



The Flaming Chalice

June 2023

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

June Services

In-person & via ZOOM

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



Theme—Freedom

*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

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June 4: “The Purpose of Poetry” – Lynn Ungar

Sure, religion and poetry are nice and all, but what are they *for*? And what might one have to do with the other? Our speaker, Rev. Dr. Lynn Ungar, is both a Unitarian Universalist minister and a poet. This service, hosted by us, will be shared with the Unitarian Fellowship of London.

June 11: “Spring Church of the Wild Experience” – Mary Abma

Mary, who holds an Eco-Ministry Certificate from Seminary of the Wild, will be leading us in an outdoor, wild-church experience of spring -- a season of expansion, vitality, and renewal. We will meet outdoors at Canatara Park (see map on pg. 2). Please bring a lawn chair and a journal.

June 18: “ADHD: A Personal Journey” – Don Greaves

Don always wondered why doing detailed work was so easy for others but always presented him with challenges. When he was diagnosed with ADHD (Attention Disorder Hyperactivity Disorder), a lot of his questions were answered. He was astounded to learn how ADHD explained so many behaviours that both gave him success in life and many drawbacks too.

June 25: “The Power of Storytelling” – Brad Gray

Join us this Sunday to escape from the daily news blues. Brad Gray will offer us an opportunity to “Get lost in a Myth, a Poem and a Story”. This will also be “Flower Communion” and will mark the end of the 2022-23 program year.

Further Service Information

June 4—The Purpose of Poetry



The Rev. Dr. Lynn Ungar is a poet, a freelance UU minister offering supply preaching, and a dog trainer. She lives in Vancouver, Washington, with her two Australian Shepherds.

[Lynn's website](#) has links to her books of poetry.

June 11-Spring Church of the Wild Experience

Spring is a time of re-birth and growth. This is the season when the soil warms and the world turns green. When spring comes, we feel drawn to the outdoors, and as the days inch toward summer, we feel gratitude for warmth and abundance.



Directions: Take Michigan Ave. west heading into Point Edward. Go past the lights at Front St. and turn right on Alfred St. Alfred becomes Sandy Lane right at the Park border. Turn right into the park, then right to go around the small round-a-bout. Go around the circle and exit to the right on the small road which heads north towards the beach. This will lead you into the parking lot. The red circle in the above picture indicates where we will meet

President Mark's Musings for June

The UFSPH met for the Annual General Meeting (AGM) on April 30th. It was our first Hybrid AGM. The meeting was well attended by the Executive Team as well as many members and friends. Brenda Woolston and Eileen Zinn announced they were stepping down from the Executive Team at the end of this program year. Judy Lindberg and Mary Stearns were welcomed onto the Executive Team as new "Members at Large".

June's theme is "Freedom".

The theme package (see link below) from the First Unitarian Congregation of Toronto, Rev. Shawn Newton's introductory comments points to the distinction between:

"freedom to" and "freedom from"

Our 4th UU Principle, "a free and responsible search for truth and meaning" emphasizes Unitarians "freedom to" explore individual paths. Said another way, we "don't have to think alike".

Our 2nd UU Principle, "Justice, equity, and compassion in human relations" suggests Unitarians promote "freedom from" injustice, inequity and uncompassionate relations.

Covid-19 presented the Executive Team with a three-year challenge to find the right balance between "freedom to" meet in person and "freedom from" the virus. We did not want to be either too restrictive, or not restrictive enough and we leaned heavily on the Public Health Guidelines. On May 4th the World Health Organization announced:

"The WHO Director-General concurs with the advice offered by the Committee regarding the ongoing COVID-19 pandemic. He determines that COVID-19 is now an established and ongoing health issue which no longer constitutes a public health emergency of international concern (PHEIC)."

We look forward to starting the new Program Year with "freedom from" the restrictions of Covid.

In Fellowship, Mark Woolston

June's Theme — Freedom



Theme package from the First Unitarian Congregation of Toronto:

<https://www.firstunitariantoronto.org/wp-content/publications/tj/2023/The-Journey-2023-05-Freedom.pdf>

Quotes on 'Freedom' To Ponder

Caged Bird

A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.



But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn bright lawn
and he names the sky his own.

But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

- **Maya Angelou**

No one outside ourselves can rule us inwardly. When we know this, we become free.

- **Buddha**

If we don't believe in freedom of expression for people we despise, we don't believe in it at all.

- **Noam Chomsky**

Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

- **Viktor Frankl**

Freedom is not worth having if it does not include the freedom to make mistakes.

- **Mahatma Gandhi**

Upcoming



Steve Lane – “Name That Tune”

Strangway Centre

Monday Mornings 11:15 a.m.

Dates: June 5 & 19, July 31, August 14 & 28

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

@ 519-332-0656

Sunday, July 23, 2023 @ 12 Noon

Fellowship Laurence LeCapelain Memorial Picnic

Lamrecton Park, Plympton–Wyoming

A map, directions & more info to follow.

(This is where we met last August.)

Sunday, August 20th, 2023

Summer Church of the Wild Experience

With Mary Abma

Details to Follow

Born Again

Let's be clear about this:
It isn't the same as being sick
and getting better. It isn't
changing your mind at the last minute
or pushing away from the brink.
The only way to be born again
is to die. The Phoenix doesn't just
go up in a blaze of glory.



It feels the fire lick up and sizzle
every feather, until each quill becomes
a column of flame carried straight to the
core.

Whatever the legend of re-birth, there is al-
ways
time in the fire, under the ground,
hanging on the cross or the tree.
Don't skip over that part of the story.
If you would be reborn, you have to die.



But what then? After the dying
how are we to rise again into new life?
The earth, the hero, the god, you and I—
how does any of us find our way back
from the Valley of the Shadow?
The same way we die:
Walk into the light. But what then?
After the dying how are we to rise again into
new life?
The earth, the hero, the god, you and I—
how does any of us find our way back
from the Valley of the Shadow?
The same way we die:
Walk into the light.



Lynn Ungar

<http://www.lynnungar.com/>

(Editor's Note: Allan McKeown included this poem
during our April 9, 2023 service.)

Canadian Unitarian Council (CUC) Update

Letter from Vyda Ng, CUC Executive Director: Reflecting on the 2023 Symposium

Last weekend, from May 19 to 21, close to 200 Canadian Unitarian Universalists (UU) gathered in Ottawa, Ontario and online for the Canadian Unitarian Council's National Symposium. We came together in worship, in celebration, and in deep, meaningful conversations about what it means to live into the 8th Principle.

In her [Confluence Lecture](#), Rev. Julie Stoneberg challenged us to become “storm clouds of love” to renew and revitalize our faith and our communities. Our [keynote speaker](#), Albert Dumont, invited us to carry the burden of colonialism and white supremacy until Indigenous people have been released from its weight. And, in the [national worship service](#) on Sunday, Revs. Eric Meter, Diane Rollert, and Fulgence Ndagijimana reminded us that the 8th Principle—which calls for “individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and in our institutions”—is a promise worthy of this time and the fullness of our creative energies.

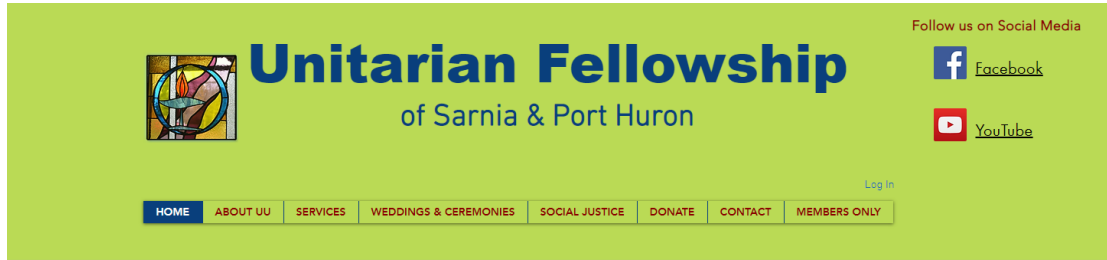
Bringing this promise to life will not be easy but, as Rev. Julie Stoneberg reminded us, we can do hard things. On Saturday, May 20, UUs from across Canada gathered in four streams to identify concrete actions we can take to address the challenges and opportunities associated with widening the circle of concern; conflict and covenant; environmental justice; and music and worship. As follow up, staff will be planning for ways to evolve our collective next steps from these important discussions.

For more information go to <https://cuc.ca/news/communications-publications/>



“We have radical roots and a history as self-motivated spiritual people. We think for ourselves, and we recognize that life experience is the strongest influence on our beliefs” <https://cuc.ca/>

Check Out Our Website—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

To unsubscribe from this newsletter at any time, please send your request by email to:

asteadman@cogeco.ca