



The Flaming Chalice

November 2019

Unitarian Fellowship of Sarnia & Port Huron
Lochiel Kiwanis Centre, 180 College Ave. N. Sarnia, Ontario

... an inspiring alternative for spiritual explorers

November Services:

November 3: "111 Butterfly Moments – Tips to Embrace and Live Life with Joy"

Guest Speaker: Audrey Stringer. Service Leader: Sharon MacKay.

Audrey will share some insights on living our lives with more love and joy. Audrey's presentation is based on her latest published book. She has written previously about overcoming loss and grief and she is also a grief counsellor.

November 10: "Keeping the Peace – a Global Challenge"

Guest Speaker: Phil Egan. Service Leader: Steve Lane.

Since Lester Pearson won the Nobel Peace Prize in 1957 Canada has continued to enjoy a world-wide reputation for peace keeping in various hot spots around the world as UN peacekeepers. Local historian Phil Egan will share a brief history of Canada's peace-keeping efforts as well as discussing what role, if any, Canada could play in the latest Turkish invasion of Kurd-inhabited Syria. He will also share an interesting sidebar about current research that has culminated in the formal addition of 22 names to the local cenotaph.

November 17: "The Vicious Circle"

Guest Speaker: Don Greaves. Service Leader: Beth Gray.

How well do you understand yourself and how past life experiences have influenced your thinking, decision making and your communication with loved ones? Don will share some insights learned at a recent event in Toronto, known as the "Landmark Forum".

November 24: "Current Trends in the Funeral Industry"

Guest Speaker: Scott Smith. Service Leader: Allan McKeown

How prepared are you for your final exit? What things do you need to do and what options should you consider when pre-planning your funeral and how can you make it meaningful and as stress free as reasonably possible for your loved ones?

TODAY IS ALSO SOUP SUNDAY!

(Enjoy Homemade soup, fresh bread and great conversation)

\$5 PER FAMILY OR PAY WHAT YOU CAN!

All proceeds to the Inn of the Good Shepherd.



"Anybody can create community with people who believe just like they do."

The true test of community rests in the ability to create it with people who disagree with us."

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Executive Team Update

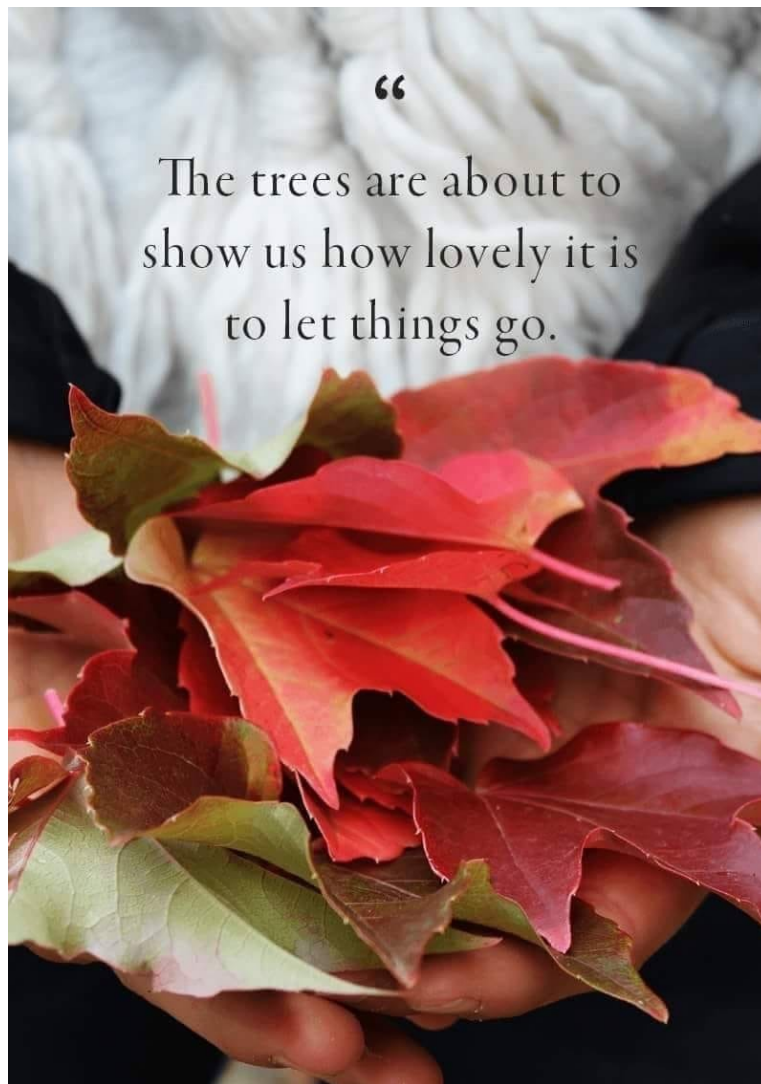


The executive met on October 10. We are drafting a policy on a Unicamp bursary to help a child go to camp.

We have been working on the logistics of the doorbell and locking the door after service starts for our safety.

The annual Canadian Unitarian Council membership contribution is due. There is a new formula for calculating the dues that was approved at the last CUC annual general meeting in the spring. The new formula will mean we do not have to contribute as much as we have in the past.

November's Theme: "Letting Go"



President's Message:

Letting Go – Is there a shadow side?

November's theme is Letting Go. I know we suffer by clinging to material things, beliefs, stories about ourselves and emotional hurts. The idea of letting go is a spiritual teaching that gives us some hope to move beyond the ego and into a state of gratitude and peace.

Our ego is very clever and can use spiritual learnings to make us feel worse when we don't achieve the "goal". That is when the shadow or dark side of our ego takes over. If we, and in my case have had traumatic and abusive childhoods, letting go can be another way to feel bad about myself.

There are many layers to letting go and the body stores emotional trauma that is difficult to access as an adult. There are ways to work with the body and our stored or embedded emotions but it cannot be forced. We have to have a lot of patience, care and compassion for ourselves as we shine the light on emotional wounds. As much as our conscious mind wants to let go, our body does not listen to the same message. When letting go does not work the way we want it to, we think we are not working hard enough.

So, be gentle with yourself when you focus on letting go and notice when your critical voice shows up. There is no end point anyways. We are always on this journey and releasing old hurts, beliefs and stories as we go. We are always becoming and the journey is always a mystery.

Blessings,

Annette



Social Justice Action Team



The ***Teenage Tree Program*** held an extremely successful Community Tree Fest on Saturday October 19th at the Rebound- HUB facilities on Indian Road. About \$4,300 was received through native tree sales and through individuals sponsoring the planting of trees in our community. It was an eco-education opportunity about the importance of native trees to our ecology and to share information about the Teenage Tree Program and ask for feedback for community support. At the same time, the HUB held an open house to introduce to people the wide range of services available to the youth associated with the HUB.

The first community tree planting was held in conjunction with the Climate Action Sarnia-Lambton group on Saturday Oct 26th at Mike Weir Park.

A second community tree planting for the Teenage Tree Program will be held on ***Sunday, Nov 3rd from 1 -4 pm at Canatara Park*** (southwest corner coming in from Point Edward entrance).

Thanks go out to all of the members and friends of the Fellowship that have been part of a core group of volunteers for this program.

Plans are coming together to expand the program next year and to engage more youth and young people to be part of the program.

Please contact either Elizabeth Soltis, Annette Verhagen or Dwayne O'Neill for further information and to inquire how to be involved.



Letting Go

We cling. You name it, we've wrapped our grasping fingers and anxious hearts around it: success, safety, society's standards of beauty, personal desires to be accepted, perfectionism, duty, fear, grudges, hurts, hopes, stuff, shame and privilege. Whether the object of our grasping is good or bad is not, as we learn, truly the issue. It's the grasping itself. That's the real problem. Holding on too long and too tightly is never good for the soul. So our faith pleads with us, "Let it go!"

But here's the twist: Our faith follows that up quickly with "Let it in!" This spiritual dance takes a two-step. As Forrest Church puts it, letting go must be followed up by reaching out. Or maybe it's better to say opening up. Indeed, the tragedy of grasping so tightly is not simply that we anchor ourselves to that which burdens us, but that we end up shutting out that which is trying to save and feed us. Letting go is ultimately about letting in. It's really about making room. And the great gift of Unitarian Universalism is its claim that this is what "salvation" is all about. With all due respect to our orthodox Christian brothers and sisters who see salvation as a process of becoming cleansed or purified, we join with those who see it as a journey of remaining open.

To some the world may appear a place chock-full of temptations to keep out, but to us the world is full of gifts, second chances and new starts desperately trying to get in! However, because of our clinging, there is no room.

All of which means that letting go is really an act of faith. Yes, it takes strength, resolve, discipline and courage. But mostly it requires we believe that, once we release our grips, life will not leave us empty-handed.

So friends, do you believe? Do you trust that making room will be worth it? Do you have faith that letting go will be met with a life-giving coming in? This month, let's find out. May we all be blessed by this spiritual two-step!

As we work through a month of Letting Go, how do you envision yourself in this dance? Do you see a smooth one for one transition across the dance floor, like a ballerina or something more choppy and stiff, like that of a break dancer. With out a question both forms are incredible, and beautiful in their own way. What will your relationship of Letting Go and Opening up look like?

Theme Based Ministry Newsletter of the First Unitarian Congregation of Toronto—Nov 2016



Regular Events:

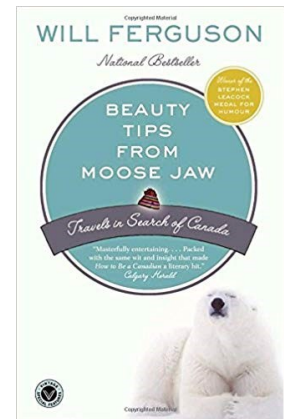
Book Club: Continues to meet on the 3rd Sunday of every month at 9:15 am at John's Restaurant on London Line. The book for November is "**Beauty Tips from Moosejaw**" by Will Ferguson. In November, we will decide on the December book.

Men's Group: Details will be announced as they become available.

Women's Group: Details will be announced as they become available.

Small Group Ministry: Members meet every other Thursday afternoon at chosen locations. All are welcome. Contact Betty Learn for info at: 519-337-4039

Journey Groups: Evening Group last Monday of each month 7 pm. Afternoon Group last Wednesday of each month at 12:45 pm. Contact Ann Steadman at 519-542-9708 for info.



LET GO

by Lois Van Leer

Let go

Of all that binds you
 Of all that burdens you
 Of what you carry
 Of all that shames you
 Of fear
 Of trespasses and transgressions
 Of woundedness
 Let go of guilt
 Let go of anger
 Let go of small mindedness and pettiness
 Of ways of being that no longer work for you
 Of compulsions that consume your living
 Let go of what you cannot change
 Let go of regret
 Of that which haunts you
 Let go of pain
 Let go of ways in which you missed the mark
 Let go



From: cuc-leaders@googlegroups.com [mailto:cuc-leaders@googlegroups.com] **On Behalf Of** Margo Ellis
Sent: October 22, 2019 11:53 AM
To: CUC Leaders
Subject: Upcoming CUC Events - October, November and December

Dear Leaders,

What has your congregation been doing and/or accomplished? What would you like other Canadian UUs to know about your congregation? Please send your congregation's news to communications@cuc.ca for the [CUC's weekly newsletter, the eNews](#). Please encourage your members to [subscribe to the CUC eNews](#).

Here's a synopsis of the variety of CUC events coming up for the end of October, November and December. Follow the links for more details and registration. Please share these events with your congregations.

Young Adults - schedule for the year

Gathered Here: Young Adult Check-In, Nov 4, Dec 9, Jan 13, Feb 10, March 9, April 13, June 8, July 13, August 10 - 8 p.m. ET

Gathered Here is a monthly online check-in and gathering for Canadian Unitarian Universalist young adults. Zoom (<https://zoom.us/j/6792849010>)

October: In-person Training

[Refugee Sponsorship: Support and Training for Sponsors](#), Saturday, October 26, 1 - 5 p.m. ET, Unitarian Church in Mississauga

In this pilot event, the Canadian Unitarian Council and the Refugee Sponsorship Training Program (RSTP) are jointly offering a half-day of networking, support and training for refugee sponsors and those who are interested in being sponsors. Registration deadline: October 22.

November and December Online Events

[Worship as a Beacon for Congregational Growth - Part 2](#), November 9, 12:30 - 2:30 p.m. ET

Learn how to create and sustain a strong worship program for both clergy and lay led congregations in this online event. Our presenter is the Rev. Dr. Barbara Wells ten Hove. Registration deadline: October 31.

[Connect and Deep - Virtual Gathering](#), Monthly - November 10, December 8 - (2nd Sunday of the month), 4:00 - 5:30 p.m. ET

Join us for the opportunity to discuss matters of spiritual and theological significance in small groups and connect with people across the country.

[Serving With Spirit: Stronger Together, Planning for Partnership](#), November 23, 9:30 a.m. - 2:30 p.m. MT

Explore our potential for meaningful, creative congregational networking and partnerships. Together, develop strategies to support and sustain the growing number of small congregations. Rev. Joan Becelaere is the presenter for this event. Registration deadline: November 12.

[Rethinking UU Governance](#), Saturday, December 7, 2019, 12:30 - 2:00 p.m. ET

Many Canadian UU congregations struggle to find ways in which our very governance, style of organization, will reflect our values and resonate with the lives of those who engage within our communities. Join us for a conversation, beginning with two powerful stories and opening for all participants to share their ideas, experiments and questions. Our two presenters will be Mr. Sanford Osler, North Shore Unitarian Church and Rev. Jessica Rodela, Grand River Unitarian. Registration deadline: November 28.

Thank you,
Margo Ellis
CUC Web Manager



"Because of the role that religion has historically played in denying gay, lesbian, bisexual and transgender people their full humanity, I believe that we now have a special calling to reach out to our GLBT sisters and brothers. We need to offer an explicit welcome, because the world can still be a very unwelcoming place. We need to offer radical acceptance, because neither family nor society can always be counted on to be accepting. We need to offer unconditional love, because Love is at the heart of religious community."

— Allison Barrett, Canadian UU Minister

For the latest **CUC eNews** & past issues click on this link:

<http://cuc.ca/cuc-eneews/>

For the Unitarian Universalist Associations latest **UUWorld** click on this link:

<http://www.uuworld.org/>

Pease consider sharing this newsletter with a friend and invite them to a service.

Every Sunday is "Bring a Guest" Sunday!

Each issue of the "Flaming Chalice" newsletter is printed by the Organization for Literacy Lambton (OLL): helping every person acquire the gift of literacy.

Newsletter Editor: Wendy Cornelis

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