



The Flaming Chalice

October 2025

Unitarian Fellowship of Sarnia & Port Huron

Lochiel Kiwanis Centre, 180 College Ave. N. Sarnia, Ontario uusarnia.com

A loving community of spiritual explorers who stand on the side of love and justice

October Services

In-person & via Zoom

<https://us02web.zoom.us/j/88027173751>

Theme:

'Embracing Change'



October 5: 'Ocean Legacy' - Kathryn Anderson

Ocean Legacy is the first organization in North America to recover plastic waste from the ocean and recycle it into plastic pellets. Ocean Legacy offers EPIC ACADEMY: a free, online course to start your learning journey about ocean plastics.

October 12: 'Paddling in Uncertain Waters' - Rev. Karen Fraser Gitlitz

How are we to live – and thrive – when so much is changing around us? When the achievements of the past turn out to be precarious, what, if anything, we can count on? And is “embracing change” always so exhausting?

October 21: 'Ethics in a Pluralistic World' – David Organ

David will explore how people can develop a personal ethic, how it might be justified or defended, and how to approach a world where value-systems vary and world-wide consensus about what is right and wrong simply does not exist.

October 28: 'Making the Impossible, Possible' - Lori Girolametto

The gift of opportunity provides over 100 survivors of brain injuries with a camping experience that creates memories for a lifetime. Lori will talk about the incredible moments that are shared at Camp Dawn - a camp for adult survivors of brain injury.

**Our faith is not interested
in saving your soul.**

**We're here to help you
unfold the awesome soul
you already have.**

ANDREA LERNER

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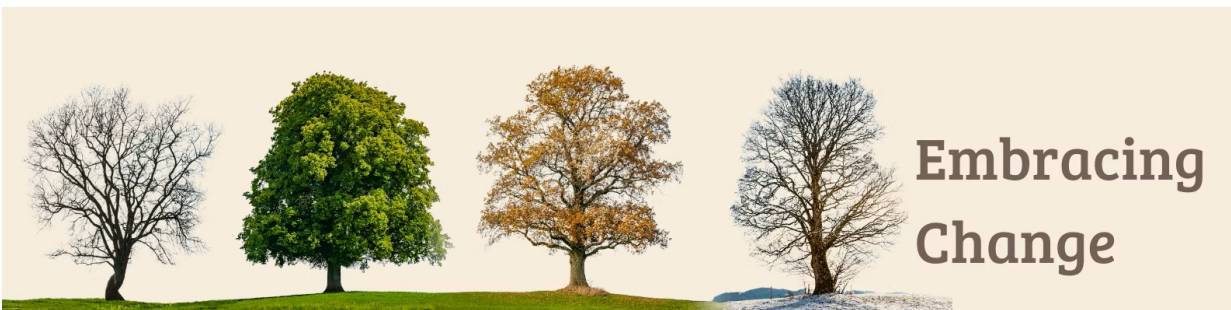
Meaning Making—Meeting This Moment With Love & Justise

Oct 12—Paddling in Uncertain Waters

Rev. Karen Fraser Gitliz speaks to us by video in this year's first service from the Meaning Making series, "Meeting This Moment With Love and Justice."

Bio: Karen Fraser Gitlitz (she/her) is a cis-gendered middle-class woman of English, French, and Scottish ancestry. Karen and her partner, musician and composer Paul Gitlitz, are grateful to make their home on southern Vancouver Island, the territory of the WSÁNEĆ peoples. As an artist, professional art therapist and Unitarian Universalist Community Minister, Karen works at the confluence of meaning, belonging and justice. Find out more about Karen's private practice at creativeupwelling.com.

Formerly a parish minister serving Canadian UU congregations, Karen keeps her toes in our Canadian UU movement as the Coordinator of the Meaning Making Project. She is also excited to volunteer on the planning circles for "Activating the Canadian UU Ecosystem."



Reflection by Board President Tracy Jutras

Greetings and welcome to October.

Summer heat is winding down and the leaves are changing colours. Warm days give way to cooler evenings, reminding us that the seasons are always turning.

As Unitarians, we know that change is not to be feared but embraced. Life is always unfolding, and with each new season we are invited to grow in love and understanding.

The song *Turning the Wheel* reminds us that change is part of life's rhythm. The wheel turns, seasons shift, and so do we—letting go, beginning again, and finding new strength along the way.

When we meet change with courage and kindness, we discover resilience in ourselves and strength in one another, moving together toward greater justice, wisdom, and love.

In the coming days, a committee will be formed with clear parameters to not only plan for our 70th anniversary but also to explore ways we can become more involved as a community. Stay tuned for further updates.

In Fellowship, Tracy Jutras



Quotes on 'Embracing Change' To Ponder

God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Reinhold Niebuhr

All that you touch
You Change.
All that you Change
Changes you.
The only lasting truth
is Change.

Octavia E. Butler

You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.

Richard Buckminster Fuller

When we are no longer able to change a situation, we are challenged to change ourselves.

Viktor Frankl

It doesn't matter how strong your opinions are. If you don't use your power for positive change, you are indeed part of the problem.

Coretta Scott King

The world changes according to the way people see it, and if you can alter, even by a millimeter, the way people look at reality, then you can change the world.

James Baldwin

Change your thoughts and you change your world.

Norman Vincent Peale

Accepting that the chaos is normal and natural will help us claim our creative potential in it. Accepting the chaos allows us to stop demanding impossible things from each other (such as clear prophetic answers on how everything in the future is going to work) and shift into inviting each other into cocreation of futures that work for us.

adrienne maree brown

Progress is impossible without change, and those who cannot change their minds cannot change anything.

George Bernard Shaw

Intelligence is the ability to adapt to change.

Stephen Hawking



Be the change that you wish to see in the world.

Mahatma Gandhi

LETTING GO - NEW BEGINNINGS

Watch and learn from the trees, their leaves are dying.

They do not suffer in silence, they are shouting death from the tree tops...

"Look, look!" each leaf proclaims in vibrant colour.

This is the season of new beginnings, of fresh starts, another chance to try again.

Do the trees know they will leaf out again?

Is this why they bravely allow each precious little one to fall from their grasp? Learn from the trees.

As they let go, beauty emerges with each falling leaf, each bare branch, and the promise of new life in the spring.

Rev. Rosemary Morrison

In Memory of Eileen Zinn (Doherty)



Eileen Zinn, 84, of Sarnia passed away peacefully at Bluewater Health, Sarnia on Sunday, September 7, 2025.

Dear sister of Margaret (Tom) Gipp, Lynn (Bob) Wormsley, Bill Doherty, Bob (Debbie) Doherty, Dave (Maria) Doherty, Mary (Lyle) Ahrens, Joan Doherty (Craig Mitchell), Ken (Trish) Doherty and sister-in-law Barb Doherty. She is also survived by several nieces, nephews, their spouses and children.

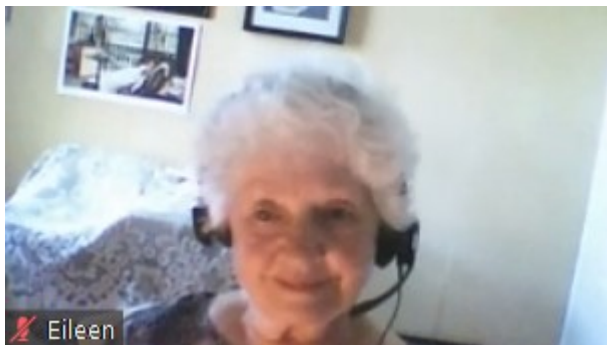
Predeceased by her parents Riley and Anne, brothers Brian and Jim, sister Judy MacColl, brother-in-law Jeff MacColl and nephew Seamus Doherty.

Eileen volunteered at the Cancer Society, Big Sisters, Palliative Care Unit of Bluewater Health, Humane Society and the Judith & Norman Alix Art Gallery, Sarnia.

Private family arrangements entrusted to the Lockhart Funeral Home, 109 Montreal St., Mitchell. Memorial donations to the Big Sisters, Humane Society or charity of one's choice would be appreciated and may be made at LockhartFuneralHome.com.

In addition to the organizations listed in her obit where she volunteered her time, Eileen was, of course, a member of the Unitarian Fellowship since 2006 and had served on the executive team. She was also a member of Climate Action Sarnia-Lambton and was the first treasurer, a role she held up until her cancer diagnosis.

Eileen was a loving, kind and compassionate woman with a strong sense of social justice. The Fellowship has made a donation to the Sarnia & District Human Society. We will continue to honour her love and memory always.



Above: Eileen attending a service via Zoom

Right: Eileen presenting a cheque on behalf of the Fellowship to the Inn of the Good Shepherd, December 2020.



Fellowship Happenings



Directory of Members and Friends

The Directory for 2025-26 is being created by Membership Chair, Don Greaves. Please contact Don if you do not want to be included in it, your information has changed in the last year or your information in the last directory was incorrect.

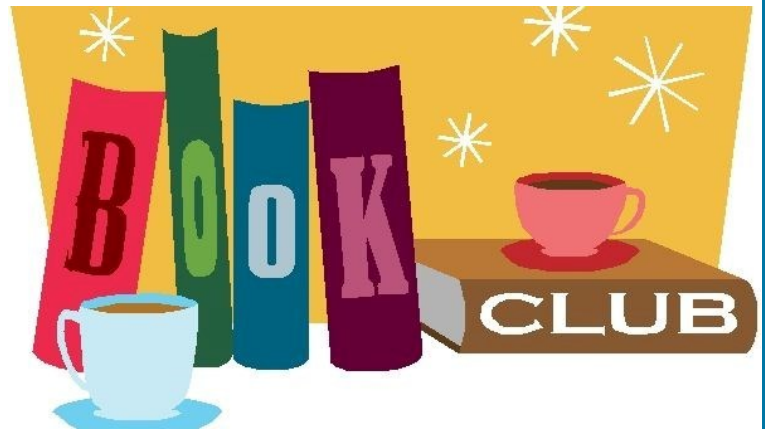
519 –312-4960 or don.greaves@outlook.com

Book Club is back!

In past years, this has been a popular group, and we're excited to begin again. Tracy will be leading the club and will bring the kit on Sunday, October 19th.

Each kit includes 10 copies of the book. Five people have already signed up, so we can welcome five more participants. You'll have five weeks to read it, and then we'll meet on Zoom at a time that works for everyone to discuss and share our thoughts.

When you are finished, please remember to return your copy to Tracy at Sunday service.



UU Social

Maud's Variety

125 Mitton St. S, Sarnia

Wednesday, October 29,

6:30 PM

Come, connect & enjoy great conversation!

Canadian Unitarian Council



CUC Programming for the 2025-26 Year

CUC staff are excited to begin the 2025-2026 program year, adding new initiatives to existing popular programming. We outlined plans for the coming year in our recent [letter](#): here are some highlights of what we shared.

Recurring Programs: Rising Together, Connect & Deepen, Congregational Conversations, and Dismantling Barriers Events recur monthly. Details in eNews and on the [Events Calendar](#).

Join us for the CUC 2025 Fall Gathering – November 21-23! This year, we're connecting, learning, and co-creating our way forward in these transformative times. Come explore how our diverse communities fit together to live our UU values in real, meaningful ways. Through hands-on workshops, big conversations, and bold visions, we'll reflect, dream, and take action. Whether you feel steady, rooted, restless, or ready for something new—this weekend is for YOU. Let's explore the bigger picture, spark new ideas, and build connections that will carry us through the future! The weekend closes on Sunday with a [National Service: Turning Toward One Another](#), featuring Rev. Nicoline Guerrier and Camellia Jahanshahi. Programming is online, with in person satellites. Find out more and register [here](#).



We're excited to announce RAMP – the Reciprocal Annual Mentorship Program! Launching January–June 2026, RAMP is a bold, collaborative initiative from the Canadian Unitarian Council designed to help you RAMP UP your ideas, skills, connections and more by exploring sustainable, liberatory learning. This experimental 6-month pilot includes two parts: public skill-building sessions open to all, and a deeper intergenerational mentorship track for 16 selected participants (8 pairs) working together on real-time projects. Both are being designed as shareable, repeatable models.

Activating the Canadian UU Ecosystem Project. The Canadian Unitarian Council is a proud partner in the co-creation of this project – working with Canadian Ministers, Religious Educators, and Lay Leaders from across the country. A broadly collaborative initiative using a Sociocracy governance model, the CUC does not 'own' this project; we are an enthusiastic participant and supporter. Currently in the design phase, planning circles are hard at work and detailed news will be soon **coming to a communication near you!**



This year, as we intentionally embrace a spirit of Transition – we hope that you will join the activities and conversations, so we might all build together. It will be the curious, creative, and caring connections among us that continue to inspire and sustain this essential faith.

Canadian Unitarian Council Continued



At a time when anti-trans legislation and hostility are on the rise, how do we live into our principles and values of worth, dignity and inclusion? Many have asked, *"what can we do?"*

In December, we're bringing in the Transforming Hearts Collective, a collective of Unitarian Universalist queer, transgender and nonbinary faith leaders who provide support and educational programming, to offer Canadians a free 3-part program on building safer, more welcoming spaces for trans and queer people.

We're inviting allies, accomplices, and advocates from each congregation and community to take part. All are welcome, and we especially encourage each congregation / community/ organization to send at least two ally representatives who can bring the learning back to their communities so we can flourish in this work together. In this time, we'll learn from the program's creators, connect across our networks, and equip our communities with the tools to act with courage and compassion.

Teo Drake and Alex Kapitan, two of Transforming Hearts Collective's co-creators, invite you to join us for the sessions. [Watch their invitation here.](#)

"This course can help you understand what's happening in the US, which can hopefully help you get ahead of it in Canada....and to think through how you can show up for trans folks in Canada in a way that is a refuge and shows deep care.... Really becoming a refuge takes work"

~ Teo Drake

Join CUC staff on December 2nd, 4th, and 9th from 7-9pm ET for this offering on Zoom. Plus a follow up discussion and Q&A with Teo and Alex on December 13th. Curious? To learn more now, [follow this link](#). Participation is free – register now!

Unitarian Universalist Association (UUA)



Honoring the American Unitarian Association 200th Anniversary

The 200th anniversary of the American Unitarian Association offers Unitarian Universalists an opportunity to ground in our deep religious roots in America, explore some of the early and radical theological ideas at the core of our faith, and consider where we go from here. **Click on the link to view a video which may help us understand some of our history.** <https://www.youtube.com/watch?v=rJwof98-ONM>.



Teaching Faith, Not Creed

Theologian Paul Tillich writes, “There is hardly a word in the religious language—both theological and popular—which is subject to more misunderstanding, distortions, and questionable definitions than the word ‘faith.’” This misunderstanding is particularly challenging for a liberal, free faith such as ours. Through the centuries of religious history, *faith* has become synonymous with *creed*, *set of beliefs*, or *dogma*. Yet we have a different understanding. **We believe faith is a journey we travel throughout our lives. A faith understood as a set of belief statements is fixed. But when faith means a journey, beliefs can change, values can deepen; understanding can broaden.**

The Unitarian Universalist Pocket Guide, 5th Edition P. 48

Community Resources for Unhoused Neighbours



COMMUNITY LAW SCHOOL (SARNIA-LAMBTON) INC.

E-Mail: communitylawschool@gmail.com
 Website: www.communitylawschool.org
 Registered Charitable Organization No. 86702 3335 RR0001

Free Community Resources for Those Needing a Hand South Sarnia Summer/Fall 2025

Where?	When?
Grace Cafe	7 to 11:30am Monday to Saturday
The Annex	10am to 2pm Monday/Wednesday/Friday
Connect Sarnia	6 to 9pm Tuesday/Wednesday; 1 to 4 pm Thursday
Inn of Good Shepherd Food Bank	9:30 to 11:15am Monday to Friday
St. Vincent de Paul Food Bank	11am to 3pm Wednesday; 12:30 to 3pm Thursday/Friday
St. Joesph Divine Mercy Free Clothing Store	11:30am to 2:30pm Tuesday
Bluewater Church Cafe	1:30 to 2:30pm Tuesday
Inn of the Good Shepherd Soup Kitchen	1-2:15pm Monday to Friday; 4:30 to 5:30pm Saturday/Sunday
North Lambton Community Health Centre Harm Reduction Van	1-2:30pm Monday/Tuesday/Thursday



COMMUNITY LAW SCHOOL (SARNIA-LAMBTON) INC.

E-Mail: communitylawschool@gmail.com
 Website: www.communitylawschool.org

Legal Aid Resources for Sarnia-Lambton June 2025

Type of Legal Question	Where can you find help?
ODSP/OWA/Housing/Human Rights/Employment Law/CPP Disability /OAS/Victim Rights/Debtor-Creditor	Community Legal Assistance Sarnia 201 Front Street North Suite 407 Sarnia N7T 7T9 Telephone: 519-332-8055 Toll-free: 1-888-916-2527 https://www.claslegalclinic.ca/
Family Law	Legal Aid Ontario Sarnia-Lambton Family Law Service Centre 201 North Front Street Suite 204 Sarnia N7T7T9 Telephone: 519-336-4432 Legal Aid Ontario Sarnia-Lambton Duty Counsel (Family) 700 North Christina Street Sarnia N7V 3C2 519-337-1210 Toll-free 1-800-668-8258
Criminal Law	Legal Aid Ontario Sarnia-Lambton Duty Counsel (Criminal) 700 North Christina Street Sarnia N7V3C2 226-402-0360 Toll-free 1-800-668-8258
Youth Law	Justice for Children and Youth 55 University Ave, 15th Floor, Toronto, ON M5J 2H7 Ontario Toll Free: 1-866-999-JFCY (5329) www.jfcy.org/en/ Justice for Children and Youth provides select legal representation to low-income children and youth in Toronto and vicinity. They are a non-profit legal aid clinic that specializes in protecting the rights of those facing conflicts with the legal system, education, social service or mental health systems. They give summary legal advice, information and assistance to young people, parents (in education matters), professionals and community groups across Ontario.



Vision

*As a spiritual community,
We embrace diversity,
We explore openly,
We stand on the side of love and justice.
Community ... Spirituality ... Service*



Other UU links:

Canadian Unitarian Council <https://cuc.ca/>

Unitarian Universalist Association's **UUWorld** <http://www.uuworld.org/>

Newsletter Editor: Ann Steadman

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ann.e.steadman53@gmail.com