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Deadline for next Spire submissions:
May 15, 2020



In Memoriam

- Charles Douglass ‘Doug’ Fogerty, husband of Ilene ‘Mickey’
 ~ died 18 November 2019
- Marilyn Elaine Prevost, wife of Maurice ‘Maury’ Prevost
 ~ died 2 December, 2019
- Patricia ‘Pat’ Jessop, former member, wife of Alan Jessop,
 mother of Christopher, Phillip, Jennifer
 ~ died 24 December 2019 in Calgary
- William Hunter Henry, husband of Hedvig
 ~ died 12 January 2020
- Robert James ‘Bob’ Stevenson, husband of Linda
 ~ died 7 February 2020
- Joyce Sweet ~ died 11 February 2020
- Ryszard (Richard) Kowalski, husband of Sheila Green
 ~ died 15 February 2020

Caring Contacts

March

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Pat's Ponderings ~ Rev. Patricia Guthmann Haresch



The rhythm of our daily schedules and routines often lull us into thinking that equilibrium or stasis is "normal." Yet, most of the time we are in transition. We didn't need smarty-pants Heraclitus to tell us 2500 years ago that "the only constant in life is change." Children grow. Our own bodies change. We move, change jobs. Accidents happen, disease. As one door or chapter is closing behind us, another opens before us. Every morning is an opportunity to begin a new day. Most of our lives we are on the threshold of some new beginning. Most of our lives we are in the "in between."

In his book, *It Was On Fire When I Lay Down On It*, by UU minister and author Robert Fulghum, the author notes:

In Indonesia, there is a word in common use. . .Belum is the word and it means "not quite yet.", a lovely word implying continuing possibility.

"Do you speak English?" "Belum." Not quite yet. "Do you have any children?" "Belum." "Do you know the meaning of life?" "Belum." It is considered impolite and cynical to say, "No" outright. . .

Perhaps. Maybe. Possibly. Not yes or no, but within the realm of what might be. Soft edges are welcome in this great bus ride of human adventure.

"Not quite yet", a lovely word implying continuing possibility. Yet, the "in between" doesn't always feel lovely. The Rev. Christine Robinson suggests "how do most people spell the word *change*? They spell it L-O-S-S." For when we move from one chapter to another, there is something we need to let go. Christine continues:

We must abide a while in the gray zone of transition, the liminal space where we are closing one door behind us but can only see dimly through the doorway ahead. So uncomfortable! And then we must embrace what is new. If we have done our previous work gently and

well, if we have been able to take the time to feel our way through, then we might be able to take the risks of embracing the new with a little excitement, in a spirit of hope. . .

And so change has come to our doorstep. The LRT is coming to Richmond and Cleary. Not just the LRT, but city plans indicate the goal is to have a more populated, more mixed and more active and dynamic "traditional main street" along Richmond. Yes, there will be noise and construction, but eventually more neighbourhood retail spaces and services nearby and more accessible public transit. City planning is attempting to curtail urban sprawl into existing green space and wetlands on the edges of dense areas. Some construction and redevelopment has already begun.

And at FirstU we are in the midst of our own campus planning, a project that would serve a social need beyond our congregation, an opportunity to live into our mission, values, and UU principles. From affirming the inherent worth and dignity of every person to respecting the interdependent web of all existence.

We are in the "in between" time, gathering information, having consultations and discussions. Sometimes feeling like we're taking two steps forward, but then one step back. One question can lead to an answer that leads to more questions. It is just the nature of the path we are on. This is the way life is.

How might we benefit the greater good, the greater community? What does sustainable development look like? What are our greatest aspirations and vision for FirstU in the next few years and how might the current building and grounds match our aspirations?

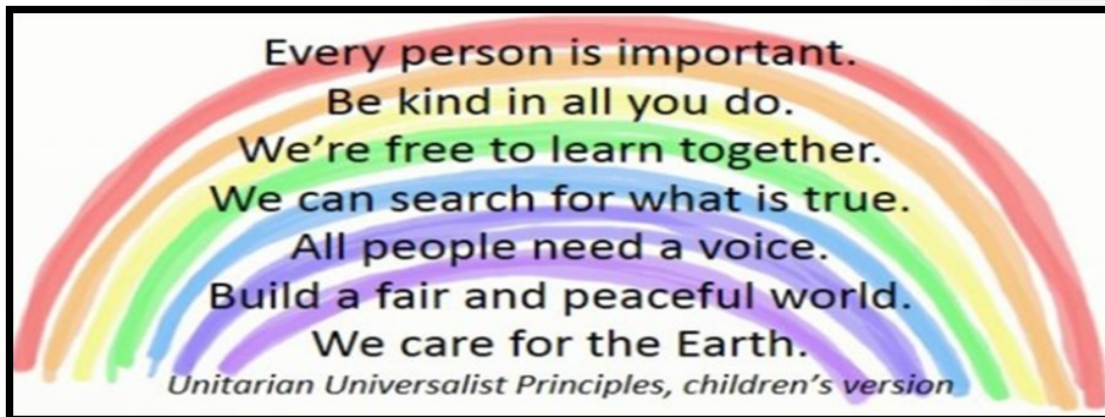
May we venture forth together "gently and well. . .take the time to feel our way through" and think our way through together respectfully. May we bring a wise and compassionate mind and heart to our deliberations together.

May it be so.

~ Rev. Pat



Religious Exploration ~ Neo Yaxley, Director of Religious Exploration



Our aim is to create a welcoming, safe, engaging environment where UU principles are taught and practised. Sunday mornings have been challenging operating a one-room schoolhouse. To better support the needs of children, we are looking to hire an additional childcare assistant. Having an additional person on our team will enable us to consistently keep the UU Kids room and Chalice Playroom open each Sunday. Happy dance!!

~ Neo Yaxley

dre@firstunitarianottawa.ca



Please spread the word: Childcare Assistant Vacancy

The childcare assistant should:

- Be committed to values-based education and affirm the values and goals of our children's program
- Be comfortable and experienced working with children
- Be flexible, open minded and a team player

Responsibilities

- Ensure a safe and healthy environment for children
- Ensure designated areas for RE are organized and clean
- Assist childcare workers in delivering lesson plans
- Assist in classroom management and interactions with parents
- Assist with snack preparation
- Prepare supplies for planned lesson
- Assist with energy and motivation

Police record check required

For more information and to apply, email:
dre@firstunitarianottawa.ca

Attention: Neo Yaxley

CUC National Conference in Halifax May 15-17

The Canadian Unitarian Council (CUC) National Conference will take place on the University of King's College campus in Halifax, Nova Scotia during the May long weekend. The conference is a great opportunity to learn more about the Unitarian Universalist (UU) movement in Canada and to network with UUs from across the country. We encourage you to consider being one of the participants from our congregation.

Building on the imagery of [The Ripple Effect](#), the CUC's campaign on water and its related environmental issues, the conference theme, [Making Waves](#), encourages and challenges UUs to make waves that practise radical inclusion, challenge the status quo, and push us to remain relevant into the future.

Our interdependence calls us to love and justice, to be a more intentionally inclusive community of belonging with adaptive skills and responses to face the challenges of a changing world. The waves we make should be far-reaching,



have impact beyond UU communities, and affect diverse areas of social justice and equity: racial justice; truth, healing and reconciliation; refugee sponsorship and migrant justice; environmental concerns; assisted dying; radical inclusion of LGBTQ2+ people; disability justice; under-served communities; economic and social inequalities; multi-generational engagement, and more. How do we make waves that will challenge the status quo, and have implications for our relevance into the future?

The [Conference website](#) contains all the information you need to prepare and register for the conference; please read through

the information BEFORE you register, as the information will inform your decisions about workshops, meals, and accommodations.

New this year is the sliding scale for registration fees, and subsidies are available from the CUC for youth, young adults, and adults, with a March 15 deadline. Our own congregation has a fund that can be used to help youth (and possibly young adults) attend the conference, and the Denominational Affairs Team has a couple of other options as well, so be sure to contact our CUC Liaison, Maury Prevost, at:

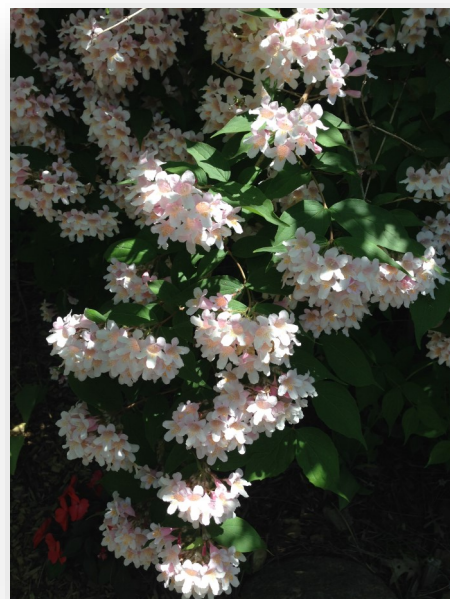
datchair@firstunitarianottawa.ca

or 613-231-7391, if you are interested in attending the conference. We will then coordinate travel plans and any financial support that may be available.

~ submitted by Maury Prevost

Thanks, Merci, Miigwetch

- ♥ Many thanks to our current office volunteers: Bob Armstrong, Brian Cowan, Elspeth Read, and Alex Campbell. You brighten our days and ease our workload!
- ♥ We thank Jen Brennan once again for the beautiful cover, formatting and help with production of the Lifespan Learning Guide, 2020 Winter/Spring edition.



Meet a Member: Ria Heynen



This series of brief bios of congregants was initiated by Isabel Burrows

Even among the most committed of advocates, long time peace and social justice activist Ria Heynen stands out. How did this diminutive woman come by such strength and persistence?

Ria was born the fourth of eight children to a Roman Catholic family in wartime Leiden, a city in the Dutch province of South Holland. After nursing training, a young Ria worked in Canada for 2½ years, living with her brother in Victoria. Returning home, she undertook a co-op program in social work, dealing with the many challenges in post war Dutch society while working at Children's Aid.

Life changed when she met Jan Heynen. They married in 1966, and Jan, a physicist, accepted a position with Boeing in Seattle. Settling into a racially mixed area of the city, Ria credits the multiracial social issues addressed in their neighbourhood Catholic Church, as seminal in their new-found interest in social justice and activism. Her work with interracial families inspired her to enrol in a Black History course at the University of Seattle, which underlined for her the prevalence of racial discrimination. She fulfilled her social work instincts as a volunteer for the Head Start Program.

Meanwhile, Jan's project at Boeing was terminated; fearing his next project would involve a 'war machine,' something he viewed with distaste, he left Boeing for a position at Northern Electric, and in 1969, they moved to Ottawa. Their family expanded with the birth of their first son Rob, just

before they left Seattle, second son Toumbi (Steve) in Ottawa in 1970, followed by adopted daughters Irene (1972) and Amie (1981). During this time, Ria expanded her long time interest in music and focused on music education for young children, studying both the ORFF approach and the Kodaly Method. She taught music part time until 1998.

Over the years, Ria looked for a religious community where her growing family would learn the importance of social justice issues. They were first involved with a group of 'dissatisfied' Roman Catholics at the University of Ottawa. Later, because of her involvement with the peace movement, Ria was attracted to the Quakers but found it rather 'too quiet!' In the late nineties, her friend, Fred Cappuccino, strongly encouraged her to try the Unitarians at Ottawa First. In 1999, she did just that, immediately joining the 'Caring Committee' and the 'Peace and Disarmament Group'. The rest is history!

Ria has been involved with countless peace and justice activities, as well as environmental issues, both inside and outside the congregation. She is often heard singing at protests as a member of the Raging Grannies, and is recognized for the countless hours of support offered to Dr. Hassan Diab and Moe Harkat and their families in their fights for justice. She finds her spiritual fulfillment less in the worship services of the church than in this advocacy. She and her family are at home in the outdoors, biking and happily hiking both summer and winter. She admits to fear in the up-swing of fundamentalist Christianity and disappointment there is still so far to go in the areas of women's rights and racial discrimination, but she continues to work for a positive future for all the world's children, including her own five grandchildren.

~ submitted by Donna Bowen-Willer

Quotable Quotes from the Friday Non-Fiction Reading for Growth Group

"Justice is what love sounds like when it speaks in public"

"Race is a fabricated idea"

"Is not white privilege damaging us?"

~ Michael Eric Dyson, *Tears We Cannot Stop: a Sermon to White America*

Stewardship Matters: What Does Improving our Multi-Generational Profile Mean?

In 2016, a Board-sponsored congregational session was held to identify our primary driver over the next several years in order to address our declining numbers (members, volunteer base, and finances). The primary outcome of that session was the goal: *to improve our 'Multi-Generational Profile'*.

We are now in Year 2 of Developmental Ministry. Priorities for Developmental Ministry include ensuring that we will offer ministry to attract a broader range of ages and increase multi-generational activities and involvement.

What do we mean by "improving our Multi-Generational Profile" (MGP)?

It essentially means having a more 'balanced' representation of both *age groups* and respective *longevity* across our congregation. Changes in the 'balance' or 'profile' typically occur slowly over a number of years; so much so that it is often not highlighted as a problem until the profile balance has dramatically shifted. Consequently, tracking the MGP reliably with sufficient granularity would provide feedback on the impact of key events, whether planned or inadvertent, and thus help identify MGP improvement actions to take.

Why is it important to have a balanced MGP?

That balance is an important factor in demonstrating both our diversity and our robustness as a congregation. Alternatively, an imbalanced MGP can lead to precarious, fragile or unstable states in terms of finances, volunteer base and involvement (rapid loss), resulting in programming and activities becoming more limited and not as readily responsive to a variety of age groups.

How can we measure our MGP over time?

The only reliable and sustainable method is based on having *Birth Year & Month* data collected and recorded in a database. We can then readily determine a sufficiently accurate representation of the MGP at any point in time or in time-lapse mode. Until recently, we have relied largely on anecdotal information (volunteers guess at member ages) to derive our MGP.

Consequently, we cannot currently fully determine the validity or accuracy of these MGP results (see Figure 1 on next page). To truly achieve the stated GOAL above (*improve our 'Multi-Generational Profile'*), we

must employ a disciplined and data-driven approach that is based on reliable data and maintained as a standard practice.

What do we need from the congregation to effectively and efficiently track our MGP over time?

We require each congregant (adult, youth & child) to provide us with their **Name** and their **Birth Year & Month by May 1st 2020**. Additionally, confirming each congregant's gender as per the new Federal Government rules (**M, F** or **X**) is requested to support related diversity and life expectancy profiles generation.

This information can be submitted either:

- By email securely and in confidence to stewardship@firstunitarianotawa.ca, OR
- To the office in a marked '**MGP**' sealed envelope and placed in the **plastic PLEDGE Box**.

This information will be used only for the expressed purpose as described above.

We welcome your input and support as we move forward.

~ submitted by Larry Jones, Stewardship Committee Chair



To Brighten Your day...

Q: How many Unitarians does it take to change a light bulb?

A: We choose not to make a statement either in favour of or against the need for a light bulb. However, if in your own journey, you have found that light bulbs work for you, that is wonderful. You are invited to write a poem or compose a modern dance about your personal relationship with your light bulb. Present it next month at our annual Light Bulb Sunday Service, in which we will explore a number of light bulb traditions, including incandescent, fluorescent, 3-way, long-life, and tinted, all of which are equally valid paths to luminescence.

Stewardship Matters continued...

What does our current Multi Generational Profile show?

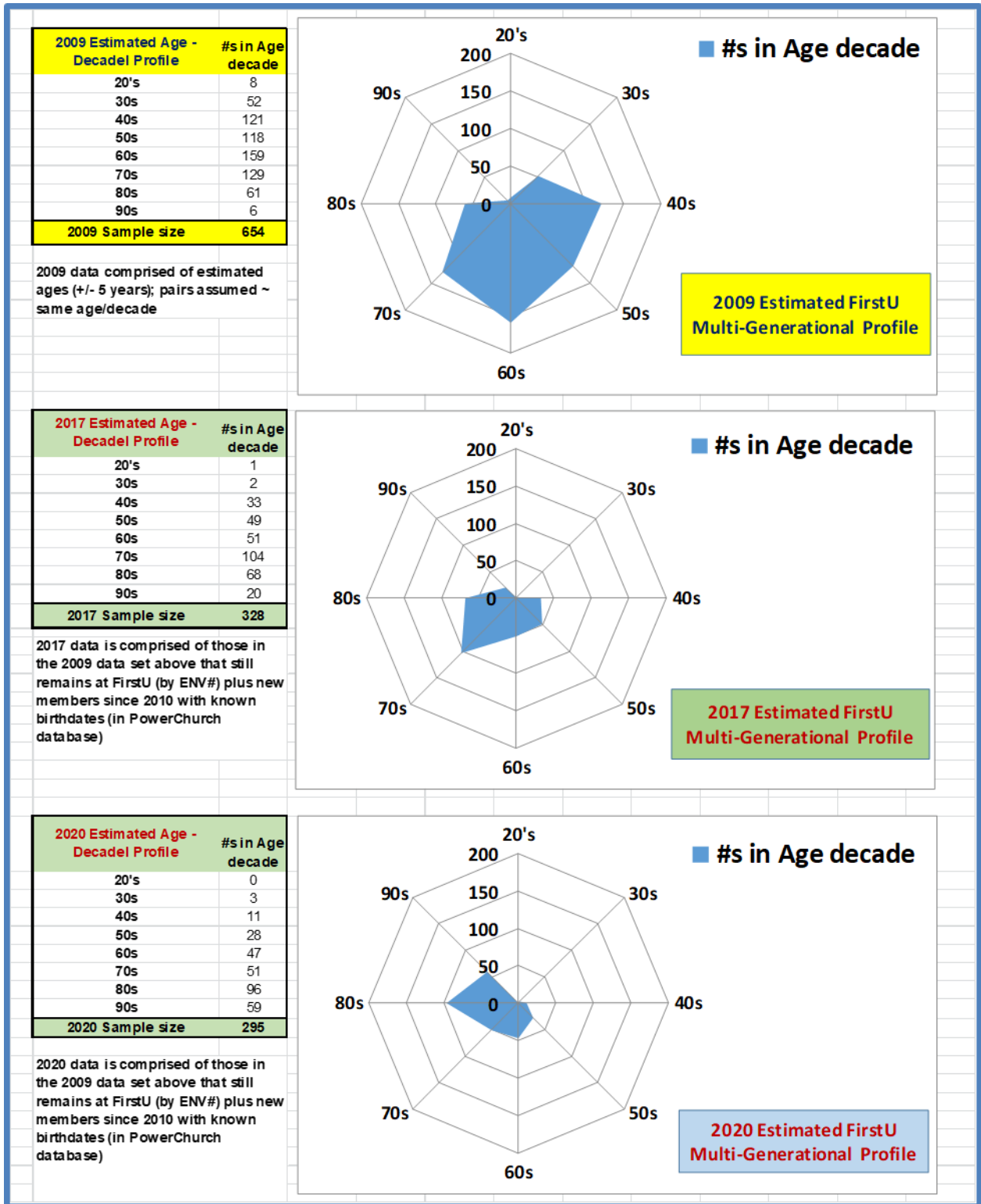


Figure 1 Comparison: Estimated 2009, 2017 and 2020 MGPs

A Leader - Who Me?

For many of us, the thought of being a leader can seem a bit intimidating. And yet, the reality is that very little would happen at FirstU if people didn't step up and volunteer to take on leadership roles, whether as a leader of one of our many teams and working groups, a Board member or a Fall Fair convenor. Making it easier to take on a leadership role is why leadership pathways and development is one of our developmental ministry priorities for 2020.

According to Rev. Pat, there are many reasons why we want to focus on leadership, including providing opportunities for fulfilling and meaningful engagement in the congregation. It also means ensuring we have the resources and supports for new and existing leaders to help them develop

and deepen their skills as part of their continuous learning journey.

The Leadership Council is one way we are fostering information and idea sharing among our leadership team. The Leadership Council includes not only those who are currently in leadership roles with our many teams, working groups and committees but also those who may be interested in taking on those roles. Council meetings are planned and coordinated by the Committee on Shared Ministry (CoSM).

At the recent Leadership Council meeting on January 23rd, Council members were invited to share their views and ideas on various aspects of leadership, including the values that we share as FirstU leaders, the types of

tools and resources that would be helpful in carrying out our roles as leaders, how we can recruit volunteers to take on leadership roles, and what more intentional succession planning and mentoring might look like. Our next step is to prioritize and act on some of the many ideas that came out of the meeting.

So you, a leader? We're hoping to make it easier for you to say 'Yes, I'd love to'.

The next Leadership Council meeting is planned for the evening of **Monday, April 6**. If you're not currently a leader but you'd like to learn more about possible leadership training and roles, email us at:

CoSM@firstunitarianottawa.ca

*~ submitted by Eva Berringer,
Co-chair, Committee on
Shared Ministry*

Fall Fair starts in the Spring!



Our annual congregational bazaar is just months away, on **Saturday, November 14, 2020**.

Did you know that this fundraiser makes a significant contribution to FirstU's budget, enabling us to do more for our congregation and for the outside community? Plus, we build community by working together joyfully and engaging many others with us. Sorting, selling and dispersing the

thousands of items received takes many willing hands.

By donating your gently used goods to the sale, you also help reduce landfill waste. An added bonus is that leftover items are donated to a variety of local charitable organizations.

Please think of Fall Fair as you prepare to get out the summer clothes and outdoor living items and put away the winter things. Put aside those that are in good condition but no longer needed. Fall Fair accepts and sells nearly everything that one person can carry: clothing, linens, jewellery, collectibles, books, housewares, electronics, toys, music, sporting goods...and more.

This all adds up to a big win for everyone. So Spring into action!

If you have questions, suggestions or would like to volunteer, please contact Carol Card at cardc0613@gmail.com

Looking forward to another great sale and to your participation.

*~ submitted by Carol Card,
Fall Fair Director*



Taking Care of Business: Safety

"Church security should be considered a ministry, not an expense... the church doors should not be open if it can't afford to keep members safe and secure."¹

As a congregation let us endeavor to make our place of worship as safe and secure as it is welcoming and inspiring.

It is an unfortunate reality that we have to do the work of preparing for emergencies or unforeseen events, even though we hope that nothing will happen. Most risks are minor, however we all like to feel assured that steps have been taken and methods in place should anything ever occur.

Safety and security measures range from policies on types of abuse, protection of personal information, to the physical health and safety of everyone. The Governance

Committee, in conjunction with appropriate staff, work regularly on ensuring there are sufficient policies and procedures in place, and are ready to develop new ones as things change.

Recent policy and procedures which encompass the security and safety of the congregation include Childcare, Privacy, Inclement Weather, and Disruptive Behaviour.

Recent security upgrades include the security system, enhanced lighting in the parking lot, a Safety Bulletin Board by the west lobby washrooms, CPR training, and refreshed signage letting everyone know the system for locking up the church.

There are corresponding procedures for most policies. Procedures in progress include a Fire Drill and Evacuation and Lockdown in Case of Emergency (we will do a drill in the coming months.)

How can we work together to safeguard our sacred safest space for each other? Reporting icy areas (incident forms are in the office lobby), ensuring the building is locked up, making sure we deal with each other's personal information appropriately, washing our hands and familiarizing ourselves with emergency procedures are some ways we can all help.

Part of being in a beloved community is ensuring we are all safe together.

-Jen Brennan, Operations Manager



¹thomrainer.com (site of church and denominational consultant, Thom S. Rainer)

Social Responsibility Council News

Child Haven Fiesta–Friday March 13, 2020



In a previous Spire article about Child Haven, the importance of volunteer internship to the success of the organization was emphasized:

interns provide the extra cushion of help and loving kindness in their interactions with the children and can become ambassadors for future Child Haven fundraising events.

FirstU congregants Phil and Anne Nagy chose to volunteer as interns in a village children's home in the northwestern Indian state of Gujarat. They particularly enjoyed their experience in this rural setting because it offered a real insight into the culture of this region. It was in this locale, in 1985, that Child Haven opened its first children's home, which later moved to a donated mango grove cottage and in 2014 to a newly completed building in a new complex. Indeed, it is inspiring to see the milestones achieved over the 35-year history of Child Haven. Over this period a total of nine homes have opened in India, Nepal, Bangladesh and Tibet in China. Visit www.childhaven.ca to read about the remarkable record of achievements.

To celebrate this 35th anniversary, the Child Haven Working Group at FirstU has initiated Child Haven Fiesta - an evening of South Asian music and dance. This event is happening very soon on Friday, March 13 and was organized to coincide with an opportunity for Bonnie and Fred Cappuccino to participate in the celebration.

The evening features the entertainer Kuljit Sodhi who will take the audience on a musical journey, combining Indian folk, jazz and world music using his instruments and voice. Kuljit's Bollywood style of dancing is full of fun and inspires audience participation. Brightly dressed Nepali dancers will perform traditional dances and a Tibetan family will delight with the Yak dance. Complimentary Indian snacks will be served at a reception in Fellowship Hall.

Please join us with your friends, your children, your grandchildren at 30 Cleary from 7:00-9:00 pm, Friday, March 13 for the Child Haven Fiesta. All proceeds will benefit Child Haven. Tickets are \$30 for adults, \$5 for children, and are available from www.childhaven.ca or at the door. (Also see poster on page 12)

Submitted by Susan Mellor



Moving to Solutions on Climate Change

In October 2019 FirstU voted to make the climate crisis the congregational focus for the next four years. To begin this work, the Environmental Action Working Group (EAWG) issued a survey to the congregation. The responses will help measure the current state of awareness and

action across the congregation, and help determine priorities in our response to the climate crisis. EAWG thanks those who completed the survey - keep an eye out for the results to be presented at the breakfast forum on March 8th!

What's coming up? Where can I check out and trust climate change information?

Spring Free from Plastics: Spring is around the corner, believe it or not. Watch for the latest environmental cleaning tips and fun challenges to "Spring Free from Plastics" in the weekly e-UU bulletin.

Earth Day – April 22 and Sunday Service on April 19:

This service will bring the latest information on Ottawa's Climate Change Master Plan to our congregants and friends. EAWG is proud of the work done by the City to reduce our carbon footprint. Read more about the "Climate Change Master Plan" on the City of Ottawa website.

DeSmog.com is a website started in 2006 to counter dis-information spread by climate change denial groups. It posts interesting articles roughly every other day and is often quoted by news organizations. It maintains and frequently updates an accessible catalogue of climate denial organizations with details about each one. We believe you can trust the information on this site.

If you want to find out more, get involved with the EAWG and have some fun working in a specific task-oriented team, the EAWG meets monthly on a Sunday early in the month and our next meeting is March 1st. Contact us at:

EAWG@firstunitarianottawa.ca



Housing: A Basic Human Right

In 2014, the City of Ottawa decided to end homelessness by 2024. With only four years to go, it appears that we have made no progress.

On January 29, 2020, Ottawa City Council declared a housing and homelessness emergency. Councillor Catherine MacKenney's web page states that on any night, 92 persons sleep outside; 600 families sleep in a cramped hotel room; and the waitlist for community housing has ballooned to 12,000 households.

Those of us who don't worry about housing may not feel the realities of these situations. Please let me share some with you.

Recently, *Aggie, a long time Fall Fair volunteer, mentioned that she shares her three-bedroom apartment, since she cannot afford to have her own place on ODSP (social assistance for persons with disability). Almost every year, she agonizes over finding new roommates, to afford her rent. In her late 50's, for thirty years she has not been able to afford her own place, not even a bachelor apartment. She is on ODSP and her monthly income for housing, food, everything, is under \$1,000.

I had coffee with *Betsy, a woman of 60, long associated with our congregation. Also on ODSP, she shared that she has been homeless periodically for over twenty years; she has lived at the YWCA and in women's shelters; she has couch-surfed, and rented rooms. She has received notice of eviction from her rented room, since the homeowner has sold, and she will be homeless on May 1st. She has decided it will be best to live in her car, in hopes of gaining priority on the waitlist for the Ottawa Housing Registry. It is a 2-year wait if you are homeless. Well-meaning people have offered stays of a few weeks or months; but she is so tired of being homeless. She simply wants to live with dignity for her final years in her own bachelor apartment. Is this so much to ask, in Canada? That poor people be able to live with dignity?

I share these stories to help you understand why I support sharing our campus with others by building social housing here. It is my hope that we can be generous and create a community that welcomes individuals and families who simply want to come home.

*~ submitted by Lisa Sharp
Names have been changed to protect privacy)

The Poverty Action Working Group in a Busy Spring!

Early May will see the Poverty Action Working Group (PAWG) present a Breakfast Forum on Sunday May 3 about the 16 Community Houses associated with Ottawa Community Housing projects and their programs

including a Food Box program, and how we individually can take action to support them.

On May 31 we will connect the Congregation to the Multifaith Housing Initiative's (MHI) important fundraiser "Tulipathon" held along the Driveway across from Dow's Lake. Tulipathon pledges, from congregation members and friends, help to support the residents who depend on MHI for their homes. Last year's event raised \$38,000 and our Religious Exploration young people won the award for Best Banner! Watch for more information about this in the coming weeks.

Our Working Group is represented on the congregation's Campus Planning Committee, to present housing initiatives we would hope to see on the campus and where there might be funding for these projects. We will be presenting our suggestions to serve the people we represent in our community, i.e. the homeless, people on subsidy, and so on.

We thank Marlene Koehler who is stepping down from our Working Group. She has been one of our mainstays over the years, but has moved to London and is sharing her talents there. We very much appreciate all her hard work, and we will miss you, Marlene!

Are poverty questions and their possible solutions close to your heart? We will welcome you with open arms to our group. Contact Kathy Yach at cityviewky@rogers.com, 613-224-6835.

*~ submitted by Kathy Yach,
Chair, Poverty Action Working Group*

Social Responsibility Council (SRC) News - cont...



Annual Interfaith Food Drive — Sunday May 3 and 10, 2020

We CAN make a difference! So please bring your CANS of food and other non-perishable food items to FirstU on Sunday, May 3 and May 10 for the annual Interfaith Food Drive. Financial contributions will be gratefully received as well. Through your generosity, we hope to make a real difference to help our hungry neighbours. All your donations will go to the Ottawa Food Bank, which serves nearly 40,000 clients every month.

FirstU is committed to helping alleviate poverty, affecting some 150,000 people in our city and leading directly to food

insecurity. As we know, Ottawa is one of the most expensive cities for housing in Canada; that situation has prompted our city council recently to declare a Housing Emergency. The food bank's website states:

The most vulnerable to poverty include people with disabilities, newcomers to Canada, female lone parents, unattached individuals 45-65, and indigenous people living off reserve...

A majority (60%) of food bank clients indicate social assistance as their primary source of income. For those who do have employment, affordability can still be a huge issue:

A minimum wage worker in Ottawa would have to work 75 hours a week to afford a two-bedroom apartment.

When costs of basic needs are high, difficult choices have to be made among rent, food and other expenses. The Ottawa Food Bank tries to address the gaps by providing over 3 million pounds of canned goods,

baby food and household items each year.

How can you help with the Food Drive?

Here are a few ways:

- Bring non-perishable food items to donate
- Make a financial contribution
- Volunteer to load or drive our food donations on Sunday, May 10
- Volunteer to sort and load the gathered food items at the Ottawa Mosque on Northwestern Avenue (6 km east of the church) on Sunday afternoon, May 10.

So let's join with other faith groups to make this giving opportunity a great success! More information will follow through the weekly eUU and Sunday Communiqué.

Thanks in advance for opening your cupboards and your hearts.

~ Carol Card, Werner Daechsel, Rev. Linda Goonewardene and Kathy Yach

The Parkway Spire Team welcomes articles that are of interest to the congregation with accompanying photos (high resolution jpg format is preferred). Photos with persons must be accompanied by permission for use. Articles should be sent unformatted and have a maximum of 400 words. We reserve the right to edit articles when necessary.

Send your submissions to spire@firstunitarianottawa.ca no later than the 15th of the month prior to publication.

Child Haven Fiesta

Rectangular Snip



Friday March 13, 7:00-9:00 p.m.
First Unitarian Congregation, 30 Cleary Avenue



An evening of music and dance with donations to benefit
Child Haven International on its 35th Anniversary

- ✓ featuring *Kuljit Sodhi and his Bollywood style of dance, instrumentation and vocals*
- ✓ *folk dancers from Tibet and Nepal*
- ✓ *presentation about the work of Child Haven*
- ✓ *reception with complimentary South Asian snacks*

Purchase tickets: \$30. adults, children \$5. at www.childhaven.ca
For info. call 613.527.2829



First Unitarian Congregation of Ottawa

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Email: uuoffice@firstunitarianottawa.ca

Website: www.firstunitarianottawa.ca

Facebook: www.facebook.com/First-Unitarian-Congregation-of-Ottawa

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

2019–2020 Board of Directors bod@firstunitarianottawa.ca

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Lisa Sharp Vice President

Terry Kimmel, Past President

Margaret Linton, Treasurer

Vacant, Secretary

Members at Large: Amy Bérubé, Brent Nicolle, Carl Sonnen

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Rev. Ellen Bell, Spiritual Care Visitor spiritualcare@firstunitarianottawa.ca

Lay Chaplains

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