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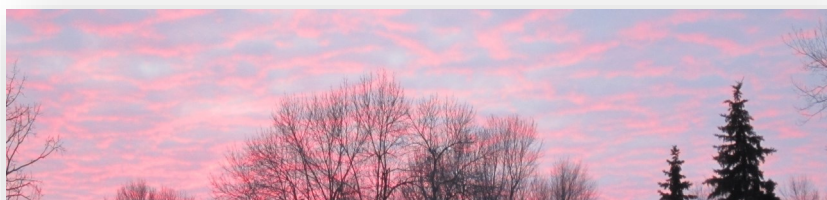
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Deadline for next Spire submissions:
May 15, 2022



In Memoriam

- Charles Lanktree**, husband of Ruth ~ died 28 November 2021
- Sharon Reeves**, wife of Tony Turner, mother of Andrea
~ died 21 December 2021
- Richard Andrew Patten**, husband of Penny ~ died 30 December 2021
- Eric Inch**, husband of the late Doris Estelle ~ died 16 January 2022
- Robert (Bob) Neville**, husband of Marie ~ died 28 January 2022
- Caroline Balderston-Parry**, former Director of Religious Exploration at First Unitarian Ottawa; a Quaker 'Friend' ~ died 11 February 2022
- Mabel Ong**, mother of David (in China), and grandmother of Clara
~ died 8 February 2022
- Stephen Kassner**, husband of Lucia, father of Chris and Julia, son of the late Trudy and Max Kassner ~ died 12 February 2022



Caring Contacts

"We respond to your phone calls and emails when you wish to alert us to a need or concern, or when you want to celebrate a joy"

March

Agnes Davis
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Facing Windows

~ Rev. Eric Meter



"It's been a long time since I've been on a stage in London. It was about 14 or 15 years ago. I was 60, just a kid with a crazy dream.

Since then, I've taken a lot of Prozac, Wellbutrin, Ritalin. I've also studied deeply in philosophy and religion, but cheerfulness keeps breaking through."

Leonard Cohen, introducing his song, Ain't No Cure for Love from Leonard Cohen: Live in London, 2009

What is the saying, or curse, widely attributed to ancient China, "May you live in interesting times"?

Well, we have that in spades right now, don't we?

This newsletter is being compiled during a time when even more than usual is in flux: the so-called Freedom Convoy protest or occupation in downtown Ottawa and the subsequent political turmoil and civic unrest; the unpredictability of Covid-19 and its Omicron variant. Hospital admissions for Covid are declining. Infectious disease precautions are being relaxed. Will this mark the end of the hold this disease has had on all of us over the last two years or simply one more short-lived breather before another wave appears? We can't know for sure

just yet. To add to all this we are actively considering plans to further develop our campus in the most fundamental way since 30 Cleary was originally built.

I don't think this is hyperbole. At times like this, with so much changing, anxieties almost always rise seemingly of their own accord. These are times to take deep breaths, make sure our oxygen masks are within reach, and give others the gift of assuming good intentions.

The child care center at a former congregation I served had a slogan written prominently on a hallway sign: *"In times of challenge, increase communication"*. While it took me three years to notice the sign (yeah, I'm quick on the take), I have taken that message to heart, and it has always proved both wise and worthwhile.

I'm heartened that so many of you have reached out to members of the Board and Campus Planning Committee. What I'm hearing from the committee matches what I've been hearing from those who have been in touch with me directly: deep interest and a wide variety of specific hopes, ideas and concerns.

In the first congregation I was called to pastor, the norm was to poll the congregation during the

pledge campaign. The findings were always interesting, with roughly a third of the members wanting to go left, another third wanting to go right and the final third wanting to go directly forward. But until we wised up, we never shared those results widely.

So, while this newsletter column is not the place to go into this sort of detail, I want you to know that other community leaders and I welcome your considered ideas and feedback, and will be transparent in letting you know what we've heard from you.

In the coming weeks, let's speak our truth and hopes openly as we listen to others doing the same.

We're growing, and while there will be what my mother called growing pains, it is worth noticing and celebrating that we are growing. Maybe not yet in the number of members, but we're reaching out, planning to build. It will take time. All will not go as smoothly as we hope. And sometimes when we reach out to achieve something new the effort required can hurt. But our reach will be expanded. And that, more than the specific steps along the way, is where I hope we keep our focus.

Hmmm, a new phrase comes to mind: *faith community yoga*. Let's practice together.

I've never been to London, England. But when I saw Leonard Cohen on his last tour, he offered very much the same intro to his song as he had when his concert was recorded across the pond, *cheerfulness keeps breaking through*.

May it be for us as well.

In shared faith,

~ Rev. Eric



Religious Exploration ~ Neo Yaxley



Religious Exploration (RE) activities have been continuing throughout the winter months as we brave the cold and conduct our sessions outdoors. The RE kids never seem to feel the cold and we all feel better after time spent together outside. Please do check the weekly eUU for RE activities that are happening each Sunday.

We anticipate we will once again be offering the Our Whole Lives (OWL) program in the spring and fall. If you have a child or youth in your life who might like to participate, please email me to express your interest.

~ submitted by Neo Yaxley

dre@firstunitarianottawa.ca



Musical Interludes ~ Jenn Berntson



Obviously, the pandemic keeps things interesting for everyone! Having to move back online hasn't been ideal, however there have still been great things.

We've had the opportunity to hear from many musicians in our congregation; thanks to everyone who has sung hymns or provided music during services in the past couple of months. I enjoyed getting to see some of the special traditions of First Unitarian around the holidays, and hosting holiday singalongs. It's been wonderful to have the choir appearing virtually in services again, and we have welcomed new members to all three groups. And with the occupation downtown, the wave of Omicron, and the other challenges people are facing, it's been inspiring to see how this congregation supports and cares for its members.

While it's been sad not to see people in person, I wanted to thank everyone who has been a part of making the Zoom services such a success. A lovely part of the experience has been receiving kind messages and feedback from people in real time during the service! And it has been great to be able to see unmasked faces – as a new staff member, I've never seen most of you without masks before.

As always, my gratitude to the choristers for your dedication, flexibility, patience, and good humour (the latter two being particularly essential to online rehearsals!).

If you're interested in joining any of our choirs OR in providing special music for a Sunday service – singing or other instruments – please reach out to me. Feel free to suggest a particular piece you would like to do, and I will look for an opportunity to program it!

With song,

Jenn

music@firstunitarianottawa.ca



Meet a Member: Bob Armstrong



Q: Who in our congregation once owned and managed four fabric stores in Manitoba?

A: Bob Armstrong.

This was just one of Bob's many roles while living and working in five Canadian provinces and two other countries.

Bob spent his early years in Nova Scotia, leaving at the age of 16 to attend military colleges in Saint-Jean-sur-Richelieu, Quebec and Kingston, Ontario. After graduation with a Civil Engineering degree, he served a total of 32 years in the Canadian Armed Forces, 13 of them on active duty in Germany, Gagetown, Halifax, and Shilo. The last 19 years were spent in the Reserves while living in Brandon, Winnipeg, and Montreal.

At Brandon University he studied Computer Science and Psychology.

The former led to a second career focused on Software Quality Assurance, working for Sperry, Calian, Cognos, and DMR/Fujitsu. He first came to Ottawa in 1988 to work for Calian. Before retiring in 2004, Bob and his wife Tarrel lived in Warwickshire, England, with Bob commuting to London for the last four years of his seven year assignment with DMR.

Raised Baptist, during college Bob became Catholic. When looking for a church in Ottawa, Bob & Tarrel found FirstU (they don't recall exactly how), were impressed, and became members in 1996. Apparently FirstU had no record of them (except in the 1998 photo directory) when they returned in 2004-2005, but happily they have been with us ever since.

At FirstU Bob has been a very active volunteer including serving as a Lay Chaplain for six years, which he describes as one of the most inspiring roles in his life. He continues to chair our Lay Chaplaincy Committee and now serves on the CUC national committee.

Other roles and accomplishments at FirstU include initiating the "Getting Connected" brochure, serving a two-year term on the Board, chairing Stewardship (six years), organizing the Time & Talent Auction (five years), chairing four Interim Minister selection committees, coordinating the Fall Fair finance group (five years), organizing summer services for the last five plus years (ongoing), and serving as an office volunteer for almost one year before the pandemic started.

Bob continues to help the office with the member database and an upcoming new online photo directory.

Bob's hope is that FirstU will start to grow again. He sees the glass as already half full, for example with the LRT coming to our doorstep soon, but would like to see us doing a lot more to actively promote ourselves in the community.

~ submitted by Maury Prevost



Thanks, Merci, Miigwetch



This is to acknowledge the members of **FirstU's Men's Breakfast Group** for their reach out to the women of Unitarian House. In December, on arriving for an evening shift at the reception desk of your neighbouring Unitarian House, I found a magnificent bouquet of white roses greeting our visitors. A handsome signed card stood beside this vase of roses, and it had the following inscription:

"The Men's Breakfast Group of FirstU present these white roses to all the women of Unitarian House. The MBG has been recognizing the National Day of Commemoration and Action on Violence Against Women for some years through a white rose remembrance of all the women killed at the Ecole Polytechnique on December 6."

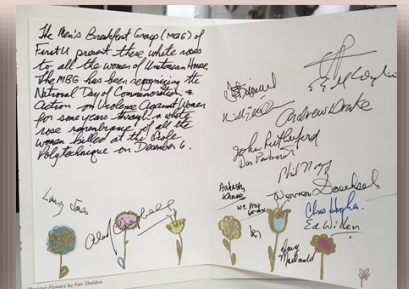
Perhaps this gift of roses is an annual tradition, but it was a first for me as a new resident at Unitarian House. I was moved by the gesture of FirstU's Men's Breakfast Group on the anniversary of a horrific event, one that still feels raw even after 32 years.

My thanks to this group of men!

~ submitted by Louise Schwartz from Unitarian House

Huge appreciation to **Paul McGinnis** for his steadfast and visionary chair and co-chairship of the Mental Health Support and Action Group (MHSAG). Paul led MHSAG for almost 10 years – perhaps a leadership record of time served in social responsibility circles at our congregation. He steered MHSAG through major fund-raising and other projects in support of Ancoura; education opportunities for our congregation through worship services and workshops; with Linda Goonewardene; opening a mutual support sharing period at each MHSAG meeting; and encouraging action group members to shine in promoting awareness of mental illness and mental health. Thank you, Paul!

~ submitted by johnnie gall



Unitarian GoGos: Who We Are



GoGos at 'Party for Africa' fundraiser, 2018

Unitarian GoGos began meeting at First Unitarian 15 years ago in January 2007. Some of us witnessed the powerful meeting of grandmothers from Africa with grandmothers from Canada on TV, arranged by the Stephen Lewis Foundation, that preceded the International HIV/AIDS conference, August 2006, in Toronto. *"We will not rest until they can rest,"* promised the Canadian grandmothers, and they meant it.

Who are the Unitarian GoGos?

GoGos means grandmothers in the Zulu language. For 15 years we have met at First Unitarian. Most of us are members of First Unitarian, some are not. To this day, everyone is welcome to join at any time. We are often identified by our bright turquoise t-shirts. Words on the back of the t-shirts tell how we work: *"In Solidarity with African Grandmothers Easing the Pain of HIV/AIDS through the Stephen Lewis Foundation"*.

Today there are 17 Granny groups in the Ottawa-Gatineau region and 176 groups in Canada. The Stephen Lewis Foundation has provided support, literature, inspiration and opportunities.

Members of the congregation have supported our educational, advocacy and fundraising endeavours. We are known for our fundraising bake sales, annual plant sales, silent auctions, dinners at Biagio's and more.

There are 19 women in our group. Most of us are seniors. Since March 2019 and COVID protocols, we have been meeting most often via Zoom on the third Thursday of the month at 1:30 p.m. We are retired teachers, social workers, child care providers, HR personnel, editors and authors, administrative personnel, and more. Many of us have adult children and grandchildren.

Why do we join and stay?

I asked all of our members to write about why they joined Unitarian GoGos and what has helped them continue as members. Several mentioned that they admired Stephen Lewis and his commitment to work for social justice respecting the integrity of the community organizations in Africa.

The word "enjoy" was used often by our members e.g. *"I enjoy being a GoGo very much."* *"I enjoy fundraising."* *"I enjoy being treasurer."*

Others said:

"Everyone is made to feel welcome."

"It is a lovely group of kind, caring women. Genuinely nice people."

"There is understanding if we have to step back or away for personal reasons."

"Members are supportive of each other. They are willing to share their knowledge and passion for what they do."

"Unitarian GoGos are dedicated and reliable. We enjoy working together."

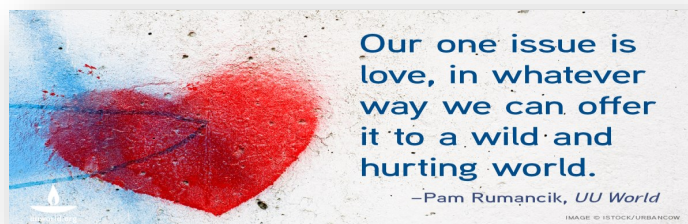
What is our next event?

We are planning to hold our annual Garden Plant Sale Friday May 13th through Sunday May 15th, 2022. We hope to share photos in the June edition of the Spire.

For more information or to learn more about Unitarian GoGos contact us at:

gogos@firstunitarianottawa.ca.

~ submitted by Joan Turner



Social Responsibility Council (SRC) News Environmental Action Group (EAG)

Food Waste Part 2: What You and I Can Do About It

Feeling powerless is an awful place to be. It is the Unitarian way to be powerful by taking action personally where we are aware of harm, not just leaving it to government or someone else. On food waste we really can do this.

At an *Earthspeaks* evening February 23, [The Problem of Food Waste](#), Madison Maguire spoke of the tremendous problem of food waste and the role of [Second Harvest](#) in food rescue. Since 58% of food produced in Canada is wasted and 50% or 2.2 million tons of that is in our homes¹, each of us can also be food rescue activists. This article suggests some ways.

First, two myths busted:

1. It's perfectly safe to refreeze all previously frozen foods²
2. Sell by/best by dates

The test for bad food is smell. Foods that are past these dates are safe to eat but shoppers avoid them so retailers toss them, sometimes before the date, a con which increases turnover for wholesalers. Help by buying them, even looking for them.

In Canada, the foods most wasted are vegetables/salads and fruits³. **Every day** we waste 470,000 heads of lettuce, 1,200,000 tomatoes, 2,400,000 potatoes, 750,000 loaves of bread, 1,225,000 apples, 555,000 bananas, 1,000,000 cups of milk and 450,000 eggs.

Think about what you most often toss and check online for options. My downfall is a nasty bag of goo that was once a lettuce. ["10 Ways to Use Up Lettuce"](#) is surprising, including an Italian Wedding Soup. Freeze vegetables or use in soups. Split with relatives or friends.

Third on the list is leftovers. You will find some really

creative ideas by googling leftover ingredients.

Fourth is bread and baked goods. There are some great ideas online for using bread and muffins – stale or not!

Beware of take-outs. Share one between two or only buy ones that you can finish the next day.

You may be thinking it's ok because you compost. But every time you put edible food in the green bin, think of the electricity, water, chemicals, plastics, labour, gasoline and life of the plant or animal that have gone into bringing that food to your table.

Talk it up. Talk to neighbours and family, especially students. Can they do something about the waste in their campus refectory? Please feel free to copy and send this and the previous article in the December Parkway Spire.

Finishing with a laugh, here is John Oliver on [This Week Tonight](#) on the subject of food waste.

This article is asking you to spend some time and effort. Let's all become Food Rescuers together in the name of our congregational mission of environmental action.

Sources:

¹<https://lovefoodhatewaste.ca/about/food-waste/>

²[U.S. Dept. of Agriculture](#)

³[National Zero Waste Council](#)

~ submitted by Clea Derwent on behalf of the EAG

Drowning in Plastic

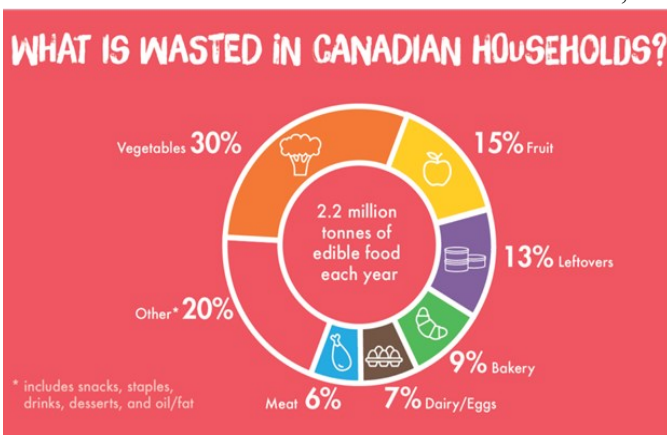


Plastics create environmental concerns throughout their entire lifecycle from production, through use, to waste. They are derived from fossil fuels and emit greenhouse gases not only in their extraction and production, but also in their recycling and disposal. And as the world is moving towards renewable energy and the demand for oil and gas is decreasing, fossil fuel companies have invested heavily in the marketing of new plastics worldwide to provide an end use for their faltering industry.

The proliferation of plastic waste is global, but Canadians are among the highest producers of plastic, and among the top per capita users and creators of its waste in the world. Each year we produce over four million tons of plastic, of which 3.3 million tons is thrown away. Only 9 per cent is recycled. The rest ends up in landfills or in our waterways where it is ingested by and entangles wildlife. Plastics leach toxic materials into water, which are consumed by marine life and passed up the food chain to humans. Eventually all plastics break down into micro bits, which we all eat and breathe in.

This past December, the federal government finally released its draft regulations banning six kinds of single use plastic including straws and stir sticks, six-pack rings, grocery bags, cutlery and difficult to recycle takeout containers, with possible implementation by the end of 2022.

...continued on pg. 7



SRC News: Environmental Action Group *cont...*

...continued from pg. 6

A group of fifty environmental organizations say it's a good first step, but that to meet their "zero plastic waste future by 2030" pledge, a more comprehensive ban is needed and sooner. Water bottles, takeout coffee cups and lids, and plastic films, for example, are not included; technical definitions may allow the banned items to be replaced by sturdier plastic items, which are technically reusable, but likely to be treated as disposable; and the draft only regulates import and sale in Canada.

This means Canadian companies can continue to produce harmful products for export which seems not only short sighted but immoral. The proposed thermal treatment of waste for recycling as a solution is unproven, expensive and polluting.

We cannot recycle our way out of this. Our national government must work to regulate the production of plastics. In addition, Canada must move off the sidelines and join those countries working to support a legally-binding global treaty that addresses the full lifecycle of plastic from production to use to waste.

Change in plastic regulation is essential at the structural level. We can join others in advocating for action from our governments and large commercial enterprises to address plastic use and waste. At a personal level, we can be part of the solution by integrating suggestions in our "**Spring Free from Plastics Challenge**" into our lives.

Please join us!

~ submitted by Donna Bowen-Willer



Photo credit: Daniel Ball, Oceana Canada, Jan 26, 2001

The Environmental Action Group invites you to:

Take the Challenge!

Spring Free from Plastics

The days are getting longer. The air is starting to warm. Slowly spring invades our consciousness. For the next month or so, we toast the arrival of Spring with a challenge to take control of some of the plastic waste which surrounds us. From the Spring Equinox (March 20) to Earth Day (April 22) the Environmental Action Group challenges you to look at the part plastic plays in your life and to seek ways to decrease its role from lead player to bit part. This Spring, make a start and **Spring Free from Plastics**.

As you can see below, we'll have a few days to get ready and motivated, then four weeks of challenges, starting on the Spring Equinox, followed by a "How did you do week?" We will finish up on April 22, Earth Day.

For each of the four challenge weeks, there will be 5 individual challenges to attempt, including a community action. You can keep track of how successful you were, and some of the difficulties you encountered. And record any creative solutions you came up with and wish to share.

Links to Weekly Challenges and Charts will be available each week in the *eUU*, on the Climate Action Page, and on the Facebook pages for *Unitarians for Climaction*, the First Unitarian Congregation of Ottawa and the FirstU Ottawa Community Group. We will make hard copies available for those who request them. At the end of the Challenge, we're hoping that you'll share your experience, particularly your successes, your frustrations and your innovations at our Plastics Windup.

~ submitted by Donna Bowen-Willer

Dates	Challenge
Wed March 16 to Sat March 19	Getting Ready
Sun March 20 to Sat March 26	Week 1 Challenge: Plastic Free Shopping
Sun March 27 to Sat April 2	Week 2 Challenge: Plastic Free Kitchen
Sun April 3 to Sat April 9	Week 3 Challenge: Plastic Free Lifestyle
Sun April 10 to Sat April 16	Week 4 Challenge: Plastic Free Bathroom and Laundry
Sun April 17 to Wed April 22	How did you do?



From the Mental Health Support and Action Group: Remembering Donnell Taylor

How do you invoke the memory of someone – an obituary or a memorial service? Or perhaps it's through a special place and the passion of their creations. This is how I remember Donnell.

Donnell Taylor's art gallery was along the sidewalk in front of Scrim's Florist on Elgin and Somerset. Stroll down Elgin on a summer's eve, and you'd likely see Donnell's smile and his display of paintings. His Ojibwa Cree heritage is richly revealed in his artwork. Creativity is core to Indigenous identity. It's a link to their culture and where healing happens. Donnell's paintings are simple and vivid portrayals of the Creator through his depictions of nature and Indigenous practices.

He struggled with decades of addiction. His recovery was through his artistry. On the generosity of his presence on Elgin, the Ottawa Citizen's Kelly Egan quotes Taylor saying, *"I want to talk with everybody. Not ahead or behind."* In this painting of the Seven Teachings, journalist Damira Davletyarova quotes him saying, *"These are my seven grand-fathers. This is how I try to live my life today: honesty, courage, respect, truth, wisdom, love, humility – this is what I asked for every day."*

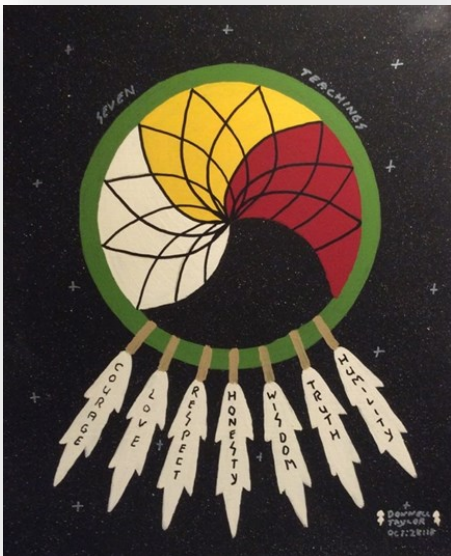


Photo Credit: Damira Davletyarova

Three years ago, the Mental Health Support and Action Group of First Unitarian purchased several of his paintings. We wanted to support Donnell's work and his courageous journey from addiction and his gifts of Being in our community. In turn, we donated the paintings to the Fall Fair for auction sale. In so doing, we honoured Donnell's creations, supported his livelihood, raised money for our congregation, and gave joy to the purchasers at the auction.



I have this painting in my living room. I arise in the morning, stretch my arms, and imagine myself with the wings of a loon, learning to fly into a new day. I remember the afternoon I spent in Donnell's apartment, learning how he started each day by smudging his body and paintings – an expression of gratitude and respect for his gift of creativity.

Dawn Setford, a friend of Donnell, says, "His whole thing was to paint these images, have them resonate with people and teach people about his culture and where he was at in his life. His art reflected exactly who he was, this kind, productive, proud and humble person mixed into one beautiful man."

Donnell Taylor died in 2021. His spirit and legacy continue to inspire many.



The Mental Health Support and Action Group meets monthly on Zoom. We share our caring presence with one another. We initiate and support activities addressing mental health and mental illness issues. You are always welcome to join us. For more information and Zoom link, please contact johnnie gall at: mhsag@firstunitarianottawa.ca

Sources:

<https://ottawacitizen.com/news/local-news/egan-the-whole-street-feeling-the-pain-as-elgins-sidewalk-artist-dies-suddenly>

<https://www.ottawalife.com/author/damira-davletyarova>

~ submitted by johnnie gall

Our Archival System in a Nutshell

Any document in our records with a date earlier than the present is considered an archived document.

My role as archives volunteer began in 2014 when I agreed to organize and catalog our archives with a view to making it easier to find any given archival file. Let's examine where we are now in 2022.

The end of 2021 saw the completion of the task of setting in place four (sometimes overlapping) groupings of archival documents.

These groupings are:

1. General archives
2. Religious Exploration archives
3. Finance/human resources archives (including our policies and bylaws)
4. Archives donated (in 1977, 1987, and 1997) with board approval, to the City of Ottawa Archives Depot (now at 100 Tallwood Drive, Nepean.)

As well, at the end of 2021 four searchable digital catalogs were prepared, one for each of the

above-mentioned groupings. Each catalog listing gives the name of a file, its date, its location, and, on occasion, a short supplementary note. Knowing the location of a document (or where to search for it) makes it easier to find.

Also, with assistance from the Spiritual Care Council, the Caring Network, and others in the congregation, I have been able to put in place an "In Memoriam" digital and searchable database, providing the names, dates of death, and sometimes a little additional information about deceased congregants and friends back to 2006 (and even earlier, in a few cases).

Our digital catalogs and our "In Memoriam" database are backed up on flash-drives, on some of our church computers, and on paper printouts.

To be sure, there is still much to do in terms of fine-tuning and maintaining the system.

A few words about our donations to the City Archives from 1977 through 1997. Photocopies of some (but not all) of what we gave to the city were retained by us. The city received about 18 bankers' boxes of documentation. This material is now owned by the city and we cannot reclaim it. We can, however, visit the City Archives Depot to examine and scan material into our own flash drives. I have visited the depot twice to examine some of our former files and to make scans which I later printed for the church.

Among the reasons we made these donations to the city were to free up space in our building, to enable the archives volunteer to obtain advice from the professional City archivists, as well as to gain access to a quiet, library-like space in which to work. No further donations were made after 1997.

~ respectfully submitted by Brian Cowan, Archives Volunteer

And speaking of Archives...where's Waldo?



Update on Canadian Unitarian Council Activities

On November 27, 2021 delegates to a Special Meeting of the Canadian Unitarian Council (CUC) voted by a wide margin to adopt the following 8th Principle:

"We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote:

...Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions."

Follow-up on the 8th Principle Decision

The path forward was the focus of the national "Sharing Our Faith" Service on February 6th (listen to YouTube recording [here](#)). The third of three Inclusivity Forums presented by the CUC, on the subject of "Welcoming People of All Classes", takes place on April 6th and is open for registration until March 23rd [here](#). Several of our members have registered for the "Widening the Circle of Concern" series in March and April that will equip them to be facilitators of change in our congregation.



And, in January, we started forming an 8th Principle Task Force to organize follow-up in our congregation that will take place in 2022 and 2023. Please email [Carl Sonnen](#) or [Lisa Sharp](#) if you are interested in serving on the Task Force. Stay tuned for more information about FirstU programming on this subject.

CUC May Annual General Meeting

This year's Annual General Meeting of the Canadian Unitarian Council will take place online during the afternoon of Saturday, May 14th. As previously publicized in the *e-UU*, we are looking for members of our congregation who may be interested in serving as voting delegates at the meeting. We are looking for six delegates and two alternates. If you are interested or want to know more, please send an email to: datchair@firstunitarianottawa.ca by March 7th. Prior experience is not necessary; in fact, we hope to find several first-time delegates.

At the time of this submission no special resolutions had been identified for the AGM in May.

How to stay informed and learn more about CUC programs

- Subscribe to the monthly CUC eNews using the link at: <https://cuc.ca/news/communications-publications/>
- Follow the CUC on social media and/or join one or more of the email discussion groups. For more information on these options, go to: <https://cuc.ca/news/communications-publications-social-media-egroups/>
- Check out the CUC website and Events Calendar at: <https://cuc.ca/events-calendar/>

This article has only covered a small subset of CUC programs in the next 2 to 3 months. For example, there are recurring meetings of several groups including people who identify as BIPOC, young adults (en français aussi), youth and their adult leaders, and people who study spiritual topics in small groups.

~ submitted by Maury Prevost,
Chair, Denominational Affairs Team

Published quarterly, **The Parkway Spire** welcomes unformatted articles (**maximum 450 words please**) along with photos* (high resolution jpg format is preferred) 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. Next submission deadline: **May 15, 2022**.



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Phil Nagy: Treasurer

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Lay Chaplains

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