



September 2009 Newsletter

North Shore Unitarian Church

Belong with heart. Thrive in spirit. Act in service.

A liberal religious community serving greater Vancouver from the North Shore

Sunday Morning Services Services start at 10:30 am

UPCOMING SERVICES

Sept. 6 *Bridging the Generations*

Speaker: Samaya Oakley, Eva Jordison, Casey Stainsby
Co-ordinator: Stephen Atkinson

This service explores the multi-layered tensions that exist around words that Unitarian Universalists embrace and avoid in our worship services, and in particular how generations use words differently. Join us in exploring three of these hot button words and how three generations are living through this tension.

Sept. 13 *There Is Something About Belonging*

Speaker: Rev. Stephen Atkinson
Co-ordinator: Andrea Berman

On this first Sunday of the full-program church year, let's look at what it is about belonging to a community that is so valuable in life.

Sept. 20 *A Wide Open Door*

Speaker: Rev. Stephen Atkinson
Co-ordinator: Vandy Savage

I can vouch for the fact that NSUC is well-known to be a friendly congregation. We can build on this strength by looking deeper at what welcoming really means.

Sept. 27 *Our Sources I: Words and Deeds*

Speaker: Rev. Stephen Atkinson
Co-ordinator: Rob McGregor

On six Sundays this year, I'll speak, in no particular order, about one of our Sources. Today, we'll consider "words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love."

Oct. 4 *Special Advance Notice: Multi-generational Pre-Thanksgiving Service*

So that we can have our Thanksgiving produce donations ready to be taken to the food banks *before* the holiday this year, and as our Religious Education teachers will be on retreat this weekend making it impossible to have our Children's Program – this one year, we'll celebrate the Thanksgiving holiday one Sunday early.

More on this to come.

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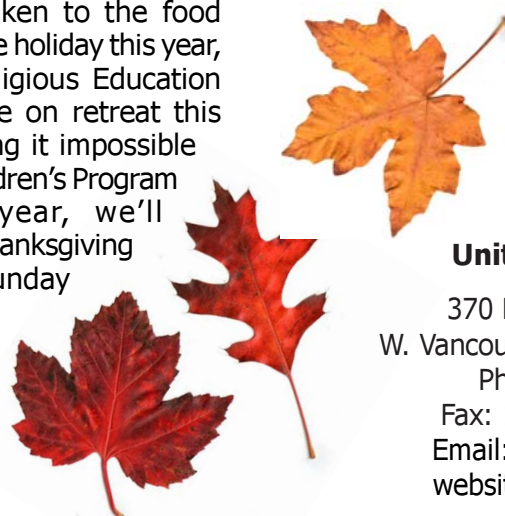
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Mission Statement

The mission of North Shore Unitarian Church is to empower people to live with greater depth, meaning and purpose. We welcome all to our caring community, foster spiritual growth free of dogma, and inspire actions in the service of life.

North Shore Unitarian Church

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From the Minister REVEREND STEPHEN ATKINSON



Looking ahead not only to the return to full-steam-ahead church life come September but also past that towards the whole year, I also look back with a bit of envy to how school can make big parts of one's life so much simpler. Courses have often been chosen by now if not pre-registered for and paid; reading lists are available, and course syllabi lay out what topic will be the focus from week to week. Even exam dates can be pre-determined.

Real life in the church can't be quite so organized and predictable. It's true that the Sunday Services Committee and I spent most of a lovely August day looking ahead to all the Sundays till the end of June; some of those are pre-determined, too, by holidays or tradition while others we have planned out for ourselves. Still there are many gaps waiting to be filled as we go on.

It's also true that the Board and I during our retreat last June began to look ahead to what the church needs to do. Our congregation has experienced understandable stress through this period of uncertainty about our property and mid-term future, but we are also equipped now with a renewed view of our purpose: "to empower people to live with greater depth, meaning

and purpose." Our first means of doing that, as stated in our Purpose Statement, is to "welcome all to our caring community," and that may well be our road map for the coming year. In other words, we can help each other through this period of shared uncertainty by aiming to welcome and care.

Although there is more than just that in our purpose, perhaps this year it will be sufficient to focus intentionally on the ways we welcome all who come here – and how to expand and deepen that welcome so that we also learn more about how to care for each other, in all the senses of that word. Of course, we'll continue to do what needs to be done to run and smoothen all the operations that keep our church going, and we'll live up to our responsibilities to those who need our attention and generosity – but we'll not forget that our community itself needs attention and generosity, too, at least in the spiritual sense.

So what might this look like? I hope you're going to surprise and teach me in many ways how we can define and intensify our welcoming and caring. For instance, a group of volunteers is working right now on opening up new ways for people to get to the church, which is a challenge for many of our members. Offering access to more means of transportation to church events will be both a practical and spiritual expression of welcoming and caring.

There may be new ways in which groups of members want to come together this year for spiritual practice, support and enjoyment. I'm considering a small number of non-fiction and/or church-oriented books that might be interesting to study together. Some members have told me they'd like to gather specifically to learn more about praying.

On my side, one of the things I'll do is offer material for a new set of Discovery Circles to begin earlier and continue throughout the year, perhaps with a variety of schedules. I'll also preach a series on the six Sources of inspiration and truth that ground us as Unitarian Universalists. My plan is to facilitate a discussion after each of these services; when we understand what the different sources mean to us, we'll better understand each other and welcome how our Unitarianism can differ from person to person.

OFFICE HOURS:

Wednesday 4:30 to 6 pm;

Thursday 5:30 to 7 pm;

Friday 1 to 3 pm;

Other times by appointment.



Don't forget... Sunday announcements can often be included on the yellow insert in the Order of Service if you send them to the Office by Thursday afternoon.

Adult Religious Education

The ARE committee held a fruitful and delicious planning retreat June 28 at outgoing chair Marcia Stephenson's house—potluck food with potluck ideas—both illustrating how well our committee has worked together, from brainstorming ideas to implementing programs. Thank you, Marcia, for your years as committee member and chair. You're that wonderful combination of creative, extremely well organized, and lots of fun. Thanks also to Yasha Ramsay-Latte. Your hospitable nature warms everyone who knows you. Yasha will no longer be on our committee because of her lay chaplaincy work but has graciously offered to keep providing refreshments for ARE events.

Ongoing committee members are Marcia Stephenson, Regina Bauman, ElJean Wilson, and very welcome new member Pat Brand. Stephen Atkinson and Lynn Sabourin will continue to act as advisors, and we'll all share the work. Because I'll be the person attending Coordinating Council meetings and writing for the newsletter, contact me: eljean@shaw.ca with ideas for classes and events or questions.

Missing from our list of committee members is a male name. One of the issues we dealt with at our retreat was how to involve more men in ARE programs. It would help greatly to have a man on our committee. Please consider joining us.

Scheduled Events:

Building Your Own Theology I with Stephen Atkinson begins Tuesday evening, September 29, with

ongoing sessions October 6, 13; November 3, 10, 24; December 1, 8; and January 5 and 12, 2010. Workbooks are available at the church office.

Living by Heart, the monthly group that practices memorizing poetry as a spiritual practice, with ElJean Wilson, resumes Thursday afternoon, October 1 from 1:30-3:45. We will continue the first Thursday of each month until February, 2010.

Compassionate Communication peer practice group, led by Catherine Strickland, resumes September 18 from noon to 2:15 and continues October 2 and 16. This group is full.

Building Your Own Theology II with Stephen Atkinson is scheduled for the evenings of February 2, 9; March 2, 16, 30; April 13, 20; and May 4, 11, 18, 2010.

Possible Future Programs:

Book-based Discussions:

The Tao by Wayne Dyer with Regina Bauman.

Cascadia by Douglas Todd with Marcia Stephenson.

Channing, Emerson, Parker: Three Prophets of Religious Liberalism with Arthur Berman.

Other Programs:

We would love to offer a reprise of *Exploring Spirituality through Art and Music* with Marga Hanna and Liz Moffitt if they are willing.

If there is interest, we could form an evening *Living by Heart* group in late 2009/early 2010.

We are hoping to host more one-evening events such as the lecture by Ron Jones on his pilgrimage to Santiago de Compostela, the presentation on the opera *The*

Emporer of Atlantis by Dr. Charles Barber and the author talk on *Cascadia* by Douglas Todd.

We welcome your suggestions.

ElJean Wilson



Lay-Led Sunday Services

As many of us experienced again this summer, thanks to Ruth Avrin and all the many volunteers that helped her, the members of North Shore Unitarian Church have a long tradition of creating and presenting Sunday morning services in a variety of styles about a range of subjects. The Sunday Services Committee also has a budget to pay for a small number of guest speakers, often but not always other UU ministers.

In 2009-10, there will be three Sundays when neither our minister nor any other will be available to lead us on Sunday morning. The Sunday Services Committee is interested in hearing from any members who might be interested in planning and presenting one of these services, or who is acquainted with someone who would be an interesting and relevant guest speaker. These particular dates are Nov. 15th, Feb. 7th and May 23rd (Victoria Day weekend). There are likely to be other Sundays also when we have the opportunity as a congregation to lead ourselves on a Sunday morning.

Please contact Andrea Berman, Rob McGregor or Vandy Savage (all listed in our directory) or drop a note in the SSC mailbox, #26.

Social Responsibility Committee

Next Meeting: Sunday, Sep 27, 12:15, RS305. Potential new members, or the merely curious, always welcome.

Sunday Social Outreach

Each Sunday, the collection plate serves as our opportunity to support specific, worthwhile causes.

Our April contributions raised a very welcome total of \$1497 for Queen Mary School.

In May, we raised \$1557 for the North Shore Youth Shelter. June contributions for the Kenya High Achievers Program raised \$3457!

Sunday Outreach for September: *North Shore Women's Centre*, a place and a voice for all women. The Centre provides all women on the North shore with resources, programs and services, free of charge. Their focus is to improve the social, economic and political status of women, and to encourage and support self-empowerment by acting as a resource and catalyst for change. They believe that women should have a right to self-determination in all aspects of their lives, equal access to society's resources, safety and security of person, fairness in the administration of justice, and freedom from discrimination. In addition to information, referrals, and support, they offer programs such as Basic Computer Training, Women's Legal Clinic, a Single Moms' Group, and a Young Women's Group. This summer they hosted a six-week workshop for teenage girls to promote self-esteem and healthy relationships.

Our congregation has supported this worthy organization for several years, recognizing their valuable

service to women on the North Shore, especially those in difficult life situations. The Centre no longer receives core funding from the province, making our support greatly needed and appreciated.

August 2nd Pride March and Information Booth (from Debra Thorne of the Vancouver church): What a wonderful turnout and time we had!! Thanks to everyone who showed up despite the heat. Please pass on my gratitude to any in your church who came. We had representatives from all four lower mainland Unitarian communities, including a passionate contingent of our youth.

Our very own Rev. Stephen Atkinson was among the volunteers at the Unitarian booth.

Outreach 2010: The annual process to select the Outreach recipients begins next month. It isn't too early to start thinking now about those organizations that you want to be considered for next year. The forms for recommendation of an organization will be available in early October from any member of the committee, and the cutoff will be prior to our committee meeting of October 25.



SEPTEMBER IN UU HISTORY

- 3rd, 1815: John Murray dies age 73, the founder of organized Universalism in North America.
- 18th, 1887: Hajom K. Singh holds the first Khasi Hills Unitarian Church service in Jowai, India.
- 22nd, 1662: John Biddle, the "father of English Unitarianism," dies age 47.
- 22nd, 1803: The Universalist Church of America adopts the Winchester Profession stating the Bible reveals the character of God and final destination of humanity; the unity of God Who is revealed in Jesus Christ, and that holiness and happiness are inseparably connected.
- 29th, 1929: The first Humanist congregation holds its first service in Steinway Hall, NYC, led by Charles Potter, a Unitarian minister and signer of the Humanist Manifesto.



Graham Knell,
Volunteer Extraordinaire

Children's Program

COORDINATOR: Lynn Sabourin



As I write this July afternoon, we are experiencing a heat wave such as we have not had for a long time. Holidays are a day away and I look forward to a week at our church camp, Eliot Institute in Seabeck, and camping on Hornby Island. Like so many of us, I enjoy time spent out in nature and I know I need it, too. In his book, *Last Child in the Woods*, Richard Louv, describes how many modern day children (and adults, too) are experiencing the negative effects of nature-deficit disorder. I hope all members of our church family have had the opportunity to ensure that this terrible condition does not touch them. It's not too late to take advantage of the great outdoors.

Thanks again to Joan Cox, who helps with clerical work over summer, plans are being put in place for an exciting church school year. Here's a peek at our Fall semester:

Our little ones, infant to three years, will be cared for in our **Nursery** by Caitlin McCarten and Eva Jordison, who provide consistent, loving care each Sunday.

The two **Preschool** classes of 3-6 year olds, will continue using the Spirit Play program with story tellers and doorkeepers: Melissa

Kelly, Caitlin Leahy, Susan Day, Elizabeth Cheng, Jilly Watson, David Osborne, and Elizabeth Cody-Rutter. Each week the children will hear a story presented with manipulative materials and will have a chance to ponder wondering questions. They are then free in their "work time" to choose to respond to the story, either by taking the story basket (or any from previous weeks) and re-telling it in their own way, or by expressing themselves with the art materials in the room. The sacred space that is created helps the children to make meaning of their lives and church becomes a safe and welcoming place.

Our **Primary** class of 7-8 year olds will be involved in an updated version of Holidays and Holydays, which has been written in Spirit Play style. The children will learn about the origins and meanings of holiday and holyday celebrations of other world religions and cultures occurring in the fall. They will relate their learnings to our Unitarian Universalist (UU) values. There will be stories, discussion, movement, music, art, and food to enhance each session. Thanks to Jenny McHaffie, AJ Veerman and Allie Curry for offering to be their adult guides.

The 9-10 year olds in our **Middle** group and our 11-12 year olds in the **Intermediate** class

will be using one of the on-line Tapestry of Faith curriculums, Windows and Mirrors. Through a lens of UU faith and justice, children will look inward (mirrors) and outward at the communities to which they belong, especially their congregation (windows). How do we experience true affiliation with others who may, at first, seem very unlike us? How do we acknowledge our own perspectives and respect the perspectives of others? How do we move out from "me" to "we?" We will investigate and will create

window/mirror panels to be displayed at the end of the term.

Sharon Bowen with the Middlers and Ann Travers with the Intermediates could use assistants for this term. Call Lynn at 604-926-1621 for more info or to volunteer.

Details will go out to individual kids via email, but two class sleepovers are in September: the Intermediate's is on September 18 and the Middle class is on September 25.

I want to publicly acknowledge those wonderful folks who came in June and cleaned and tidied our Children's Program storage areas: Joan Cox, Denise and Maddy Gilbert, Liana Biasucci, Gail Lehman, Andrea Fast, Marcia Stephenson, and Sonia Mackrow. Thank you, thank you!

Kudos to Sofia Osborne who shed her beautiful black locks to donate for cancer patients wigs. A thoughtful way to start summer, Sofia.

Secret Buddies Program

Yes, we're doing it earlier this year. Our Secret Buddies Program is an opportunity for adults and children 5 years and older to get to know each other and have a little fun, too. It's easy to do. Sign up is on Sunday, September 20 and 27. Forms will be on a bulletin board in the downstairs hallway. Starting on Sunday, October 4 until November 1, there will be "mailbags" with the child's name, that will serve as the mail drop for both the child and the adult with whom they have been matched. Secret Buddies exchange letters, jokes, puzzles, drawings, baby pictures, book and movie recommendations etc. -anything that will help them get to know each other. Identities will be revealed at a potluck on November 1 at 5-7 pm. For more info call Lynn Sabourin at 604-980-1979.

Youth Program

COORDINATOR: Samaya Oakley



Ready, Set...Go!

I'm ready. I'm ready for the hustle and bustle that the start of the church and academic year brings. It's been a wonderful summer filled with events that have filled my heart and soul. I've laughed so hard it hurt at Eliot at Naramata. I cried with the sadness that changing family life brings. I've had my heart filled with joy watching this year's GoldMine graduates apply the lessons they've learned in group settings. I've experienced renewed commitment to the work that I do. Even the weather seems to agree with me right now. It's damp and overcast and there's a slight chill to the air. I'm ready to cozy up under a blanket once more and knuckle down and get some work done. And what a year it plans to be!

If the first Sunday in September could be seen as a signal to how the year will unfold, I'd say it's going to be a pretty full year! In addition to the annual Corn Roast after services on Sunday, September 13th, youth group is starting off with a pool party from 5:00 to 9:00 at the home of Lesley and Maurice Gibbons. We're having Youth Adult Committee elections that day as well.

Specific youth programs are starting off in the following ways:

- The **Coming of Age** program starts off this year with the Wizard of Oz Retreat at the Vancouver Unitarian Church the weekend of September 25th. Protégés (the youth) will meet their mentors in October at the monthly meeting.

- The Grade 12 program is being facilitated this year by Guy Wassick and Sandra Huyhn. Their Day of Silence starts on Saturday, September 26th here at our church.

- Senior High (Grades 10 through 12) **Our Whole Lives** programming will be held on Monday nights. Parent Orientation sessions are on Monday, September 28th and October 5th. Sessions for youth start up after Thanksgiving on Monday, October 19th. This year's program is being facilitated by Guy Wassick and myself.

The senior high youth group will be working towards a day long scavenger hunt in the downtown east side of Vancouver. The hunt will take place in early spring of 2010 and I'll be working with a small group of this year's Youth Adult Committee to put this scavenger hunt together. The aim is that with a week's worth of social assistance, each person must find out where to get the necessities of life met. This program will be open to those youth that are in Grades 10 through 12 and are willing to commit to the program for three months.

Over the years of doing youth ministry, I have noticed that parents of our teenagers are facing some specific struggles. In the Parents Together group that I belong to, many parents are dealing with youth that have low self-esteem issues. My experience is that parents of Unitarian Universalist youth are dealing with teenagers who empowered, capable and are confident – quite the opposite of the Parents Together group.

To meet this unique need, we'll hold a discussion group for parents of teenagers once a month. The aim is to provide a forum for parents to talk about their experiences of parenting their youth around specific topics. I hope to provide a safe space for parents to come together to explore many issues. We start off on Sunday, September 27th from 7:00 to 9:00 in the Rod Stuart Building, Room 305. I hope you can make it.

It promises to be an exciting year! If you're at all interested in providing some support to the many programs that are offered to our youth, please feel free to contact me. There's always room for your offering!

Our Whole Lives

This year's Our Whole Lives programs include two offerings for our congregations. The first is the Senior High Our Whole Lives programs that begins with parent orientations in September. For more information, please see the youth column. The second is the Grade 5-6 curriculum which will start in March 2010. Letters will go out to families who have eligible children and youth with more details on the programs.



Upcoming Events

Mamma Mia Fundraiser

We know Pierce Brosnan can't sing worth a darn, but this movie is so much fun that the Children's Program Committee couldn't resist using it for a fundraiser for the Teachers' Retreat. Following the all day BC Heart Warming being hosted by our church on Saturday October 17, all are invited to join in a sing-a-long viewing of the movie, *Mama Mia* at 7:30 pm. For those who let us know ahead of time that they are coming, we will have "goody bags" to enhance your viewing pleasure. There will be eats and a no-host bar and a lot of fun singing to those old ABBA tunes, so save the date now. More in the October newsletter.

Teachers' Retreat

There are still spaces for our Teachers' Retreat at Zajac Ranch in Mission on October 2-4 for teachers, assistants and all adults who contribute to our Children's Program. The weekend will be a time for connection and bonding, learning, discussion, worship, games, food, rejuvenation and inspiration. The sign up will be downstairs on a bulletin board in the social hall or call Lynn at 604-926-1621.

Directory Updates

SEPTEMBER

Cara Elrod's new address:
#113 155 E 5th St., NV V7L 1L3

Norma Elrod's new address:
2012 Old Dollarton Rd., NV V7H 1A4

NSFluC? We Don't Think So!

It remains unclear how the new H1N1 influenza virus is going to affect our region as the traditional fall/winter flu season approaches, but it will be important for us early in the year to think ahead to what ways our congregation can help to minimize its spread and effects. I will encourage the Board and staff to look at this early in the church year.

Meanwhile, the Sunday Services Committee has decided that all volunteers who have Sunday service responsibilities any given week will be strongly encouraged not to come to church if they have flu-like symptoms – as I understand it, these are particularly fever, chills, muscle pain and/or shortness of breath. This may well mean that some services won't go entirely according to plan, but we believe that the disadvantages of that are far less than the risk of the Sunday service becoming a means of person-to-person viral transmission. If you feel guilty about letting us down, you can call the church as soon as possible so we can find someone to take on your tasks. As the season unfolds, it may become clear that we need to reduce or increase our vigilance, but starting in September, we will at least take this much precaution.

It needn't be said that we hope congregants will also help to protect each other by staying home when ill and keeping in regular telephone contact with a friend. And, a cold is not influenza, so we hope that all of us will keep informed of public health information as it is released. By following these guidelines, we will keep our services as physically as well as spiritually healthy as possible.

Stephen Atkinson

2009 Unitarian Men's Retreat

Camp Sasamat, Belcarra .
October 16-18

Theme: *Not What You Expect!!*



Unitarian men have met for decades on both sides of the border. Harold Rosen, minister of the North Shore Church, was the organizer for many years. Held at Camp Sasamat near Vancouver for the last 6 years, Unitarian men from around the Pacific Northwest come for a weekend of reflection and connection.

Led by music therapist Kerry Burke for the last three years, the retreat is creating new ways of men relating to each other. Kerry creates safe space for men to share how their lives work in the areas of relationship, work, health and self image. Each year, men share their innermost perceptions and concerns regarding their lives, and learn how other men handle similar situations.

Friday 7:30 to 1:30 Sunday. All meals. Great Program. Deep Sharing. Deeper Laughter and Contact. Don't miss it.

Discounts for early registration. Scholarships available.

For registration form and more info:
http://www.nsuc.ca/news/news_home.html

Join us for a fabulous time in the woods!!.

Notices

Artarians

During the month of September the Artarians are pleased to present the latest work of Judy Bagshaw and Inge Bachrich. Judy has enjoyed painting ever since her childhood days. She has worked in all mediums and is now concentrating on watercolours and acrylics. Her paintings have turned up on billboards, Christmas cards and most recently in China at the Shanghai Art Fair.

Inge is a member of the NSUC Artarians. She has also enjoyed drawing and painting since childhood, her art pieces add up to a diary of her life and travels. She says her creative renditions could have the collective name of *WORK IN PROGRESS* and she recommends everyone to have a go as it is such a great pleasure!

The Artarians are a group of North Shore Unitarian artists. Biographies of the artists can be found at the back of the church. We are an active and fun committee who is always looking for new members. If you are interested please contact Jilly Watson at 604-947-9604 or jilly.watson@shaw.ca

Cares and Concerns

Even as independent-minded Unitarians there are times in life when it's okay to need help. If you, or someone you know, is shut-in, ill, facing loss, crisis or other stress, Care and Concerns is available to help with a call or visit, a meal or drive, or other resources. (Please receive permission to call on behalf of someone else.)

Mary Segal 604-987-9676, Dianne Mylrea 604-980-6908, Candace Parker 604-984-2503, Leslie Whyte-Gibbons 604-913-9215, Romney Copping 604-929-3554, Jenny McHaffie 604-985-8429

Cronies

A few observations on reaching 80 from one of my favourite relatives:

- "We speak our mind – no fear of censure,
- Eccentricity goes with antiquity,
- There's a helping hand at every turn,
- The service man may call you "dear",
- Home Hardware offers 10% off, Aren't we lucky?"

The NSUC Cronies agree. Life, with all its ironies continues to have its plusses too. The group enjoyed an afternoon at Irene Miller's and one at Nora Coates', this summer, and offer a low bow to Blanche Howard for her insightful talk at Church, on August 9th. It was titled "Aging and the Writer".

Why not drop in on the group September 10th at 12:30 in the Fireside Room. Bring a lunch. They make tea.

The Book Club

The next meeting will occur on Thursday September 17th in the Fireside Room from 10 until noon. Anyone who has read *Middlesex* by Jeffery Eugenides and wishes to discuss it is welcome. For further information contact Karen Funt at 604-925-3815 or Sharon Bowen at 604-985-9261.

Library News – Read On

Welcome back everyone! We hope you enjoyed reading. Please return library books you had out all summer and place them into the brown box on the bottom shelf of the adult section, marked "Returned Books." Thank you. To renew a book on loan, please phone Nora at home 604-925-6111

Staff & Board Directory

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satkinson@nsuc.ca

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Denominational: Don Gayton

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