



# The Flaming Chalice

January 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*

### January Services—In-person & via ZOOM

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



### Theme—Healing

*"Instead of a creed,  
Unitarian Universalists  
share a spirit and vision  
of radical inclusivity,  
individual agency, and  
social justice."*

*We embrace personal  
discovery and growth  
through learning,  
engagement, and  
service."*

*Victoria Mitchell*

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#### Jan 8: "Follow Me to Drag Queen Storytime" - Susan Chamberlain

As the owner of Sarnia's wonderful bookstore, The Book Keeper, Susan and her staff have created a warm and welcoming space for everyone to enjoy. More than a bookstore it is also a great resource and safe space for any marginalized groups. Susan will share with us how and why The Book Keeper offered "Follow Me to Drag Queen Story Time" and discuss the reaction it generated within the community.

#### Jan 15: "Sarnia, A Bird Friendly City?" – John Cooke

Is Sarnia a Bird Friendly City? Can we show Nature Canada enough evidence to have them certify the City of Sarnia as a Bird Friendly City? John Cooke will share the activities of the Sarnia Bird Team in their efforts to achieve Sarnia's designation as a Bird Friendly City.

#### Jan 22: "Special Occasions" - Rev. Rodrigo Emilio Solano-Quesnel

Have you been saving something for a special occasion? What if that time is today?

#### Jan 29: "Wild Church Winter Experience" – Mary Abma

Winter is a magical time of renewal and unfolding. Its depths sharpen us into acute sensory awareness. Winter is a season for contemplating what lies beneath the surface while we store up energy for the coming seasons. You are invited to join Mary Abma for a Wild Church experience at 11:00 a.m. at the property of David D. Plain. We will meet in his teaching lodge, where a sacred fire will be tended. Please bring suitable clothing for a winter wander, water, and a journal. Chairs and hot drinks will be provided. See page 2 for a map and directions.

## January 29th Service: Maps & Directions



Inside the Teaching Lodge

Mary Abma will be leading us in a Wild Church experience at 11:00 a.m. on the property and in the Teaching Lodge of David D. Plain 1689 Scott Rd.

Scott Rd. is accessed by turning south onto it from Highway 40 just a short distance to the west of where Highway 40 itself turns south. A full road map will be provided in the weekly update prior to the service.

The fire keeper will be attending and will be tending the sacred fire. He isn't charging for this, but will accept donations. The fire keeper will be invited to say a few introductory words and will smudge the items we bring back from our wanders.



## President Mark's January Musings

The UFSPH Executive met on December 15<sup>th</sup> for the fourth time this year. We were delighted to acknowledge that Sharon MacKay would take a lead role in the "Care and Concern Committee".

January's theme is "Healing". The Annals of Family Medicine has an article in the May-2005 journal with the story line: **"Healing is the personal experience of the transcendence of suffering."**

Healing can be a physical process, such as recovery from surgery.

Healing can be a psychological process, such as mending a broken heart.

Healing can be a social process, such as rebuilding our sense of Fellowship community post Covid.

Healing can be a global process, be it political or environmental.

It would be asking a lot of Sharon's Care and Concern Committee to take on all of these forms of healing. Fortunately, within the Fellowship we have members and friends with various abilities and strengths.

If you have some time, energy, or empathy to share, please contact Sharon and let her know what you would be willing to do to help the Care and Concern Committee.

*In Fellowship, Mark Woolston*

## January's Theme — Healing

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/2022/The-Journey-2022-12-Healing.pdf>



This month, we invite you to reflect on the meaning of healing in your life—to consider where you've experienced it, and where you might long for it. The hope in this is that we all might find some greater wholeness in the process. — Rev. Shawn Newton



## Reflections on Healing

### Kintsugi: Precious Restoration



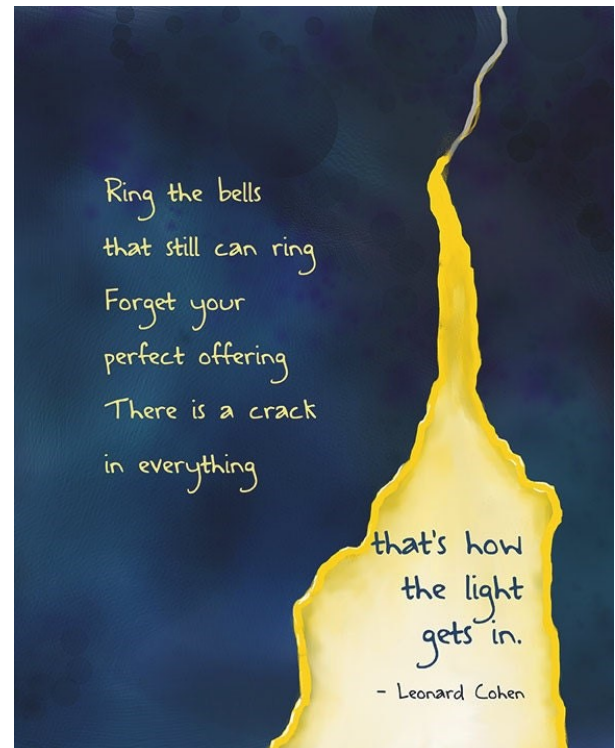
This is a ceramic restoration process that was developed in Japan in the sixteenth century. Broken ceramic dishes were sealed together, but instead of hiding the cracks, the cracks were boldly highlighted and traced over with gold. Normally anything that was broken and refurbished would sell at a discount, but not Kintsugi pottery. Most often, the ceramic piece actually turns out to be more beautiful and more valuable than before it was broken.

### “The Way it Is” - Lynn Ungar

One morning you might wake up  
to realize that the knot in your stomach  
had loosened itself and slipped away,  
and that the pit of unfulfilled longing in your  
heart  
had gradually, and without your really noticing,  
been filled in—patched like a pothole, not quite  
the same as it was, but good enough.  
And in that moment it might occur to you  
that your life, though not the way  
you planned it, and maybe not even entirely  
the way you wanted it, is nonetheless—  
persistently, abundantly, miraculously—  
exactly the way it is.

### “The Unbroken” - Rashani Réa

There is a brokenness  
out of which comes the unbroken,  
a shatteredness  
out of which blooms the unshatterable.  
There is a sorrow  
beyond all grief which leads to joy  
and a fragility  
out of whose depths emerges strength.  
There is a hollow space  
too vast for words  
through which we pass with each loss,  
out of whose darkness  
we are sanctioned into being.  
There is a cry deeper than all sound  
whose serrated edges cut the heart  
as we break open to the place inside  
which is unbreakable and whole,  
while learning to sing.



**Canadian Unitarian Council****Thank you for being a Canadian Unitarian Universalist.**

As we close out 2022 and head into 2023, I thank you all for being part of our national Unitarian Universalist (UU) community. The last two years have been challenging, and at times, being a Canadian UU has been more difficult than ever. We haven't always been in agreement, and yet, most of us have found ways to remain together.

As a staff team, we've learnt lessons as well, in relationship with you, our congregations and friends. We know that when times are rough, we need to be gentle, nurturing and compassionate with each other. We also know that there are times to stand our ground, even when it is challenging to do so, to reach towards our goal of "a world where our interdependence calls us to love and justice."

To that end, your staff team has created and curated resources that we hope are useful for you. Among these are:

[Inclusivity resources](#), which give us opportunities to live into the [8th Principle](#)

[Responsibility Covenant](#) to guide us in having challenging and sensitive conversations with each other

[Covenant resources](#) from the 2022 National Fall Gathering (note "[Covenant Creation Resources: A Starting Point](#)")

We know, based on the commitment and care you have demonstrated, that the love you hold for your Unitarian Universalist communities will continue. The work we have done together over the past two years has stretched us beyond our comfort zones, and engaged us in ways that made a lot of us uncomfortable. And that's ok. Rev. Mark Morrison-Reed once quoted Tim Tyson from September 2004, who said,

## Canadian Unitarian Council Continued

*"...lean into it. I am talking about racial discomfort. I have certainly felt my share of it, through the course of my work, and I recommend racial discomfort to you. Lean into it. That is, doing exactly the opposite of your first instinct, which is to retreat as fast as possible, and is also perfectly logical. None of us wants to feel uncomfortable. But there is no way we can have a fruitful and candid conversation about race in an interracial setting and always feel comfortable. But it won't kill you to feel a little uncomfortable. Just go ahead, lean into it, and listen. Listen to other people, of course, but listen to your discomfort."*

Our work continues. At the National Symposium in Ottawa in May 2023, we will be "Living Into the 8th Principle"--save the dates from May 19 - 21, 2023!

**Thank you for being on this journey with us, with our deep appreciation for your commitment to Unitarian Universalism and our warmest wishes for a bright 2023.**

*In faith and love,*

*Vyda Ng*

*Executive Director* | [vyda@cuc.ca](mailto:vyda@cuc.ca)

### The 8th Principle

*"We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote:*

***Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions."***



**For Upcoming CUC Events go to [Events page](#) on the [CUC website](#).**

### National Worship Service

**Sunday, February 5, 2023: Covenanting through Transitions (Sharing our Faith)**

## Beannacht – A New Year Blessing—John O'Donohue

On the day when  
The weight deadens  
On your shoulders  
And you stumble,  
May the clay dance  
To balance you.

And when your eyes  
Freeze behind  
The grey window  
And the ghost of loss  
Gets into you,  
May a flock of colours,  
Indigo, red, green  
And azure blue,  
Come to awaken in you  
A meadow of delight.

When the canvas frays  
In the currach of thought  
And a stain of ocean  
Blackens beneath you,  
May there come across the waters  
A path of yellow moonlight  
To bring you safely home.

May the nourishment of the earth be yours,  
May the clarity of light be yours,  
May the fluency of the ocean be yours,  
May the protection of the ancestors be  
yours.

And so may a slow  
Wind work these words  
Of love around you,  
An invisible cloak  
To mind your life.



[Click to hear John O'Donohue reading his poem.](#)

## Age Friendly Sarnia Web-site—Check it out!

<https://www.agefriendlysarnialambton.ca/>

**Find Community Supports &  
Health Services for Any Age  
and Any Stage**

**FIND** specific resources

**SEARCH** using keywords

**SPEAK** with a community navigator



## 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

Assistant Editor: Wendy Cornelis

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[asteadman@cogeco.ca](mailto:asteadman@cogeco.ca)