



# The Flaming Chalice

March 2022

## 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.*

### March Services - In-person & via ZOOM

<https://us02web.zoom.us/j/82456109293>

#### Theme—Contentment



#### March 6: "Having Enough and Being Enough" – Rev. Linda Thomson

The poet Wordsworth reflected that "The world is too much with us, and that getting and spending we waste our powers". Over 200 years ago, he observed that we give part of ourselves away when we focus on acquiring things outside of ourselves. What would it mean to settle into our current situation and foster a feeling of contentment?

#### March 13: "Celtic Celebration with Celtic Women"

We welcome Tessa Catton, Christine Storey and Debbie Wellington back again to celebrate Irish and Scottish traditional music and culture. Celtic Women were our guests in March 2020 for our final in-person service before lockdown. Let us enjoy their music again in our second "Celtic Celebration" as we look forward to St. Patrick's Day!

#### March 20: "Living the 8th Principle" – Donovan Hayden

The CUC and many congregations have adopted the 8<sup>th</sup> principle that calls on Unitarians "to individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions." This is a great step, but what does that look like? How do congregations reconcile with systemic barriers, take action in our communities, and stand in solidarity with others to dismantle racism? Donovan Hayden will address the challenges of doing anti-racist work and provide his insight on how Unitarians can live the 8<sup>th</sup> principle.

#### March 27: "Indigenous Spirituality & My Art" – Moses Lunham

Moses, who lives in Kettle Point, will share his own story, examples of his art and how his indigenous spirituality is expressed through his paintings. He will also tell us about his 'group paint events' which continue to be a way of keeping 'traditional stories' alive and to encourage 'healing'.

*"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 Message
- 3 Fellowship Survey
- 4 Resuming Hybrid Services
- 5 Local Updates
- 6 Contentment Quotes to Ponder
- 7 Links—Theme Package, CUC, UU World plus 'Our Vision'

## President's Message

The theme for the month of March is contentment.

The following passage by Shawn Newton of Toronto First Unitarian speaks to me.

Over the coming weeks, I encourage you to take up the optional spiritual practices as described near the end of the February 2022 edition of The Journey.

These practices of gratitude (wanting what you have) and acceptance (resisting comparisons) are key to recognizing and honouring the deep satisfaction of true contentment. May your explorations with this month's theme bring you peace—to your heart's content.

In faith and love, Shawn

The Journey article goes on to describe a couple of important spiritual practices that one may consider and are adapted from the work of Frederic and Mary Ann Brussat (more information here <https://www.spiritualityandpractice.com/about/frederic-and-mary-ann-brussat> ).

### **Want what you have**

This is a basic gratitude practice. Don't take your possessions for granted. Every day acknowledge what just one tool or object means to you and how it improves your life. Make a list of other things you are grateful for at the end of the day.

### **Don't make comparisons**

Many of us go through the day comparing our situation with another's, and inevitably, it seems, we come up short, feeling either second-rate or deprived. The Baal Shem Tov, a great Jewish teacher, said, "Compare not yourself with anyone else, lest you spoil God's curriculum." Focus instead on what is unique about you.

Working towards contentment which is a state of happiness or satisfaction and a state of inner peace can be a challenge during these times. One may also want to consider disconnecting from being preoccupied by mainstream news and social network platforms.

*In Fellowship, Dwayne O'Neill*



## Annual Members and Friends Survey

It is that time of year again when we survey you, our Members and Friends, to learn about your satisfaction with our Fellowship's activities and to receive your feedback and suggestions. The confidential 9 question survey is being presented again in the very easy to use Survey Monkey format.

***It would be greatly appreciated if you could take a few minutes to complete the 2022 survey which can be accessed by clicking on the link below. Partners can each respond separately from the same computer.***

**<https://www.surveymonkey.com/r/8WRPH8Y>**



**The survey will be open for your participation until Monday March 7<sup>th</sup>.**

Should you have any questions or wish to be provided with a paper copy of the survey please contact me at [dwayneoneill@protonmail.com](mailto:dwayneoneill@protonmail.com) .

*In Fellowship, Dwayne*

## What Religion Am I ?

One of our annual survey questions asks us about our spiritual orientations. We UUs often have more than one! On our website we have included the link to a quiz by 'Belief-O-Matic' to encourage site visitors to explore where their beliefs fit with various religions. Unitarian Universalism is one of the identified religions. I found the quiz rather fun to do and gratefully scored as being a UU. Click on the below link if you would like to try this out for yourself.

**<https://www.beliefnet.com/entertainment/quizzes/beliefomatic.aspx>**

*In Fellowship, Ann Steadman*



## Hybrid Services to Resume Sunday March 6, 2022

Your Executive Team has agreed to the resumption of “hybrid” services (in-person and ZOOM) effective Sunday, March 6<sup>th</sup>, 2022 in accordance with Provincial regulations and any additional recommendations from the Lambton Health Unit and the Lochiel Kiwanis Centre.

The Ontario Government has communicated the following: **“Effective March 1, 2022... Ontario will also lift proof of vaccination requirements for all settings... Masking requirements will remain in place”.**



### Information for In-Person Attendees

#### Children:

Children may attend with their parents, will be seated with them and will remain in the room during the full service. Activity bags will be provided.

#### Self-Screening:

If you are experiencing COVID-like symptoms, including fever, acute fatigue, cough or shortness of breath (unrelated to a pre-existing condition), please join us via ZOOM from your home.

#### Entering Building:

Enter by the west wooden doors facing College Ave. Sanitize hands using the sanitizer at the entrance. If 'late', use the 'door bell' attached to the sandwich-board sign to gain entrance. To access the elevator, enter through the ground-level entrance on the east side of the building.

#### Masks:

Masks must be worn while inside the building with the following exceptions: 1) to sip a beverage while seated and 2) while speaking from the podium.

#### Seating:

Seating will be in family groupings separated by 2 metres.

#### Other:

There will be no group singing, use of hymnals, passing of the collection plate or serving of coffee. Bring your own beverage if you wish.

*In Fellowship, Ann Steadman, Program Chair*

## Other Local Updates

### How Can We Best Help Ukrainians?

Please join us for a special 1 hour Unitarian ZOOM 'Discussion Group'

**Sunday, March 6<sup>th</sup>, at 3:00 pm**

<https://us02web.zoom.us/j/81989832095>

Chuck MacKenzie will lead things off with a brief history of Ukraine and Russia.

How to engage local politicians?

What are other churches in Sarnia-Lambton doing?

What charities look the best? - Red Cross, etc.

What community programs are available for Ukrainian refugees coming to Sarnia?



### UU Mid-Week Social Gathering #2

Mark your calendars for our 2nd UU Mid-Week Social Gathering for 2022 and come with stories of interesting travel adventures.

**Wednesday, March 23<sup>rd</sup> @ 7 pm via ZOOM**

<https://us02web.zoom.us/j/86355262336>

### How To Donate

Thank you for the eTransfers and cheques that have been arriving.

Your continued financial support is appreciated. If you would like to make an eTransfer donation, please send it to: [UFSPH.executive@gmail.com](mailto:UFSPH.executive@gmail.com). There is no longer a need for a security question. If you prefer to write a cheque, please designate the payee as Unitarian Fellowship of Sarnia and Port Huron and mail the cheque to:

Mark Woolston, UFSPH Treasurer, 1993 Rainbow Trail, Sarnia, ON, N7T 7H6

A PayPal donation button has been added to our website, <https://www.uusarnia.com/>. Please note that PayPal charges for this service, and we are only crediting the donor with the net amount.

## 'Contentment' Quotes to Ponder

I have learned that to be with those I like is enough.

- Walt Whitman



Yes, there is a Nirvana; it is leading your sheep to a green pasture, and in putting your child to sleep, and in writing the last line of your poem.

- Kahlil Gibran, Sand and Foam

We need much less than we think we need.

- Maya Angelou

I am content; that is a blessing greater than riches; and to whom that is given need ask no more.

- Henry Fielding

Good friends, good books, and a sleepy conscience: this is the ideal life.

- Mark Twain

My only sketch, profile, of Heaven, is a large, blue sky, bluer and larger than the biggest I have seen in June, and in it are my friends—all of them—every one of them.

- Emily Dickinson

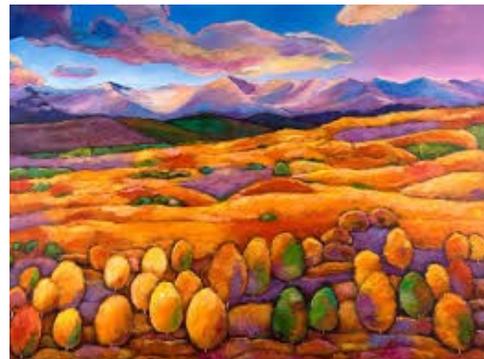


I think instead [of happiness] we should be working for contentment... an inner sense of fulfillment that's relatively independent of external circumstances.

- Andrew Weil

Contentment is not just a "peaceful, easy feeling" or a way to rationalize laziness. It is a deep, easy-breathing wisdom that knows what can and can't be changed, and more important, knows when to do and when to wait. The contented person watches the world closely, but does not stare it down. She enjoys things, rather than trying to possess them or straighten them out.

- Robin Meyers, The Virtue in the Vice



A quiet secluded life in the country, with the possibility of being useful to people to whom it is easy to do good, and who are not accustomed to have it done to them; then work which one hopes may be of some use; then rest, nature, books, music, love for one's neighbour — such is my idea of happiness.

- Leo Tolstoy, Family Happiness

True contentment is not having everything, but in being satisfied with everything you have.

- Oscar Wilde

## March's Theme—Contentment



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-2022-02-Contentment.pdf>

### 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/>

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

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