

# First Unitarian Congregation of Ottawa Lifespan Learning Guide

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January 1 – August 31, 2015

## Welcome!

You are invited to browse our program of Lifespan Learning events, and attend any that interest you.

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## Lifespan Learning Vision Statement

We promote learning for all ages as a fundamental spiritual practice in our community, with intention, willingness and forethought.

For information on any event, contact Wendy Doyle,  
at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)  
or the congregation web site [www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)

# Our Lifespan Learning Theme for 2014-2015

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## Animals of the Water, Land, and Air

This year, the wisdom and wonder of animal stories weaves into worship and the life of our faith community.

We'll get familiar with two special hymns:

*All God's Critters Got a Place in the Choir*

*For the Beauty of the Earth*

Watch for flowing rivers, flying fish, and more!



# Special Events and New Programs

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Unless otherwise stated, events take place at the First Unitarian Congregation of Ottawa, at 30 Cleary Avenue.

## **UU Study Program on the Israeli/Palestine Conflict**

*Sponsored by the Global Justice Committee*

A comprehensive eight session program on various topics as outlined below. We have invited speakers from various backgrounds including a rabbi, a Palestinian from a refugee family, experts on historical perspectives, a Gaza born student, and an author. Please join us for these interesting sessions whether you have attended previous ones or not.

When: The following Tuesdays, at 7:00p.m.

January 6 – Anti Semitism – author Dr. Michael Keefer, University of Guelph.

January 20- Democracy in Israel – Dr. Peter Larson

February 3 - Sons of Abraham – Frances Deverell

There may be a few minor changes in the program. These will be communicated in the weekly Communiqués. Registration: Please sign up in Registration Book near the Lounge or by calling the organizers: Ria Heynen 613-828-8468 or Anita MacLean 613-820-2892

## **Sunday Night Shakespeare: *Richard II***

with John Marsh and special guest presenter Jacob Caines

*Richard II* is probably Shakespeare's best known, least known play. It is funny and sad, and insightful and ironic. It is a meditation on self-knowledge and the use and abuse of power. It is also key to understanding all of Shakespeare's history plays that follow.

Some say that what makes Shakespeare endure is his insights into love. Others argue that it is his insights into the natural resentment of those who are governed against those who are governing. This play has it all. We will read passages out loud. View scenes from two different film versions. And there will be much to discuss. No previous knowledge of Shakespeare required. When: Sunday, January 11, 18, 25 and February 1, 2015, 7:00-9:00pm Cost: \$5 per session, or pay what you can

## **Buddha's Noble Eightfold Path**

Led by Nhu-Hoa Nguyen. Each session to begin and end with silent meditation, followed by learning and discussing the principles, behaviors and values in Buddha's Noble Eightfold Path that leads to the end of suffering. Traditionally, Buddhist teachings are freely offered. A donation bowl to the church will be available. Nine sessions starting on Saturday, January 17, 2:00-4:00pm, February 7, 21, March 14, 28, April 18, May 2, 30, June 13, 2015. The study group was offered to members and friends of the First Unitarian Congregation and the Ottawa Buddhist Society. The size of the group was limited to 20 people. A waiting list was drawn-up and the organizers are considering offering a second session possibly next fall. Contact: Colleen Glass at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca).

## **“A Good Life”**

A short video screening featuring David Morrow and how he dealt with his impending death from ALS in December 2013. His wife, Joy, will offer comments about the film and their experiences. A panel Q & A/discussion period will follow, including Joy, and representatives of Homewatch Caregivers and At-Home Hospice. Presented by the Ottawa Chapter of Dying With Dignity and the Adult Learning Team of the First Unitarian Congregation. Light refreshments will be served. Donations to the First Unitarian Congregation welcome. When: Saturday, January 24, 2015, 2:00pm. Where: Fellowship Hall. Registration: Margot Clarke, 613-820-6596, or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca).

## **GoGos Party for Africa**

Please join us for a fun evening with fabulous finger food, a cash bar, live music, dancing and a silent auction. Come by yourself, or bring your friends! When: Friday, February 6, 2015, 7:00-10:00p.m. Where: Fellowship Hall. Cost: Donation to the Stephen Lewis Foundation Grandmothers to Grandmothers Campaign. Please reserve your place as soon as possible: [unitariangogos@gmail.com](mailto:unitariangogos@gmail.com) or Wendy Doyle, 613-824-7462.

## **Unitarian Universalist History (popcorn included) with John Marsh**

Long Strange Trip is a six-part video series by Ron Cordes that explores the history of Unitarian and Universalist thought and practice from the early, liberal strands in faith at the beginning of the Christian era to what we know today as Unitarian Universalism.

Saturday nights at 7 PM and Sunday afternoons at 2 PM. Each program will be repeated so that participants can choose each week-end which time suits them best. We will show the first three one hour segments and have time for discussion afterwards. When: February 28 & March 1, 2015  
Cost: \$5 per session or pay what you can.

## **World Federalism: Why it Matters for International Peace, Equity and Justice**

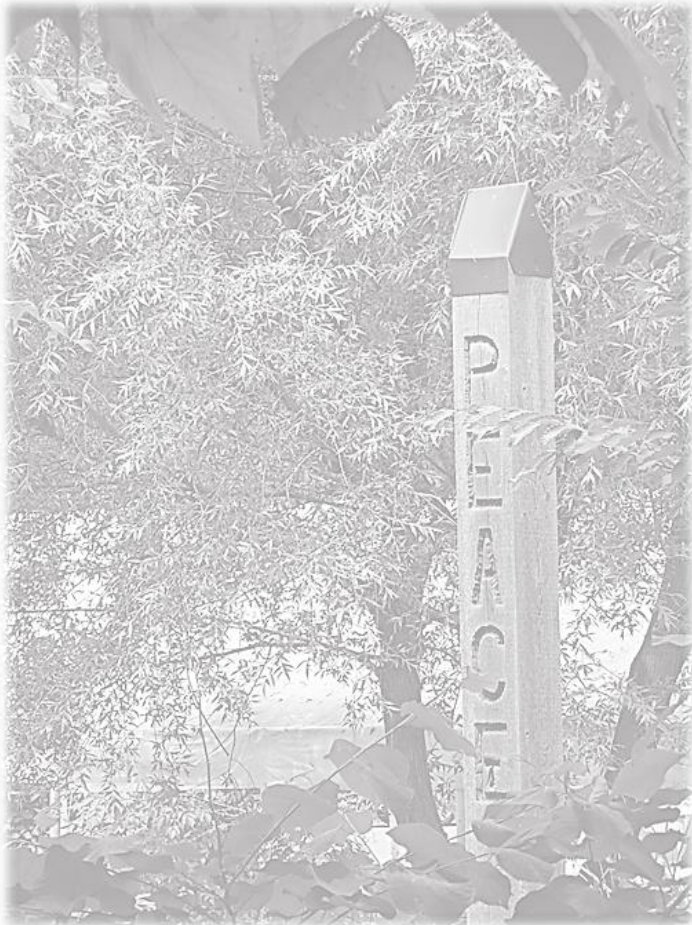
In the 21st Century, the world needs a better way to make collective decisions so the needs and desires of the whole human family, not just some powerful nations or economic interests, are considered. World Federalism offers such an approach and is a way to fulfil the sixth Unitarian Universalist principle: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

Everyone is welcome. Followed by light refreshments. Donations to the First Unitarian Congregation would be appreciated.

When: Tuesday, April 14, 2015, 7:30pm. Where: First Unitarian

Congregation. Contact: Peter Schmolka at

[adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) or church office, 613-725-1066.



# Spiritual Growth for Adults

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## Unitarian Universalist Courses

First Unitarian offers a range of 'core curriculum' courses to help newcomers, members and friends learn about and deepen their understanding of Unitarian Universalism and also explore, clarify and enrich their own spiritual journey. These programs include:

**Introducing Ourselves** is designed for newcomers to provide information on Unitarian Universalism and the congregation and to encourage newcomers to think about how First Unitarian could fit in their continuing spiritual journey. Becoming part of a spiritual community is energizing and exciting. It is also a slow, sometimes random, sometimes lonely process, fraught with moments of uncertainty. We will ask you to share some information about your own spiritual journey thus far. We will tell you about the histories of Unitarianism and Universalism and how they merge and meander across centuries and continents. We will tell you about the history of this Congregation here in Ottawa. Current members of the Congregation will speak of how they came to be involved here and what this Congregation means to them.

We recommend that everyone who is interested in becoming a member take this course. However, taking the course does not commit you to anything. Some of you who attend these sessions may want to become members of the congregation right away. Some of you may want to think it over for a while. The course is also open to those who have joined the congregation during the past year and are already members. It is all good. The one day course is offered several times during the year: When: Saturday, January 24, April 18, 2015, 9:00a.m.–4:00p.m. (Lunch included) Leader: Rev. John Marsh

Sign-up: Please sign up in Registration Book near Lounge, or at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca), or church office, 613-725-1066.

**Mapmaking**, designed for new members and friends of the congregation, encourages participants to explore their spiritual journey, look at how they can become involved in the congregation and build relationships with others in the congregation.

**Articulating your UU Faith** helps members to explore and communicate what it means to be a Unitarian-Universalist

**Building Your Own Theology** encourages participants to develop their own 'personal credos', the fundamental religious beliefs, values and convictions that inform and direct how they live their lives

Please let the Adult Learning Team know if you would like to take or to lead any of these courses at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca).

## **The Way of Mindfulness**

The objective of this weekly group is to reduce stress and increase calm attention in our lives. Suggestions by Jon Kabat-Zinn and other respected mindfulness meditation guides are introduced to assist participants learn skills within the group that can increase awareness in moment to moment living. Everyone is welcome.

The first Wednesday of each month will be when we welcome new people to the group. There will be a Check-in, a Reading, and Questions & Answers about the mindfulness meditation practice. This “social” time will be followed by a shorter chair Yoga, STOP, the loving kindness chant, a walking meditation and then a longer sitting meditation period.

The other Wednesdays of the month will be an opportunity for the group to “go a little deeper”, you are welcome to come but there will be little conversation. Essentially a short STOP reminder is provided, the loving kindness chant together followed by a 20-25 minute silent walking meditation and a 40-45 minute sitting meditation.

When: Wednesdays, starting January 14, 2015, 7:00-8:30p.m.

Where: Fellowship Hall. Donation: A weekly donation supports the Adult Learning program. Contact: Adult Learning Team, [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

## **Spirituality and Philosophy Discussion Group**

How can we as Unitarians be both spiritual and rational beings? Our meetings cover this and other aspects of the search for knowledge and meaning.

We explore the ideas of early and modern philosophers and spiritual teachers, scientific and cultural evolution, consciousness, and spiral dynamics. Topics and sources are selected by group members, and our conversations influence our individual world views, help us to learn about our own minds and spirits, and reveal new horizons. Newcomers are always welcome - try us out!

When: Alternate Saturdays, from January 17, 2015, 9:30-11:30 am.

Where: Usually Room 6, but please check the noticeboard at the lower level entrance. Contact: Alastaire Henderson,

[adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) or the church office, 613-725-1066.

## **Compassionate Communication Learning Circles**

We invite you to join us in exploring the philosophy and techniques articulated in Marshall Rosenberg's Nonviolent Communication: A Language of Life. These sessions offer language and skills which reinforce our natural (but not necessarily habitual) capacity to connect with our humanity under many different situations, even the most trying. This approach to communication gives us practical ways to live out our highest purpose in every relational interaction, as it teaches what we still need to learn.

Compassionate communication allows us to restructure our thinking, acting, listening and speaking through radically honest and authentic presence and compassionate listening to self and others. We will practice how to identify and express our feelings and needs and how to make clear requests without being attached to the outcome, knowing that fulfilling our needs is our own unique privilege and responsibility.

Susan McEwen and Rozanne Lépine will facilitate these sessions, beginning with a brief review of Compassionate Communication theory/techniques and then moving into some discussion, active listening, reflection, and practice. Drop in and join us at any or all of our sessions this fall. Bring a donation to Adult Learning as you are able (a suggested sliding scale is around \$5-\$20).

We respectfully request that the participants obtain and read Nonviolent Communication: A Language of Life by Marshall Rosenberg in preparation for attending the sessions. It may be ordered through The BookShelf or your local independent bookstore. If reading ahead is not possible for you and you would really like to listen in, please join us!

When and Where: Sundays Jan. 18, Feb. 15, Mar. 15, and Apr. 19 from 12:30 – 2pm in Room 5 (with child care in Room 4) Registration: Please register in book outside Lounge, or at [dll@firstunitarianottawa.ca](mailto:dll@firstunitarianottawa.ca). If you require child care, please email by the Wednesday before the event to let us know. Contact: Susan McEwen, [dll@firstunitarianottawa.ca](mailto:dll@firstunitarianottawa.ca)



## **Gentle Yoga: An Embodied Spiritual Practice**

Teens, adults, and seniors! Men and women! Students at all levels of experience! We invite you to join us for a weekly morning or evening gentle practice of yoga on the mat. Allow experiences of meditation, relaxation, movement, and stillness to reacquaint you with your own inner teacher. Support health, vitality, strength, and flexibility in a warm and welcoming environment where we are all lifelong learners. Register for a full session of morning or evening classes or drop in at either time as your schedule allows. Our Winter Session begins the week of January 5.

Tuesdays with Susan McEwen:

7:00-8:30pm, \$15 to drop in / \$144 for 12 weeks

Fridays with Linda Percy:

10:15-11:15am, \$12 to drop in / \$120 for 12 weeks



# Religious Exploration: Our Ministry with Children and Youth

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**Religious Exploration** is a spiritual unfolding in the context of embodying Unitarian Universalist values, learning about UU history and religions around the world, understanding and participating in social justice initiatives, and experiencing personal growth and transformative learning. It is also an opportunity to find belonging and service in relationship with others...and to simply have fun! As we build self-awareness and commitment to community, we strengthen our ability to engage in healthy ways with ourselves, each other, and the world and to bring our UU principles to life. Each Sunday we gather together to share some time learning, reflecting, asking questions, playing, and getting to know each other in our religious community. We seek to provide a nurturing atmosphere, safe and caring spaces where the spirit of each child & youth will blossom and grow.

**Morning Service begins at 10:30am.** Most Sundays, everyone gathers in Worship Hall. After some opening words and singing, the children are invited to come forward for “Time for All Ages.” Afterwards they are sung out by the Congregation and proceed downstairs to meet in the NOW Room. From there, children and RE leaders make their way to smaller group sessions. Parents are asked to meet their children downstairs at noon. On the first Sunday of each month, families, along with our junior and senior youth, gather in the NOW Room at 10:30am (rather than Worship Hall) for Family Chapel, prior to heading to our RE sessions.

**Services for All Ages** - These are times for people of all ages to gather in creative worship, song, and joyful community. Share in our Compassionate Communication Service on March 29, and Celebrating Religious Exploration Service on May 3.

**Youth Group** (Junior 12-14 yrs. /Senior 14-20yrs) usually meet at 10:30am in Room 6. This year, some of Junior Youth will be participating in our sexuality education program on certain Sunday mornings and joining in with Youth Group on others. We encourage our youth to join the Congregation in all ages services and special events, while also giving them time on their own to develop a sense of supportive youth community.

**We welcome parents with babies** to join us downstairs with our toddlers to 3 year olds in Room 4 – this is a wonderful way to meet other parents of young children. We also offer a comfortable Lounge next to Worship Hall equipped with a closed circuit monitor so that parents may easily move in and out of the sanctuary as desired and still follow the service.

## RE Programs run from September to June each year.

Group	Program	Age
Red	Celebrating Me & My World	Toddlers to 3 yr. olds
Orange	Spirit Stories	4-5 yr. olds
Yellow	World of Wonder	6-7 yr. olds
Green	Bibleodeon	8-9 yr. olds
Blue	Jesus and His Kingdom of Equals	10-11 yr. olds
Indigo	Junior High OWL (Our Whole Lives Sexuality Education)	12-14 yr. olds
Violet	Junior and Senior Youth Groups	12-13 & 14-20 yr. olds

### Our Whole Lives (OWL) Sexuality Education

OWL is a positive, comprehensive, and age-appropriate educational program that promotes sexual health and is based on four primary goals: to provide accurate, developmentally appropriate information; to increase self-esteem and understanding of relationships with, and responsibilities toward, others; to develop interpersonal skills including communication, decision making, and problem solving; and to teach responsibility for personal health and safety.

We offer OWL curricula across the following age groups:

#### Children's Religious Exploration

Kindergarten-Gr. 1, Gr. 4-6, Gr. 7-9 (Junior High)

#### Youth Ministry

Gr. 10-12 (Senior High)

#### Adult Learning

Young Adult

Adult

During Winter/Spring 2015:

We continue our Jr. High OWL program which began in October.

Elementary OWL will be offered during the 2015-16 program year.

We offered a Sr. High OWL weekend last fall and plans are in progress for the next set of workshops here or at another 'neighbouring' congregation. We hope to offer Young Adult and Adult OWL in future; please contact Susan McEwen at [dll@firstunitarianottawa.ca](mailto:dll@firstunitarianottawa.ca) if you are interested in leading or participating.

# Live and Learn

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Unless otherwise stated, events take place at the First Unitarian Congregation of Ottawa, located at 30 Cleary Avenue and the cost for courses and activities is \$3 per evening or pay what you can.

## **The BookShelf**

The BookShelf in Fellowship Hall offers a wide range of titles chosen in support of Unitarian Universalist Principles. These books include Adult Fiction, Non-Fiction and Children's Literature, many of which are award winners. For the past 30 years, we have supported local booksellers. With the closing of Collected Works Bookstore, we are now ordering from Amazon.ca, which allows us to offer a great selection at good prices. Unitarian Universalist books are ordered from the Unitarian Universalist Association in Boston.

When: Most Sundays after the service from September to June

Contact: Margaret Zielinski at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) or church office, 613-725-1066

## **Women's Personal Growth Group**

This is an evening of fun and exploration for women. Members of the group select topics they wish to explore under the benevolent guidance of Joycelyn Loeffelholz-Rea. Women of all ages are welcome.

When: First Wednesday of the Month: January 7, February 4, March 4, April 1, May 6, June 3, July 8 and August 5, 2015, at 7:15 p.m. (note: not July 1) Where: Room 6, downstairs Donations: To the First Unitarian Congregation of Ottawa welcome Contact: Evelyn Algar, 613-728-5761

## Reading for Growth

There are two active Reading for Growth Groups which explore and learn about relevant issues through the reading of thought-provoking books.

**The Monday Non-Fiction Group** meets on the second Monday of the month at 1:00 - 3:00 p.m. in the Church Lounge. The group will discuss the following books:

January 12	<i>Zealot: The Life and Times of Jesus of Nazareth</i> by Reza Aslan
February 9	<i>The Righteous Mind</i> by Jonathan Haidt
March 9	<i>The Big Picture</i> by David Suzuki
April 13	<i>The Ascent of Women</i> by Sally Armstrong
May 11	to be decided
June 8	to be decided

This group is currently full. For more information, please contact Anita MacLean, 613-820-2892, or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

**The Friday Non-Fiction Group** meets on the last Friday of the month at 1:30 p.m. in the Lounge. The group will discuss:

January 30	<i>The Antidote: Happiness for People Who Can't Stand Positive Thinking</i> by Oliver Burkman
February 27	<i>The Wayfinders</i> by Wade Davis
March – June	to be announced

New members are welcome. Contact: Margot Clarke, 613-820-6596, or [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca) for more information about this group. You are welcome to join the Friday group or you may like to attend as a visitor. You can call the contact person, or just come along and join us.

# Growing Our Creative Selves

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## Arts Night

Three guest artists, one each from the Literary, Visual and Musical arts, give a presentation each month. They share the origin, passion and demonstrate examples of their particular art form. This is followed by a question and answer period where the audience interacts with the artists. There is an open mike at the beginning of the evening, where a few members of the audience may give five minute presentations. Refreshments served.

Evenings open to everyone.

When: Last Friday of the month from September to June, except December, at 7:30 pm. Cost: \$5/evening or pay what you can

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880, Elisabeth Morrison, 613-225-6702 or the church office, 613-725-1066

## Crafty Crafters

This group welcomes knitters and crocheters of all levels, from beginner to expert: we share our ideas and expertise, try out new techniques and materials, and admire each other's creations. As we work, we have great discussions on a wide variety of topics, ranging from world events and philosophical ideas to our personal experiences. The sale of our hand-crafted items at the Holly and Lace Bazaar and on other occasions helps to raise funds for the congregation. Donations of yarn, pattern books and needles have given us a cupboard full of resources. We meet every Wednesday morning, winter and summer, rain or shine; we bring our lunches and share a pot of tea.

All welcome.

When: Wednesdays, 10:00 a.m.–2:00 pm

Where: usually room 3, downstairs

Contact: Rosemary Bonyun, 613-563-0594 or Coral Sato, 613-599-8838

## Sit n Knit Purl n Play

Join our brand new kid-friendly knitting circle, for crafting and conversation, in a room filled with toys. Ideal for moms or dads with tots who can't seem to find the time to get back to that craft project they started a few months ago! Let the little ones play, while we sit and knit together.

When: Thursday mornings, 10:00 am – 12:00 pm, in room 4

Contact: Jennifer Suurland or Sarah Baxter at [adultlearning@firstunitarianottawa.ca](mailto:adultlearning@firstunitarianottawa.ca)

## **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: Wednesdays, 7:30–9:00 pm

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

Contact: Janet Clayton, 613-733-9566

## **Painters’ Circle**

We are looking for new members. Sharing our ideas and planning together is encouraging experience for painters whose activity is usually alone. We are a friendly group with a wide range of painting experience. We welcome neighbours, friends and members of the congregation. All media are welcome except oils. This is not a class. Please feel free to drop in to see us, but it is essential to contact Clea first if you want to paint.

When: Tuesday mornings, between 9:30 am – 12:00 pm

Where: Room 5, lower floor of Unitarian Church

Cost: A contribution of \$5 -\$10, or pay what you can is suggested

Contact: Clea Derwent, 613-695-0505

## **UU Writers Group**

This small group of would-be writers meets for herbal teas, low calorie (?) cookies, fun, companionship, reading, and of course, writing. Amateurs welcome; no need to call beforehand.

When: Alternate Tuesdays, 7:00 pm

Donations: To First Unitarian Congregation of Ottawa are welcome

Contact: Joycelyn Loeffelholz-Rea, 613-224-9880, or Ian Shields, 613-824-6080 ext.282.



# Fellowship

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## **Bridge Club**

All levels of players welcome. The format is multi-table rotational – Chicago scoring. Please bring light refreshments including juice and sparkling water. Coffee is supplied.

When: Fridays, 7:00-9:30 pm

January 9 & 30, February 27, March 27, and May 1, 2015

Where: Room 5, lower level

Cost: \$5 per evening or \$25 for the season

Contact: Tarrel Armstrong, 613-680-3884

## **Glebe/Centretown/Ottawa South Neighbourhood Group**

The group meets at participants' homes. The usual format includes coffee and dessert, followed by a guest speaker and discussion afterwards.

September and June meetings are pot luck dinners (often combined with planning discussions for future meetings). Topics include issues within our own church (or denomination), other religions, social justice issues, and other topics of interest to us as Unitarian Universalists. Participants are mainly from Centretown, Glebe and old Ottawa South and Sandy Hill, but anyone sharing an interest in a given topic is welcome. Come out and meet your UU neighbours!

When: Monthly, usually the third Sunday of the month (we do not meet in December, July or August)

Contact: Ann Denis, 613-730-0283, or Trudy Kassner, 613-730-2823

## **Riverside Park Neighbourhood Group**

Meetings in participants' homes, with a guest speaker on substantive topics relevant to a religious institution, such as other religions, important activities within our own church, justice issues, environment issues, social movements, etc. Meeting followed by coffee, tea, and desserts. Participants are centred in the south end of the city, but anyone who shares an interest in the topics is welcome.

When: Monthly, from September to May

Time: Usually on a Sunday evening at 7:30 p.m.

Contact: Bob Staveley, 613-733-6678



## **Unitarian Seniors Program**

Note: Beginning in January 2015, the seniors' Program is changing to an early-afternoon format.

Once a month, seniors and retired folks meet in the early afternoon for a time of fellowship and lively conversation. We begin with a short worship service, followed by a program which is thought-provoking or entertaining... or both. The event concludes with informal conversation over coffee, tea, and dessert or a light snack.

The gathering takes place in Worship and Fellowship Halls near the end of the month (except December) on various days in mid-week. Mark your 2015 calendars for:

Wednesday, January 28

Kathy Turner, a certified relocation and transitions specialist, will speak about seniors transitioning to living in a retirement community. Joycelyn Loeffelholz-Rea will lead the worship service.

Thursday, February 26

Christine Duport will speak about living with blindness and using a guide dog. She will be accompanied by her guide dog, Erie. Alex Campbell will lead the worship service.

Tuesday, March 31

Elisabeth Morrison, pianist, and Sam Clemann, flautist, will present a musical concert. Ellen Bell will lead the worship service.

Service: 1:00 p.m. Program: 1:30 p.m. Dessert/Light snack, Coffee, Tea (\$3 or pay what you can): 2:30 p.m.

RSVP (if you are not on the phone list): Maureen Sly at 613-728-7610 or [mmsly@rogers.com](mailto:mmsly@rogers.com) at least 3 days before the event.

Note: Earphones are available in Worship and Fellowship Halls.

## **UU Round Table Lunch**

Open to all Unitarian Universalists and guests. Lively discussions take place among members of the group, who have diverse interests and experiences. Our meeting location changes every three months. See the Sunday Communique or The Parkway Spire for details

When: Third Friday of the month: January 16, February 20, March 20, 2015, at 1:00 p.m.

Location: West End Well, 969 Wellington Street at Somerset

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

## **Young Adults (The Noble Birds)**

Young Adults are congregants in their twenties and thirties. They come from many walks of life: students, people seeking employment, young professionals, singles, parents, partners, and more. What they have in common is a wish to share, as a community, in activities of mutual interest. In the past, young adults have met for monthly gatherings: potlucks, skating, hiking, games, discussion, and movie nights. They have organized worship services and participated in other congregational events. Currently, we have a growing number of young adults in our congregation who are interested in connecting with others.

Please contact Susan McEwen at [dll@firstunitarianottawa.ca](mailto:dll@firstunitarianottawa.ca) or 613-725-1066 x234 if you would like to participate!



# Social Responsibility Council

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At First Unitarian, an integral part of the learning experience is moving beyond our personal selves. We learn about social justice and environmental issues through our involvement in education, advocacy, organizing, service and community at the local level and in dealing with international and global issues.

## Weekly Activities

On Sundays, the Social Responsibility Council displays topical information at its table in Fellowship Hall, and greets those who would like to discuss current issues.

## Monthly Events

Watch the congregation's publications for information on these events, usually after service on Sundays:

- Monthly meetings and other special events, seminars, etc. of Social Responsibility Working Groups are announced in the weekly eUUOttawa email newsletter, Sunday Communiqué and the monthly Parkway Spire.
- Social Responsibility letter-writing sessions, dealing with current issues in our community, province, country, and the world.
- Fair Trade products, sold by the Environmental and Global Justice Working Groups.
- Granny Squares—brownies, lemon squares and so on—sold by the Unitarian GoGos help the Stephen Lewis Foundation's Grandmothers to Grandmothers campaign for grandmothers and AIDS orphans in Africa.
- Social Action Movie Nights, with potluck supper, after the evening service.

## Contact Us

To learn more about the Social Responsibility Council, it's Working Groups and their activities, contact the following representatives:

Social Responsibility Steering Committee:

Ron Wilson, 613-747-7584

## **Groups Acting at the Global Level:**

**Canada-Nepal Solidarity for Peace:** Works to support democracy and human rights in Nepal, provides counselling for Nepalese immigrants and refugees in Canada, and raises funds for destitute women and children in Nepal. Contact: Tara Upreti, 613-733-8242.

**Childhaven International:** Childhaven operates a number of orphanages in India, Nepal, Tibet and Bangladesh. They house and support over one thousand children. Contact: Dave Luck, 613-729-5842

**Global Justice Working Group:** Encourages congregational members to deliberate on issues of social justice, advocate for social change, and join with other people of faith and goodwill.  
Contact: Bob Stevenson, 613-729-3765

**Unitarian GoGos:** Raises awareness and funds in support of grassroots initiatives of grandmothers in sub-Saharan Africa, who are raising children orphaned by HIV/AIDS.  
Contact: Wendy Doyle, 613-824-7462,  
Sheila Green, 613-739-8954, or [unitariangogos@gmail.com](mailto:unitariangogos@gmail.com)

**UN Working Group:** Assists our congregation in learning about and participating in major United Nations issues such as human rights, peace, equity, and the environment. Contact: Katrin Nagelschitz, 613-722-8775

## **Groups Acting at the Local Level**

**Mental Illness Working Group** supports the Ancoura supportive-housing initiative for people living with mental illness and also works to bring greater awareness of the problems that face those living with a mental illness and helps counter the stigma associated with this illness. Contact: Paul McGinnis, 613-829-7165

**Parkdale Food Centre Contributors:** Our congregation makes weekly donations of food collected at services and events.  
Contact: church office, 613-725-1066

**Poverty Awareness Working Group:** Creates awareness in the congregation and takes action on poverty and affordable housing issues. Contact: Mike Wheeler, 613-829-8298;  
[povertyawareness@firstunitarianottawa.ca](mailto:povertyawareness@firstunitarianottawa.ca).

**Refugee Working Group:** Facilitates the settlement of individual refugees and/or families through such tasks as arrangements for housing, banking, schooling and health issues. Contact: Bob Stevenson, 613-729-3765

**Environmental Working Group (EWG):** Educates about and lobbies on environmental issues; provide fact sheets, collects petitions to government and sells organic items during the Hospitality Hour. Contact: Alastaire Henderson, 613-562-2253

**Welcoming Congregation Working Group:** Actively promotes the inclusion of lesbian, gay, bisexual and transgendered (LGBT) peoples in all their diversities in our church, involves itself in out-reach to like-minded community groups and educates the congregation on related issues. Contact: Heidi Wright, 613-730-5562

**Adopt-a-Riverbank Project:** Our congregation has “adopted” three kilometres of the Ottawa riverbank from Woodroffe Ave. to Dominion Ave. An informal group of volunteers takes on a spring clean-up of the shoreline. Contact: Marilen Gerber 613-843-1688



# Music

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There are many ways and opportunities to experience and participate in music making here at First Unitarian. We have several choirs and they all sing regularly in service and in concert. Check out the information below and if you have any questions, please email [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca).

**The Chalice Choir** meets Thursday evenings from 7:30-9:30 in Worship Hall and is our largest group. We welcome all singers of any age and experience level. The group is un-auditioned and the music we sing ranges from hymns to light classical, jazz to Broadway. New members are always encouraged to join! The Chalice Choir is scheduled to sing two Sundays each month. The group will also be singing in 1-2 concerts before June. If you would like more information on the group or would like to join, please drop by the Music Directors office or send an email to [music@firstunitarianottawa.ca](mailto:music@firstunitarianottawa.ca). We are also excited to welcome our new accompanist Anthony Grozdev to the group. Anthony is finishing a masters in piano performance at the University of Ottawa. He will be a great addition to the team.

**The Jazz Choir** rehearses on Friday afternoons at 1:00 pm in Worship Hall. This choir is designed to stimulate the voices of more experienced choir members. The repertoire is chosen from a wide variety of Jazz Standards as well as jazzy takes on more classical music. The group is un-auditioned, but moves at a fast pace. We welcome new members and if you are interested, please talk to the music director.

**The Three Rivers Singers** meet once every two weeks on Wednesday afternoon at 1:00p.m. This women's choir focusses on A Capella music and sings in many styles. The group tries to highlight female composers as well as Unitarian composers.

**Our Year End Concert** will take place at 7:00p.m. on Saturday, May 30th in Worship Hall. The concert will feature our main Chalice Choir, Jazz Choir, and Three Rivers Singers as well as outside musicians. Please join us and celebrate the end of the year.

Aside from our rehearsals and concerts the choirs often hold social gatherings and work together to fundraise to hire outside musicians for Sunday Mornings and choir concerts. If you would like to join in on any aspect of the fun, please talk to any choir member or the Music Director.

**Music is for everyone, and your Music Director doesn't believe in being "tone deaf!"**

# Getting to the First Unitarian Congregation of Ottawa

The First Unitarian Congregation of Ottawa is at 30 Cleary Avenue in Ottawa, about a kilometre east of the intersection of Woodroffe Ave. and Richmond Road. The tall spire of our modern structure is visible from Richmond Road and the Ottawa River Parkway.

## Driving:

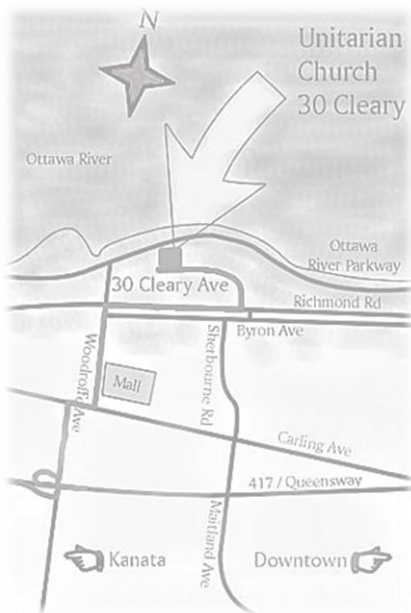
**From the Queensway (Hwy 417):** Take the Queensway (Hwy 417) to Woodroffe Avenue North. Continue north on Woodroffe, crossing Carling Avenue (with a jog to the right then left) and going past Carlingwood Shopping Centre until you reach Richmond Road. Take a right on Richmond Road and go to the next traffic light, Cleary Avenue, and turn left. We are at the end of Cleary Avenue behind Unitarian House. There is ample free parking.

## By Bus:

The Route 2 bus stops at the intersection of Richmond Road and Cleary Avenue, not far from the church.

## Special Needs:

The Richmond Road/Cleary Avenue intersection has audible aids. The church is at the end of Cleary Avenue; all sidewalks are accessible and the church has an elevator.



First Unitarian  
Congregation of Ottawa

First Unitarian Congregation of Ottawa  
30 Cleary Avenue,  
Ottawa, Ontario K2A 4A1  
Telephone: 613-725-1066  
Email: [uoffice@firstunitarianottawa.ca](mailto:uoffice@firstunitarianottawa.ca)  
Web site: [www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)

# About Our Faith

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Unitarian Universalism is a liberal, theologically diverse religion, in which members support one another in the search for truth and meaning. As members of a non-creedal religious tradition, Unitarian Universalists are free to discern their beliefs about theological and ethical issues. The First Unitarian Congregation of Ottawa welcomes those of all racial, religious, cultural and social backgrounds, gender identity and sexual orientation.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

## Principles

As Unitarians we covenant to affirm and promote:

- ❖ the inherent worth and dignity of every person;
- ❖ justice, equity, and compassion in human relations;
- ❖ acceptance of one another and encouragement to spiritual growth in our congregations;
- ❖ a free and responsible search for truth and meaning;
- ❖ the right of conscience and the use of the democratic process within our congregations and in society at large;
- ❖ the goal of world community with peace, liberty, and justice for all;
- ❖ respect for the interdependent web of all existence of which we are a part.

## Our Mission Statement

We kindle the light within and inspire courage to nurture the web of life and to create a just and compassionate world.

To learn more about our Congregation, visit [www.firstunitarianottawa.ca](http://www.firstunitarianottawa.ca)

