



First Unitarian Congregation of Ottawa

The Parkway Spire

Inside this issue:

In Memoriam.....	1
Caring Contacts.....	1
And Remembering.....	1
President's Corner.....	2
Religious Exploration.....	3
RE Calendar.....	4
Special Worship Services.....	4
LGBT Refugees Arrive.....	4
Dorothy Livesay.....	4
Worship Services.....	5
Fall Fair Past and Future.....	6
Hospitality Hour.....	6
Time and Talent Auction.....	7
Notes from the Office.....	8
Thank You Merci Gracias.....	9
CUC ACM Host Committee Update.....	10
Our Church Library.....	11
Unitarian Seniors Program..	11
Gentle Yoga.....	11
Announcements.....	12
Tulipathon.....	12
Social Responsibility.....	13
SR Announcements.....	14
World Federalist Movement Matters.....	14
First Unitarian Congregation of Ottawa Information....	15

**Deadline for next Spire
submissions:
April 18, 2015**



In Memoriam

Gwendolyn Parsons ~
Died December 27, 2014; wife of
the late Allen Parsons

Edgar Jehuda Ziegler ~
Died January 20, 2015; husband
of Elise Ziegler

Caring Contacts

March
Margot Clarke
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The Rev. Lee Devoe Greiner

And Remembering...

BETHEL - The Rev. Lee Devoe Greiner, 55, of Bethel died Saturday, Oct. 18, 2014, at her home surrounded by her family. Born May 29, 1959, in Riverhead, NY, she grew up in Cornwall, Montpelier and Middlebury, Vt., and graduated from Middlebury Union High School in 1977. She attended Middlebury College, and married Don Burns. They settled had three children, Jamaica, Ben and Eliza. In 1991, Lee and her children moved to Berkeley, Calif., where she earned a Master of Divinity from the Pacific School of Religion. In her career as a Unitarian Universalist minister. Lee served churches in Ottawa, Ontario, Augusta, Maine, Kansas City, Mo, and Norwich, Vt., usually as an interim minister, which became her specialty. She was active in the national Unitarian Universalist Association, and helped develop its policy on ethical eating and humane treatment of animals. Upon returning to Vermont, Lee bought a home high on Bethel Mountain. Her daughter, Eliza, lived with her for the last two years, and her other daughter, Jamaica, and her family lived a short walk away. She was determined to see the birth of her first grandchild. Skye Devoe Griffin was born in November 2013, and she delighted in caring for him throughout her illness. A memorial service was held on November 7, 2014 at the Champlain Valley Unitarian Universalist Society in Middlebury, Vermont.



President's Corner

— Maury Prevost

The legacy of those who came before us

As a leader in our congregation, I am mindful that we owe much of what we have and where we are to the vision and energy of those who came before us, which in the case of our congregation dates back to the 1890s.

Some examples that come to mind are:

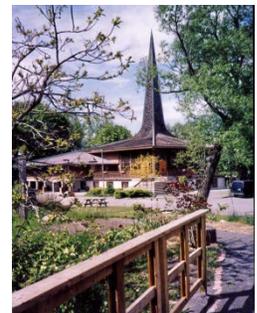
- The bold move from Elgin Street to our present campus and building, completed in 1967.
- The creation of Unitarian House. The first residents arrived in the spring of 1984, but the activity to make that happen started in the early 1970s.
- The establishment of River Parkway Children's Centre over 30 years ago. Operating in our lower level for many years, it moved to its own building on campus in 2007.
- The impact that our members, ministers, interns, and staff have had on the larger Unitarian Universalist movement, including the formation of the Canadian Unitarian Council.
- Our legacy of strong programs in music, religious education, and lifelong learning.
- The unique and beautiful Meditation Gardens in the middle of our campus.
- Our long history of involvement in social issues and action, such as providing sanctuary, abortion rights, environmental protection and sustainability, peace and disarmament, same-sex marriage and LGBTQ rights, alleviating poverty, affordable housing, addressing mental illness, First Nations affairs, and assisting refugees and immigrants.

We are privileged to still have some of these pioneers active among us, including several people who were members of the congregation when it was on Elgin Street and several founders of Unitarian House. I pay tribute to all these people, going back to our very beginnings. Almost all of them were volunteers. National Volunteer Week is April 12-18 this year. I will be writing my next column at that time and on that theme.

For the pioneers who are no longer with us, we have a few tangible reminders of some of them, mostly in the form of some rather inconspicuous plaques that honour their names and contributions. To me this symbolizes what most of them would have believed, that it's about the greater good of the community, not about them. That being said, I also think it's important to preserve, honour, and share our collective history in the form of documents, photographs, and audio/video recordings.

We are but short-term stewards of this impactful, living organism we call the First Unitarian Congregation of Ottawa. What will our legacies be to this congregation, so that it will evolve and thrive into the 22nd century and beyond? May we live up to the legacy and examples of those who have come before us.

~Maury Prevost



Religious Exploration – Sharing a moment with Susan



“I would like us to create peace at three levels and have each of us know how to do it. First, within ourselves. That is to know how we can be peaceful with ourselves when we’re less than perfect, for example. How we can learn from our limitations without blaming and punishing ourselves. Second, between people. Nonviolent Communication training shows people how to create peace within themselves and at the same time how to create connections with other people that allows compassionate giving to take place naturally. And third, in our social systems. To look out at the structures that we’ve created, the governmental structures and other structures, and to look at whether they support peaceful connections between us and if not, to transform those structures.”

These words come from Marshall Rosenberg, an American psychologist and the creator of Nonviolent Communication, a communication process that, as he described it, “helps people to exchange the information necessary to resolve conflicts and differences peacefully.”

As we seek to live out our principles of respecting all beings, offering fair, kind treatment to all, allowing everyone to have a voice, supporting growth and learning throughout our lives, and taking care of our planet, Nonviolent (also known as Compassionate) Communication can be a valuable empathy-developing tool.

In Compassionate Communication, we learn to make non-evaluative observations about our experiences, to become familiar with our feelings, to identify the needs in which those feelings originate, and to make clear requests of ourselves and others in aid of meeting or acknowledging those needs. We learn to express gratitude and appreciation to celebrate the way our lives have been enriched by others. We shift our focus from finding who is “right” to finding ways to cultivate and sustain connection.

Some members of our congregation have been meeting over the past year in workshops and drop-in learning circles to explore Compassionate Communication together. Out of these gatherings came a request to create a worship service to lift up the value and meaning of this approach to communication and relationship with self

and others. From this, our upcoming Compassionate Communication Service for All Ages was born.

With participation from children, youth, and adults, this service is an all ages’ affirmation of Compassionate Communication. As Marshall Rosenberg passed away on February 7, 2015, our service is also an opportunity to remember and carry forward his wisdom and teachings in ways that resonate with our UU principles. Please join us on Sunday, March 29 for an exploration of Compassionate Communication through story, song, drama, and readings. Your presence matters and we look forward to welcoming you!

Blessings,
Susan



Katherine Kirkwood and child, Mystery Pals Breakfast

RE Calendar

March 1

Family Chapel (10:30-11 a.m. in the NOW Room)

March 8

Large group activity for ages 4 to 11: Compassionate Communication

March 15

No R.E. (first Sunday in March Break)

March 22

Large group activity for ages 4 to youth: Compassionate Communication

March 29

Service for All Ages: Compassionate Communication

April 5

Family Chapel (10:30-11 a.m. in the NOW Room)
Easter Sunday

April 9-11

UU United Nations Office
Spring Seminar in NYC

April 12, 19, 26

Spring Surprises: mixed age activities for ages 6-11

April 25

Games Café for All Ages (fundraiser for training facilitators in Our Whole Lives healthy sexuality education for children)

Special Worship Services

Wednesday, March 11 - 10 a.m.
Unitarian House, Rose Room
Inviting Winter In, Telling Winter to Go Away!

Speaker: John Marsh

Friday, April 3 - 7 p.m.

Good Friday Service
A service remembering and honouring the painful experiences in our lives, in our larger world, and the crucifixion of Jesus of Nazareth.

Wednesday, April 8 -

10 a.m. Unitarian House, Rose Room

Birds of a Feather

Speaker: John Marsh



"Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

- His Holiness the Dalai Lama

LGBT Refugees Arrive in Ottawa

Capital Rainbow Refuge (CRR), in partnership with the Canadian Unitarian Council, has just welcomed a gay male refugee couple from the Middle East to Ottawa.



K&W are overjoyed to be here, as they were in great danger in their countries of origin and hiding just because they were gay. CRR has a policy of not identifying LGBT refugees by name or by birthplace until they feel they are ready, as religious and cultural discrimination against them can cross international borders.

Almost three years ago, CRR and the CUC, with the support of this congregation, sponsored a lesbian refugee couple, S&S, who have settled in well and are earning their own livings. Both couples are now considered permanent residents of Canada.

~Barbara Freeman

Celebrating Canadian Unitarian Women: Dorothy Livesay

Dorothy Livesay (1909- 1996) was one of the leading Canadian poets of the twentieth century. Her free verse poetry probes the mysteries of existence—life and death, waking and dreaming, love and hate, male and female, being and doing—rejoicing that "small miracles / shatter the facts— / explode!" As a social worker, a teacher and a radical journalist, Livesay fiercely protested social habits and policies of oppression and destruction.

Find out more in the: [Dictionary of Unitarian & Universalist Biography](#)



March April Worship Services

March 1

Treading Lightly

Speaker: John Marsh

OK, if we make it to this date, we will have survived the coldest of cold Februaries. Let's congratulate ourselves and also acknowledge the cost and remember the ancient wisdom of Epictetus that we need to "be kind, because everyone you meet is fighting a hard battle."

March 8

Wisdom of the Generations

In celebration of International Women's Day,



Joan Turner will speak on Prairie women and Linda Goonewardene will help us remember Unitarian Universalist pioneer, Mary Ann Church. And yes, there will be quilts involved.

March 15

Feathers

Speaker: John Marsh

"Hope", said Emily Dickinson, "is a thing with feathers." As we come upon the turning of the seasons, we are shifting our theme from land-based animals to those who take to the air.



March 22

Swinging on Birch Trees, Swinging on Stars

Speaker: John Marsh

The impulse for flying through the air looms large. In 1877 Rosa Richter became the first human being to be launched out of a cannon. The inner workings of the cannon were invented by a Canadian, William Hunt. No one was hurt.

March 29

Compassionate

Communication: A Service for All Ages

With participation from children, youth, and adults, this service is an all ages' affirmation of compassionate communication, and an exploration of Marshall Rosenberg's Nonviolent Communication (NVC), a process that "helps people to exchange the information necessary to resolve conflicts and differences peacefully." As Marshall Rosenberg passed away on February 7, 2015, our service is also an opportunity to remember and carry forward his wisdom and teachings in ways that resonate with our UU principles. In his words: "My need is for safety, fun and to have distribution of resources, a sustainable life on the planet. NVC is a strategy that serves me to meet these needs."

April 5 Easter Sunday
Human flight and other improbable occurrences

Speaker: John Marsh

We will welcome new members into our congregation, remember that the stories of Jesus report that he not only rose from the dead, but also ascended into the clouds, and celebrate other forms of rising life.



Photo: Laurie Foster MacLeod

April 12

From Chartered Accountant to Social Activist

Guest Speaker: Wanda Morris

Wanda Morris has been active in the right to die with dignity movement for many years. She was an intervener in the recent Supreme Court Case and has spoken on this issue in the international media as well as many Unitarian Universalist pulpits.

April 19

Our National Bird

Speaker: John Marsh

Can you name our national bird? If so, you are psychic! We don't have one yet. However, the Royal Canadian Geographical Society is working to change that, and has set 2017, the year of our sesquicentennial, as its deadline. As we approach Earth Day, let's consider how birds speak to our soul and character.



April 26

USC Canada Sunday

Guest Speaker: Susan Walsh, Executive Director, Unitarian Service Committee of Canada

Susan will inform us of the guiding principles and current projects of one of Canada's most prominent international aid agencies, which happens to have been started in our church basement.

The Fall Fair: Past and Future

Humble beginnings in the 1970s

With input from Norma Gross, Rosemary Bonyun and Elspeth Read.

Mona Bowles was the driving force behind the first Family Fun Fair. The church had an active social committee, which proposed to do a Fair as a fun activity for families. The Gross, Bowles, Kidd and Saxon families were enthusiastic members. When they approached the Board with the idea, initially the Board said "Unitarians do not do fairs"! But faced with a determined group, they relented: "Sure, you can hold a fair, but you're on your own."

The group held the first Fall Fair in 1970, in a few of the RE rooms, with the conditions that the Board took no responsibility for losses and organizers had to return the rooms to their initial condition in time for RE the next morning. Kids had a room of their own to buy things and a fish pond, with no adults allowed. Phil Gross did the food: hot dogs donated by Schneider's, with donated buns, condiments, potato chips and soft drinks. There was a baking/preserves area, used clothing, items for the home, and a room for children's clothes on consignment.

Without today's publicity, most attendees were church members. People simply pitched in where needed and enjoyed

themselves. And the unexpected income was welcome. The Treasurer was astonished when handed the heavy proceeds, well over \$1200.

The 1975-76 Annual Report notes that receipts were over \$1500, with 15 convenors, from baking to plants to tea room.

By 1987, there were 24 convenors, 300 volunteers, and revenues of \$15,000, with \$4000 going to the Access Fund (elevator, sound system, washrooms) and the rest into the operating budget.

First Unitarian Congregation of Ottawa



For the next Spire issue

For some years, with a stronger emphasis on Christmas, fresh holly from British Columbia was sold, and the term "Holly and Lace Bazaar" came into use; does anyone know when? Contact: publications@firstunitarianottawa.ca. In the subject line: "For the May-June Spire".



Save the Date for the next Fall Fair - November 14, 2015



It is not too early to put those silent auction items aside for fall fair. These are our best sellers. Limited storage is available for such items. Contact Katherine Gunn klgunn@magma.ca. Convenors will be needed for the Fall Fair; have you an interest in clothing (vintage or otherwise), accessories, or perhaps could take on the outdoor area of Large Items. Contact Sherri Watson smwatson@magma.ca or Margaret Linton

Hospitality Hour

A large thank-you to all those who check out the sign-up sheets for the after-service gatherings for coffee and refreshment, and put "pen to paper". I appreciate so much that when I approach people to sign up, they find a time to volunteer. The before-service preparation for hospitality hour is usually covered well in advance, but the serve and clean-up shift can always use help. Sign-up sheets are on the board outside the kitchen, covering until the end of April.

~Tarrel Armstrong



Time and Talent Auction

The annual **T&T Silent Auction** is coming up in April. One of our congregation’s major fundraisers, it is also a great and fun opportunity for members to interact with one another on a more personal level and, at the same time, contribute to our community. This is a silent auction of goods and services donated and bid on by YOU, members and friends of the congregation.

During March, we will be receiving donations from members and friends of the congregation—anything from food and non-food items, to hosted activities and a multitude of services. We welcome your suggestions and thinking “outside the box” for services and items that are new. Guess what! You most likely have a service or talent you have not considered, but that would be valued by someone else. Think about it. We have added a list of ideas which is by no means all-inclusive.

Bidding sheets will be prepared and laid out at church on **April 5th, 19th, and 26th**, outlining details on each item offered. Written bids are accepted, and when bidding closes on April 26th, the highest bidders will be notified and money collected over the next few weeks for services and items won.

~Pat MacDonald
Coordinator

Donation ideas to get you started!
All ideas are welcome – if you’re not sure, contact Pat MacDonald at plmacott@sympatico.ca or 613-725-9474.

Home-made food items

- Preserves
- Baked items
- Candy
- Lunches or dinners to go



Services

- Bike tune-ups
- Computer or letter-writing help
- Lessons (voice, Pilates, dance, etc.)
- Garden advice
- Family tree research
- Dog sitting



- Handyman services
- Spring-cleaning
- Coaching, fitness, massage, reiki or tarot card reading sessions
- Transportation services
- Car washes

Non-food items

- Scarves
- Shawls
- Knitted items
- Clothing (new or gently used)
- Art work
- Pottery
- Home-made greeting cards
- Books
- Concert or theatre tickets
- Gift baskets
- Spa certificates



Hosted activities

- Bike tours
- Dinners in your home or at a restaurant (dinners are very popular with bidders)
- Movie/games nights
- Skating or skiing parties
- Coffee or tea parties
- Cottage lunches or get-away weekends
- Story-telling parties
- Brunches & lunches
- Tours of your workplace
- Rounds of golf
- Day of sailing
- Bridge parties
- Summer BBQs
- Birding walks
- Other tours



Other past donations

- Use of a Smart car for a day
- A week’s accommodation in Barbados
- Summer camp session
- Reserved parking space for a year



Notes from the Office

Keeping Our Building Warm... and Cool – A message from the Director of Operations

As everyone is aware, our beautiful building is getting older. In the wintertime, we are either complaining of the cold or of the heat. In summer, we are mostly complaining about the heat. I for one, after the bitter cold we've had lately, am looking forward to complaining about the heat!

In the week of February 16, there were several days of extreme, brutal cold. Our staff offices, which are all on the outside of the building were colder than normal. Worship Hall on the other hand was toasty warm and we received a couple of complaints about it being too warm. I know that everyone can appreciate that keeping a building this size an even temperature is a very difficult thing to accomplish. We, the staff and custodians, are doing our best to try to keep temperatures as comfortable as possible. During the week, it's not an issue, but when we have a hundred or more bodies in the pews on Sunday (or maybe Saturday for a concert) it can get pretty warm in Worship Hall.

The thermostat that controls the heat in the offices is in the photocopier room. The photocopier room is usually warmer than most spots on the main level, since it receives sunshine all day long (when it's bitter cold outside, the sun seems to shine brighter). The thermostat was turned way down on either

Friday night or Saturday by someone who probably was feeling the heat and wanting to do something about it. On Saturday, it became very cold in the offices. I work Sundays and noticed that the thermostat had been turned way down. It was freezing in our offices. I did turn the heat up, and it did start to warm up a little.

Since Monday was a holiday, I arrived on Tuesday and could literally see my breath in the office. Luckily, just Jen and I were working and had coats and gloves on and all the portable heaters going to take the chill out of the air. We called our maintenance company who spent 8 hours trying to find the source of the cold. Eventually it was discovered that the pipes that carry the hot water to the radiators in the offices were frozen—because someone turned down the thermostat. As staff, we all know that turning down the heat will affect the boiler system so it is unlikely (given we don't work weekends) that we turned it down.

Our repair bill will be in the neighbourhood of \$1000, so what was probably a thoughtless action on someone's part cost our congregation a great deal of money.

As the Director of Operations responsible for the building, I am trying my best to ensure that everyone who works and worships and participates in this beautiful space is as comfortable as possible. It's a big challenge given the size and scope

of our space. I ask everyone's cooperation in ensuring that when you find it too cold or too hot, you speak to a custodian with your concerns. The custodian will then relay it to me and our facility manager, Lori Clarke, and we will do our best to try to resolve your concerns. *Please do not open windows, turn down thermostats, open doors etc. without notifying the custodian on duty.* Ideally, the custodians should be the only ones to do these things since they are ultimately responsible for the space. As for that pesky thermostat in the photocopier room, we have installed a Plexiglas cage that can only be opened with a key so a repeat of this week's unfortunate and costly breakdown cannot happen.

If we all work together, we can keep our beautiful space welcoming and comfortable. We do very much appreciate your comments and feedback and will do our best to try to keep everyone happy.

~ Carolyn Turner

Not online? Hungry for congregational news but can't get to church to pick up a hard copy of the *Parkway Spire*? You can opt to have the Spire delivered to your home—just mail a cheque for \$12 to the office and ensure your name and full mailing address is included. We will add you to the list to receive the Spire by mail.



Thank you Merci Gracias

~ compiled by Alastaire Henderson

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

- ♥ -A very large thank-you to **Pat MacDonald** for taking on the Time and Talent Auction!! This is an important fundraiser and event for our UU community, so it wonderful to know it will continue this year!
- ♥ -And an equally large thanks to **Sherri Watson**, who has taken on the role of Fall Fair Director for 2015, with the assistance of Margaret Linton!
- ♥ Kudos to **Frances Deverell** and **Eva Berringer** for presenting and recording the February 22 CUC Town Hall, and **Brian Cowan**, who faithfully and reliably does the sound for most of our town halls.
- ♥ Many thanks to our RE Team of **Alison Harvey**, **MJ Murdock**, **Sarah Dewar**, **Jennifer Murakami**, and **Karen Blakely** for strong set-up and kitchen support at our Mystery Pals Discovery Breakfast.
- ♥ Warm thanks to folks who have offered donations of household goods and furniture for the Poverty Awareness Working Group's project supporting the Aboriginal Women's Shelter. And to the faithful volunteers who help to pick up, pack and deliver.
- ♥ Appreciation to **Jen Brennan** for designing the beautiful new cover and helping with the formatting of the Winter/Spring edition of the Lifespan Learning Guide.
- ♥ Thank you so much to **Anita Maclean** and **Ria Heynen** for organizing nine excellent evenings about the Israeli/Palestine conflict. It is wonderful to host and participate in such informative sessions at our church.
- ♥ A big thank you to **Jan Andrews**, **Alastaire Henderson** and the rest of the Spire Team for all the interesting and beautiful issues of The Parkway Spire.
- ♥ And special thanks to **Maury Prevost** for his great leadership in his first year as President.

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



The Caring Network Executive honoured retiring members Christine Deane and Lyn Gerley at a recent "thank-you" lunch.

CUC ACM 2015 Host Committee Update

The Victoria Day long weekend will soon be upon us, and hopefully by then the snow will be gone and the tulips will be in full bloom!

On that weekend, May 15-17, the CUC Annual Conference and Meeting (CUC ACM) will be held right here in Ottawa, at Algonquin College, bringing together Unitarians from across Canada to worship, talk, learn and grow.

The ACM will include workshop streams, multi-generational workshops, spiritual practice sessions, plenary sessions on business matters and social responsibility, worship services, social gatherings and meetings of related groups—all exploring the theme of “Seeking Justice in a Changing Land.” The on-line website at cuc.ca/acm-2015 has all the event details.

As the host congregation, First Unitarian Ottawa has a responsibility to make this conference a memorable event for all participants.

We need billets, volunteers, and lots of our own congregational members—children, youth and adults—to register to make the conference a success.

Accommodation and Billeting

Most out-of-town attendees will stay in the Algonquin Residence, but some will prefer a home-stay experience. Billeting can be very rewarding, affording the opportunity to get to know fellow Unitarians from across Canada.

If you would like to welcome billet(s) into your home, google cuc.ca/acm-2015, and on the General Information pull-down menu, go to “Accommodation”. At the bottom of the page, you will find information on billeting. Click on the Fill out a Form tab and complete the required information. Please note that billeting arrangements are self-regulated.

Register for the conference on-line at cuc.ca/acm-2015 by using the Registration pull-down menu. Be sure to get in on the early bird deadline of March 31 for the best rates. Note: On-line registration closes April 30.

Volunteers are needed in the following areas: on-site hospitality, welcoming and T-shirt sales, registration, accessibility and transportation, child care, Young Fun & Junior Youth, and food prep for the youth conference.

Can you volunteer for a 3-4 hour shift or two? Shift dates and times range from Thursday May 14 to Sunday, May 17, 8 a.m.–8 p.m.

Sign-up sheets are posted on the Host Committee bulletin board outside the office.

Contact Margot Clarke: mmclarke80@gmail.com
See you at the conference!

Marg Lee,
marg.lee@sympatico.ca
Kathy Yach,
cityviewky@rogers.com
Host Committee Co-Chairs



Our Church Library in the Lounge

The Lounge contains our church's self-serve lending library, available to all congregants who wish to use it. A library item can be borrowed for four weeks and can be renewed. The library consists mostly of books, but also contains some other items such as CDs and DVDs. There are diverse categories of material available on such subjects as Unitarian Universalism, various world religions, spirituality, humanism, atheism, the conflicts and rapprochements associated with science and religion, and more. Also in place is a card index of our library materials both by title and by author/editor.

Among our recently acquired items is a book and a set of CDs on the life of Jesus of Nazareth from the Muslim scholar of religions, Reza Aslan. This work is entitled "Zealot: The Life and Times of Jesus of Nazareth".

Our library has, over the years, benefited much from the generosity of congregants who have donated interesting and informative books and other materials. An unintended consequence of this generosity has been that our library shelves have become overly crowded, and we have gradually run out of space. To remedy this situation, a measured and thoughtful cull of material is now underway so as to get our library into a state where all of our library books and other items can fit into our shelf space without congestion. While we certainly do not wish to discourage future donations of worthwhile books and other items, it would be very helpful if such donations could be of limited to, say, no more than two or three thoughtfully chosen items.

~Brian Cowan, Library Volunteer

Unitarian Seniors' Program

Note: *The Seniors' Program has changed to an early-afternoon format.*

March

Elisabeth Morrison and Sam Cleman will present a selection of music for piano and flute. Ellen Bell will lead the worship service.

When: Tuesday, March 31

Service: 1:00 p.m.

Program: 1:30 p.m.

Dessert/light snack, Coffee, tea (\$3 or pay what you can): 2:30 p.m.

Where: Worship/Fellowship Hall.

RSVP (if you are not on the phone list): Maureen Sly, 613-728-7610 or mmsly@rogers.com by Sat. March 28.

April

Angela Beale will speak about how beads have changed the world. Joe Connor will lead the worship service.

When: Wednesday, April 29

Service: 1:00 p.m.

Program: 1:30 p.m.

Dessert/light snack, Coffee, tea (\$3 or pay what you can): 2:30 p.m.

Where: Worship/Fellowship Hall.

RSVP (if you are not on the phone list): Maureen Sly, 613-728-7610 or mmsly@rogers.com by Sun. April 26.

Note: *Earphones available in Worship and Fellowship Halls. Service and program can be recorded on a CD (cost \$5) or be available on the Internet (free).*

Gentle Yoga: An Embodied Spiritual Practice

Teens, adults, and seniors! Men and women! Students at all levels of experience! We invite you to join us for a weekly morning or evening gentle practice of yoga on the mat. Support health, vitality, strength, flexibility, and mind-body awareness in a warm and welcoming environment where we are all lifelong learners. Register for a full session or drop in at either time as your schedule allows. Our spring session begins the week of April 6.

Tuesdays with Susan McEwen

7-8:30 p.m., \$15 to drop in/\$120 for 10 weeks

Fridays with Linda Percy

10:15-11:15 a.m., \$12 to drop in/\$100 for 10 weeks



Lin Evans, Susan McEwen, Heather Black

Announcements

The **Friday Reading for Growth** Group will meet in the Lounge at 1:30 p.m. on March 27 to discuss “The Memoir Chalet” by Tony Judt.



On April 24, our subject will be Gertrude Bell, so we plan to each choose something by or about this interesting and accomplished woman. You can learn lots about her on the Internet too. Newcomers are welcome.

For information, contact Margot Clarke, 613-820-6596 mmclarke80@gmail.com.

River Parkway Children's Centre AGM will be held on Thursday April 9, at 40 Cleary Avenue. 2015 memberships in RPCC are available at \$5 at the Centre on weekdays, and at First Unitarian Congregation on late-March Sundays.

Tulipathon 2015

For the 6th year, our Congregation will join the Multifaith Housing Initiative (MHI) Tulipathon. Supported by faith groups across Ottawa, MHI is focused on providing safe, well-maintained, affordable rental housing with support for individuals and families who are homeless or at risk of homelessness.

A big fundraiser each year is the Tulipathon, a walk-a-thon to promote MHI's work and awareness of the affordable housing crisis. This year's walk on Sunday May 3, begins at about 2.30 p.m. Watch the weekly *e-UU* bulletin or the Sunday *Communiqué* for final details.

2015 is very special and exciting year for MHI. A funding award for an “Action Ottawa Project”, means that MHI can “build a safe, affordable community embedded with Multifaith Housing's values”. This project, in Barrhaven, will become its largest so far: 98 units, built in two phases. Of course, this enormous challenge needs community engagement, including financial support. The

Poverty Awareness Working Group (PAWG) urges you to participate in the Tulipathon fundraiser, as many have done in past years.

On April Sundays, you will find pledge forms and details at the Social Responsibility table in Fellowship Hall. PAWG is working with Religious Education (RE) as well, so it will be a real inter-generational event for our congregation. As in previous years, the Social Responsibility Council will support the walk by contributing \$25 for every UU member who walks. It will also add a further 10% of total UU pledges. Last year we raised over \$2,300 in walkers' pledges and with the SRC contribution, First Unitarian Ottawa's total was almost \$3,000. Can we do even better this year?

Also, all are invited to attend the MHI Annual General Meeting, on Sunday March 22, at 2.30 p.m., in Fellowship Hall. Information: [Ria Heynen, r-j.heynen@bell.net](mailto:r-j.heynen@bell.net), 613-828-8468.



Gay Richardson welcoming a crowd of walkers for the Tulipathon

Photo from: [Multi-faith Housing Initiative](http://www.multifaithhousinginitiative.org)

Social Responsibility Council

Report from a former UU-United Nations Office (UU-UNO) Intern

My name is **Nicolaas Smith**. I grew up at First Ottawa and last summer received a grant sponsored by the congregation. This generous gift enabled me to intern at the UU-UNO in New York, as well as to pilot a UU College of Social Justice project in Ghana, where I collaborated with teachers of a school in the UU-UNO's "Every Child is Our Child" program.

Never had the beardless, 16-year-old me thought that attending the UU-UNO spring seminar in New York would have led to living in New York and becoming involved with the professionalism and bureaucracy of the UN; to living in Ghana while developing a culturally-contextualized OWL program for students impacted by poverty and HIV/AIDS; or to where I am now - an apartment in Helsinki with my current partner whom I met at a UU-UNO panel on contemporary Women's Issues. True appreciation of opportunity is realized through retrospection, and I attribute this path to becoming to the sum of my (formative) UU parts: the years of RE, Youth Group, countless OWL weekends, and of course the transformative expeditions to the UU-UNO headquarters in New York.

Implementing a project in Ghana required an innovative approach to problem solving, and an ability to cope with unforeseen roadblocks typical of a pilot project. I was forced out of my comfort zone like never before, and the experience redefined my sense of what kind of person I am (evidently a person who is powerfully allergic to a certain type of yams indigenous to the area). By collaboratively working with educators in Odumase Krobo, we were able to deliver a youth empowerment/OWL curriculum designed to address many taboo issues facing young people in the community. Between working with the local teachers and students, riding around the countryside on the back of my friend's motorcycle, bathing with a bucket for two months, and meditating under the occasional waterfall, this experience provided a rare insight that I not only cherish, but feel will guide my decision-making through a pivotal time in my life as I finish up my undergrad.

I extend my gratitude for sending me on a path of adventures and growth.

Cheers,

~*Nicolaas Smith*

Yasmin Strautins, who interned at the UU-UNO in New York to April 2014, spent the second half of 2014 studying in Paris, where she advanced her human rights studies. Yasmin has now returned to Canada and is planning next steps for her graduate studies in the area of Indigenous studies. Yasmin has joined the planning committee for this year's UU-UNO seminar (to be held April 9 to 11), which will focus on domestic criminal justice. Given Yasmin's great contributions to the success of the 2014 seminar, event organizers and participants will benefit from her knowledge and organizing skills. See you in New York!

Congregational Focus Update

The Social Responsibility Council received two proposals for a congregational focus 2015-2017 by the February 19 deadline.

1. One proposal was developed by the Environmental Working Group, with the focus theme of Seeds & Soil for a Changing Climate

Goals: to enhance food security; and to adapt to climate change by supporting diverse gardening/farming practices, and the saving and sharing of locally adapted seeds. The local organizational partner would be USC Canada.

2. The other proposal was developed by the Global Justice and Poverty Awareness Working Groups, with a goal to inform members of the congregation, young and not so young, and members of the general public, about major issues related to the well-being of Aboriginal People in Canada. Local organization partners could include the Minwaashin Shelter, the Odawa Centre, Wabano Centre, and Inuit Tungasuvvingat Community Centre.

Each proposal will be presented during a Sunday service in March, and one will be chosen as our new congregational focus at the April 26 AGM. In the meantime, you can read them in full by clicking on a link on our website,

<http://www.firstunitarianottawa.ca/2015-17-congregational-focus.html>.

Social Responsibility Announcements

Fair trade, organic La Siembra chocolate and coffee products are for sale after the Sunday services of March 15 and April 19 in Fellowship Hall. We also sell Zatoun Xtra Virgin olive oil, soap and za'atar from Palestine. These fair trade co-ops work with small farmers, with the aim of keeping the money within their communities. All products are organic, and the coffee and cocoa beans shade grown. Brought to you by the Global Justice Working Group.



Coffee Fundraiser: Child Haven International Working Group invites you to a coffee house fundraiser in conjunction with the Youth Group.

When: Saturday, May 23

Where: Fellowship Hall, 7 p.m.

Interested in performing or just helping out?

Contact: Dave or Karen at:

kadaluck@sympatico.ca



Ottawa's 30th Annual Child Haven International Fundraising Dinner & Silent Auction.

This benefit supports Child Haven homes in India, Bangladesh, Nepal, and Tibet in China.

When: Friday, April 17

Doors open at 6:00 p.m.

Where: Tudor Hall, 3750 North Bowesville Road, Ottawa

All friends of Child Haven are invited to attend. As well, there may be some opportunities to help out with the event.

Please contact: Valerie Dougherty at 613-727-5756 for reservations or information.

<http://childhaven.ca/>

World Federalist Movement Matters for International Peace, Equity and Justice

In the 21st century, the world needs a better way to make collective decisions so the needs and desires of the whole human family, not just some powerful nations or economic interests, are considered. World Federalism offers such an approach and is a way to fulfil the sixth Unitarian Universalist principle: the goal of world community with peace, liberty and justice for all.



Led by Fergus Watt, Executive Director of World Federalist Movement-Canada. Everyone is welcome. Followed by light refreshments. Donations to the First Unitarian Congregation would be appreciated.

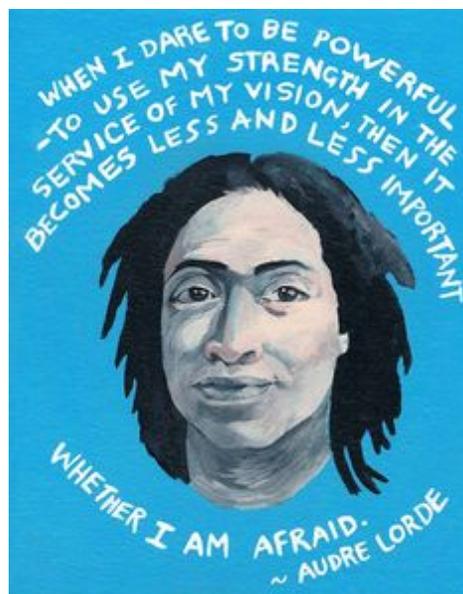
When: Tuesday, April 14, 2015, 7:30pm

Where: First Unitarian Congregation

Registration: In book outside Lounge, or at adultlearning@firstunitarianottawa

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

Happy International Women's Day
March 8th





First Unitarian Congregation of Ottawa

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Next deadline for submissions: April 18, 2015

Subscriptions

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

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