



The Flaming Chalice

November 2022

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

November Services - In-person & via ZOOM

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



Theme—Abundance

Nov. 6: "What Does Net Zero By 2050 Mean?" – Peter Smith

You've heard it from governments and industry "We will have net zero emissions by 2050". But are they really planning to reach that goal, do they even know what that means?

Nov. 13: "Valour Remembered" – Tom St. Amand & Tom Slater

Both gentlemen are retired high school teachers and have an interest in local history. Tom St. Amand wrote "The Streets of Sarnia Project" and Tom Slater wrote "The Sarnia War Remembrance Project", both entirely volunteer endeavours. They are currently co-writing a book on local war veteran and fallen soldiers. This presentation will provide a glimpse of some of those stories.

Nov. 20: "Why local journalism is vital to democracy" - Cathy Dobson

In Sarnia, the recent municipal election was covered by a skeletal crew of local journalists who tried to provide context and information as best they could. But the three media outlets that still operate in Sarnia could not possibly provide the kind of robust news stories the community once took for granted. Too many reporters have been laid off. As a community, if we are interested in retaining a free and thoughtful press, if we want to responsibly search for truth and meaning in our world, we need to appreciate and support local journalism.

Nov. 27: "Humanism – a secular philosophy for our times" – Martin Frith

Martin lives in Toronto and is a Registered Marriage and Family Therapist, a celebrant who officiates secular wedding ceremonies and funeral and memorial services and the President of Humanist Canada. We welcome Martin to join us "in person" to share with us why he is a Humanist and how Humanism can benefit everyone.

*"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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President Mark's November Musings

Our son, Eric Woolston, a past member of the UFSPH, has a karaoke band called "Good Enough". The name of the band acts as an encouragement for individuals to find the courage to sing karaoke, by acknowledging, their singing is "good enough"

Perhaps the concept of "good enough" can apply to this month's theme of "abundance". Can we acknowledge that our possessions, our achievements, our lives are "good enough".

The narcissistic perspective of "me, mine, more" fosters the perspective of "never enough". Perhaps by focusing on "us, ours, enough" we can celebrate the peace, the joy, the satisfaction, the gratitude for our abundance.

In Fellowship, Mark Woolston

November's Theme—Abundance

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-2022-10-abundance.pdf>



The overarching questions for this month are about how we respond to the experience of abundance. Does it move us to gratitude? Does it inspire wonder or overwhelm us? Does it make us uncomfortable and, even, a bit embarrassed? Does it move us to make some response, by sharing what we already have plenty of or deciding to not take on more than we need? This month's theme is an invitation to delve deeper into the meaning of abundance, with all the complexities it contains.

A Note From The Program Chair—Ann Steadman

After meeting in-person only for over 64 years, the Covid-19 lock-down in the winter of 2020 resulted in us moving to Zoom services. Since that time, due to the changing Covid-19 situation, we have gone from Zoom to Hybrid (in-person and Zoom), to Zoom, to Hybrid, to Zoom and now, this past September back to Hybrid services. The Program Team has had to be flexible and to pivot quickly. How should our services look going forward? What have been the experiences of our members and friends with the different Sunday morning service types? Are there other options? Your feedback and input will be sought through a brief electronic survey in November. Please find below a chart which summarizes the pros and cons that I see for the different types of services.

	In-Person Pre-Covid	Zoom Only	Hybrid
Technology	Simplest - room audio-visual only (but have had issues with this without tech support).	More complicated but now competent with the technology.	Most complicated & requires paid tech support. Sound issues recently resolved.
Cost in Money	Second most expensive due to room rental. (Occasionally travel expenses for speakers.)	Least expensive. Need to pay only for speakers, music, and annual Zoom licence.	Most expensive: room rental, music, speaker, tech support & annual Zoom licence. *1
Cost in Volunteer Hrs	Requires Service Leader, Set-up Person & Coffee Provider	Requires Service Leader, Zoom Host & PowerPoint preparation.	Requires Service Leader, Set-up, PowerPoint prep & hopefully Coffee Provider
Attendance	Average for 2018-19 = 35	Average winter 2022 = 18.5	Average spring 2022 = 26 *2
Inclusivity-Attendees	Excluded those unable to come to the Kiwanis Centre due to health or transportation issues.	Excluded those who either could not or did not want to connect via Zoom (younger family expressed "Zoom fatigue")	Most inclusive as it eliminates the barriers mentioned. Two households outside of Sarnia regularly join in.
Inclusivity-Speakers	Only presenters who could come in person could speak at a service. No back-up if a presenter could not appear in-person.	Allows remote speakers to present to us increasing the variety of potential presenters.	Allows for remote speakers to present & local speakers with respiratory symptoms to continue to present via Zoom (3X in 2022)
Social Interaction	The best including in-room participation, coffee hour & Soup Sundays.	The interaction is just not the same though we all have gotten better with chatting 'on-line'	The challenge has been to integrate in-room and Zoom participants on Sundays. To do so, we have involved Zoom participants in several service elements as well as in Joys & Concerns and questions.

*1 – Please note that the Zoom licence has been and is used for other Fellowship gatherings inclusive of Executive and Program Team meetings.

*2 – No accurate attendance figures are available for fall 2022.

Dick Felton Honoured



Congratulations to Dick Felton who was awarded the "Diamond Mel Osborne Award" by the members of Golden K Kiwanis club. This is the highest award that a member can receive, and Dick is the first member in the club's history to be so honoured.

The club's "signature project" is to administer the Lochiel Kiwanis Community Centre for the City. Dick took on the role of unpaid interim Executive Director when the pandemic hit and the future of the LKCC was in doubt. Dick's leadership and full-time efforts to bring in new tenants, work with the City to upgrade security and make important repairs and renovations were essential to keeping the Centre viable and financially stable.

As Unitarians we have witnessed firsthand the efforts and dedication that Dick demonstrated in allowing us to implement Zoom services and stay connected with our members and friends. The recent renovation of the Kiwanis room was under Dick's direction, and it looks great!

Thanks, Dick, for all you have done and continue to do! Many congratulations on your award and all your achievements!

[Sarnia Golden K Kiwanis Club leader surprised with honour | The Sarnia Observer \(theobserver.ca\)](https://www.theobserver.ca)

Submitted by Allan McKeown

A Prayer Among Friends

Among other wonders of our lives, we are alive with one another, we walk here in the light of this unlikely world that isn't ours for long. May we spend generously the time we are given. May we enact our responsibilities as thoroughly as we enjoy our pleasures. May we see with clarity, may we seek a vision that serves all beings, may we honour the mystery surpassing our sight, and may we hold in our hands the gift of good work and bear it forth whole, as we were borne forth by a power we praise to this one Earth, this homeland of all we love.

John Daniel—From "The Journey-Abundance"

Information About Past Presenters

Bob Weir



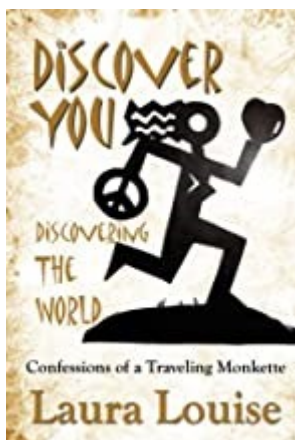
During the Q&A at the end of Bob Weir's dynamic presentation to the Fellowship on Sunday, October 2, two people asked questions about the books he has authored. In response, Bob mentioned his series of eBooks about his travels over the years, *Journey ... People, Places, & Ponderings*, and his medical memoir, *Brain Tumor: Life Love Lessons*, which is about a benign tumor that was removed from his cranium in 1993 and through which he affirmed "Good is coming from this."

These publications as well his other books are available for purchase on Amazon.com.

The *Journey ...* series at <https://www.amazon.com/dp/B08XY5W84T>
Brain Tumor at <https://www.amazon.com/Brain-Tumor-Life-Lessons-Novel/dp/B0BBJZQD45> . All of his books are on his Amazon Author Page <https://www.amazon.com/Robert-M.-Weir/e/B003ECA1M8>

Laura Louise Persichetti

Laura, who spoke to us on October 9th, is a Registered Psychotherapist, international speaker, and Amazon Best Selling Author. She is the founder of a local business called Royal Arts Healing Academy; which is an education institute that recognizes a deeper healing component to personal development and healing. She combines modern psychotherapy with ancient spiritual practices to guide people through their healing to live a fulfilling life of joy, love and peace.



You can connect with Laura online through

www.lauralouise.ca.



Mary Abma

Mary led outdoor, wild-church experiences at Canatara Park on June 12th and again on October 11th. She holds an Eco-Ministry Certificate from Seminary of the Wild.

She has posted three book recommendations on her website.

Please go to:

www.wildedgedofferings.com

An Invitation From Hamilton UUs

6-Minute Memoir

"Missing"

Held on Saturday, Nov. 12, 2022, from 7:30-9:30 p.m. EST
12 storytellers on the theme of "Missing"

You can miss someone. You can go missing. Things go missing. You can miss the opportunity of a lifetime. "Missing" will be the theme explored by a dozen storytellers who will share their personal true-life tales at the next 6-Minute Memoir event held on Zoom on Saturday, November 12 at 7:30 p.m.

Tickets to the event are \$15 per household and proceeds will be split equally between the Eva Rothwell Centre, which provides programs and resources in the Keith neighbourhood, one of Hamilton's most economically disadvantaged communities, and The First Unitarian Church of Hamilton, a liberal spiritual community in the city.

Tickets can be purchased at: <https://uuhamilton.ca/6-minute-memoir-november-12-2022/>

Storytellers include:

Jeff Mahoney, Melanie Cummings,
Gavin Stephens, Raza Ali,
Aukje Byker, Brenda Poole,
Catherine Schuler, Tamara Kamermans,
Muthoni Kariuki, Patricia Trudueau,
Elizabeth Gray and Paul Mitchison.

Tune in on Zoom!

Tickets \$15
uuhamilton.ca

12 storytellers on the theme of "Missing"

Saturday, November 12 @7:30 pm EST



I try to be grateful for the abundance of the blessings that I have, for the journey that I'm on and to relish each day as a gift. - James McGreevey

Abundance is about being rich, with or without money. - Suze Ormand

When you are grateful, fear disappears and abundance appears. - Anthony Robbins

Abundance is a process of letting go; that which is empty can receive. - Bryant H. McGill

If you want love and abundance in your life, give it away. - Mark Twain

The fastest way to bring more wonderful examples of abundance into your personal experience is to take constant notice of the wonderful things that are already there. - Esther Hicks

Gratitude and appreciation creates abundance and fills our lives with abundance. - Debasish Mridha

Doing what you love is the cornerstone of having abundance in your life. - Wayne Dyer

The universe operates through dynamic exchange... giving and receiving are different aspects of the flow of energy in the universe... and in our willingness to give that which we seek, we keep the abundance of the universe circulating in our lives. - Deepak Chopra

Why are you so enchanted by this world, when a mine of gold lies within you? - Rumi

Abundance is not a result you create. It is an existing state you recognize. We ask for long life, but 'tis deep life, or noble moments that signify. Let the measure of time be spiritual, not mechanical.

- Ralph Waldo Emerson

Whatever we are waiting for – peace of mind, contentment, grace, the inner awareness of simple abundance – it will surely come to us, but only when we are ready to receive it with an open and grateful heart.

- Sarah Ban Breathnach

People with a scarcity mentality tend to see everything in terms of win-lose. There is only so much; and if someone else has it, that means there will be less for me. The more principle-centered we become, the more we develop an abundance mentality, the more we are genuinely happy for the successes, well-being, achievements, recognition, and good fortune of other people. We believe their success adds to...rather than detracts from...our lives. - Stephen Covey



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

National Worship Services

Sunday, November 20, 2022: Living into Covenant

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



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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