



# The Flaming Chalice

May 2023

## Unitarian Fellowship of Sarnia & Port Huron

Lochiel Kiwanis Centre, 180 College Ave. N. Sarnia, Ontario [uusarnia.com](http://uusarnia.com)

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

### May Services

In-person & via ZOOM

<https://us02web.zoom.us/j/81431005236>



### Theme—Welcome

*Love is the spirit of this  
church, and service its law.  
This is our great covenant:  
To dwell together in  
peace,  
To seek the truth in love,  
And to help one another.*

JAMES VILA BLAKE

### INSIDE THIS ISSUE

- 2 President's Musings & Theme Info
- 3 Quotes on Theme
- 4 AGM 2023
- 5 Upcoming
- 6 Our Website, Vision & UU Links

#### May 7: "The Human - Animal Bond, A Lifesaving Connection"

– Donna Pyette

Donna, the Executive Director of the Sarnia & District Humane Society, will address the question: "What can be done better to support people experiencing homelessness with pets?"

#### May 14: "Newcomer Settlement" – Marie Watson

Marie, a lifelong resident of Sarnia, works as a Settlement Advisor in Human Resources, at the YMCA Learning & Career Centre assisting newcomers to Canada. She will describe the settlement services available and tell us about what a Settlement Advisor does.

#### May 21: "Lightfoot Musical Tribute" – Steve Lane & Friends

Please join our musical UU fellows for a tribute to Gordon Lightfoot. Share your favourite song with us.

#### May 28: "Conversations through the Veil" – Bob Weir

Bob will present, from his perspective, messages of reincarnation, soul growth, karma, forgiveness, and eternal love. He will demonstrate that what we see, hear, and believe in this lifetime is probably only part of our story. And he will show how that awareness brings understanding and peace to our lives.

## President Mark's Musings for May

The UFSPH Executive met on April 10<sup>th</sup> for the eighth time this year. Don Greaves, our Membership Chair, reported that Helen Curtis has recently joined the UFSPH as a Friend, and Kathleen Pretty has recently joined the UFSPH as a Member. I encourage our existing Members and Friends to connect with Helen and Kathleen and give them a warm welcome into our community.

May's theme is "Welcome".

In the document from the First Unitarian Congregation of Toronto (see the link to this below), Shawn Newton's introductory commentary includes:

"...a simple and sometimes subtle gesture can convey with absolute clarity  
that people are, indeed, glad that we have come."

I have heard visitors to our Fellowship comment that they had been looking for a spiritual community and after participating in a few of our services say they had found what they were longing for. I understand that to mean our offering of an eclectic, thought provoking, social and environmentally focused program, not being tied up with religious dogma, has an appeal to "folx" that don't have to think alike to love alike.

Our Sunday program is a big part of what we offer. However, our "community" is also a significant part. Covid strained our ability to function as a community. We are moving past Covid: we can meet in person, we can enjoy a coffee together, we can sing together. Let's celebrate this "new normal" and make a point of connecting as a community, making sure that our members and friends, some whom we've only just met, some whom we haven't seen for many months, feel welcome to be back in our Fellowship.

*In Fellowship, Mark Woolston*

## May's Theme — Welcome



For spiritual nourishment and inspiration, please click on the link below to access the theme package so graciously shared by the First Unitarian Congregation of Toronto.

<https://www.firstunitariantoronto.org/wp-content/publications/tj/2023/The-Journey-2023-04-Welcome.pdf>

## Quotes on 'Welcome' To Ponder



### “The Guest House”

This being human is a guest house.

Every morning a new arrival.

A joy, a depression, a meanness,  
some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!  
Even if they're a crowd of sorrows,  
who violently sweep your house  
empty of its furniture,  
still, treat each guest honourably.

He may be clearing you out for  
some new delight.

The dark thought, the shame, the malice,  
meet them at the door laughing,  
and invite them in.

Be grateful for whoever comes,  
because each has been sent  
as a guide from beyond.

- Rumi

Sometimes the hurdles aren't really hurdles at all.  
They're welcome challenges, tests.—**Paul Walker**

I'm open for choices. I always welcome new ideas.  
I'm always eager to learn. I'm never going to close my  
mind from learning.— **Cesar Millan**

The soul should always stand ajar, ready to welcome  
the ecstatic experience.— **Emily Dickinson**

Welcome every morning with a smile. Look on the  
new day as another special gift from your Creator,  
another golden opportunity to complete what you  
were unable to finish yesterday.— **Og Mandino**

The efforts my parents made to be neighbourly and  
to reserve judgment against those who society  
viewed as outcasts served as important examples for  
their children and grandchildren as we grew into  
adulthood. Hospitality was the foundation of my fam-  
ily's spirituality.— **Rosemarie Harding**



### “Your Body Is Welcome Here”

Your body is welcome here, all of it. Yes, even that  
part, and that part, and yes, even that part. The parts  
you love, and the parts you don't. For in this place we  
come with all that we are, all that we have been, and  
all that we are going to be. Our bodies are constantly  
changing, cells die and cells are reborn. We respond  
to infections and disease. Sometimes we can divorce  
them from our bodies, and other times they become  
a permanent part of us. Your body and all that is  
within it, both wanted and not wanted, has a place  
here. Our bodies join in a web of co-creation, created  
and creating. Constantly changing, constantly chang-  
ing us. Scarred and tattooed, tense and relaxed, dis-  
eased and cured, unfamiliar and intimate, formed in  
infinite diversity of creation, your body is welcome  
here, all of it. So take a moment and welcome it.  
Take a moment to feel in it. Take a moment, to be in  
it. — **Rev. Sean Neil-Barro**

## 2023 Annual General Meeting

Our Annual General Meeting was held on Sunday, April 30th following the service. For the first time, Members and Friends attended both in-person and via Zoom (our past 3 AGMs were Zoom only). Reports were received, a budget for July 1, 2023—June 30, 2024, was approved and a new slate of officers was agreed to. Many thanks to Brenda Woolston and Eileen Zinn who are leaving the Executive Team and a warm welcome to Judy Lindberg and Mary Stearns who will be joining for 2023-24!

Position	Willing to Stand
<b>President</b>	Mark Woolston
<b>Vice-President</b>	Ann Steadman
<b>Treasurer</b>	Chuck MacKenzie (Dan Danner – Bookkeeper)
<b>Program</b>	Ann Steadman
<b>Secretary</b>	Joanne Alexander
<b>Membership</b>	Don Greaves
<b>Religious Exploration</b>	
<b>Member-at-Large</b>	Mary Stearns
<b>Member -at-Large</b>	Judy Lindberg



Screen shot of our 1st hybrid AGM presided over by President Mark Woolston.

## Upcoming



### **Steve Lane – “Name That Tune”**

**Strangway Centre**

**Monday Mornings 11:15 a.m.**

**Dates: April 24, May 8, June 5 & 19, July 31,**

**August 14 & 28**

**Participants should contact the  
Strangway Centre and pre-register (\$8)  
@ 519-332-0656**

### **National Worship Sunday Service: Bringing Promises to Life Sunday, May 21 – 10:30 am ET**

In-person at the Theatre, Roberts C. Gillett Student Commons & livestreamed on the [CUC's YouTube channel](#). All are welcome to join us at our Sunday worship service. We will gather from across the nation to celebrate what has brought us to this moment in making manifest our new principle: promoting “individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions. This is a promise worthy of this time and the fullness of our creative energies.



This morning's worship will be led by Rev. Eric Meter of the First Unitarian Congregation of Ottawa alongside Rev. Diane Rollert of the Unitarian Church of Montreal and others.

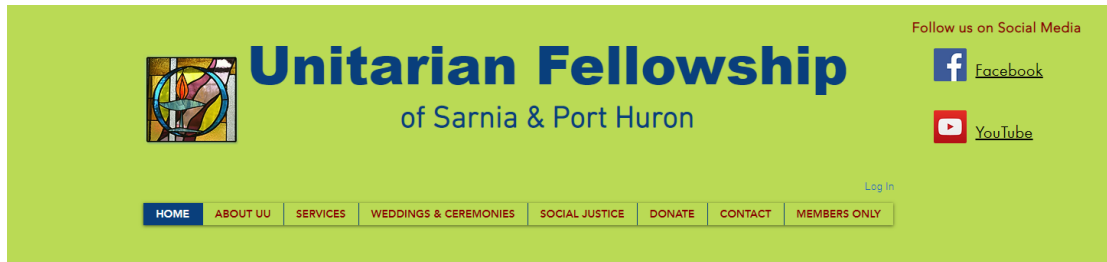
Raised Unitarian Universalist, Rev. Eric has served our congregations in Northern California, up-state New York and in the U.S. Great Lakes region. Proud to now be in Canada, he and his wife have family in the Greater Toronto Area, as well as Germany and the United States.

The Sunday service will be livestreamed on Zoom at <http://bit.ly/NationalWorshipMay16> (closed captioned), and on the [CUC's YouTube Channel](#).

Zoom Meeting ID: 885 0018 9706 | Passcode: 595025 | Canada Toll-free 1-855-703-8985

**Note: The service can viewed at a later time on the CUC YouTube Channel.**

Check Out Our Website—[uusarnia.com](http://uusarnia.com)



## UPCOMING SERVICES

Join us every Sunday at 11 am on zoom  
or in person at the Lochiel Kiwanis  
Centre.

[Contact Us for Link](#)

[Click here for  
January Newsletter](#)



**January 29**

Wild Church Experience"

Please note that at the very beginning of our website you can access the monthly service info, newsletter and social media posts (top right).



### 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 Associations latest UUWorld <http://www.uuworld.org/>

Newsletter Editor: Ann Steadman

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