



First Unitarian Congregation of Ottawa

# The Parkway Spire

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## Gray Areas: Reflections from the Intern

I love beginnings: the blank page, the new book, meeting someone for the first time, starting a new internship. Each beginning is full of possibilities.

I'm excited and honoured that I will be sharing the beginning of this new church year with you. Each year brings new events, new members, new friends, new ideas, new joys and sometimes new sorrows. And these beginnings also speak to everything that has come before.

We would not be where we are this year without last year and the year before.

Since this September marks the beginning of our year together, I will tell you a little about myself. I grew up in Topeka, Kansas, and

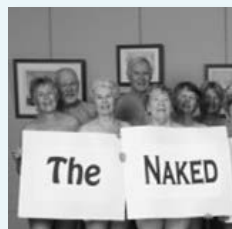
lived in Kansas until attending seminary in 2009. I graduated from Andover Newton Theological School (in Newton, Massachusetts) in May of 2012. I completed an internship in Napa, California, last year with a small congregation.

I discovered this faith in 2006 when I attended a sermon on racism. I felt at home in Unitarian Universalism on that day. It was the minister's words and it was also the congregation. The more I learned about this faith the more I fell in love until I attended General Assembly in 2008. It was here that I realized ministry was where I belonged. I love this faith and I love Unitarian Universalists.

I'm honoured to be able to spend this year with all of you. I look forward to getting to know all of you.

*~Jenn Gray*

*Do you recognize any of these people?*



*Turn the page to see the whole story...*



## The House Next Door

In the (Unitarian) House Next Door, residents are baring and sharing it all to raise awareness of a growing crisis—and to present a solution. A risqué 2014 calendar, *The Naked Truth*, artfully portrays a lively group of semi-clad seniors, many known to you, as a fundraiser. It is part of a resident-led strategy to engage support for our unique housing model.

The *naked truth* is that seniors who, decades ago, planned to be able to sustain themselves well

into their senior years are living longer and running out of money! Proceeds for the calendar will go to support efforts to keep these residents in their home.

*The Naked Truth* sells for \$15 and is at the front desk at Unitarian House and at many Westboro merchants.

Do be sure to check our website at [www.unitarianhouse.ca](http://www.unitarianhouse.ca). And watch for November's newsletter, *About Us*.



## Caring Committee

### Caring Contacts:

#### September

Alexandra Devine  
613-224-5695,  
[devineaj@sympatico.ca](mailto:devineaj@sympatico.ca)  
Joan Tutton 613-721-0190

#### October

Angela Beale 613-233-5420  
Helene Lamb 613-829-7151,  
[heleneclamb@sympatico.ca](mailto:heleneclamb@sympatico.ca)

## In Memoriam

*Donald Misener*-- Died

July 13, 2013

*Brooks Coll*-- Died

August 6, 2013

*Mac Buchanan* -- Died

August 28, 2013

## ClimateFast: September 21 to October 2

Are you concerned about climate change? Would you like to see our leaders take strong action to stop promoting oil, coal, gas, and nuclear and start planning a transition to a renewable energy economy? Can you help make that happen?

Canadian Unitarians for Social Justice (CUSJ) are working with ClimateFast 2013 to promote action on climate change. We invite you to join us. You may choose to go without food or undertake a carbon fast (e.g. car transport, electronic gadgets, TV)

that will help you concentrate your attention on needed action. Use this time to take action by writing letters to politicians and media. Talk to your friends. Hold a Sunday service or a pot luck event, discussion, or vigil. Reflect on what you can do to contribute to the solutions in your own life.

Find more ideas at:  
<http://cusj.org/actions/> or  
<http://www.climatefast.ca>.

Join us on Parliament Hill on October 2, at 7 p.m., or hold your own vigil in solidarity with us, wherever you are.

When we talked with politicians on Parliament Hill last year, they told us that this file is not a priority because Canadians are not asking for it. Let's change that. Let's make transforming our economy a top priority on the public agenda by 2015.

In faith together,  
Rev. **Frances Deverell**  
CUSJ President

# Capital Ideas!



## “If not now, when?”

Rabbi Hillel the Elder, a revered wise soul from ancient Judaism, once asked three questions: “If we are not for ourselves, who will be for us? If we are only for ourselves, what are we? If not now, when?”

conservative, homophobic, and a cause of division in society. We may enjoy telling each other we are none of these things, but unless we can get the message out to others it doesn’t make much difference.

*If we are not for ourselves, who will be for us? If we are only for ourselves, what are we? If not now, when?  
Rabbi Hillel the Elder*

The questions echo down the centuries

and call me to deeper questions: What of the pending invasion of Syria? And what of our response? How can we best prepare for the next century, and what am I going to say next Sunday?

Moreover, as Toronto Unitarian minister Shawn Newton recently pointed out, much of what we take pride in offering is not so much freedom *of* religion as freedom *from* religion. The young None’s don’t need freedom from religion; they have lots of that already. Those who are interested in faith communities—and there are many—are seeking structure and fellowship and ways to think about the age-old religious conundrums: Is there a point to my life? How can we form a better community? Is it possible to prepare for a good death?

The census released by our federal government last spring, even in its shortened form, was enough to alert any who have not already got the message that the landscape of organized faith communities is changing. If the Anglican Church of Canada continues to lose people at its present rate, there will not be a single member left after the next decade. That will not happen of course, but it is also true that the Anglican Church of Canada will have a very different role in the future of our country than it has in the past. On the rise are non-Christian, non-European faith traditions. Rising at an even greater rate are the “None’s”—the ones who state no religious affiliation.

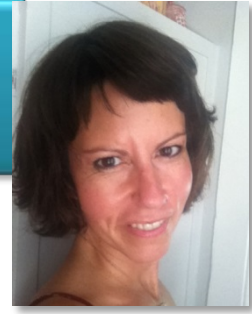
Fortunately for us, the authentic religious life does not call us to defend the status quo, but to trust the dawning future. I believe we have much to offer. I look forward to working with you in the next year to build together the beloved community, and to let our collective voice be heard.

Studies show that most of the under 30 None’s regard organized religion as politically

~ John Marsh



# Religious Exploration – Sharing a moment with Susan



## Our Lifespan Learning Theme for 2013-14: Everyone at the Table

*“The shared meal is no small thing. It is a foundation of family life, the place where our children learn the art of conversation and acquire the habits of civilization: sharing, listening, taking turns, navigating differences, arguing without offending.”*

~Michael Pollan



In the spirit of exploring inclusiveness in our diversity, challenging assumptions that subvert a wholehearted welcome, cultivating the creation of safe spaces for all, and celebrating the richness of recognizing the unique presence and perspective of each person, we have chosen “Everyone at the Table” as our theme in Lifespan Learning this year.

In Children’s Religious Exploration (RE), our fall activities begin on our own doorstep, with a unit on “Community: Getting to Know Our UU Faith Home.” Implicit in our activities are concepts of inclusion in the midst of diversity as we create opportunities for people of different ages to connect and learn together and as we reflect on diversity within our own community and the common principles and shared covenants that hold us together.

Leading up to our December Mitten Tree Service, children will choose from cooking, yoga/creative

movement, and music as pathways to learning about world religions in the context of “Celebrations of Light.” We look forward to sharing our discoveries with you around the Mitten Tree.

Our January thematic unit, “Everyone at the Table,” will focus directly on diversity and inclusion, beginning with exploration of self and then considering different abilities, race and ethnicity, gender and sexual orientation, and socioeconomics. Running concurrently will be the annual multigenerational Mystery Pals program, in which we will play with the “table” metaphor by matching our pairs with a variety of foods and inviting participants to bring dishes to share at our Discovery Breakfast. We hope our Sunday morning explorations will bring everyone to the table in myriad ways.

Again this year, members of our Youth Group will travel to New York City for the Unitarian Universalist United Nations Office Spring Seminar. Always an opportunity to widen our circle of understanding and community, the seminar presents an annual topic that assembles diverse voices at the table. The 2014 gathering will honour the rights of Indigenous peoples.

Expanding on our work with creating safer spaces, the Adult Learning Committee is enthusiastic about our October 5 workshop, “Building our Facilitator Community,” a day-long guided exploration and shared wisdom session geared to experienced and prospective facilitators in adult learning and small group ministry. See our Lifespan Learning Guide for the whole range of offerings that invite you to the table this fall!

*continued on page 5...*

# Sharing a moment with Susan

*...continued from page 4*

Given our congregation's partnership with the Multi-faith Housing Initiative in the next two years, we are blessed with an abundance of opportunities to encounter diversity with generosity and willingness to learn and consider the meaning of "home."

We see the table as an apt analogy for gathering together just as we are, for bringing what we have and sharing it, for making room and pulling up a chair for everyone to join in the conversation. Please join us at special events and workshops, visit our bulletin boards, and participate in multigenerational programs as we lift up our UU principles of respecting all people, offering fair and kind treatment to all, ensuring everyone has a voice, and learning throughout our lives.

Please visit our recently transformed and updated website at [www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca) or contact Susan McEwen at [dll@firstunitarianottawa.ca](mailto:dll@firstunitarianottawa.ca),

613-725-1066, ext. 234 for more details.

*Blessings*  
~ Susan



*Coming Soon...*

The Spire will have a new page called:

**Mystery and Wonder**

Children and Youth are warmly invited to share your pictures, photos, stories, poems, songs, news, etc. with the members of our faith community. The next submission deadline is October 23<sup>rd</sup>, so please send your contributions before then to [publications@firstunitarianottawa.ca](mailto:publications@firstunitarianottawa.ca)

# MUSICOPHILIA

~ Jacob Caines, Music director



Welcome back, everyone, to the different music programs at First Unitarian. I hope you had a restful and joyful summer, and I can't wait to start making music with the congregation again. This year we have some exciting new programs that we are offering on Sunday mornings before the service. Join us from 9:30-10:00 a.m. in Worship Hall. Each option is designed to be attended by people of any age and musical experience level.

**September 15–October 27:** Movement and Music. Each Sunday morning, any person, no matter the age or musical experience, is invited to join in and see how movement can be an integral part of how music works and how we feel it. Based on the idea of body eurhythmics and the teachings of Dalcroze, these Sundays will feature fun games that get people moving, having fun, and listening to some great music.

**November 10–December 22:** A chance for people to drop in and sing Holiday Carols. Some of these will be “sing-a-long” style, and others will have parts to learn. We will take our learned carols to a number of places across the city closer to Christmas so we can sing them in public and spread some holiday cheer!



**January 12–March 2:** Drumming and Rhythm mornings. Anyone interested can come learn a few simple drum patterns and drum with a group.

Each week we'll discuss a new technique or pattern from a different culture or part of the world. We will be looking for drums, so if you have one, please send an email to [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca). The hard work of the group will be featured in at least one Sunday morning service.

**March 23–May 18:** World Music Through Folk Songs. Each week will be focused on a new country, culture, language, or tradition. There will be one or two traditional folk songs to be learned each week and we will perform a selection of them at two Sunday morning services.

In addition to Sunday morning music, we will continue our normal choir schedule. The Chalice Choir meets Thursdays, 7:30-9:30 p.m. in Worship Hall. We love new faces and voices. Please feel free to talk to me about joining this choir at any time.

Finally, I'd like to tell you about two upcoming concerts. The first will be on Saturday, October 12 at 7:30 p.m., and will feature First Unitarian's choirs along with two acclaimed vocalists, Soprano Isabelle LaCroix, and Mezzo-soprano Megan Johnson. This concert will highlight these stunning solo voices, as well as the choir singing as an “opera chorus” with the soloists. Come hear works by Betinis, Mozart, Humperdinck, Brahms, and more. The second will be the annual Holiday Concert, December 14 at 7:30 p.m. in Worship Hall. Come hear your favourite carols as well as several new songs I'm sure you will love.

~ Jacob

## Fall Worship Services

### September 22

10:30 a.m. & 5 p.m. **“Brave New Ancient World Part I”** *Guest Speaker:* Rabbi Liz Bolton of the Or Haneshemah Congregation

For some years now, the Or Haneshemah Congregation has held its High Holy Days celebrations in our sanctuary. This fall their congregants are taking a bold step into their future by making the move from being a lay-led congregation to extending a call to a rabbi, and moving their regular Shabbat services from the Friends’ Meeting House in the Glebe to our building. We are pleased to welcome Rabbi Liz Bolton as guest speaker at our services this Sunday. The reception following the service will be hosted by our GoGo Grannies, who support the work of the Stephen Lewis Foundation.

### September 29

10:30 a.m. **“Brave New Ancient World Part II”** *Guest Speaker:* Rev. Fred Demaray  
Fred Demaray is a Baptist Minister and a long-time supporter of the Multi-faith Housing Initiative.

**Note:** There will be no 5 p.m. service at First Unitarian on September 29. However, there will be a 4 p.m. service at 400 McArthur Avenue to celebrate the Unitarian Universalist Fellowship of Ottawa’s dedication of its new building. Rev. Fred Cappuccino will deliver the sermon, “The Burning Bush.”

### October 6

10:30 a.m. **“Brave New Ancient World Part III”** *Guest Speaker:* Shala Kahn Salter, Muslims for Progressive Values Ottawa

The third speaker in our series of reflections on beginnings and futures is a leader from a new movement within Islam that recognizes full equality for gay, lesbian, and transgender peoples.



5 p.m. **“Blessing of the Animals”** in the NOW Room

Everyone is invited to bring any animal that can share space with humans and other animals for an hour to this service. You might also choose to bring a picture of an animal that is important to you—whether that animal is left at home, or that picture is simply part of a memory of love. We will talk about how animals bless our lives, and the importance of our providing blessings to the animals in our lives.

### October 13

10:30 a.m. **“Thanksgiving Service for All Ages”**

5 p.m. **“Thanksgiving Potluck of Poetry, Stories and Great Food”**

You are invited to bring a poem or short story to share and also a dish of food. We’ll meet in Fellowship Hall. It would be helpful to let Jenn Gray know in advance if you are planning to attend, at [intern@firstunitarianottawa.ca](mailto:intern@firstunitarianottawa.ca) All are Welcome!

### October 20

10:30 a.m. & 5 p.m. **“If not now, when?”**  
*Speaker:* John Marsh

### October 27

10:30 a.m. **“Halloween”** *Speaker:* Jenn Gray  
Halloween means different things to different people. Many of our children choose to dress up in costumes, to play a particular role for the night. How often do we do that in our lives? Is there power in putting on different costumes, or do we lose something in not honouring ourselves?

5 p.m. **“Covenant with the Ancestors”**  
*Speaker:* Jenn Gray

Samhain is a holiday that honours those who have gone before. Join Jenn, our intern minister, as we explore what we might owe those whose lives led to ours. Do we have a covenant with our ancestors?

### November 6

**“The Irony of the Peace Exhibit at the War Museum”** *Speaker:* John Marsh

It’s worse than you think.



# Holly and Lace Bazaar (aka Fall Fair)



## How can you help?



### When?

**Saturday November 16** – mark your calendars

**What is it?** A congregational happening involving the entire congregation past and present where you are guaranteed to make a new friend, renew old acquaintances, and take pleasure in a job well done at the end of the fair. This is the biggest church bazaar in town (as far as we know) due entirely to our enthusiastic volunteer base.

It's also a valuable opportunity to acquire needed items and gift items or to de-clutter.

**Why?** We have fun working together to support both our congregation (financially) and Ottawa community services (with our high-quality remainders)

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

**Contact: Ellen Smith**, Volunteer Coordinator, at [kirkmanhouse@bellnet.ca](mailto:kirkmanhouse@bellnet.ca) or 613-623-5890.

### *In September:*

- Make extra preserves (Mason jars sealed please) such as jams, pickles, sauces; more details needed? Contact: **Prue Craib** [craibhill@rogers.com](mailto:craibhill@rogers.com)
- Save stamps and coins; sort through your jewellery ( we accept items that can be cleaned and repaired)
- Bring your jewellery, stamps and coins to the office
- Find and organize treasures you can part with (and encourage your friends and neighbours to contribute); items sold at the Silent Auction receive charitable donation receipts for tax purposes
- Offer storage space
- Volunteer to organize a booth, help organize site plans
- Save your plastic bags; always in need to package purchases.



### *In October:*

- Sign up for a job during the week of the fair – food preparation (at home), moving furniture, first aid, organizing, selling, counting money, clean up, transportation, parking, shuttle service, driving
- Sort and pack up those treasures you are going to donate.

***In November:*** so many ways to help – details to follow! The greatest need at this time is for a co-director of the fair, to work alongside the director. Also needed are co-conveners for Large Items (outdoor booth) and shuttle service.

**Contact: Margaret Linton**  
[fallfair@firstunitarianottawa.ca](mailto:fallfair@firstunitarianottawa.ca)  
613-728-2446

Second greatest need is dry, secure storage such as a garage or extra bedroom available to early November; we hope to hear from you.

**Contact: Katherine Gunn**  
[klgunn@magma.ca](mailto:klgunn@magma.ca)  
613-729-0504





# Fall Fair Team



Please welcome your fall fair team –

And they welcome any questions you may have

**Fall Fair Director – Margaret Linton** – works with organizing team and ensures congregational policies are followed

(613-728-2446, [mlinton@trytel.com](mailto:mlinton@trytel.com))

**Communication – Margaret Linton** – publicity and team communications

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

**Site Services – Katherine Gunn** – managing disposal of items; storage and moving; recycling; garbage; supplies; meet and greet (613-729-0504, [klgunn@magma.ca](mailto:klgunn@magma.ca))

**Volunteer Coordinator– Ellen Smith** – recruiting and managing volunteers (613-623-5890, [kirkmanhouse@bellnet.ca](mailto:kirkmanhouse@bellnet.ca))

**Finance –Bob Armstrong** – coordinating floats, collection, deposits, and tallies

(613-823-8751, [Bob@TheArmstrongs.ca](mailto:Bob@TheArmstrongs.ca))

**Clothing Dept – Jen Brennan** – coordinating the men and women’s clothing booths ([brennan.cj@primus.ca](mailto:brennan.cj@primus.ca) or [ssa@firstunitarianottawa.ca](mailto:ssa@firstunitarianottawa.ca))

**Food Services Dept – Kate Kirkwood** – coordinating the lunch room, international cafe, coffee service and food for volunteers

(613-741-8999, [katekirkwood@sympatico.ca](mailto:katekirkwood@sympatico.ca))

**Finer Objects Department – Paula Theetge** – coordinating Crafts; Gift Shop; Timeless Treasures; Stamps & Coins; Jewellery; Silent Auction, Linens

(613-260-1709, [paulat@superaje.com](mailto:paulat@superaje.com))

**BBBB (Beats, Bytes, Bits and Bric-a-brac) Coordinator – Margaret Linton** – coordinating Computers & Electronics; Books; Flea Market; Outdoor Large Items; Toys & Puzzles (until further notice)



## Our Church Lending Library

The church's self-serve lending library for adult congregants is located in the Lounge. This library contains interesting books and other materials on a variety of topics related to our approach to religion and spirituality. Books and materials can be borrowed for four weeks and renewed. As well, in a separate location in the church, we have a small library archive consisting of our very old books (printed before 1920) and some heritage books of a scholarly nature (possibly suitable for in-depth research). These archived materials, too, may be borrowed by congregants, on request to the lending library volunteer, **Brian Cowan**, 613-829-7986, [briancowan@rogers.com](mailto:briancowan@rogers.com). Everyone who enjoys what a library has to offer is invited to make use of this informative church resource.

~*Brian Cowan*

Lending Library Volunteer

## Friends of the Meditation Gardens – Fall Update

The Friends are looking forward to an active fall season in our beautiful congregational gardens. We had a wonderful season of growing and blooming things, rejoicing in the abundant rains. A new bulletin board has been installed in the south entrance arbour for notices and fact sheets for visitors. And soon handsome new plant markers and labels will identify the many native and non-native species throughout the Meditation Gardens.

This fall we'll be putting the finishing touches on the north garden arbour bench, working on a colourful 2014 garden calendar, and planning a third fundraising Halloween Treats sale at the end of October. Watch for the Friends' Fall Meeting on October 7, 10:30 a.m.

Newcomers welcome!



*Photo - Alastaire Henderson*

## The Bookshelf

The Bookshelf continues to provide carefully selected, well-written books, both fiction and non-fiction, for children and adults, always with UU principles in mind. The BookShelf (Book Table as was) has been running successfully for more than 30 years, during which time we have always supported local booksellers. Sadly, with the closing of Collected Works this year, this is no longer practical. So we have entered a new phase with our books now being purchased online from Amazon.ca. This does give us access to a wider selection of books at a very low price. It also means that we can now, happily, take orders. Unitarian Universalist books will continue to be purchased directly from Boston and from publishers as they always have.

The primary purpose of the BookShelf is to provide a service: to make books of high quality easily available to the congregation. Its secondary aim is to make some money for the church; this year we were able to contribute \$300. We also provide a comfortable place for people who may not have anyone to chat with, who may feel lonely or like an outsider. All are welcome!

The BookShelf is run by a committee of hardworking volunteers: **Alastaire Henderson, Hélène Lamb, Mable Ong, Susan Mackenzie, Sue Wheeler, Valerie Cousins and Margaret Zielinski**. We are always looking for more assistance, so if anyone who is interested in books and the congregation would like to volunteer, he/she would be most welcome. Please contact **Margaret Zielinski** at [margaretmzielinski@gmail.com](mailto:margaretmzielinski@gmail.com).

## Hospitality Hour

Thanks to all the volunteers who assisted in the kitchen over the summer. **Elisabeth Morrison, Wendy Tomlinson and Betty Campbell** took turns overseeing the hospitality hours with me—they make a great team. Sign-up sheets for the fall are posted outside the kitchen. If you haven't volunteered for a while, please sign up when available. I would love to orient those who have not helped out before—it's a fun way to get to know people in the church.

~*Tarrel Armstrong*

# Adult Learning Announcements

## Supporting Adult Children with Special Needs

Rev. **John Marsh** will lead guided discussions so participants can learn from each other, as well as present ideas about best practices from people in the field.

**When:** Sundays Sep 22, Oct 6, 20, Nov 3, 17 at 6:45 p.m.

**Registration:** in Registration Book outside the lounge, at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca), or call office 613-725-1066. Limited to 12 participants; closed after the second meeting.

## Music 101

Music Director **Jacob Caines** will give a course for people with little or no music experience to learn how to: read music, sight sing, write music notation and sing, using solfège, a music education method. Each afternoon will be separated into two parts, theory and singing.

**When:** Tuesdays Sep 24–Dec 17, 2:00–4:00 p.m.

**Where:** NOW Room

**Cost:** \$200 for 12 sessions, or \$20/session

**Registration & information:** [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca)



## Introducing Ourselves

Led by Rev. **John Marsh**. This course is designed to give newcomers as much information as possible. We will ask about your spiritual journey so far, share the histories of Unitarianism and Universalism and of the Ottawa

congregation.

**When:** Saturday, Sep 28, 9:00 a.m.–4:00 p.m. (lunch included)

**Registration:** in Registration Book outside the lounge or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

**Contact:** **John Marsh**, 613-725-1066x225, [minister@firstunitarianottawa.ca](mailto:minister@firstunitarianottawa.ca)

## Everyone at the Table:



## Building our Facilitator Community

For Facilitators in Adult Learning and anyone who would be interested in becoming one. To build connections, clarify roles, and explore how to support safe spaces.

**When:** Saturday, October 5, 9:00 a.m.–3:00 p.m.

**Where:** Room 5

**Registration (by Sep 29) and Information:** [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca), or in Registration Book outside lounge, or call office 613-725-1066.

## Fiction Reading For Growth Group

Meets in the lounge at 1:30 p.m. Will be discussing the following books:

September 10 – *The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce

October 1 – Any book of your choice by Tim Winton

Newcomers are very welcome

**Contact:** **Joan Auden** at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

## Painters' Circle

Come and join a group of friendly peers to paint together, share ideas, and encourage each other. We need new members to keep it going, so you will be warmly welcomed. All media welcome except oils. This is not a class so some experience is necessary. It is essential to get full details from **Clea Derwent**, [clderwent@gmail.com](mailto:clderwent@gmail.com), 613-695-0505, before coming.

**When:** Tuesdays, 9:30 a.m. –12 noon.

**Where:** Room 4

## Mindfulness Meditation Group

The objective of this weekly group is to reduce stress and increase calm attention in our lives. To assist participants, suggestions by Jon Kabat-Zinn and other respected meditation guides are introduced. We gather together to help support our individual and group mindfulness practice.

**When:** We will begin “sitting” on Wednesday, September 18, 7–8:30 p.m. in Fellowship Hall. Everyone welcome.

**Donation:** A weekly donation supports the Adult Learning program

**Contact:** **Colleen Glass**, [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca), or office, 613-725-1066.




**Adult Learning Announcements** *continued...*


**UU Round Table Lunch**

Open to all Unitarian Universalists and their guests. Lively discussions between members who have diverse interests and experiences.

**When:** September 20

**Where:** Mia's Indian Cuisine, 917 Richmond Road, 613-695-3333

**Contact:** Tudy McLaine, 613-745-8074 or Marjorie Daechsel, 613-596-1471 by Thursday, September 19 to reserve a place



**Start Your Fall Right – Try Empower Dance**

Dance, stretch, move and meditate to all kinds of music. We enjoy having new participants and new music. Everyone welcome! Drop in and try it out.

**When:** Wednesday evenings from 7:30–9:00 p.m.

**Where:** downstairs at First Unitarian, 30 Cleary Ave.

**Cost:** Suggested gift of \$3/evening to the congregation

**Contact:** Janet Clayton, 613-733-9566

**Spirituality and Philosophy**

Formerly the Integral Philosophy group focused on the work of Ken Wilber. We have reformed, with a new name, on a broad foundation of spiritual and philosophical inquiry. We will meet every second Saturday, 9:30 to 11:30 a.m., for open, respectful discussion and debate of ideas, based on books suggested by participants.

**Contact:** Alastaire Henderson, [hendersalas@gmail.com](mailto:hendersalas@gmail.com).

**Women's Personal Growth Group**

An evening of fun and exploration. Members select topics they wish to explore under the benevolent guidance of Joycelyn Loeffelholz-Rea.

Women of all ages are welcome.

**When:** Wednesdays Sep 4, Oct 2, Nov 6 and Dec 4 at 7:15 p.m.

**Where:** Room 6, downstairs

**Donations:** to First Unitarian Congregation of Ottawa are appreciated

**Contact:** Joycelyn Loeffelholz-Rea, 613-224-9880, or Evelyn Algar, 613-728-5761



**Reproductive Justice Course – Participants needed!**

**Course Content:** Rooting us in our religious history and theological callings, this six-week curriculum outlines the distinctions between reproductive “health,” “rights,” and “justice”; opens awareness of reproductive oppressions; offers opportunities to learn about ourselves and each other as sexual and reproductive beings; and equips us to move forward, out into the world, with integrity and vision.

**When:** January to March 2014, 6 sessions

**Day of the week:** to be determined by possible participants—likely to be a Tuesday or Wednesday evening, every second or third week—let us know if you are interested, and we will make it work.

**Contact:** Margaret Linton [mlinton@trytel.com](mailto:mlinton@trytel.com) or

**Rozanne Lepine** [rlepine8@sympatico.ca](mailto:rlepine8@sympatico.ca).

**More information:** [uua.org/documents/washingtonoffice/reproductivejustice/curriculum/uuacurriculumrjcombined.pdf](http://uua.org/documents/washingtonoffice/reproductivejustice/curriculum/uuacurriculumrjcombined.pdf)



*Photo – Alastaire Henderson*



## Calendar

### September

**Thursday, Sep 19**—4:00 p.m.  
Unitarian GoGos meeting

**Friday, Sep 20**—9:30 a.m.  
Social Responsibility Steering  
Committee meeting

**Sunday, Sep 22**—5:00 p.m. Service,  
6:00 p.m. Potluck, 6:45 p.m. Film.  
Social Action Film Night

### October

**Sunday, Oct 6**—12:30 p.m.  
UN Working Group meeting

**Tuesday, Oct 8**—9:00 a.m.  
Poverty Awareness Working Group  
meeting

**Thursday, Oct 17**—4:00 p.m.  
Unitarian GoGos meeting

**Friday, Oct 18**—9:30 a.m.  
Social Responsibility Steering  
Committee meeting

**Saturday, Oct 19**—6:00 p.m.  
Multi-faith Housing Initiative Dinner

**Sunday Oct 20**—10 a.m. and 11:45  
a.m. Fair Trade Sales, Granny  
Squares Sales

**Sunday Oct 20**—12:30 p.m.  
Environmental Working  
Group/Adult Learning Talk: Graham  
Saul of Ecology Ottawa

**Sunday, Oct 27**—5:00 p.m. service,  
6:00 p.m. Potluck, 6:45 p.m. Film.  
Social Action Film Night

**Tuesday, Oct 29**—7:30 p.m.  
Holtom Peace Lecture: Dr. Ian  
MacKay, “War, Memory and  
Reaction”



### Unitarian GoGos

The Unitarian GoGos work together to raise funds and awareness and to advocate for grandmothers and orphans in sub-Saharan Africa, through the Stephen Lewis Foundation’s “Grandmothers to Grandmothers” campaign. At our next meetings we will make plans for the fall and winter. Everyone is welcome.

**Dates:** Thursdays, Sep 19, Oct 17, Nov 21, 4:00–5:30 p.m.

**Where:** Room 5

**Contact:** [unitariangogos@gmail.com](mailto:unitariangogos@gmail.com), or **Wendy Doyle**, 613-824-7462.

### Social Action Film Nights

Come to any of: Evening worship service, 5:00 p.m. Potluck supper, 6:00 p.m. Film screening and discussion, 6:45 p.m.

### Sunday September 22

*Do the Math*, a documentary about the rising global movement to change the terrifying arithmetic of the climate crisis. Bill McKibben depicts the reality of climate change and launches the Fossil Fuel Divestment Campaign. Although set in the U.S., the facts apply globally, making it imperative for all of us to watch. Presented by the Global Justice Working Group and the Environmental Working Group, in cooperation with 350.org Ottawa and ClimateFast.

### Sunday October 27

Social Action Film. Stay tuned for the film announcement in the e-UU newsletter and the Sunday Communiqué.

**Contact:** **Frances Deverell** at [president@cusj.org](mailto:president@cusj.org)

### Multi-Faith Housing Initiative Banquet & “Werner Roast”

In celebration of the lifelong commitment of **Werner and Marjorie Daechsel** to affordable housing in our city, please join us at a special banquet in their honour. A free-will offering for the Multi-Faith Housing Initiative’s capital fund drive will be taken. The need for affordable housing in Ottawa is dire and pressing, and gathers a lot of commentary, but the Multi-faith Housing Initiative is doing something about it!

**Menu:** Oktoberfest fare with a vegetarian offering.

**Date:** Saturday, Oct 19. Doors open at 6:00 p.m., Dinner at 6:45 p.m.

**Please reserve:** Sunday mornings at Social Responsibility Table, at [povertyawareness@firstunitarianottawa.ca](mailto:povertyawareness@firstunitarianottawa.ca) or **Katherine Gunn**, 613-729-0504.

### Environmental Working Group Speaker

Graham Saul, Executive Director of Ecology Ottawa, will be the Environmental Working Group’s guest speaker, on the theme of “What we can do to make Ottawa a cleaner and greener city, with a focus on fighting against climate change and the proposed Energy East tar sands pipeline through Ottawa’s suburbs.

**Date:** Sunday October 20

**Time:** 12:30 to 2:30 p.m. Stay for discussion after the talk.

Co-sponsored with Adult Learning.

**Contact:** [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) or

**Alastaire**, 613-562-2253, [hendersalas@gmail.com](mailto:hendersalas@gmail.com)



## Announcements



### Denominational Affairs

The International Council of Unitarians and Universalists (ICUU) issues a Global Chalice Lighting each month. Congregations worldwide are invited to use the reading for at least one worship service and/or meeting in the designated month, identifying it as the “Global Chalice Lighting” for that month and naming the group which submitted it.

Chalice Lightings are posted on the Denominational Board in Fellowship Hall.

~*Elizabeth Bowen*

### Friday Reading for Growth

**Group** will meet in the Lounge from 1:00 to 3:00 p.m. to discuss the following titles:  
 September 27—*Paris 1919: Six Months that Changed the World* by Margaret MacMillan  
 October 25—*An Imperfect Offering: Humanitarian Action in the Twenty-first Century* by James Orbinski

**Contact: Margot Clarke** at 613-820-6596,

[mmclarke80@gmail.com](mailto:mmclarke80@gmail.com).

Newcomers welcome.

### Unitarian Seniors Program

*September*

David Moore from the Ottawa Field Naturalists’ Club will speak about and show slides of birds found in the Ottawa area. Worship service leader TBA.

**When:** Tuesday, September 24

**Service:** 11:30 a.m. **Lunch** (\$7):

12:00 p.m. **Program:** 1:00 p.m.

**Where:** Worship/Fellowship Hall

**RSVP** (only if you are not on the phone list): **Maureen Sly** at 613-728-7610, [mmsly@rogers.com](mailto:mmsly@rogers.com) by Saturday, September 21.

*October*

**Janice Gray** will speak about her annual trips to Egypt. **Tom Dent and Christina O’Neill** will conduct the worship service.

**When:** Thursday, October 31

**Service:** 11:30 a.m. **Lunch** (\$7):

12:00 p.m. **Program:** 1:00 p.m.

**Where:** Worship/Fellowship Hall

**RSVP** (only if you are not on the phone list): **Maureen Sly** at 613-728-7610, [mmsly@rogers.com](mailto:mmsly@rogers.com) by Monday, October 28.

### Fiction Reading Group

meets the first Tuesday of each month at 1.30 p.m. except for September 10. We have room for new members.

**Contact: Joan Auden,**  
[auden@primus.ca](mailto:auden@primus.ca)



Our program for the year:

September—*The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce

October—any book by Tim Winton

November—*The 19th Wife* by David Ebershoff

December—a book potluck  
 January—*Atonement* by Ian McEwan

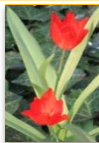
February—*The Swan Thieves* by Elizabeth Kostova

March—*Flush* by Carl Hiaasen

April—*The Headmaster’s Wager* by Vincent Lam

May—any book by Ernest Hemingway

June—planning for next year



## Thank You Merci Gracias

— *compiled by Alastaire Henderson*

- ✚ Appreciation and thanks to everyone who made summer services happen this year—the Worship Associates, speakers, musicians, sound people, greeters, hospitality hour volunteers, and congregants who went out of their way to make visitors feel welcome!
- ✚ Thank you to our new Head Custodian, **Lori Clarke**, for putting up the beautiful art work in the Women’s Washroom and for cleaning the paint off the floor!

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



# First Unitarian Congregation of Ottawa

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

## 2012–2013 Board of Directors

Kim Elmer, President; Kathy Yach, Past President; Maury Prevost, Vice-President; Sharmila Khare, Treasurer; Alastaire Henderson, Secretary

Members at Large: Robert Cummings, Maggie Sharp, Charles Triemstra and Paul Ward

Youth Representative: Evelyn Hope

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Ellen Bell, Spiritual Care Visitor

## Lay Chaplains

Bob Armstrong, Jan Glyde

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**Nov/Dec Deadline for submissions: October 23, 2013**

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

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

## Spire Editorial Team

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