



The Flaming Chalice

April 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

April Services

In-person & via ZOOM

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



Theme—Anger

*“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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April 2: “Hearing & Cognitive Health” – Nashlea Brogan

Nashlea is both an experienced hearing device wearer and audiologist with her doctorate degree in Audiology. She will discuss how we use our brain to hear, health conditions related to hearing loss and how hearing assessments have advanced.

April 9: “Easter for Non-Believers” - Allan McKeown

Easter's origins began with ancient pagan ceremonies and rituals to celebrate the arrival of Spring and the re-birth of Nature. Christians adapted Easter as the holiest time of the year to celebrate the resurrection of Jesus and the triumph of life over death. But what about the non-believers? What can we learn from the Easter story?

April 16: “Bedside Wisdom” – Tracy-Lynn Jutras

Tracy will discuss her own experience during her mother's last week of life. She will also offer advice on being present for your loved ones when it is their time.

April 23: “Healing Our Relationship with Nature” – Larry Cornelis

Larry will share his belief that healing our relationship with nature is fundamentally important to everything. He will encourage us to reconnect to nature, the birds, the bees, the trees and especially our plant kin, by developing a heartfelt loving relationship with Mother Nature in our daily practice with stories on how we might do that.

April 30: “Highlights of 160 Years of Policing in Sarnia” – Phil Egan

Phil, a local historian, will share stories from his March 2020 book which touch upon some of the city's most heinous crimes, unsolved mysteries, heart-wrenching victim stories and offbeat, quirky tales surrounding the task of policing Sarnia over the past century and a half.

President Mark's Musings for April

The UFSPH Executive met on March 23rd for the seventh time this year. We were pleased to acknowledge that Ann Steadman and Joanne Alexander have volunteered to form the nomination committee for 2023/24. Ann and Joanne will be looking for some new members to join our dynamic team.

April's theme is "Anger".

The theme package from the First Unitarian Congregation of Toronto (please find the link below) has a quote from Tich Nhat Hanh that includes:

"If we know how to handle our anger it can be very positive"

In our UUA "Singing the Living Tradition" (the grey book), we have song #170: We are a Gentle Angry People. This song, a favorite over the years, poses an interesting juxtaposition of "gentle" and "angry".

So often, anger is associated with aggression... starting a fight or ending a fight. How can "gentle" jive with "angry"? Perhaps a comparison of simmering personal anger to the earth's internal heat provides some insight. The earth's internal heat can provide the warmth for a natural thermal spa, or it can provide the energy to erupt a volcano.

Similarly, our anger can be the driving force for change. Reflecting on Tich Nhat Hanh's perspective, how we handle our anger probably determines how positive that change will be. I believe, the gentle approach, like the natural thermal spa, is more conducive to positive change.

If you are a gentle angry person, that is interested in making positive change in our Fellowship, our community, or our world, please let Ann or Joanne know so you can join the UFSPH executive team.

In Fellowship, Mark Woods

'We Are A Gentle Angry People' : <https://www.youtube.com/watch?v=eYW0JDD380A>

April's Theme — Anger



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.

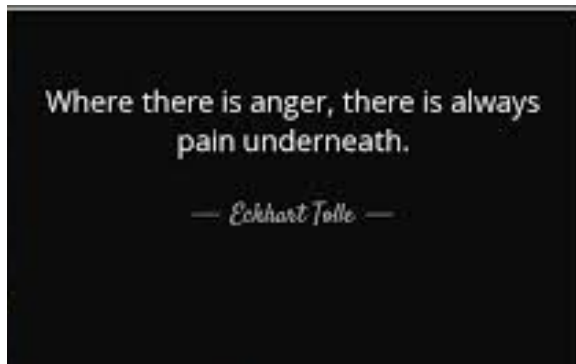
<https://www.firstunitariantoronto.org/wp-content/publications/tj/2023/The-Journey-2023-03-Anger.pdf>

Quotes on 'Anger' To Ponder

Just by breathing deeply on your anger, you will calm it. You are being mindful of your anger, not suppressing it ... touching it with the energy of mindfulness.

You are not denying it at all. If we know how to handle our anger, it can be very positive.

- Thich Nhat Hanh



You should be angry. You must not be bitter. Bitterness is like cancer. It eats upon the host. It doesn't do anything to the object of its displeasure. So use that anger. You write it. You paint it. You dance it. You march it. You vote it. You do everything about it. You talk it. Never stop talking it.

- Maya Angelou

Unfocused anger has self-destructive properties. Destruction may purge and even on some levels purify, but I'm no longer convinced it facilitates healing—perhaps even the opposite. Our answers somehow lie in building and creating, moving forward and beyond, allowing wounds to heal and scars to fade gracefully. Not to forget or deny pain, but to embrace it and move on.

- Renee M. Martinez

It's my rule never to lose my temper till it would be detrimental to keep it.

- Sean O'Casey

Anger is a signal, and one worth listening to. Our anger may be a message that we are being hurt, that our rights are being violated, that our needs or wants are not being adequately met, or simply that something is not right. Our anger may tell us that we are not addressing an important emotional issue in our lives, or that too much of our self – our beliefs, values, desires, or ambitions – is being compromised in a relationship. Our anger may be a signal that we are doing more and giving more than we can comfortably do or give. Or our anger may warn us that others are doing too much for us, at the expense of our own competence and growth. Just as physical pain tells us to take our hand off the hot stove, the pain of our anger preserves the very integrity of our self. Our anger can motivate us to say "no" to the ways in which we are defined by others and "yes" to the dictates of our inner self.

- Harriet Lerner

What if instead of struggling with our anger, we consider that when we feel angry inside, maybe it doesn't mean that there's something wrong with us? Maybe it means there's something wrong. Not wrong with us: wrong out there; something that we might be able to help change.

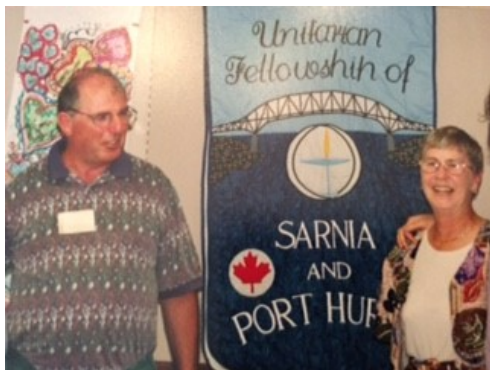
- Glennon Doyle

Our task, of course, is to transmute the anger that is affliction into the anger that is determination to bring about change. I think, in fact, that one could give that as a definition of revolution.

— Barbara Deming —

Honorary Life Memberships for Betty & Richard Learn—March 26, 2023

Remarks by President Mark Woolston



Our bylaws state that “Honorary Life Memberships may, from time to time, be awarded by the Executive Committee to members who have provided exceptional and meritorious service to the Fellowship and/or who have made a significant contribution to the cause of Unitarian Universalism.

A nominee for Honorary Life Member must:

- a. have signed the membership book
- b. have been an active member of the Fellowship for a minimum of 15 years
- c. have, at one time, served on the Executive Committee or Chaired a Fellowship Committee or made another significant contribution to the cause of Unitarian Universalism and have been nominated by a member of the Executive Committee.”

The Executive Committee discussed candidates for Honorary Life Members in 2022. Richard and Betty were nominated by a member of the Committee and there was unanimous support for the Honorary Life Memberships to be awarded to them both. We are delighted to have this ceremony today, to make it official.

The above picture of Richard and Betty, at the Unitarian Fellowship of Sarnia and Port Huron, is from the past millennium. So, Richard and Betty have been active members of the Fellowship for over 20 years.

Richard served as President of the Fellowship, and Betty has been on the Executive in different roles.

Together, Richard and Betty kept Small Group Ministry going for years.

Betty created 6 scrapbooks of Fellowship events inclusive of newspaper clippings and photographs. We have these scrapbooks on the tables today, and I invite you to have a walk down memory lane.

Richard was very involved with the Men’s group and co-ordinated Men’s Breakfast for several years.

Betty was involved with Woman’s Circle and led the Book Club for twenty years.

Together, Richard and Betty were on the welcoming committee, and were involved with the adult Religious Exploration activities.

Betty and Richard have made significant contributions to the cause of Unitarian Universalism through their involvement in PFLAG Canada... an organization that actively assists in the recognition and growth of gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer and questioning persons and their families and friends, within their diverse cultures and societies.

Our Membership Chair, Don Greaves, has prepared these certificates, and I would invite Richard and Betty to come forward to receive their certificates and share a few words of wisdom with us.



Upcoming

Annual General Meeting Sunday, April 30, 2023 Following the Service—In-person & Zoom

At our Annual General Meeting of the Fellowship, we receive and approve the reports of the members of the Executive Team, adopt a budget for the next Program Year (July 1 – June 30) and elect a new Executive Team.

Executive reports, nominating committee report and the minutes of the 2022 AGM will be sent in an e-mail prior to the meeting.

While all are welcome to attend the AGM, only Active and Honorary Life Members may vote.

Please keep in mind our process for proxy voting:

*An Active Member or Honorary Life Member unable to attend a duly constituted general meeting or special business meeting may appoint another Active or Honorary Life Member to serve as her/his proxy by submitting a signed statement to the President or designate by a stipulated deadline (**April 23th, 2023 for this AGM**), indicating which Active or Honorary Life Member is to serve as the individual's proxy for which specific meeting. An Active or Honorary Life Member may carry no more than one proxy.*



Annual Spring Fellowship Survey Coming Soon!

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 survey is being presented again in the very easy to use Survey Monkey electronic format.



Canadian Unitarian Council

CUC National Symposium: Living Into Our 8th Principle Friday, May 19 – Sunday, 21, 2023 Ottawa, Ontario or Online



In the spring of 2023, the Canadian Unitarian Council and First Unitarian Congregation of Ottawa, in collaboration with the Unitarian Universalist Fellowship of Ottawa, invite you to a national symposium. Join us in person at Algonquin College in Ottawa or online to renew your spirit, reconnect with friends, and celebrate what it means to be Unitarian Universalist (UU).

You may have noticed that we are referring to this event as a symposium, not a conference. That's because it will be organized around a single issue rather than a general theme. Through engaging presentations, rich discussions, and worship, we will explore our newest principle, which calls us "to dismantle racism and systemic barriers to full inclusion in ourselves and our institutions."

Sign up today. [Registration closes May 1, 2023](#)

Read the [Symposium page](#) to find out how to use the website. Read the information first, then register.

The Annual General Meeting will be held on Friday, May 19th, from 1:00 to 4:30 pm ET, and will have online and in-person participation.

About Us

The [Canadian Unitarian Council \(CUC\)](#) is an organization of Unitarian and Unitarian Universalist member congregations and individual Unitarian Universalists acting to enhance, nurture and promote the Unitarian and Unitarian Universalist religion in Canada. Find out who we are in this ["We Are Canadian Unitarian Universalists"](#) video. *(Editor's Note: You are encouraged to check out and share this short (2:31) video.)*



"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."

Vatican Repudiates Doctrine of Discovery

March 30, 2023

The Vatican has announced that it [formally repudiates the Doctrine of Discovery](#), that "In no uncertain terms, the Church's magisterium upholds the respect due to every human being. The Catholic Church therefore repudiates those concepts that fail to recognize the inherent human rights of indigenous peoples, including what has become known as the legal and political "doctrine of discovery".

Read the [CBC article here](#).

What does that mean for the motion proposed by the CUC Board? In essence, the motion is no longer necessary. The Board will consider if further actions should be recommended, and this will be communicated to you all.

Some amount of celebration may be in order, while acknowledging that this is just one step to reparations and reconciliation with Indigenous Peoples.

Thank you, *Uyda Ng*

Executive Director

Canadian Unitarian Council | Conseil unitarien du Canada

JUST *Express* news 

**Canadian Unitarians
for Social Justice**

Standing With Indigenous Communities

Saturday, April 29, 1 pm Eastern

Niki Ashton was first elected as MP for Churchill–Keewatinook Aski in 2008 when she was 26, and now lives in her hometown of Thompson, Manitoba. She serves as the NDP's Deputy Critic for Indigenous Services and Critic for Tax Fairness. Niki believes in true reconciliation with Indigenous peoples. She is proud to work to bring together Indigenous peoples; she is a strong voice in Ottawa for change because she's unafraid of challenging the status quo.

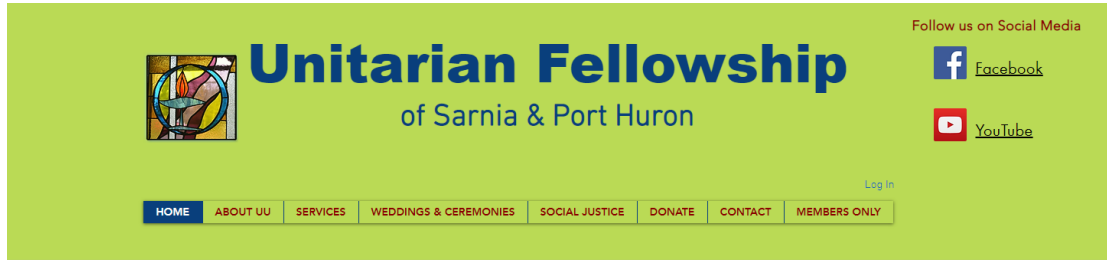
Register now with the form on the webinar page on our website.

(instead of the faulty Zoom Registration feature.)

<https://cusj.org/webinars>



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HOME ABOUT UU SERVICES WEDDINGS & CEREMONIES SOCIAL JUSTICE DONATE CONTACT MEMBERS ONLY

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