



# LUF Newsletter

Lakehead Unitarian Fellowship

OCTOBER 2011



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



October 16 is **WORLD FOOD DAY** - Honour this special day by supporting the **EMPTY BOWLS CARING HEARTS** dinner with proceeds going to Shelter House and the Food Bank.

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

- Oct. 2 Title: Making it Through - A Sharing Service  
Host: Sunday Services  
Service Leader: Hanusia Tckaczyk
- Oct. 9 Title: Thanksgiving Sunday  
Service Leader: Beverly Leaman
- Oct. 16 Title: TBA  
Speaker: Rev. Suzanne Wasilczuk
- Oct. 23 TBA
- Oct. 30 Title: Samhain & Canvass Kickoff

**MINISTERIAL SEARCH**

Don't forget to complete the ministerial search team's feedback form as provided in the LUF E-update or at Sunday's Service.

We need to show our support for the hard work the team is extending our behalf.

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**USC CORNER for October, 2011****D. Dickey**

FOOD. We prepare, serve and eat it every day. We love it, we need it, some of us are lucky enough to grow it, but most of us buy it - and we note that the price of food is rising. Don't take food for granted. Food production and food security are now major considerations for every government in the world and food is becoming more obvious as a political tool. Daily we see pictures of starving people on our TV screens as we hear about the difficulty of getting food to the refugees in the Horn of Africa.

**October 16 is WORLD FOOD DAY.** A special day to honour food is a relatively new idea. Think of how you can make this day relevant in your life. Support local food producers. Plan your Sunday meal by using local foods. Host a potluck and talk to friends about the importance of biodiversity and conservation. Financially support and promote USC Canada's biodiversity and seed saving programs. Make USC Canada one of your charities.

### Canadian Unitarians For Social Justice

*On the search for justice, equity, and compassion in human relations and democracy in our institutions. Witnesses for the interdependent web of all existence of which we are a part. Honouring the worth and dignity of every person and the free and responsible search for truth and meaning. Dreaming of a world at peace, where everyone has enough.*

How do we work with these ideals?

CUSJ is joining with other groups who also care about the threats we face today and who share our vision of a more equal and democratic society. To see what we are doing, please visit [www.cusj.org](http://www.cusj.org). There you will see the issues we have been researching, the positions we have taken, and links to other groups with whom we are cooperating. We have shared your stories about working for affordable housing. There are issue discussion pages for your congregation with many sources of information. There are links to action campaigns.

Right now The Elizabeth Fry Society and the John Howard Society are leading a campaign against the new Omnibus Crime Bill. The Canadian Council of Refugees and the Canadian Civil Liberties Association are leading a campaign against the Refugee Bill. It allows our government to imprison people for a year or more without legal representation or any of the human rights we expect people to have in Canada. Greenpeace and the Council of Canadians are leading a campaign against the expansion of the tar sands.

Join us. Join our discussion list and get to know us. Read and share our newsletter. Check out our T-shirts. Start a chapter. Use our website to stimulate discussion about social action in your congregation. I look forward to hearing your views. It is always a challenge to find the truth, and a right way to engage all these important issues. Write me at [president@cusj.org](mailto:president@cusj.org).

In Faith,  
Rev. Frances Deverell

**Highlights from the September Board Meeting:**

Once again we have a full board thanks to the persistence and persuasion of Ellen. Fred Upshaw came on as a new director and Marsha Reinikka took on the responsibility of Vice President and chair of the personnel committee.

With Fred comes the new initiative of the UAA (Unitarian Aboriginal Alliance). Other members of this group are Elaine Foster Seargeant, Elaine Sombrutski, Sita Holland, Rick Garrick and Ann Robinson. The present purpose of the UAA is to conduct research within other established and like-minded organizations that focus on guidance and support for aboriginal youth who come to our city for education. The board whole heartedly supports the UAA and will assist them in their efforts.

I also like to remind people of the many and wide ranging initiatives of the Adult RE with specific thanks to Trudy, Susan and David. In addition to becoming VP and chair of the personnel committee Marsha also will be the board liaison for Adult RE.

Our finances are still in good shape, but revenues (pledged) were slow during the summer. I also ask committee chairs to have another look at their budgets, and if there are revisions please do advise Rob, so we can reallocate funds to better represent the realities of today. Inconsistencies in the hall rental policy application will be addressed. A Halloween potluck dinner will kick off the 2011-12 Canvass ( members willing to serve as canvass chair, please talk to Rob).

A service leader workshop with Rev. Susanne was well attended, so was her well crafted and thoughtful Sunday service. Feedback was initiated by the Ministerial Search Team, and I urge all members to fill out the form to assist the team in its efforts.

The board formally adopted the revised bylaws, policies and procedures. A copy can be borrowed from the administrator, (printing expenses and green-think prevent widespread publication). A new conflict resolution policy is under review.

So far our administrator is taking notes at the Board meetings and distributing minutes. Even though we are grateful that Elaine is doing this, it is not part of her job. If there is a member willing to serve as interim secretary, please step forward.

Bert Blaauw

**THANKYOUS**

We are very thankful for all those who helped make our first potluck of the season a delightful experience for all in attendance. Word has it that the food was 'To Die For' and the games after were an enjoyable touch.

Thank you to everyone who places their dishes in the dishwasher and puts the other kitchen equipment back in it's designated spot; this courtesy is much appreciated by the kitchen volunteers.

**REMINDERS**

Please remember when you are using the Church to turn off the lights in all areas. It is also very important to check the doors both front and back to be sure they are **closed and locked**.

**DEADLINES:** Newsletter: 20th of the month, Order of Service: Thurs morning, E-Update: Wed evening  
I would love to have pictures related to LUF members, friends or LUF activities. Be sure you have permission for publishing. Thanks...Elaine



**If you think 2010 costumes were great; get ready for this year!**

**The competition will be fierce...we will not be out done!!!**

## HALLOWEEN/CANVASS POTLUCK 2011/2012

October 29TH, 5:30: LUF is once again combining Halloween with our Canvass Launch. As you know our famous potlucks are sufficient to entice anyone who wants to savour the flavour of LUF's tantalizing fare. However with much more anticipated fun and entertainment you won't want to miss this years fun. There will be prizes for the best and scariest costumes along with fun and games. Come out and enjoy the dazzling fall décor or terrifying Halloween adornments. Our campaign team will both enlighten and entertain. Meet the canvassers, re-energize and share.

## SCHEDULE OF EVENTS FOR SEPTEMBER 2011

Every Sunday at 9:00am, Non-Violent Communication-LUF Basement Kitchen	Tai Chi LUF Hall	Mon., Oct. 17, 7pm LUF Board Mtg. - LUF hall	Thurs., Oct. 13,20,27, 7pm Cup of Our Life Workshop - LUF Hall
Every Sunday at 10:30am, Sunday Service at LUF	Sun., Oct 2, 9:15am, RE meeting - LUF Boardroom	Tues., Oct. 4, 7pm Evening Chalice Circle - Offsite	Thurs, Oct. 13, 7:30pm Fellowship Life/Membership Mtg. - LUF Boardroom
Every Sunday at 7:30pm, Meditation	Sun., Oct 16, 6pm, Empty Bowls Caring Hearts Dinner - Moose Hall	Tues., Oct 4, 18, 25, 6pm - Welcoming Congregation Workshop - LUF Hall	Sat., Oct. 1, 15, 29 Bridge 1pm - LUF Hall
Every Tuesday morning, Cleaning of the Church	Sun., Oct 23, 10am, Shelter House Sunday at Shelter House.	Tues., Oct.11, 5pm Sun. Service Mtg - LUF Kit	Sat., Oct. 15, 8pm - Milonga Night - LUF Hall
Every Wed. at 5:30pm Yoga with Sarah, \$6- LUF Hall	Mon., Oct. 3, 7pm, LUF Board Workshop - LUF Hall	Tues., Oct. 11, 7pm Nu-Moon Meeting - LUF hall	Sat., Oct 29, 5:30pm Halloween/Canvass Potluck - LUF Hall
Every Wednesday at 7:30pm Mindfulness Practice	Mon., Oct 10, 24, 7:30pm Men's Group - LUF Kit.	Wed., Oct. 19, 5:30pm Crafter's Circle - Offsite	
Every Thursday at 4:00pm	Mon., Oct 17, 1 pm Finance Mtg. -LUF Kitchen		

## NEWS IN CHILDREN'S RELIGIOUS EXPLORATION

The "Church Across the Street" Program (ages 9 to 12 years) with Pyteke Blauuw is up and running! The Junior class will attend their first Unitarian Service of the year on Sept 25 2011, with Rev. Suzanne Wasilczuk. This service will be part of the basis on which they contrast and compare services within other places of worship throughout the year. The Junior class will next visit the Shaarey Shomayin Congregation at 627 Grey Street on Friday October 14, 2011. The service will begin at 5:30 pm, with a vegetarian potluck supper to follow. (Please note that eggs and dairy products are fine, as long as there is no gelatin). The Junior class also requests some sacred texts to further their study of other religions. We are looking for the Qur'an, the Bhagavad Gita, the Tao DE Ching and the Dhammapada. Please let Pyteke know if you have any of these texts you would be willing to lend. They will be treated with the utmost care and respect. Thank you.

"Around the Church, Around the Year" continues full steam ahead with the Primary Class and teacher Katie Hughdie. Upcoming lessons will focus on the relationship between our covenant and UU values, becoming familiar with the LUF building and it's members, and experience being part of church life. Volunteers are still needed in the Primary class, no preparation is needed – just come out and enjoy the children! Please let Katie know if you are interested in helping.

I am very pleased to welcome Carla Norman (Heidi Wahl's daughter) into the nursery as our first Nursery Attendant! We have two paid positions available, so we are still looking for one more person! We would also like to welcome Matthew Hornblower as our volunteer assistant in the Nursery and Primary class - it's great to have you Matthew! (Come down and see him, he sure has grown!)

Please submit your resume to Elaine Sombrutski at [lufship@tbaytel.net](mailto:lufship@tbaytel.net) if you are interested. Anyone who would be willing to work in the nursery on a volunteer basis until we can find another full time attendant would be very welcome. Commit for a Sunday, or for a month – we welcome any assistance at all!

The Religious Education Team will meet on Sunday, October 2 at 9:15am in the upstairs boardroom. Please join us in planning our upcoming year! Childcare will be provided.

Cheers, Katie Hughdie (DRE)



### Annual Harvest Sale – Sunday October 9, after the service

The Re Program is looking for your help! On Sunday October 9th, please bring us any of your surplus garden produce for the Harvest Sale! Examples of items you could bring include: jams/jellies, vegetables/fruit produce, flowers, herbs, baking etc. The Junior class will be selling all of your delicious items after the service. Proceeds will be going to the RE Dept or a charity (to be announced). Thank you for your support.

## CHURCH OF THE YOUNGER FELLOWSHIP WITHIN CHURCH OF THE LARGER FELLOWSHIP (CLF)

Wherever you are in the world, wherever your truth takes you on your spiritual journey, the Church of the Larger Fellowship (CLF) is there to keep you connected with [Unitarian Universalism](#). Our 3000 members, with their children, live all over the world. What brings us together is the desire to connect, seek, share and grow within Unitarian Universalism.

**Connected: Spiritually** : Ours is not a physical sanctuary, but a spiritual one, ministering in a variety of ways via mail, e-mail and the Internet.

[The Church of the Younger Fellowship](#) - our online community by and for **young adults**.

CLF members come from all over the world and many walks of life. We are a sanctuary and support for all religious liberals who want to be a part of our community. Some of the ways we work in the world: Church OnLine (COL) - resources for liberal religious congregations, groups and families throughout the world including hundreds of complete worship services, monthly religious education curriculum (sent via email), and material from the CLF Library. In addition, we offer support from the CLF staff, ministers, and religious educator.

**Nurturing and Growth for Children:** We provide religious education **for children**, as well as resources and tools for parents and educators including:

- [Religious Education Website](#) - all the RE resources that the CLF offers to families and small groups, including: [KidTalk](#) - online site **for children** including seasonal stories, fun information and quick facts. [Between Sundays](#) - a website to help parents and other adults answer religious questions raised by **children and youth**. [uu&me!](#) – An archived magazine and website for UU kids.



**Empty Bowls  
Caring Hearts**  
www.emptybowlstb.com

## ***Twelfth Annual Empty Bowls Dinner Event – October 16, 2011***

Submitted by Pyteke Blaauw: 344-4052, e-mail: [blaauw@shaw.ca](mailto:blaauw@shaw.ca)

Many kitchens will be humming with activity as families are preparing for the up-coming Thanks giving celebration. For some however, food is a hard to come by commodity. Food prices have gone up considerably in the past few months. This is difficult for everybody, but hit the poor especially hard. On October 16<sup>th</sup> the Empty Bowls/Caring Hearts event hosts its 11<sup>th</sup> birthday. This is a celebration of mixed blessings. It would be great if every body enjoyed food security and raising money and awareness about poverty and hunger would no longer be necessary. The need for more resources to assist the disenfranchised however is climbing annually.

On the positive side: the enthusiasm with which the Thunder Bay community supports the Empty Bowls Caring Hearts dinner is encouraging. We again expect over 300 people to come and eat a simple meal on October 16<sup>th</sup> at the Moose Hall on Ft. William Road. The Thunder Bay Potters Guild once again intends to donate over 200 hand crafted bowls and the Quilting community has been sewing a plethora of stunning place-mats. And members and friends of our congregation jump to the fore by volunteering in a variety of capacities.

October 16 is also World Food Day, as declared by the United Nations in 1941. It says that food security is a basic human right and essential to life. Nonetheless 25% of countries are classified as low-income food deficit. Some systemic change can be achieved by asking the Canadian government to implement their pledge to provide sufficient financing and food aid to developing countries that face high food import bills.

### **WHAT CAN YOU DO?**

**Plan to attend the dinner** on Sunday, October 16 at the Moose Hall on Ft. William Road. (Thunder Bay)

For \$30.00 dinner guests can select a hand crafted ceramic bowl or a quilted place-mat; have a bowl filled with a simple nutritious meal prepared and donated by a number of local restaurants; Tickets are available from the LUF's office;

Enjoy the entertainment by the Good News Jazz Band. Yes Maynard Merits still plays the tuba. At the close of the evening the bowl or the place-mat is taken home to remind you that there are people in this town and beyond whose bowl is often empty. Don't forget to enter your bid in the silent auction for a celebrity bowl. These are bowls signed by artists, speakers, politicians etc.

Doors at the Moose Hall open at 4:45 pm. Dinner is served at 6:00 p.m. The proceeds will be shared between the Thunder Bay Food Bank and Shelter House. Combining a social justice project with quality

**Help Sell Raffle tickets** If you have 2 hours to spare let Pyteke Blaauw know (344-4052; [blaauw@shaw.ca](mailto:blaauw@shaw.ca)) We sell on October 10 (Thanksgiving Day) at George's market and the Sports Dome on Oct. 14, and 15<sup>th</sup>

**Bring Cans of Food to the Dinner** these will be taken to the Food Bank on Miles St. following the event. Please offer your help.

**Come to the media conference!** At 10:00 o'clock on October 11, Shelter House, on George St. a media conference will be held to promote the event as well as to provide some information about the work of both Shelter House and the Food Bank. If you have not been to Shelter House and are curious about the look of the kitchen, this is your opportunity.

There is lots to do and it is fun if you like to be part of a community; knowing that you can make a difference in the lives of others, even if it is in a small way. Contact committee chair Nelly Reedhead at 473-5646. Her e-mail is [nreedhead@shaw.ca](mailto:nreedhead@shaw.ca) or LUF's link: Pyteke Blaauw at 344-4052, e-mail: [Blaauw@shaw.ca](mailto:Blaauw@shaw.ca)

## ***SERVICE LEADER WORKSHOP***

The Service Leader workshop that was held on September 29th was well attended and of course very successful. Kudos to the organizers and of course much gratitude to Suzanne Wasilczuk for delivering the workshop with informative data and her natural flare for the dramatics. Her sharing of personal knowledge and experience is always genuine and from the heart. The hard copy tips will be both pocketed and shared. Thanks Suzanne! We look forward to a much anticipated lively presentation in the future, related to 'wordsmithing'.

## ***NON-VIOLENT COMMUNICATION ON-GOING WORKSHOP***

We will start our Non-Violent Communication Drop-in Practice Group on Sunday October 2 , from 9:00am until 10:00 am. Everyone is welcome for whenever they can make it. Each time we gather we will share our ideas and experiences for the first half hour and then learn something new to take with us and practice for a week. For the first gathering, please write out and bring to share, your personal view of the difference between violent and non-violent communication. This is a BYOB affair! Bring Your Own Breakfast. Come out and build community a new way!

## ***ORIENTATION TO LAKEHEAD UNITARIAN FELLOWSHIP***

Saturday, November 26<sup>th</sup> 9 a.m. - 4:00 p.m. LUF Orientation session for new Unitarian Universalists. If you are curious about this denomination, its history and tenets, consider attending. Lunch is provided. There is no charge and child care can be arranged. Contact the Fellowship's administrator: Elaine Sombrutski to register and/or for more information 344-5980 or e-mail [luf-ship@tbaytel.net](mailto:luf-ship@tbaytel.net)

## **THE CUP OF OUR LIFE – GUIDE FOR SPIRITUAL GROWTH, BY JOYCE RUPP**

Group starting on October 13, Thursday nights from 7 to 8 o'clock for six weeks

The spiritual life is a journey about change. And we can all relate to the cup as a metaphor for our lives...whether empty, full, overflowing or even cracked!

This creative guide for individual and group meditation offers six weekly themes based on different images of the cup. The open cup, the chipped cup, the broken cup, the blessing cup ... for each day the author offers a short inviting essay, a wisdom saying, a brief meditation, questions for journaling, and a suggestion for keeping the theme close to one's heart throughout the day.

It's a book that really relates to everyday life.....you won't be disappointed.

**Sign up by September 30<sup>th</sup>, and Bring a Friend! Book price is \$11.00.**

**Contact Susan Patterson-Gulka @ 626-8149 to register.**

# LUF CONTACTS 2010



## OFFICERS OF THE BOARD

President:	Bert Blaauw	344-4052
Vice-President:	Marsha Reinikka	344-9998
Secretary:	vacant	
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
	Fred Upshaw	768-2413

## STAFF AND APPOINTED OFFICERS

Administrator	Elaine Sombrutski	344-5980 (Office)	lufship@tbaytel.net
Coordinator of Religious Exploration	Katie Hughdie	344-5980 (Office)	mermaidkh@hotmail.com
Bookkeeper	Nadia LaRussa	344-5980 (Office)	
Lay Chaplains:	Rob Van Wyck	344-7845	
	Susan Tiura	346-4223	
	David Belrose	623-3347	
	Susan Patterson-Gulka	626-8149	
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	Men's Group	Jim Bishop
Bridge:	Del Dickey	Newsletter:	Elaine Sombrutski
Care Committee:	Carol Ann Brumpton	Nominating:	Ellen Taylor
Fellowship Life/Membership	Bev Leaman	Property:	Bert Blaauw
Finance:	Rob Van Wyck	Children's Religious Exploration:	Katie Hughdie
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:	Hanusia Tkaczyk
Library:	Siobhan Malashewski	Tai Chi:	Sita Holland
Adult Religious Exploration	Susan Patterson Gulka		
	Trudi Jones		
Mindfulness:	David Belrose		

## 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 via the website, saves money and trees. Please notify the office at 344-5980 if you no longer require the newsletter to be sent by post. Thank you for your contributions to LUF that make it possible to produce the LUF Letter.

### LAKEHEAD UNITARIAN FELLOWSHIP

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**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 LUF website [www.luf.ca](http://www.luf.ca), surface mail or hand delivered.