



The Flaming Chalice

April 2025

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

April Services

In-person & via Zoom

<https://us02web.zoom.us/j/83101536641>

Theme:

'Spiritual Grounding'



"Spiritual grounding involves practices to connect with your inner self and the present moment, fostering a sense of calm, stability, and balance, particularly during times of stress or overwhelm."

Google AI Overview

April 6: "UFSPH - Into the Future!" – Allan McKeown

Congregations from many denominations all over Canada and the USA are closing as more and more people no longer feel a need to belong to a church. What will the future hold for our Fellowship? How can we evolve to attract new members? Join Allan for a thoughtful discussion on how we can overcome the challenges we face.

April 13: "Embracing Our Relationship With Plants" – Larry Cornelis

Larry will share his thoughts on the miracle that plants are and our inseparable and dependent relationship with them, touching on themes such as; plants as medicine; forest bathing; plants awareness and the importance of knowing their names. He will start with a quick test for everyone present and share a couple of stories about how we consider plants in our daily lives

April 20: "Be here now" – Rev. Jonipher Kūpono Kwong (RevJ)

In a constantly shifting world, what are the spiritual practices that allow us to be present to ourselves and be committed to our spiritual community? What resources and wisdom can we draw from to achieve equanimity in our lives and become more resilient?

April 27: "Invertebrates as Pets, Showcasing Isopods and Tarantulas" – Coral Benedict

Isopods, also known as potato bugs or roly polly's, can be a wonderful start to invertebrate keeping. There are many different species and colours, an isopod for everyone! Tarantulas, often seen as "scary", can be wonderful and beautiful pets that you watch grow and enjoy for many years!

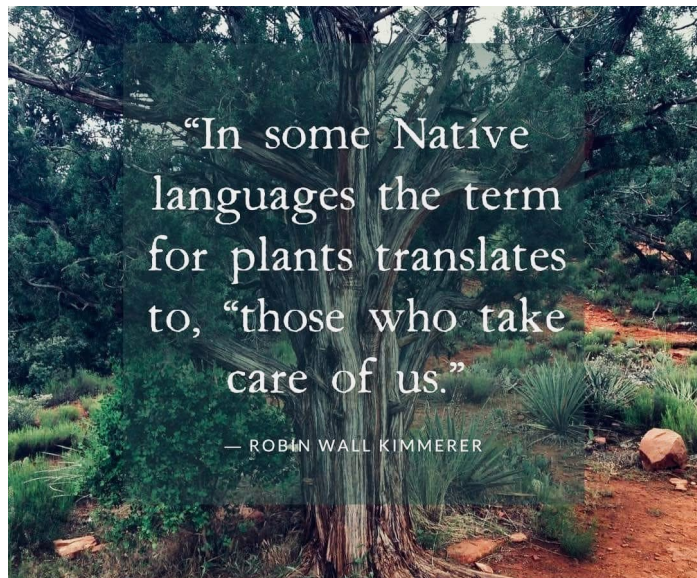
April 27 will also be 'Soup Sunday' & the AGM.

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More April Service Info

April 13: “Embracing Our Relationship With Plants” – Larry Cornelis



It is so wonderful to have Larry come to speak to us again! Larry is a local expert on both the ‘flora’ and ‘fauna’ of our area. He has been active over the years with many naturalist clubs and associations including Lambton Wildlife Inc. and the Sydenham Field Naturalists, both of which he has served as President and Director. He is a popular speaker for clubs and associations across southwestern Ontario and in Port Huron.

Larry will also provide a ‘Story for All Ages’ entitled *Bathing in the Forest*.

April 20: “Be here now” - Rev. Jonipher Kupono Kwong A ‘Roots of Resilience’ Service

Bio: RevJ (he/they) is the Lead Minister of First Unitarian Congregation of Toronto. Dr. Kwong obtained his master of divinity and doctor of ministry degrees from Claremont School of Theology in California, and graduated with a bachelor of arts degree in film studies from the University of California, Santa Barbara.

Born and raised in the Philippines (of Chinese descent), most of RevJ’s adult life was spent in California and Hawai’i. He served several congregations during his more than decade-long ministry including First Unitarian Church of Honolulu (where former U.S. President Barack Obama attended Sunday school), Sepulveda UU Society, Temecula Valley UU Community, Ohana Metropolitan Community Church (MCC) in Honolulu and Resurrection Beach MCC in Orange County, CA. Their non-profit leadership included serving as Executive Director of the Counselling & Spiritual Care Center of Hawai’i and API Equality-LA.

RevJ values his pluralistic and ecumenical upbringing, from Evangelical to United Methodist, from Episcopalian to Calvary Chapel. They were christened at a gospel church and baptized as a Chinese Mennonite. In Hawai’i, RevJ was a member of the Honolulu Mindfulness Community, a sangha influenced by Zen Buddhist monk Thich Nhat Hahn.



Reflection by President Tracy Jutras

Executive Team Report: March 2025 Highlights

- Our AGM is only one month away on April 27th. Everyone is invited.
- We are happy to announce that two newer members have agreed to be nominated to the Executive team for the 2025-2026 season: Crystal Beaubien as RE Chair and Erin Gundmundson as Member-At-Large.
- Satisfaction Survey: Thank you to all who filled out the survey.
- Soup Sunday was held on the last Sunday in March and was a success. \$120.00 was raised for the Inn of the Good Shepherd.
- Sunday, May 25th has been set for the Death Café. See the newsletter for more information.
- A big thank you to Don Greaves for updating the Fellowship Handbook. Copies will be on the table as you enter the Kiwanis Room on Sundays. Those that are new to the Fellowship are most welcomed to take one.

Spring has officially arrived. In the past couple of weeks, we have experienced some unseasonably warm days for this time of year. I hope you had the opportunity to go outside soak it in.

This month's theme is 'Spiritual Grounding'. Everyone should take the time to be present in your own body and feel connected to the earth. Some of you may already have a routine in place if not April is the perfect month to start going on walks surrounded by nature.

I wish you all the best in April.

In Fellowship, Tracy Jutras

Questions to Ponder About Spiritual Practice

- What are you already doing that might become a spiritual practice?
- Where do you have the greatest sense of connection – to your inner voice, the larger whole, or the sacred? What expands your sense of self?
- How do you integrate your spiritual practices into your life?
- What have you gained from your spiritual practice? What do you hope to gain?

For the theme package on 'Spiritual Grounding' contact

Ann Steadman

519-542-9708 or ann.e.steadman53@gmail.com

Fellowship Happenings/Opportunities



Sunday, April 27th is Soup Sunday!

Plan to stay after the service to enjoy a delicious lunch and wonderful conversation.

Suggested donation is \$5 per individual or \$10 per family.

All proceeds to The Inn of the Good Shepherd.

Fellowship Annual General Meeting

Sunday, April 27th following the service and Soup.

Please plan to attend and make your voice heard!

Further info will be sent to our 'Members and Friends'.

While all can attend, only Members can vote.



Death Café Happening!

Date: Sunday, May 25th

Time: 4:00– 5:30 pm

Place: Backhome Coffee Roastery
112 Christina Street South, Sarnia
(beside the Library)

Let your family and friends know!

For more info, or if willing to help in any way,
contact Allan McKeown.

allanmck@protonmail.com

Death Cafe

Talking about death won't kill you.



Quotes on 'Spiritual Grounding' To Ponder

Spiritual practice does not need to be time consuming and difficult. Anything you do with attention and that you bring a spiritual intention to can become a spiritual practice through repetition and integrating the practice into your life. Doing a small, regular practice can be much easier to integrate and have a bigger impact on your life than doing one 'big' thing occasionally, like a weekend long silent retreat once a year.

- **Arran Morton**

Everything is connected and the web is holy.

- **Marcus Aurelius**

The deep meaning of spirituality is breath. Breath is the taking in of life-giving essence from the world around us, and the release, in turn, of life-giving essence. It is a metaphor for interdependencies: the fact that we change and are changed by our environment in a continuous play of creation. Spiritual practices are aimed at helping us understand that connectedness, to sense our oneness, to the end that our yearning is appeased in actuality.... We can practice spirituality in our daily lives, in our daily activities, by remembering to pause, pay attention, and feel appreciation for what is before us. Paying attention means using all of our senses in being in the world and in the moment.

- **Susan Manker-Seale in *Everyday Spiritual Practices***



I stepped onto the spiritual path moved by an inner sense that I might find greatness of heart, that I might find profound belonging, that I might find a hidden source of love and compassion. Like a homing instinct for freedom, my intuitive sense that this was possible was the faint, flickering, yet undeniable expression of faith.

- **Sharon Salzberg**

Buddhist Unitarian Universalist spirituality can be understood as the felt awareness that all life is connected.

- **Rev. Fiona Heath**

In Unitarian Universalism, spirit refers to the wholeness of the self, the wholeness of all beings. It can also refer to the greater whole – however you define it – as God, Goddess, the Divine, the Sacred, the Universe, the Mystery. I use spirit both for the wholeness of the individual self and the marvelous wholeness of all-that-is. The term spirit recognizes the whole as being greater than the sum of its parts. We all have bodies, minds, and emotions. We have personalities and histories and experiences. And yet taking it all together we are still something more. As is the universe, the glorious mysterious all-that-is...Spirit.

- **Rev. Fiona Heath**

ME: Why am I alive?

OLD WOMAN: Because everything else is.

ME: No. I mean the purpose.

OLD WOMAN: That is the purpose. To learn about your relatives.

ME: My family?

OLD WOMAN: Yes. The moon, stars, rocks, trees, plants, water, insects, birds, mammals. Your whole family. Learn about that relationship. How you're moving through time and space together. That's why you're alive.

- **Richard Wagamese**

Canadian Unitarian Council (CUC)

We are Canadian Unitarians and Universalists

We are people of many paths who are brave, curious, and compassionate thinkers and doers. We are diverse in faith, ethnicity, history, and spirituality, but are aligned in our desire to make a difference for the good.

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.

We live our values in our work for social justice. Unitarian Universalists have advocated for affordable housing, choice in dying, and world peace. We sponsor refugees and seek truth, healing, and reconciliation between Indigenous and non-Indigenous peoples. We work for racial justice, criminal justice, and climate justice. And for more than forty years we have been at the forefront of lesbian, gay, bisexual, transgender, and queer inclusion.

We are called to love and justice through our interdependence on each other and on the world around us. We aspire to be deeply connected, radically inclusive, actively engaged, theologically alive, and spiritually grounded.

We seek to welcome you: your whole self, with all your truths and your doubts, your worries and your hopes. Find out what it means to live your deepest values out loud. Join us on this extraordinary adventure of faith.



Unitarian Universalist Association (UUA)



Unitarian Universalists affirm unconditional, universal love as a foundation and grounding for our actions in the world. We strive to be of service to our communities and advocate for change on local, state, national, and international levels. Justice is at the core of our faith

Through our [Side with Love](#) campaign (formerly "Standing on the Side of Love") we amplify the voices of the oppressed through online media; we show up in partnership at justice events across the country; we lobby national leaders on immigration reform, racial justice, equality for lesbian, gay, bisexual, transgender, and queer people, religious freedom, and more; and above all we work to make love real in the world.

Over eighty percent of (American) Unitarian Universalist congregations, and many more individual UUs and others who care about justice, have become a part of Side with Love.

Mahatma Gandhi did it. Mother Theresa did it. Martin Luther King, Jr., did it.

We do it. [How do you reach out in love](#)

The work that we do together to build a world in which all of us are free and thriving is interrelated. When we ground our spirits, grow our skills, and act strategically for justice in deep relationship with each other and our Movements, we choose to Side With Love.

[Side With Love's Action Center](#) is a place where we unite in work towards a world where we all thrive. Together we take action, Side With Love, and make deep impacts in this critical moment.

There is no such thing as a single-issue struggle because we do not live single-issue lives.

Audre Lorde

Our intersectional justice priorities are:

- **Climate Justice** (inclusive of Indigenous sovereignty and Climate Resilience)
- **Decriminalization** (inclusive of Racial Justice and Immigration Justice)
- **Democracy and Electoral Justice** (inclusive of Voting Rights and electoral participation)
- **LGBTQIA+ and Gender Justice** (inclusive of reproductive justice and abortion access)

Find campaign updates, spiritual nourishment, congregational and individual activities, and training resources on [Side With Love's Action Center](#).

WEEKLY UPDATE
April 1, 2025

When the national outlook is dreary, turn to your community—
where so much work can still be done—
and start organizing.

(Adapted from UUA Website)



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 Association's UUWorld <http://www.uuworld.org/>

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