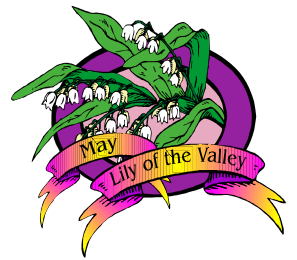




LUF Newsletter

Lakehead Unitarian Fellowship

MAY 2011



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

HUNGRY UNITARIANS AT THE TROUGH



April’s potluck dinner was a wonderful mix of fellowship and delicious fare in honour of our visiting CUC representatives Gary Groot and Liz James.

Thankyou to Liz for her inspiring workshop on “The Road to Professional Ministry” and Gary for his informative presentation on the “Functions and Benefits of membership in CUC.”



SUNDAY SERVICE at 10:30 am at 129 S. Algoma St. Children’s Religious Exploration Classes (Child Care Provided)

May 1 - Title: Mayday/Beltane
Speakers: NuuMoon

May 8 - Title: World Accord Expedition
Speaker: Meaghan Malashewski

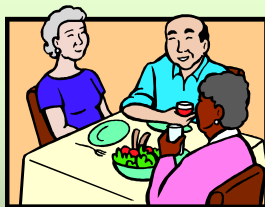
May 15 - Title: Rhythms of Life (songs)
Speaker: Rev. Suzanne Wasilczuk

May 22 - TBA

May 29 - Title: Social Justice Issue
Speaker: Rev. Francis Deverell

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NEW MEMBERS WELCOMING CEREMONY

Sunday, June 19th is LUF's traditional Flower Service and the congregation is also delighted to welcome new members. This brief ceremony is conducted by our lay-chaplains and is part of the morning worship service. If there are LUF friends who want to consider membership, we ask you to get in touch with the Fellowship's office at 344-5980 lufship@tbaytel.net or Pyteke Blaauw (Membership Committee Chair) at 344-4052 - e-mail blaauw@shaw.ca.

A potluck supper for new member applicants is scheduled for Thursday June 2nd at the home of LUF's president Bert Blaauw - 392 Ambrose street. At this dinner the lay-chaplains will listen to and share ideas about the welcoming ceremony. For questions and to RSVP please contact the numbers above. !!!

USC CORNER Dolores Dickey

Many years ago, Lotta Hitschmanova established a working relationship with Nepalese agricultural groups. Kate Green, our February speaker, is continuing that work now with USC's partners. Kate's letters from Nepal are at usc-canada.org. There are links to other stories about food production and food security. On the April site watch the video "Eco-Farming Can Feed the World".

Among the several recent stories is one from Humla, which has a six month growing season. A woman agricultural coordinator with USC's partner has established a green house (constructed with scrap local material) to give vegetables a head start. She is experimenting with varieties of wheat that may be suitable in her region. She has succeeded in germinating local walnuts and provides the seedlings to others. The trees will help stabilize the hillsides and bring in dollars. Hand extracted walnut oil is an important source of cooking oil in the region.

Dan, a resident of Chhatiwan is now farming at home instead of working for 2 to 3 years at a time as a labourer in Malaysia. Thanks to the Community Agricultural Leader program operated by Parivartan (USC's partner in Nepal), Dan is growing vegetables. The demand is so great that he doesn't have to travel to the market but sells all his produce from his home. Most farmers grow corn (sold for chicken feed) and rice because the price is good but corn and rice are a poor human diet. Vegetables are scarce, but people like Dan are now demonstrating how to grow a greater variety of foods. This is a nutrition success story.

2011 PROPOSED BYLAW REVISIONS

This request goes out to all members and friends who are interested in previewing and commenting on the changes to the Bylaws. They have been added to the E-Updates and copies are printed and placed on the Greeter's table at the front of LUF. Thank you to all who help us in the laborious task of updating and editing. Ellen Taylor

AGM NOTICE:

Please be reminded that all reports for the Annual General meeting which is to be held on June 5, can be sent to Siobhan Malashewski by May 15 at siobhanmal@gmail.com.

**SERVICE OF MEMORY FOR FANNY HILL**

May 6, 2011, 3:00 p.m., Lakehead Unitarian Fellowship, 129 S. Algoma St.

We are saddened to announce the death of Fanny Hill, mother of Wayne, Peggy, Beryl and Jami. After suffering a stroke in 2000, Fanny moved from Meaford to live on Crown Street across the road from Wayne and his wife Peggy and came along with them to LUF for Sunday worship.

After her twin sister died at the end of January, shortly after their 93rd birthdays, Fanny began to be very tired. It was as if her body had decided it needed the long rest, and Fanny was content to go along with this. 'I've had a great trip', she declared, and, indeed, during the month that followed she was able to relive many of the long holidays she and her husband, Bill, had taken to Europe, to the antipodes – island hopping to get there – and around North America. Her son, Jami, was able to read back to her the journals she had kept at the time.

Beryl spent a fortnight helping with the transition from hospital to home, and Peggy was here for three weeks close to the end nursing her mother. 'Don't be sad', Fanny said to her, and, typically, told a couple of bad jokes to help her children 'lighten up'.

Peggy, Beryl and Jami are particularly grateful to their elder brother, Wayne, for the care he has lavished on their mother during her time in Thunder Bay which is what, his siblings are sure, enabled them to enjoy her presence in their lives for such a long time. Wayne, Peggy, Beryl and Jami would like to thank the congregation of this church for taking her to the bosom of their hearts.

A SAFE PLACE - OUR FELLOWSHIP ... but not for everyone

A NUT FREE ZONE..... For many years we have recognized that some of our members and friends have severe allergies to nuts. No one brings food containing nuts for children's snacks, and any pot luck dishes that contain nuts are clearly labelled. We have learned this lesson well.

A SCENT FREE SPACE.... We have members and friends whose allergies to scent is just as severe as the nut allergies. It's a lot harder to deal with this problem, but we are getting better at it. Perfume is an obvious no-no, but scents sneak up on us in shampoos, hair spray, deodorant - even hand lotion. If you use softener sheets in your clothes dryer, it's a real chore to find unscented ones.

Please give careful thought to the products that you have used when you come to church. Sensitivity to scented products, and even the natural smell of some flowers can cause serious reactions. I'm keeping this in mind as I prepare the Flower Communion for one of our June services, and it has made me realize that we should be just as careful with scents as we are with nuts. Please show your consideration **AVOID BOTH.**

Submitted By: Del Dickey

The KEN MORRISON LECTURE SERIES

(in memory of Ken who died on July 29, 2010)

We are happy to announce the **second** in the Ken Morrison Lecture series with the return of Rev. Hugh Walker, Manager of the Spiritual Care Dept. at St. Joseph's Hospital.

The topic will be : "**Irrigating the Withered Social Conscience: A Referendum on our Humanity's Viability.**"

There will be Refreshments and a Q & A following the presentation on **Friday, May 6th**.at 7.30 pm at Lakehead Unitarian Fellowship, 129 S. Algoma Street. Parking with appreciation: Bay Credit Union

MINISTERIAL SEARCH TEAM REPORT MAY, 2011

Ah the wonders of technology! Our team has had our first Skype meeting with Antonia Won who is the Canadian Unitarian Counsel District Rep. for our region. She was able to reassure us that we have a chance at finding a part time minister, but that it is best to approach this methodically, and not let artificial timelines rush a decision. Following her advice, we are in the process of filling out a Congregational Record with the Unitarian Universalist Association, and refining the profiles of our congregation and city which will go into the package that Antonia will post for us in Canada.

On Saturday, April 9, 20 interested members attended the workshop on the process of finding Part time ministry that Liz James led. There were many topics which were tailor made for our situation, and Liz generously allowed time for our specific questions and concerns.

And so the work proceeds, more slowly than we had initially hoped, but steadily.

Respectfully submitted,
Rosemary Burris, Christine Meronyk, Ed Prinselaar, and Margaret Wanlin

SCHEDULE OF EVENTS FOR MAY 2011

Every Sunday at 10:30am, Sunday Service at LUF	Sun., May 1, 3pm Sustainable Future in Community Forests Presentation-LUF	Tues., May 3, 7-pm Evening Chalice Circle - Offsite	Fri., May 6, 7:30pm, Ken Morrison Lecture Series - LUF Hall
Every Sunday at 7:30pm, Meditation	Sun., May 1, 9:15 RE Mtg. - LUF Boardroom.	Tues., May 3, 17, 31, 7pm, Wayfinders - LUF Hall	Sat., May 7, 5pm LUF Service Auction - LUF Hall
Every Sunday at 9:00am Non-Violent Communication	Mon., May 9, 23, 7:30pm Men's Group - LUF Kit.	Tues., May 10, 7pm Nuu- Moon Meeting - LUF hall	Sat., May 14, 1:30pm Children's Pottery Workshop - LUF Hall
Every Wed. at 5:30pm Yoga with Sarah, \$6- LUF Hall	Mon., May 16, 1 pm Finance Mtg. -LUF Kitchen	Tues., May 10, 5pm Sun. Service Mtg - LUF Kit	Sat., May 28, 6pm Potala Film Night - LUF Hall
Every Wednesday at 7:30pm Mindfulness Practice	Mon., May 16, 7pm LUF Board Mtg. - LUF hall	Tues., May 17, 6:30 Green Sanctuary - LUF Kitchen	
Every Thursday at 4:00pm Tai Chi LUF Hall	Mon, May 30, 7:15pm Prayerful Sound Meditation LUF Hall	Thurs., May 12, 7:00pm, Membership/Fellowship Life Mtg.- LUF Boardroom	
Every Thursday at 6:30 Yoga with Sarah, \$6 - LUF Hall		Fri., May 6, 3pm Service of Memory, Fanny Hill - LUF	

Hello LUF!

We have seen some new faces in RE this past month! There are some wonderful new families that I hope will be joining us regularly, as well as some regular attendees that have been away for awhile. It is great to meet you all! Thank you for sharing your wonderful children with us!

We've got some great activities coming up in the near future that I think you will want to be a part of!

Starting on May 15th at 10am we will be having rehearsals in the Primary classroom before church to prepare ourselves for our musical debut (May 29th) during the service. I am very excited to work with our very own Dianne Potts, and the wealth of musical talent in our RE children. Our musical performance will be a treat for all! I really encourage parents to bring their children to these upcoming rehearsals, as the more voices we have the better it will be! The rehearsal dates are as follows:

Sunday May 15th - 10am

Sunday May 22 - 10am

Sunday May 29 - 10am (with our performance this day as well)

I respectfully ask that no scents be worn on these days - thank you very much.

On May 15 we will be holding our annual Margaret Hartley Walk at Mission Marsh. This event will be lead by Rob Van Wyck who will delight us in his knowledge of all things bird! We will be departing LUF at 10:30am and encourage everyone to come. Please bring appropriate clothing and footwear, as well as water and sunscreen. After our walk we will enjoy a potluck snack, so please bring a nut free treat to share! Please let me know if you are interested in coming and whether or not you can drive anyone else! Don't forget those binoculars!

On May 22 we will be participating in Eco Superior's "Spring Up to Clean Up Event". We look forward to any parents who would like to help supervise this event. We will work hard to help clean up our neighbourhood! Garbage bags and gloves will be provided!

I am still looking for volunteer teachers so please let me know if you are interested! I know you have a lot to offer the children in our RE Program as we have a lot to offer you!

Cheers, Katie (Hughdie) - Director of Religious Education at LUF

POTTERY WORKSHOP

We have a wonderful workshop opportunity happening on Saturday, May 14, from 1:30 to 3:30 at LUF. Local potter Fritz Lehmborg will be teaching us about making pottery bowls. This is a hands on event - so be prepared to have a lot of fun. Everyone is welcome, and will be a great experience for our children here at LUF. There will be a \$5 fee to help pay for the cost of supplies and firing! Please come and see me with any questions and let me know if you are interested.

Contact the LUF office at 344-5980 to register.

UNICAMP

www.unicampofontario.ca

CHILDREN'S CAMPS

Just a reminder that there is still space in children's camps that run the first three weeks of July. Please check our website at www.unicampofontario.ca if you've not visited Unicamp before. If you are coming to Toronto for CUC's ACM, why not include a visit to Unicamp. We will be open the week after the conference.

Make this a summer to remember and experience your Unitarian Universalist Camp and Conference Centre in southern Ontario. This beautiful camp belongs to all Unitarians and like-minded people.

Please contact Wanda Gordon, Administrative Manager for Unicamp for information, questions and to register. admin@unicampofontario.ca or 519-822-6353.

THANK YOU to all who took the time to write objection letters regarding the mega quarry threat to Unicamp. Now that the time to write objection letters has passed Unitarians should focus on the whole issue of quarries and how they are licensed. This needs to be an election issue in Ontario and I hope you will all contact your member of parliament and those running in the October election to make them aware of this issue and ask for their support in changing the way quarries are licensed. Information is available at www.stophemelanthonquarry.ca.

INVITATION TO THUNDER PRIDE 2011

Thunder Bay, Ontario will hold its first ever city-wide Pride event this year from June 5 -12, 2011. This community gathering has been a long time coming and we want to invite you to be part of it. Details of the week can be found on our website at www.thunderpride.ca. The week of events will include an awareness breakfast, literary night, art show, film festival, walk of healing, Rainbow Day, union workshop, and drag show. Saturday, June 11 will be a major event with the Pride in the Park picnic and concert from noon to 9 pm. followed by dance party bar events. Westminster United church will hold a Pride service on April 5, and LUF will hold a Pride service on Sunday, April 12.

Thunder Pride Committee. Look for more details as the event gets closer. Come out and help us "Celebrate Together."

THE COSMIC WALK

Friday or Saturday, May 13th or 14th

Since the beginnings of human awareness, we have been pulled to our origins: the great mystery. That which created us. We have sought answers to the most profound questions. Who are we? Where did we come from? Where are we going? And what are we to do?

The Cosmic Walk was originally created in the mid 1980s by Sr. Miriam Therese MacGillis, of Genesis Farm in Blairstown, New Jersey, who was inspired by the "New Story" as told by Thomas Berry. It is designed to provide some sense of the awesomeness of the time span, space, and creativity of the universe. It conveys a sense of sequence in the "story of the universe" and in the Earth's unfolding process. It also conveys a brief history of humanity, the uniqueness of each life event—of each unique expression of the cosmic story in the unfolding of the whole, of which each of us is a part.

The Rev. Suzanne Wasilczuk will lead us in this ritual. Submitted by: Rosemary Burris

MINDFULNESS MEDITATION DROP IN

Mindfulness is the practice of being present in the moment intentionally and non-judgmentally.

When: Wednesdays from: 7:30 to 8:30 PM. On alternate Wednesdays, Mindfulness Practice Starts at 7:30 and ends at 8:10. We have a 5 minute break and then listen/watch and discuss a presentation about Mindfulness in Everyday Life. On these Wednesdays if you stay for both we end around 9 pm. You are welcome to attend both or to leave at the break if you wish. Whatever works best for you.

The purpose of this group is to practice mindfulness and compassion with others. The practice of mindfulness and compassion in daily life can help us to live more peacefully, be less judgmental of ourselves and others, and feel more content with our lives. We practice with others to feel supported and to support others. This group has no spiritual or religious affiliation. It is not necessary to have any spiritual orientation in order to benefit from mindfulness meditation. You do not need to have any experience before attending the group. We will always be practicing like we are all just beginning. Everyone is welcome to come and try this out for themselves.

There is no fee to attend this group, the facilitators offer their time and experience with no wish for monetary compensation. We do not want a person's financial situation to limit them from attending. If you can donate what you are able towards the use of this space (\$3/evening is suggested), that would be appreciated. *If you have any questions, you can phone Dawn at 767-3949 (you can leave a message).*



NOT JUST AN ANNUAL SERVICE AUCTION

SATURDAY, MAY 7, 2011

We put the Fun in Fund Raising! Come out and enjoy our 20 Something Annual Service Auction at LUF. It's an evening of fun for all, only \$ admission, free supper, a do-it-yourself Ice Cream Sundae table, Silent Auctions, Service Sign-Ups, Live Auction (with returning Auctioneer and friend Gerry Brady) and Penny Auction. And if that wasn't enough, there's child and infant care with games and activities for children too! That's Saturday May 7th, doors open at 5PM, free dinner at 5:30PM with live auction at 6:30PM. Come and share in the bounty of services and items offered for sale by the LUF community.



SERVICE AUCTION WANTS YOU TO BRING A FRIEND

We still desire items from you (up to May 4) to be included in the silent or live auction on **May 7**. Any small or large quality item would be welcome and considered for inclusion. Please bring your items to the LUF office during office hours and be sure to identify the item with your **name, phone number** and approximate value and what you actually are willing to let your item sell for. The committee is also welcoming "sign up services" - e.g. you are offering 6 dozen cookies at \$5 a dozen - sign here (once again consider value and sale price); or, Hawaiian dinner for 4 at your home; or, cleaning service four hours - \$20 hr; etc. These services may be recorded on the chart before or after Sunday services, emailed to the office lufship@tbaytel.net (this is preferred), or phoned in 344-5980. Thanks for your contributions - the more the merrier

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
	Elaine Foster-Seargeant	933-4845
	Marsha Reinikka	344-9998

STAFF AND APPOINTED OFFICERS

Administrator	Elaine Sombrutski	344-5980 (Office)
Coordinator of Religious Exploration	Katie Hughdie	344-5980 (Office)
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	

lufship@tbaytel.net

creluf@gmail.com

COMMITTEE CHAIRS AND CONTACT PEOPLE

Archives:	Del Dickey	Membership:	Pyteke Blaauw
Bridge:	Del Dickey	Newsletter:	Elaine Sombrutski
Care Committee:	Carol Ann Brumpton	Nominating:	Ellen Taylor
Fellowship Life / PODS:	Bev Leaman	Property:	Bert Blaauw
Finance:	Rob Van Wyck	Religious Exploration:	
Green Sanctuary Committee:	Erin Beagle	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:	
Mindfulness:	David Belrose		
Men's Group	Jim Bishop		

AFFILIATES AND ASSOCIATES

-Canadian Unitarian Council Board (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/reading the LUF Letter, provided free to all members and friends. Receiving the LUF Letter by email, in pdf format, saves money and trees. Please notify the office at 344-5980 of your email address. And remember that your contributions to LUF make it possible to produce the LUF Letter.

LAKEHEAD UNITARIAN FELLOWSHIP

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Website: www.luf.ca

Newsletter and web site submissions:

lufship@tbaytel.net

Deadline for submissions: 20th 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.