



LUF Newsletter

Lakehead Unitarian Fellowship

SEPTEMBER 2011



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



Junior RE Class Visits The Humane Society

Last June they presented a cheque of \$103 to the staff. We had a wonderful time and met many kind and loving animals. We learned about how animals end up at the Humane Society and what the staff do to take care of them. A lot of time was spent in the “Cuddle Room” where we pet the cats and played with them.

The Junior class had a frank discussion about where in the Humane Society their money would be most useful. In the end they decided to split the sponsorship costs between two high needs animals (a cat named Blackie and dog named Boots). These animals have been in the Humane Society for a long time and really need a home. We have contributed to the cost of their being spayed/neutered in hopes they will soon be adopted. Thank you for supporting our quilt raffle. Katie Hughdie

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

Aug. 28	Title: Ministry & the Future of LUF Speaker: Ed Prinselaar
Sept. 4	Labour Day Weekend – No Service
Sept. 11	Title: Living on Earth as if We Want To Stay Speaker: Mike Nickerson author of “Life money and Illusion”
Sept. 18	Title: Autumn Equinox Speakers: NuMoon
Sept. 25	Title: How to Keep Oneself Going When Things are Tough Speaker: Rev. Suzanne Wasilczuk Service Leader: Rosemary Burriss

LUF Office will be closed the week of Aug. 29 to Sept. 4.
Emergency only
call B. Blaauw
344-4052

REGULAR HOURS RESUME
SEPT. 6, 2011
Tues. Wed. Thurs.
10:00 am - 3:00 pm

INSIDE THIS ISSUE

Messages from LUF	2	Fall Gatherings	6
Message from the President	3	LUF Workshop Offerings	7
LUF Events and Interests	4	LUF Contacts	8
Children’s Religious Exploration	5		

USC CORNER for September 2011

D. Dickey

Fall harvest is upon us. I'm sure you have been enjoying fresh food from the local markets. What is your opinion of the prices? How expensive is it to eat locally? In Thunder Bay we are increasingly aware of the networks needed to provide food for the community.

USC works in countries where local farmers are losing their land to giant corporations, and they are cut off from providing for their own families. As people leave the land for urban life, food becomes more expensive. Canada needs a updated food policy.

WHAT YOU CAN DO? Support USC is part of a group of international organizations that contributed to the research of a valuable new report - *A Viable Food Future* - that makes the case for ecological agriculture. Download it by going to the USC web site <http://usc-canada.org>. This article was in the Feb. 2011 Cyber Sprout It demonstrates how ecological agriculture can:

- Drastically reduce poverty
- Reduce climate change and cool the planet
- Restore biodiversity, soil fertility, and water resources
- Improve livelihoods and provide employment for billions of people
- Produce enough good and nutritious food for 9 billion people or more!

Support an awareness of the future of food. Donate to USC Canada and be on the mailing list for newsletters.

NUUMOON GATHERING

A labyrinth was the focus of the NUUMOON moot (gathering) on August 9th. A simple classical, seven-circuit design of old branches had been constructed at my home. Members of NUUMOON and three visitors consecrated it with elements of air, fire, water, earth and spirit. The natural forces at work that evening were not the stereotypical calm, soothing breezes of summer. The day had been blustery and the weather very unsettled. Keeping the candles and torches lit was quite a challenge, but we persevered and all had a chance to participate in the meditative walk.

It is difficult to be sure of the purpose of the labyrinths of old, but they have existed throughout the millenia. In modern terms, we consider it synonymous with a maze, but they are not the same thing. A maze is a puzzle and one can make errors in choosing which way to turn. A true labyrinth is unicursal, meaning there is only one way in and then one doubles back to get out. There is no guesswork involved. Indeed, guesswork would interfere in the process of carrying out the walking meditation, for which they are typically used now.

In the middle ages, labyrinths in European churches were thought to be alternatives to making a pilgrimage to the Holy Land -an expensive and dangerous venture beyond the capability of most people. While a satisfying idea, the theory is apparently not universally accepted. In modern times, they are used as the site of spiritual exercises, such as walking meditation.

Locally, labyrinths can be found on the property of St Paul's Anglican Church on Ridgeway Street. LUF had a service there in August of 2010 and anyone is welcome to walk there at their convenience. On Hilldale Road, Two Spirits Retreat also has a labyrinth. Its use is usually connected to rental of retreat space or use of lunch facilities. If you would like to walk my labyrinth, please contact me by phone (767-5564) or e-mail hanusiat@yahoo.com at least a day in advance.

Greetings,

On Sunday August 21 the board and committee chairs held there summer retreat at Marsha's cottage at Clover Beach. A beautiful day, with Lake Superior and the Sleeping Giant in the background, we had all the makings of a joyful and productive day. However, with myself being late due to a late night stay at the hospital, a last minute resignation from a board member, some expected cancellation and late arrivals , the meeting got off to a shaky start. Susan Paterson Gulka, who had prepared a workshop on teamwork, got drawn into a discussion on conflict resolution and proved to be just the person to we needed to be the moderator of this discussion. Thank you so much Susan for your thoughtful and graceful participation. I am looking forward to the teambuilding session now planned for this fall. We quickly got back to the planned agenda item of a detailed review of policies and procedures. Marsha had us well prepared for this session, and what could have become a circular debating and word-smithing session, became a focused work session resulting in improved policies and procedures. Thank you Marsha for guiding us through this. Some tweaking of the personnel and conflict resolution statements are required, but expect a new and improved manual shortly.

Next we reviewed our (Rob's) finances, and even with pledges still forthcoming, our finances look healthy. Further, The Annual Service Auction was a great success, Sunday Services Committee spending is on target and the funds budgeted for Enhanced Ministry are committed to Rev. Susanne Wasilczuk's monthly visits (the exact schedule is still fluid). We will have a couple of visits from Rev. Francis Deverell and a November visit from Rev. Antonia Won, our CUC representative. We are happy to announce that we have renewed contracts Katie Hughdie and Elaine Sombrutski.

Susan Patterson-Gulka and Trudi Jones have agreed to Co-Chair the Adult RE Committee. Pyteke Blaauw and Katie Hughdie are working on a "Church Across the Street" program for Children's RE. Developments in regards to the property next door are being followed, but no further news.

All of us are saddened by the death of Jack Layton, but truly inspired by his "final letter". Our commiserations go out to his family and his many close friends. I hope to see many of you at the Thursday 6.00 pm memorial service at Hillcrest Park.

Bert

Ministerial Search Team

The Ministerial Search Team (Rosemary Burriss, Christine Meronyk, Ed Prinselaar, and Margaret Wanlin) took a break to enjoy the summer months, but met at the end of August to organize the fall initiatives. Ed Prinselaar led a service on August 28 on "Our Mission", reviewing some of the information collected during last fall's Circle Dinners. We recognize that our membership changes slightly each year, and since we want to encourage the widest participation, we will be circulating two succinct questions for input from the members on our congregation's challenges, and the most pressing issues before us. The first of the questions will be included in the Order of Service on September 18, with the second, on September 25, as well as circulated in the e-mail updates. The Reverend Antonia Won, our district representative for congregational affairs at the CUC (Canadian Unitarian Council) will be visiting us on the weekend of November 20th to guide us in the processing of these contributions, and to help us with the next steps.

In the meantime, we continue to collect data that will be useful for prospective candidates in 2012. This church year, the Sunday Services Committee has arranged for Reverend Suzanne Wasilczuk to be with us for 10 Sundays, as well as other consulting ministers throughout the year in response to the wishes of the majority of our members for more professional leadership, while maintaining a strong lay-led tradition at LUF.

By: Rosemary Burriss

Sunday Services Fall 2011

We have an interesting lineup of Sunday services planned for this fall. Beginning on September 11 (there is no service on September 4) we will have a shortened water ceremony to allow for a presentation by Mike Nickerson, author of "Life, Money, and Illusion", who will speak on the topic "Living on Earth as if we want to stay".

This fall will feature a number of visits by UU ministers. Rev. Suzanne Wasilczuk will be here once a month. Her first visit will include a service leaders workshop on September 24. We will also have visits from Rev. Frances Deverell and Rev. Antonia Won, who will be talking about part-time ministry.

Other plans include Dales Sparkes on the 400th anniversary of the King James Bible, autumn equinox and Samhain services by NuuMoon, Thanksgiving, United Nations Sunday, Remembrance Day, and Christmas.

Look forward to exciting Sundays this fall, and remember that your suggestions for services are always welcome. The Sunday Services Committee is always looking for your input. Please let us know, in person, by e-mail, by phone, what you would like to see in a service. What are you reading that intrigues or touches you? What activity, ceremony or ritual would you like to see included? Would you share a reading or help with some aspect of the services? Help us to help you get the most out of our Sunday times together. David Belrose

Rainbows!

The Crafter's Circle of the Lakehead Unitarian Fellowship is offering handknit rainbow scarves for sale. The profits from the first 100 sold will go toward the purchase of *Singing the Journey* hymnals for the Fellowship. Any profits from sales above and beyond that will be donated to gender issue groups and activities in the Thunder Bay area.

For now, we only have adult length scarves, but we are open to knitting hats and child-length scarves if there is a demand. Please check out our pictures and progress at <http://unitarianrainbows.blogspot.com/> where you will also find an order form to send to us at unitarianrainbows@gmail.com.

Prices for the scarves are very affordable \$15 (local pick-up) and \$20 (mailed within Canada only), so please support our efforts and let's get some new music! By: Siobhan Malashweski

SCHEDULE OF EVENTS FOR SEPTEMBER 2011

Every Sunday at 10:30am, Sunday Service at LUF	Mon., Sept. 12, 26, 7:30pm Men's Group - LUF Kit.	Tues., Sept. 27, 6:00pm Welcoming Congregation Wkshp. - LUF Hall	Sat., Sept. 10, Empty Bowls/Caring Hearts Raffle Ticket Sales - Offsite
Every Sunday at 7:30pm, Meditation	Mon., Sept. 19, 1 pm Finance Mtg. -LUF Kitchen	Wed., Sept 7, noon, Empty Bowls Mtg - Offsite	Sat., Sept 17, 8pm - Milonga Night - LUF Hall
Every Wed. at 5:30pm Yoga with Sarah, \$6- LUF Hall	Mon., Sept. 19 7pm LUF Board Mtg. - LUF hall	Wed., Sept. 7, Men's group 5pm - LUF Hall	Sat., Sept. 24, 6pm - Potala Film Night - LUF Hall
Every Wednesday at 7:30pm Mindfulness Practice	Tues., Sept. 6, 4:30-pm Evening Chalice Circle - Offsite	Wed., Sept. 21, 5:30 pm Crafters Circle - Offsite	
Every Thursday at 4:00pm Tai Chi LUF Hall	Tues., Sept. 20, 5pm Sun. Service Mtg - LUF Kit	Sat., Sept. 10, 24, Bridge 1pm - LUF Hall	
	Tues., Sept. 13, 7pm Nuu-Moon Meeting - LUF hall		

News in Religious Education – Fall 2011

Hello! My name is Katie Hughdie and I will be continuing as the Director of Religious Education (DRE) for this upcoming year. I am very please to be part of this great program and spend time with all of the wonderful children and parents here at LUF!

We have some great curriculum planned for the Fall. I am really looking forward to seeing all of the children again, and meeting any new additions! The Primary class will be taught by myself (Katie), using the "Around the Church, Around the Year" curriculum by Jan Evans-Tiller. These lessons place great emphasis on making connections within our LUF community, which I think will be very beneficial to our RE Program. Although I will be facilitating the classes, I am looking for volunteers to help me run the activities and supervise. There would be no preparation for those who are interested. Just come out and enjoy the children!

I am thrilled to announce that Pyteke Blauuw has volunteered to run the "Church Across the Street" Program for the Junior class. This is a wonderful full year session that teaches the children about different religions through direct involvement in services put on by other churches in our area. This program is run as a comparative study where the children contrast and compare between UUism and other religions. Hands on activities, guest speakers and field trips are all part of this program. Pyteke will also be looking for volunteers to help supervise field trips and class sessions. Don't miss out on being part of this great program – you won't be disappointed! Please see our promotional message add the bottom of the RE section!

As in past years, the children will join the adults upstairs for the first 15 minutes of the service and will enjoy the "Story for All Ages". We will then head into our respective classrooms (Primary and Nursery in the basement and Junior class in the upstairs boardroom). Chalice Lighting, hands on activities, stories, discussion and snack will all be part of our daily routine. The Religious Education class age categories are as followed; Nursery: ages 0 to 4, Primary: ages 5 to 9, Junior ages 10 to 14 and YRUU (Young Religious Unitarian Universalists) ages 15 to 18

Registration kits will be available for all participants in the LUF Religious Education and will be handed out to all parents in September! Criminal Record Checks are required for all volunteers. Forms are available from myself, and you will be reimbursed! Thank you!

Other than volunteering with the RE classes, we have some other ways for people to be involved if they are interested! We are looking for two nursery care workers (one adult and one younger assistant), these are paid positions so please see Elaine Sombrutski if you are interested in applying. Please watch for RE team meeting dates and consider how you might be able to assist with developing policy, budget and longer term vision and program plans. A strong core of individuals willing to take on specific tasks or roles in the RE program will allow us to develop and implement the strong program that our children deserve and one that we can offer proudly to the larger community in Thunder Bay. Our first meeting will take place on Sunday October 2 2011 at 9:15am in the upstairs boardroom. Child Care will be provided! Please let me know if you are interested!

"Church Across the Street" - A Program for Juniors at Lakehead Unitarian Fellowship (2011-12).

Have you ever wondered why in some churches people are given little circles of paper to eat, or why male Jews wear little caps? Have you ever wanted to know how a turban stays on a Sikh's head; what a burka is and why some Muslim women wear this?

If you said yes to even one of these questions, and if you are between the ages of 9-12, then the program "*Church Across the Street*" at the Lakehead Unitarian Fellowship (LUF) is for you! We meet every Sunday, starting September 11 at 10:30 in the morning at 129 S. Algoma Street. Yes, this is a 1 ½ hours Sunday School .

We will try to understand different religions and hope to find similarities.

We'll start with Unitarian Universalist values, principles and the way "church" is done in this building. Then we'll attend other churches' services or receive guests from other faiths.

Sometimes we literally walk across the street, sometimes we have to travel to the other side of town.

We learn by doing, asking questions, playing games, creating skits and sitting still in unfamiliar places. You may not agree with everything you hear, but you certainly will get a better understanding of the many different ways people live their faiths.

Are you up for this challenge? For more information call or email LUF's director of religious education: Katie Hughdie at 344-5980 , e-mail mermaidkh@hotmail.com. See you on Sunday the 11th!



THE TWELFTH ANNUAL EMPTY BOWLS/CARING HEARTS DINNER IS COMING UP

HELP SELL RAFFLE TICKETS on SEPTEMBER 10

On Saturday September 10, at the four Thunder Bay liquor stores, the Empty Bowls/Caring Hearts organizing team is selling raffle tickets. **The proceeds benefit the October 16TH Empty Bowls/Caring Hearts dinner event** in support of Shelter House and the Thunder Bay Food bank. Consider giving 2 hours of your time. It's easy and the time flies. Call Pyteke Blaauw at 344-4052 or e-mail: Blaauw@shaw.ca

In the past 11 years almost \$120,000 has been raised for Shelter House and the Thunder Bay Food Bank. This is moderate by comparison to other charitable events in the city and district. The Empty Bowls Caring Hearts Committee however focuses primarily on raising awareness about poverty and food security in our community. The Lakehead Unitarian Fellowship is a proud sponsor of this event, together with the Thunder Bay Potters Guild and the volunteer Quilters. Combining art and a social justice initiative is a recipe for a cheerful stimulating dinner event. We expect you want to be a part of it.

Unitarians have been very supportive of this event and have always volunteered wholeheartedly. This year however, we hope you will give this successful event some extra time. Nelly Reedhead, the chair of the committee, lost her husband Clay, a few weeks ago. He died at the age of 63. Our thoughts are with her and her family. Clay helped with the web site of empty bowls, and we are looking for somebody to take that over.

The next committee meeting takes place on Wednesday, September 7th from Noon – 1:00 p.m. at the Shelter House Board Room on George St. The committee members are: Nelly Reedhead, (chair and quilter), Jim Dolph (representing the Pottery Guild), Allan Moon (Potters Guild), Judy Smiegielski (Food bank), Myra Bjorn (Food Bank), Carole Deacon (Shelter House), Sharon Demeo (Quilter's guild), Robin Cooper, Lorraine Stevenson, Gordon Rowe (community at large), Bob Manson, (LUF), Pyteke Blaauw (LUF), Janet de Mille (LUF). A good group of people who make meetings fun and organizing this big event look simple. Please join us! For more information contact Pyteke Blaauw at 344-4052 e-mail: blaauw@shaw.ca

UUERS FROM THE WESTERN REGION

Posted on your bulletin bd is the program lineup for the CUC Western Regional Fall Gathering, which takes place in Edmonton the weekend of Oct. 14-16. The information can also be found in the regular weekly updates. If you are interested in attending please contact Susan Ruttan.

You will be getting updates in the coming weeks on other aspects of this event.

Susan Ruttan

ruttans@shaw.ca

780-477-3663

Administrator's Corner

I wish to express my gratitude for all the heartfelt condolences that were extended to me during the time of my mothers passing. Your loving energy and empathetic thoughts helped me stay strong and allowed the emotions to surface without overpowering my being. I was so touched with the attendance at my mother's funeral and the numerous cards and sympathetic words I received.

Thank you so much, Elaine Sombrutski

WELCOMING CONGREGATION REVISITED

This fall LUF will host the Welcoming Congregation workshop series. In 1995 LUF became the third UU congregation in Canada to be recognized as a Welcoming Congregation. However in 1999, a revised version of the program came out which included material on bisexuality and transgender issues. There is also now a follow-up program called "Living the Welcoming Congregation". We need to revisit and complete the extended program in order to get CUC certification. We can then move on to undertake the Living the Welcoming Congregation program.

The Welcoming Congregation workshop series is an introspective and interactive educational journey into the issues surrounding the lives of lesbian, gay, bisexual and transgender (LGBT) people. Learning goals include:

- To explore thoughts, feelings and current knowledge about sexual orientation and gender identity
- To probe origins of our beliefs about sexual orientation and gender identity
- To test attitudes toward sexual orientation and gender identity in LUF and society, and their connection to current social issues
- To understand the experience of LGBT people
- To see the effects of heterosexism and homophobia on people of all sexual orientations and gender identities in UU congregations and society
- To uncover the biblical roots of common religious perspectives on homosexuality

To devise individual and institutional strategies for LUF to be more welcoming to LGBT peoples and their families

A planning committee has been struck and the following program has been established. The series will run Tuesdays (excluding NuMoon Tuesdays) for eight sessions.

September 27 - Intro and Expectations – What we know and how we learned it

October 4 – The Common Elements of Oppression

October 18 – Gender Socialization and Homophobia

October 25 – Religion and Homosexuality

November 1 – Experiences of LGBT People

November 15 – Bisexuality and Biphobia

November 22 – Transgender identity: What it means

November 29 – How homophobia hurts us all - What now

A minimum of twelve participants will be needed to run the series. Please contact the **office 344-5980 or David Belrose 623-3347** if you are interested. We welcome those who are new to the program as well as those who may have gone through the series back in the 90s. You are invited to be part of this social justice initiative.

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 30th, 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:	vacant	
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
	Marsha Reinikka	344-9998

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:	Susan Tiura
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

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

Phone: (807) 344-5980

LUF Email Address : lufship@tbaytel.net

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 LUF website www.luf.ca, surface mail or hand delivered.