Goretty M. Dias, and Sharon Kirkpatrick: Carbon footprint of dietary patterns in Ontario, Canada: A case study based on actual food consumption

~ submitted by Donna Bowen-Willer

SRC News: PhotoVoice - Hope in Action

Participate in PhotoVoice! Choose two photos, one distressing and one calming, and tell the related story of hope by answering three questions:

1. Why did I choose these photos?

2. What were my feelings?

3. What is one action I can take to help Mother Earth become healthier?

To join the PhotoVoice Group on Facebook contact Maury Prevost at

photovoice@firstunitarianottawa.ca. He will send you an invitation to join. Not on Facebook? Send your photos and stories to Maury, who will post them on your behalf.



The first picture is a monoculture rapeseed (canola) field in Europe. In North America the monoculture crops are wheat, soy and corn. I feel distressed when I see these large scale farming operations using a lot of fertilizer and pesticides.

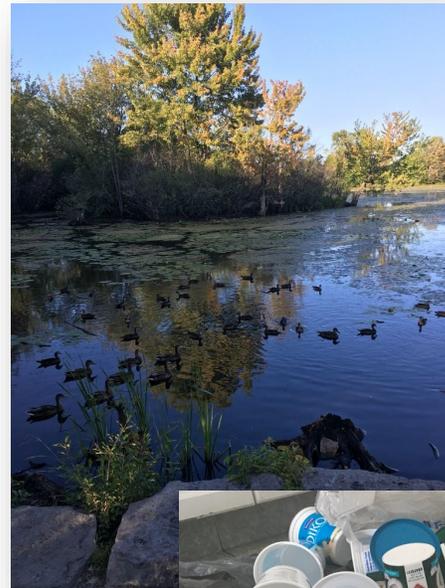


The second picture is fruit for sale at a farmer's market. I try to support local small farmers as much as I can by going to farmer's markets and ordering through Ottawa Organics. They deliver fresh organic fruit and vegetables once a week right to my doorstep.

One action I can take to help Mother Earth is to save my money for a worm composter to convert all those vegetable scraps to compost for my balcony container garden.

Submitted by Patricia Stockwell
(Photos from unsplash.com)

Calming picture: Mud Lake is a habitat for a wide diversity of animals and is mostly made up of deciduous swamp forest. I feel like I am in the wilderness and still within the city limits. I feel one with nature and the calmness of the water has a calming effect on me.



Scary picture: Drowning in plastics. Every time I buy a container of yogurt or margarine, I have more plastic. They should use cardboard like they do for ice cream. At the grocer's the cashier seems all too eager to put my purchases in plastic bags before I tell them I have cloth ones. They should charge \$1 per plastic bag. Recycling gives people a false sense of doing their part to help the environment when in fact it is very energy intensive. The materials have to be transported, sorted and melted down. The end product usually has new material added, making recycling an incomplete loop.



Helping Mother Earth: Try to eat less red meat.

Submitted by Stephen St. Denis

Reflections

Rear-view Fog Lights

~ by Janet Milroy

“Old people see around corners,” they say.
Since they’ve already messed up so many ways.
We tend to peer forward while our minds gaze back,
Some of us never even get the knack.

If we all had eyes in the back of our heads.
Could we be less cruel and kinder instead?
Would we read to our children, a book or a rhyme,
Spend half as much money and twice as much time?

Would we do so much shopping and working to pay
For stuff we soon can’t even give away?
Why did we think we were so smart at twenty?
If we’d hung out with old folks, we would have
learned plenty.

We blame and shame so we can feel right.
Is it worth the cost of winning the fight?
Would we always hurt the ones we love,
If our egos stop playing push and shove?

We live in our brains and stifle our hearts,
Until log-jammed emotions just blow us apart.
If we let hindsight shed some light,
Will we be more likely to get it right?

The toughest one to forgive is me,
When hindsight’s truthful clarity,
Reveals mistakes I only now see.
Could common sense be less of a rarity?

Philosophers say, “The moment is now.
We should be fully present. Just learn how.”
Life coaches say, “Look to the future – beware!
Change is a constant. We must prepare.”

History courses are a thing of the past.
Are we losing our chance to learn super-fast?
We must always remember we don’t have forever,
To embrace life’s lessons, be more sage and less
clever.

*~ this poem was written by Janet Milroy in response
to the theme of hindsight*



Photo Credit: Jan Andrews

Moulting

~ by Anne Nagy

From time to time, I shed my skin,
But each time, the new me emerges smaller, not
larger, than before.
As the years pile up, my energy washes away.
My list of possessions shrinks, as does my desire for
new things.
I am growing very fond of being at home.
Soon I will diminish to the size of a pine cone
... an acorn
... a speck
... and then I will be gone, poof.
You will have to look for signs that I was here.
My crispy, cast-off skins will long since have blown
away.

It’s a good thing I knit.

Thanks, Merci, Miigwetch

- ♥ Let's give a big shoutout to **Jane Lindsay** (chair), **Amy Bérubé**, **Mary Ella Keblusek**, **Mike Lloyd**, **Jodi McIntosh**, **Phil Nagy**, and **Lena Talback** who gave up their normal church commitments and a huge amount of their personal time in order to serve on the Settled Minister Search Committee. We are so grateful for all their hard work and commitment to bring us a new settled minister. Well done team!
- ♥ **Deirdre Kellerman**, **Rev. Pat**, **Doug MacDonald**, **Kate Kirkwood** and **Jan Andrews**, for all their work on the Music Director Search Committee. We appreciate their dedication to ensuring that a fine music program will continue at FirstU.
- ♥ The Internship Committee comprised of **Jan Andrews**, **Ellen Bell**, and **Joe Connor**, as well as **Fran Mowbray** and **Nancy Rubenstein** from the Ottawa Fellowship, has provided guidance, friendship and support to our Intern Minister, E.N. Hill, over the last ten months. We appreciate your efforts!
- ♥ With deepest gratitude to our Finance and HR Manager **Michelle Jackson**, for the time spent over all these months poring over a myriad of documents to ensure that we received the applicable COVID government relief benefits and keeping our finances in order. Her careful management allowed us to continue our good works without financial stress during the pandemic.
- ♥ Hats off to **Jen Brennan** for her tremendous dedication over the last couple of years in steadfastly keeping it all together on our behalf. Jen, you have been the one constant during COVID-related changes and we have no doubt you will maintain your cheerful demeanor over the next months as you meet the challenge of welcoming so many new staff members. It's always a pleasure to work with you.
- ♥ Miigwetch to **Marlene Campbell** and **Maryan O'Hagan**, for their letter writing campaign that supported the Campus Planning Committee in obtaining an ecological assessment of the land surrounding the church, Unitarian House and River Parkway Childcare Centre. Marlene and Maryan received Earth Protector t-shirts to celebrate their volunteer contributions to all our relations, from the Environmental Action Group.
- ♥ Many thanks to **our staff members and community members**, working behind the scenes to keep up our beautiful campus, both inside and out. We are so grateful to all of you!



Published quarterly, **The Parkway Spire** welcomes photos* (high resolution jpg format is preferred) and unformatted articles (max. 450 words please) that are of interest to the congregation. We also encourage the submission of one feature article for each issue of the Spire, maximum 900 words. Articles may be edited if necessary. Submissions should be sent to spire@firstunitarianottawa.ca no later than the 15th of the month prior to publication.



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