



# LUF Letter

Lakehead Unitarian Fellowship 2010



“An inclusive spiritual community promoting a compassionate, just, and sustainable world.”



Red Rock Bay

## Summer Sailing

As part of the service auction, the Blaauw family offered three trips up the Nipigon River and in the Red Rock Bay with their sailboat the *Giant Flyer* to view the local pictographs and enjoy the gorgeous scenery. Pictures courtesy of Brian Holden.



Sailing in the Red Rock Bay. Crew member Matthew Smith enjoys the sun.

<b>SUNDAY SERVICES</b> Services at 10:30 am 129 Algoma St. S Religious Exploration Classes Child Care Provided	
September 12	Intergenerational Water Service
September 19	Heart of Unitarianism in Word and Song with Rev. Suzanne Wasilczuk  Service Leader: David Belrose
September 26	Panel Presentation by those in attendance at the CUC and UUA AGMs

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During the next 10 months of 2010 to 2011, the Religious Education Committee will consist of the following volunteers; Nursery Children's Representative ~ Emily Lauzon, Primary Children's Representative ~ Jessica Blaauw, Junior Children's Representative ~ Paul Acree, Board Liaison to the RE Committee ~ Rosemary Burriss, Coordinator of Religious Exploration ~ Lynne Riel.

And, a "Congregation Representative" will be contacted & identified in the near future.

Over the next 10 months, the Religious Exploration program will continue to provide Nursery care for the babies and toddlers, a curriculum based on the value of non-violent communication entitled "*Heart Talk for Kids*" for the Primary children, and a curriculum entitled "We Believe: Learning & Living Our Unitarian Universalist Principles" for the Junior group.

### **Heart Talk for Kids –Primary Children Curriculum**

"*Heart Talk for Kids*" was purchased at the UU Annual General Assembly in Minneapolis this past June and below is the author's description of the curriculum. The purpose of **Heart Talk for Kids** is to communicate with each other in empathy – to understand and see our common humanity. From that place of deep understanding and caring we can find mutually satisfying ways of being together. Each lesson in the curriculum includes specific references to one or more UU Principles.

One of the things that is not part of the **Heart Talk** is punishment. It emphasizes physical and emotional safety – a place of respect. It does not advocate physical punishment, or inducing guilt, shame or fear. It can be a shift to move into a place of no punishment. We want to be clear that the **Heart Talk** understanding does not mean that adults let children run wild. Instead, adults are even more tuned in to what their own personal needs are and communicate those to the children, as well as listen to what the children need. In that place of respect, mutually satisfying ways of being together are found.

For more information on the **Heart Talk for Kids** program, please see Veronica Lassen's and Debbie Berkana's great website [www.heartvistas.com](http://www.heartvistas.com).

### **We Believe: Learning and Living Our UU Principles –Junior Children Curriculum**

*We Believe: Learning And Living Our Unitarian Universalist Principles* is designed for very small groupings of children. The hope is that the stories, discussions, activities and worship experiences in the twenty-two hour-long sessions will prove interesting and engaging for the Junior children -approximately ages 7/8 to 12/13.

Beginning with a gathering activity, each session continues with a time for participants to explore what they already know about the theme, and to reflect on how they know what they know. Then follows a story related to the theme and an activity to help participants take hold of the story and/or the theme itself. This may happen through an art project, a game, a song, a dramatization, or a discussion. Finally, there comes an opportunity to put the ideas of the session to work in an active and intentional way to live our principles.

Finally, each hour-long session includes a ten-minute worship segment which clearly relates the theme to Unitarian Universalist principles and values and which serves in some sense to sum up the entire session in a culminating celebration. The first seven sessions cover all seven principles. Sessions 8 - 14 and Sessions 15 - 21 cover each principle, again, in different ways. They may make reference to materials in prior sessions on the same principle, but do not depend upon prior sessions for their effectiveness as learning experiences.

### **Upcoming Religious Exploration Plans**

- Sun. Sept. 12th -- Water Communion Intergenerational Service -- General childcare available in basement; Registration forms and a printed overview of the curriculums will be available for all registrant families.
- Sunday, Sept. 19th -- Children's Chapel with Lynne Riel, LUF's Coordinator of Religious Exploration;
- Sat. Sept. 25th, 1:00 p.m. to 4:00 p.m. -- Religious Exploration Teacher Orientation & Sign-up @ LUF; All are welcome to attend and sign-up for the coming year.
- Sunday, Sept. 26th -- CRE to present information from Unitarian Universalist Annual General Assembly in Minneapolis, Minn., in June.

*Grateful thanks to Emily Lauzon & Jessica Blaauw who are in the throes of renovating the Nursery. They have already cleared, removed the old carpet and painted the walls.*

## MESSAGE FROM THE PRESIDENT

We are at the beginning of another church year and we are faced with a few changes. The death of Ken Morrison at the end of July gripped us all. We will miss him so much; our condolences to Jean and family.

When you come back for the Sept 12th service, I hope you will notice our efforts towards keeping the building the building safe and attractive.

We also welcome Elaine Sombrutski as our new administrator. Our thanks go to Kelly Von Bargen, who not only ably fulfilled the role of administrator, but also introduced new music, speakers, and various challenges to members in general, and board members in particular. Kelly has agreed to stay and introduce Elaine to the routines of the office, as well as the people who frequent it. We wish Kelly well in her life exploring ventures and hope she will be able to share some of them with us. We hope to formally introduce Elaine at the Sept 12th service.

“Bert wants to spend money”, a mantra often heard in the halls of the fellowship of late. Even though Bert is the President, he does not have unlimited executive powers and answers to both the congregation and to the board. Last year we saved a large amount of money, mostly by not spending it. This year the board set an ambitious budget in January that included spending money on visiting professional ministers, ministerial search, ambitious RE programs, both adult and child, OWL, and some building improvements. I believe it is the task of the board to ensure that these programs go forward, and yes, I am somewhat “pushy” in making people execute, realize their plans, and keep their promises. That is what we want to spend money on.

There will be an annual canvass, rather than a year-round canvass. Rob van Wyck, LUF’s treasurer will keep us informed of progress and status. The annual canvass will require help from at least a dozen people, and will become the foundation of next year’s plans and budget. This style of canvass has proven to be a successful concept in larger congregations with dedicated financial management. In a congregation our size, input and participation of volunteers must be the key ingredient. Trudi Jones’ efforts were valiant and largely successful, but there is only one Trudi.

Every board member will, in addition to providing input on policy, have a specific liaison task. For example: the Sunday Services Committee liaison will be familiar with the plans and budget of that Committee, its plans for the near future, review if the expenditures are in line with the allotted budget, and sign-off on cheque requisitions. Details will be posted at the Sept 12th service.

As usual, we are facing more challenges than we are likely to have the time or energy to resolve. I hope it will be rewarding to try.

-Bert Blaauw, President

## MESSAGE FROM THE CHAIR OF THE PROPERTY COMMITTEE

The property committee (of one) is looking for a chairperson and members.

Applications and resumes can be sent to the administrator with attention to Bert Blaauw.

Being a member or chair of the building committee can be very rewarding in seeing the results of your labours, as well as, help develop your manual skills in prepping, painting, sanding and may be even some carpentry, or develop soft skills like design, project management and personnel management. Some of the projects completed or enhanced this summer were: A bicycle rack attached to the wayside pulpit, Peggy’s Garden, trimming of the south-side hedge, additional hose for watering plants, new fluorescent fixtures in the basement, a new carpet on the steps, a whiteboard in the upstairs meeting room, and several small maintenance jobs. Plans for chimney repairs have been postponed.

Still to come are new carpet- runners inside the hall, new flooring and subfloor in the nursery room, painting of the nursery room, more fluorescent fixtures in the basement.

Work still in the planning stage are: trimming of the front-tree, cleaning of eaves troughs, servicing the furnaces (contractor), cleaning parking area, paint picket fence and the adjacent shed wall, replace basement window, wall repair in the bathrooms.

In addition to your application and resume you also may suggest other items for the job-jar.

-Bert Blaauw, Property Chair.



**SCOTIABANK AIDS WALK FOR LIFE: Sunday, September 19, 2010.**

This year's Walk will take place at AIDS Thunder Bay. Get involved! You can register to walk or make a donation.

Your efforts will help increase awareness about HIV/AIDS and raise money to provide essential services for people living with and affected by HIV/AIDS in our community. For more information about the Scotiabank AIDS Walk for Life, please visit

[www.aidswalkforlife.ca](http://www.aidswalkforlife.ca) Thanks for your support and we will see you at the walk!

**FULL MOON MEMORY WALK:**

**Family and Friends of Missing and Murdered Anishnabe and Metis Women: 6pm @ the Corner of Simpson St. & Victoria Ave.**

Walk will proceed north along Simpson St., turn right at Pacific Ave. bridge, east to the end of Pacific Ave until we reach 110th Ave where we will turn left until we reach the Neebing-McIntyre Floodway.

For more info contact 622.5407 or [fullmoonmemorywalk@live.ca](mailto:fullmoonmemorywalk@live.ca)

**FILM SCREENING *Poor No More* + Panel Discussion w/ Bruce Hyer, MP and representatives from local organizations – Lakehead University UC1017 at 7pm**

**Poor No More** offers an engaging look at Canadians stuck in low paying jobs with no security and no future. Mary then takes us on a journey to Ireland and Sweden so we can see how these countries have tackled poverty while strengthening their economies. It offers hope to those who have to work two jobs a day and to those who can't find work. It is designed to build public support for a real reduction in poverty.

**SCHEDULE OF EVENTS FOR SEPTEMBER 2010**

Every Sunday at 10:30am, Sunday Service at LUF	Every Wednesday at 7:30pm Mindfulness Practice	Tues. Sept. 14 at 7 pm Nu- Moon mtg. at LUF	Sat. Sept. 25 from 9am-2pm Garage Sale Fundraiser for World Accord Trip at LUF
Every Sunday at 7:30pm, Meditation	Mon. Sept. 13th at 7:30pm Men's Group in LUF kitchen	Thurs. Sept. 16 at 7 pm Membership Committee mtg. upstairs at LUF	Sat. Sept. 25 at 6pm Potala Film Night at LUF
Wednesday at 5:30-7:00pm Yoga with Sarah, \$6 here at LUF	Tues. Sept. 14 at 5 pm Sun- day Services Committee mtg.	Mon. Sept 20 at 7pm LUF Board Mtg at LUF	Sat. Oct. 2: Bridge at LUF, 1 pm

### **Regional Multifaith Committee**

The Rev Eduard Prinselaar was recently re-appointed by the LUF Board of Directors as our representative on the Regional Multifaith Committee. This committee is part of the larger Ontario Multifaith Council on Spiritual and Religious Care, on which Rev Prinselaar is also the regional representative. The OMC, made up of some 29 faith groups, works to provide advice and assistance to the government with regards to the delivery of adequate and appropriate spiritual and religious care to the people in the care of the province, chiefly in the area of correctional institutions, hospitals and long term care facilities.

The Regional Committees have been entrusted with the task of the support of chaplaincy in their area, the certification of those seeking employ in chaplaincy services, and an advocacy role for spiritual and religious care in institutions. An example of their work locally can be found on the second floor of the Thunder Bay Regional Hospital. The "Quiet Room" or Spiritual/Religious Centre was included in the hospital from the early planning stages and, with the assistance of hospital Chaplaincy services, staff, and local artists Norma Wynn, Damon Dowbak and John Books was fully designed and furnished two years ago.

The Rev Prinselaar received special recognition at the Annual OMC meeting in Toronto on June 16th. 2010 for his almost 20 years of involvement in the work of the Regional Committee. He has graciously loaned LUF the plaque he was awarded that evening and all are encouraged to read it and to ask Ed about the Committee and its future challenges.

### **CUC Western Regional Fall Gathering**

This year the First Unitarian Universalist Church of Winnipeg is hosting the Canadian Unitarian Council Western Regional Fall Gathering. The gathering is October 15th to the 17th in the wonderful city of Winnipeg. In the West, we sometimes feel isolated, since other Unitarians are often miles away. Gatherings such as this are a great opportunity for us to meet or re-connect with one another, have fun, and learn.

This year, shared ministry will be the focus of the gathering. Through shared ministry, we can maximize everyone's talents, participation and feeling of belonging to our religious communities. When we all take responsibility for our congregational life as a community, we are stronger and better for it.

For more information on this gathering, please see the pamphlets on the greeter's table and the poster at LUF.

### Thanks, LUFers, But There Is More For You To Know

Thank you all for your card acknowledging the work of Canvass Champion for the Transition Canvass, then of Canvass Chair for the (not quite) two year trial run of an all year around style of canvass. There are others who need to be recognized, though. First is David Belrose and the Board who allowed for the experiment. Next is Christine Meronyk. She, as treasurer, and I quickly developed a hand in glove working relationship that was indispensable to any success those canvasses may have achieved.

We implemented a new dual recording process which allowed us to know where we are at any given time financially, and it allows us to reliably forecast. So, I have to thank Rob van Wyck, the new treasurer, for going to bat for me and arranging for these two records to be created, maintained and printed out regularly. And thanks to Jeff Gibson for saying he would do both of these records for us, without any additional charge to the Fellowship for his services. And last, but by no means least, thanks to our new president Bert Blaauw, who, in the absence of a bookkeeper, volunteered to set up both of those essential information spread sheets for us.

- Trudi J. Jones

## USC CORNER - REPORT ON PAKISTAN: YOU CAN HELP

by: Del Dickey

The long term food security of Pakistan, and indeed the world, is at risk due increasingly extreme weather conditions. USC Canada's Seeds of Survival is working with farmers around the world, helping them to develop solutions to these long-term challenges. But the people in Pakistan need your help now! While USC Canada does not work in Pakistan, here is a list of groups that the staff at USC Canada are supporting financially:

### **IDRF (International Development and Relief Foundation)**

<http://idrf.com/index.php> IDRF is providing emergency, health, aid, assistance, and hygiene kits to the most vulnerable families from the affected areas in North-Western Frontier Province of Pakistan. IDRF is a registered Canadian non-profit organization, dedicated to empowering the disadvantaged people of the world through emergency relief and participatory development programs based on the Islamic principles of human dignity, self-reliance and social justice.

**MSF (MÉDECINS SANS FRONTIÈRES)** <http://www.msf.ca> In the aftermath of any disaster, the immediate impact on people - deaths and injuries - is often followed by other health risks. These risks can be linked to difficult living conditions, lack of hygiene, and restricted access to clean water and basic healthcare services. The recent Pakistan floods are no exception to these dangers. Médecins Sans Frontières (MSF) and others providing aid are working hard to avoid outbreaks of disease and to provide essential healthcare to a population in desperate need.

**Red Cross:** <http://www.redcross.ca/> The Canadian Red Cross is actively responding and has already deployed four mobile health units and a seven-person paramedic team to affected communities in the region. Canadian funded distributions are underway in the most affected areas, where the Canadian Red Cross aims to assist thousands of people with emergency relief supplies. Despite these efforts, the scale of the disaster is massive and more help is urgently needed. Canadians wishing to help support relief efforts underway in Pakistan are encouraged to contribute by donating online, calling 1-800-418-1111 or contacting their local Red Cross office.

**Like Water for Spices:** A Unitarian Journey to South India, from the Bay of Bengal to the Arabian Sea. March 11 - 17, 2011.

Experience fabulous temples, meditate in captivating locations, attend a Sunday service at the Unitarian Christian Church in Chennai, visit an ashram in Pondicherry, cruise the backwaters of Kerala, learn about Tanjore painting, enjoy a Kerala cooking demonstration, and watch a Kathakali Dance presentation. Led by Rev. Wayne Walder. See all details at [www.nuuc.ca/Journeys/india2011.htm](http://www.nuuc.ca/Journeys/india2011.htm)

## CUC Nominations Committee

A nominee is needed for the CUC Nominations Committee. Patience Towler represents the Western and B.C. Regions, and will complete her term next May. She will not be standing for re-election. The committee is seeking expressions of interest for this position which will be for three years with an option for a further three year term.

Nominees must be members in good standing and have been involved in some aspect of denominational affairs; also have served on committees and possibly, the Board. The position requires good knowledge and use of technology as the committee does most of its work via teleconferencing and computer.

The deadline for applications is September 30 (although the committee will continue to seek applications after that date). Patience can provide additional information about the responsibilities and is available by e-mail [ptowler@telus.net](mailto:ptowler@telus.net) or by phone 604 325-9902.

## Memorial Thank You

Many thanks and much appreciation to all who assisted in Ken's memorial service: David Belrose who sensitively presided; the Rev. Ed Prinselaar, Susan Tiura and Rob Van Wyck for their eloquent readings; to Bruce Hyer, Heather Morrison and Ellen for their thoughtful tributes to Ken; to Kim Erickson, William Roberts and Norman Sponchia for their moving vocals; to Bert Blaauw for finding personnel to greet and staff the donation table and to all heeded his request; to Shawn Allaire for designing the printed program and displays; and to Heather Morrison for accompanying the hymns, performing in the Saint-Saens duet with Damian Rivers-Moore and for assisting in countless ways.

The family much appreciates the many donations in Ken's memory made to TBSO, the Northern Cancer Fund and the LUF Ken Morrison Lecture Fund.

And a huge thanks to those who sent food, flowers, and heartfelt messages by post, e-mail and telephone and who drove or visited both during Ken's illness and after his passing. Ken felt heartened by your kindness and so do I.

In my view a religious organization like ours is less about dogma than about building community which is done in large part through loving, supporting, and caring for its more or less like-minded members. In this our Fellowship has excelled!

-Jean Morrison



## ART IN SANCTUARY

Many thanks to Brian Holden, who's print artwork beautifully adorns our sanctuary. Pieces from his "wilderness" series are temporary on loan to us. Please visit his website ([www.brianholden.ca](http://www.brianholden.ca)) or check out his information folder which can be found in the hall. His pieces are available for purchase.

A solo exhibition of hand printed images that examines habitats and landscapes found in North-western Ontario. The show ran from June 5 to June 26, 2010.

# LUF CONTACTS 2010

## OFFICERS OF THE BOARD

President:	Bert Blaauw	344-4052
Vice-President:	vacant	
Secretary:	Siobhan Malashewski	683-7212
Treasurer:	Rob Van Wyck	344-7845
Past President:	Ellen Taylor	345-3888
At Large:	Brenda Gillespie	983-2758
	Rosemary Burris	343-9241
	Margaret Wanlin	767-1939
	Sophia Gubbins	622-8316



## STAFF AND APPOINTED OFFICERS

Administrator	Kelly Von Bargaen	344-5980 (Office)	<a href="mailto:lufship@tbaytel.net">lufship@tbaytel.net</a>
Administrator in Training	Elaine Sombrutski		
Coordinator of Religious Exploration	Lynne Riel	344-5980 (Office)	<a href="mailto:creluf@gmail.com">creluf@gmail.com</a>
Bookkeeper	Nadia LaRussa	344-5980 (Office)	
Lay Chaplains:	Rob Van Wyck	344-7845	
	Susan Tiura	346-4223	
	David Belrose	623-3347	
Director of Music :	Heather Morrison	767-8233	
Endowment Fund Directors	Tony Carfagnini (Chair)		
	Carl Rose		
	Wayne Hill		

## COMMITTEE CHAIRS AND CONTACT PEOPLE

Archives:	Del Dickey	Membership:	Pyteke Blaauw
Bridge:	Chris Moss	Newsletter:	Kelly Von Bargaen
Care Committee:	Carol Ann Brumpton	Nominating:	
Fellowship Life / PODS:	Bev Leaman	Property:	Bert Blaauw
Finance:	Rob Van Wyck	Religious Education:	rotating chair
Green Sanctuary Committee:		Sanctuary Coordinator:	Del Dickey
Kitchen:	Alice Neudorf, Audrey Saxberg	Social Responsibility:	Ahti Tolvanen
Lay Chaplaincy:	Carol Ann Brumpton	Sunday Services:	Susan Tiura
Library:		Tai Chi:	Sita Holland
Lifespan Learning:	Suzanne Hansen	YRUU/Youth Advisor:	Paul Acree
Mindfulness:	David Belrose		
Men's Group	Jim Bishop		

## AFFILIATES AND ASSOCIATES

Canadian Unitarian Council Board ([cuc.ca](http://cuc.ca))  
 Canadian Unitarians for Social Justice

The opinions expressed in this newsletter may not necessarily reflect those of the newsletter editor or the Board of LUF.

We hope that you enjoy receiving and reading the LUF Letter, provided free to all LUF members and friends. Receiving the LUF Letter by email, in pdf format, saves both money and trees. Please notify

### LAKEHEAD UNITARIAN FELLOWSHIP

129 Algoma St., Thunder Bay, ON P7B 3B7

Phone: (807) 344-5980

**LUF Email Address : [lufship@tbaytel.net](mailto:lufship@tbaytel.net)**

Website: [www.luf.ca](http://www.luf.ca)

Newsletter and web site submissions:

**[lufship@tbaytel.net](mailto:lufship@tbaytel.net)**

**Deadline for submissions: 18th of the month**

The newsletter is usually distributed by the first Sunday of each month from September to June inclusive via email, surface mail or hand delivered.