



LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION

5065 Sherbrooke Street,
Lachine, QC. H8T 1H9
514 - 637- 6974

OCTOBER 2017

October 1st - 10:30 am.

GRATITUDE

Rev. Carole Martignacco

Giving thanks is a universal expression of the human spirit, not just at harvest time, not just for a day or a season. Our whole lives overflow with gifts of abundant blessing. Today we anticipate the Thanksgiving holiday by asking, "What does it mean to live a life of gratitude?"

Service Leader: Susan Czarnocki

Hospitality: Gary & Ofie Spiller

Musician: Kerry-Anne Kutz

THANKSGIVING-HARVEST POT LUCK LUNCHEON

Our first Pot Luck Luncheon this season. Please bring one of your most scrumptious dishes/casseroles - rich with fall vegetables and other good things for us all to share. **Peg Wooley's** Pot Luck Crew starring **Gaetane Parent, Tim Byrnes, Dan Amstutz** and **Karine Deschamps**



October 8th - 10:30 a.m.

**"I AM THE GOD OF ALL"
Father Bob Lemire**

Father Bob will share with us his understanding of the presence of God (**as we conceive him**) in our lives, no matter by which faith, religion, or tradition we abide by. What is important is that we have faith that we are loved unconditionally by our creator whoever and whatever we are.

Father Bob Lemire is a retired priest who substitutes in various churches in the Greater Montréal region, and he is also **Christopher's** next door neighbour.

Service Leader: Christopher Thomson
Musician: Kerry-Anne Kutz

Hospitality: Dori & Peter Abbott

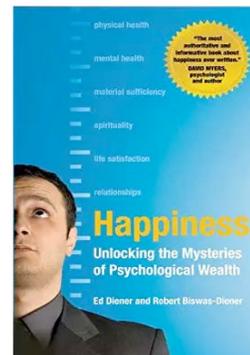


October 15th - 10:30 a.m.

**RELIGION AND HAPPINESS
Gabor Matyas**

Does belonging to a religious community generally enhance people's happiness? Gabor will refer to a book entitled *Happiness* by Ed Diener, a professor of psychology at the University of Illinois, who is an expert on the science of happiness.

Gabor will review the chapter dealing with religion and happiness, and then he will explore whether it applies to UUism, to LUUC, and to himself personally.



Service Leader: Irene Hausknost
Musician: Kerry-Anne Kutz

Hospitality: Selina Rooker-Sanchez
Michael Rooker

October 22nd – 10:30 am.

**AN INDIGENOUS PERSPECTIVE ON
CANADA'S 150TH
Nakuset**

The summer of 2017 has been filled with festivals and special events marking the 150th birthday of Canada as a nation, and Montreal's 375th anniversary. But for First Nations and Inuit people, their history on this land go back thousands and thousands of years. Today, we welcome Nakuset back to LUUC to share her perspectives on Canada's 150th.

Nakuset, born to a Cree family in Manitoba, was a child of the infamous "60s Scoop", and was adopted by a Jewish family in Montreal. After many years of wrestling with her identity, she is now proud to be "a Jewish Indian" and to be known by her Mic Mac spirit name meaning "Sun". Nakuset is the Executive Director of the Native Women's Shelter of Montreal.

**Service Leader: Karine Deschamps
Musician: Kerry-Anne Kutz**

**Hospitality: Gaetane Parent
Tim Byrnes**



October 29th – 10:30 a.m.

**THE DAY OF THE DEAD - HONOURING OUR
ANCESTORS
Sheila Laursen**

In Mexico, the Day of the Dead is a day of celebration and remembrance of loved ones who have died by each family.

In this participative service, we will honour some of our LUUC "ancestors" who contributed so much to our congregation's life and vitality. And there will be an opportunity for those attending to remember someone special in their life. You could bring a special memento of that person, if you like.



**Service Leader: Sheila Laursen
Musician: Kerry-Anne Kutz**

**Hospitality: Irene Hausknost
Samantha Lustig**

URGENT !

ONE OF OUR OWN NEEDS SOME ASSISTANCE

I am writing to you with a request for some assistance. I am wondering if any of you know of someone perhaps living on their own, who might benefit from having another person in their house or apartment. I need to move out of my apartment in Pointe Claire, for financial reasons, and my 2 cats and I are looking for an inexpensive home. My lease expires end of October 2017.

I don't need to be a "freeloader." I have experience as a helper, having been the main carer for my mother for the last 20 years of her life.

WHAT I COULD OFFER:- to be a permanent presence, some basic housekeeping and cooking, possibly some help with mobility issues if needed, run errands, and provide companionship - as well as two elderly cat-friends.

Many of you know me from church. I am completely honest, quiet, and patient. I am also fully bilingual. If you have any leads on such a possible housing situation for me, please let me know.

- **Huntly McNiven @ 514-695-9798**



*In this newsletter, you will find an invitation to attend a concert to benefit African children (SFA); another invitation to attend a Child Haven dinner for Indian children; mention of LUUC's (and others) Herculean efforts to bring to Canada a family of Syrians; we hear our Community choir is singing at several venues, one to fight poverty and an incredible story of helping an Haitian family, who entered Canada via the U.S. This whole newsletter is full of good works by LUUCers! Surely with all this amazing, admirable, impressive and laudable good will – we can do something to help Huntly. In the early years of our congregation, when Huntly was a child, his mother, Dora Millar McNiven was financially supportive of LUC – and I heard that at one time her generosity kept us afloat. **Love and Good Luck to you Huntly.***

- ed



PRESIDENT'S MESSAGE



It never ceases to amaze me just how quickly September just zips by! It seems like yesterday that I was on vacation, enjoying some much needed time away from the office. But, now we're back to our regular routine; services have started up again, along with choir... In fact, most of the committees have hit the ground running and are in full swing!

It looks like the choir is in high demand this fall. The Lakeshore Community Choir has been asked to sing on October 14 at the fundraiser Unissons nos voix pour la dignité, which aims to fight poverty. The event will be held in the Auditorium at Collège Marie de France at 4635 Chemin Queen Mary, Montreal H3W1W3. The choir also has a couple of performance dates set for November, namely the Child Haven Fundraising Dinner on the 4th, and at a Christmas event at the Dorval Museum on the 18th. For more information, please contact myself or **Kerry-Anne**.

I suppose it hasn't gone unnoticed that we haven't yet found a new SE Coordinator to replace **Erin Berry**. But that doesn't mean we don't have a program to offer our children and youth! I would like to take a moment to thank **Monique Riedel** for ensuring that there is an SE program in place. She has graciously volunteered her time these last couple of weeks to make sure our young people have something to look forward to. This week (Sept 24), **Rob Lutes** will be giving a song-writing workshop to the youth. Based on the Instant Message feedback, the kids are really excited!

Let's not forget to enjoy this unseasonably warm, beautiful weather while it lasts. October is just a few steps away...

- *Irene*

LITTLE MAESTROS

We are sorry to report that there will be no Little Maestros program this fall.

- *Irene*



Hard to believe it's a year since **Jean Merrifield** reached the venerable age of 100! We were all so made up for her. Now she's 101 – still going strong despite a bout of shingles – she's one amazing woman! Dear Jean – we all wish you a very Happy Birthday on October 2nd and know that your daughter, grandson, his wife and the triplets will all help you to celebrate royally.

Happy Birthday to **Damian Sanchez-Rooker** who will be 12 on October 5th. He was very busy over the summer. He thoroughly enjoyed attending Montreal's Comicon weekend, including portraying a magical character in a Harry Potter role-playing game and experiencing a classical orchestral HP film score tribute concert. Damian was also musically immersed in an exciting live outdoor concert experience, the popular Canadian band "Walk Off the Earth", at the Montreal Jazz Fest, as well as the adrenaline-infused musical "Staying Alive", at Le Capitole in Quebec City.

He continued his swimming and golfing lessons. His Grandpops, **Michael**, is very proud of how well his grandson's swing is coming along this season. He took part in the family day activities at the Rogers Cup Tennis weekend, and shared gravity-defying fun with friends on the rides at La Ronde!

Damian's annual business endeavour, his **"Island Lime-o-nade Stand"** in Mile End, brought in some decent pocket change for himself and his WWF nature charity. He also attended an Apple iMovie workshop, producing a lovely little photo-animation movie.

Finally, Damian's favourite companion this summer has been his first real pet, a baby lovebird named Nova. She's a little emerald green creature with a peachy face, who brings sweetness and entertainment to the whole family.

Damian has begun his first year of high school at Villa Maria. He is very proud to be taking the train and metro all by himself and is settling in to school life happily. He will turn 12 years old on October 5th. Happy Birthday Damian!

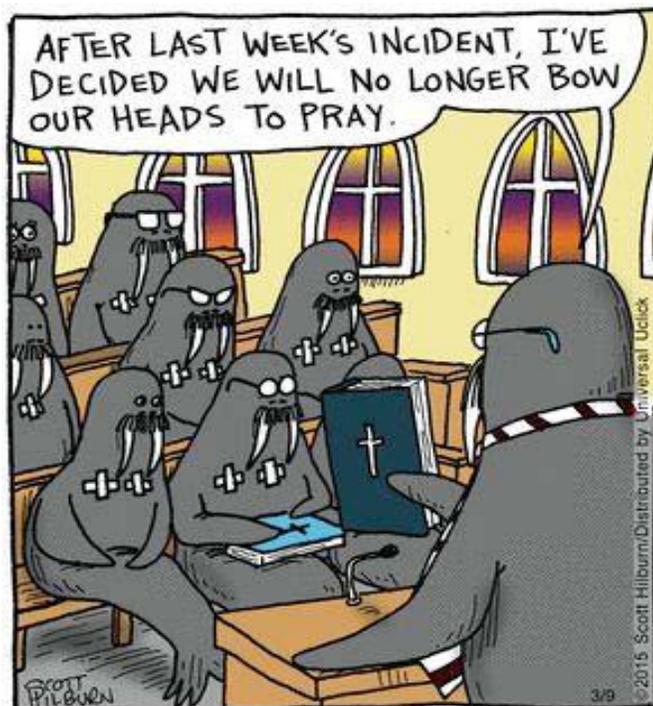
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Happy Birthday to dear little **Luna Santos-Deschamps** who is turning 4 on October 8th! Luna's middle name is Cristina in honour of her paternal grandmother. She enjoys her local daycare and likes her educators very much. She loves jumping on the trampoline, going to the park, dancing to pop music, wearing poofy princess dresses and hanging out with her Grandpa, whom she calls Papon. She loves to travel to Cuba with her father and is working hard on her Spanish. She's got a unique sense of humour that includes subtle facial expressions and has a laugh that can fill arenas. Have a lovely day Luna.

Happy Birthday to **James Sisley**, whose birthday is on October 9th. James spends his spare time driving people back and forth to hospital – a wonderful service for those who cannot drive themselves when they are sick. Have fun on your birthday James!

October 21st is **Mary Hunter's** birthday. Mary is probably the only person who was born an LUUCer – and still attends our church. Now retired, she is a regular contributor to the LUUC newsletter. Happy Birthday Mary and enjoy your day!

- ed



SE PROGRAM



Despite our best efforts, the SE Program is still without a coordinator. As you know, **Vanessa** and **Erin** resigned their posts to focus more on their studies. We are now looking for a warm, caring person who has a rapport with children and youth, and who likes being part of a team to take on the role as Coordinator for our Spiritual Exploration program.

If anyone knows of a University student, a young person, or a young-at-heart individual in your community who might be interested, please have them e-mail **Monique** at riedelmonique@gmail.com or **Irene** at ihausknost@gmail.com. These are paid positions, which consists of approximately two hours on Sunday mornings and preparation time.

Meanwhile, **Ariel** and **Bella** have agreed to split the job of leading the activities for the younger children. Ariel will start from October through January, and Bella take over in the second half of the year.

- Irene



OUR MONTREAL CHILD HAVEN FUNDRAISING DINNER COMING SOON

Please share the CHI poster with friends, family and anyone you think might be interested to come and enjoy a delicious Indian meal, enjoyable entertainment, exotic Eastern treasures and wonderful company - all while supporting the important and life-changing work of Child Haven International.

VOLUNTEERS PLEASE! If you can help by volunteering the day of the event, please contact **Sheila Laursen** (514 697-4195 or email sheila.laursen@bell.net)

CHILD HAVEN INTERNATIONAL
Saturday November 4, 2017 – 6:00 pm

Homes for destitute children in India, Nepal, Tibet & Bangladesh



Indian cuisine - Cash bar
Karnak Shriners Hall

3350 boul. des Sources, Dollard des Ormeaux, QC H9B 1Z9

\$40 before November 1 - \$45 after
8 years or under free - 9-17 years \$20

**Silent auction and Bazaar treasures from India, Nepal, Tibet
 and Bangladesh**

INFORMATIONS Conny Bélanger 514 542-3381

**Reserve by paying before November 1 at www.childhaven.ca
 (click on Montreal dinner) or phone 613-527-2829**



NOTES FROM THE BOARD

We have temporarily merged the separate portfolios of Publicity and Membership into one big mandate. **Timothy Byrnes** stepped up and prepared an inspirational power-point presentation for a special meeting of the merged committees. His main point is that an important part of attracting new members is to get our message out into cyberspace. There is no denying that we need to be 'findable' amongst all the noise of internet messaging, advertising and general hubbub. This translates into creating a lively website, and, if we can swing it, a congregational 'blog'. Blogs encourage the generation of fresh material. The point is to have all of you post short notes on our activities, our challenges, and the impact LUUC has in our lives.

Timothy, Rob Lutes, Christopher Thomson and Susan Cz. worked over the summer, searching up website platforms that are easy to update and will incorporate a blog. We have settled on Word Press as our new website platform and have contracted with a new hosting company which offers midrange of services at a moderate price. Now for the hard work of developing a new design.

Speaking of cyberspace, here is a link to the LUUC FaceBook Page that can be reached by anyone. You do not have to be a member of FaceBook to see this page. We think that it could be a useful way to get information out to all our members and friends. Let us know if you agree!

- ***Susan Czarnocki***

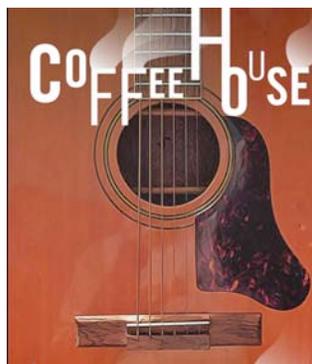


CARING

We don't like to hear of our bubbly **Jose van Amerongen** being under the weather – but she had an unfortunate confrontation with a bicycle. She is now battered, bruised and in pain and says that the healing process is very slow. All good wishes to you Jose – get well soon.

Get well wishes go to **Paul Sullivan** and **Jean Merrifield** who have both come down with shingles. We all sympathize with you, as this is a very painful condition. Both have “carried on carrying on” – and Paul even did a wedding on the weekend – that's dedication. Get well quickly please.

Dori and **Peter Abbott** had a lovely time cruising to the Magdalen Islands...
Oh! La la!



COFFEE HOUSE

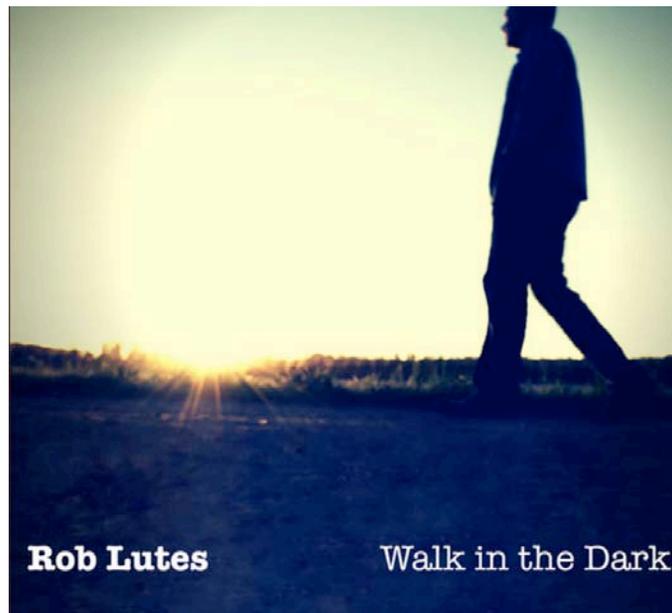
On Saturday, October 28th at 4:00pm, after the big Dugnad cleanup, **Irene** has confirmed there will be a coffee house in aid of LUUC and SFA. This event will feature **Kerry-Anne's** students. Details are scarce – but keep that date open.

ROB LUTES IN CONCERT!

On September 8, Rob Lutes released his seventh album, entitled Walk in the Dark. It has been very well received with excellent reviews and a lot of airplay. He has a number of launch shows coming up. He's very excited to be performing the official Montreal launch on Saturday, October 14 at Petit Campus, [57 Prince-Arthur Est, Montreal](#).

Rob will also be at Stewart Hall on Friday, November 17.

For more information on the new album and upcoming shows, visit <https://www.roblutes.com>



Essential advice for all ladies who lunch:

One must always wear a hat when lunching with people whom one does not know well. One appears to one's best advantage. - **Coco Chanel**

WHAT'S ON AROUND TOWN



Wednesday October 4th @ 1:30 pm. – SPECIAL PRESENTATION

A compilation of short films prepared by the National Film Board to mark the 150th anniversary of Canada. Film summaries will be distributed at the presentation.

Wednesday October 11th @ 7:00 pm - GOING IN STYLE

Three seniors who are living social security check to check – and even reduced to eating dog food at times – decide they have had enough ... so ... they plan to rob a bank - problem is they don't even know how to hold a gun! Starring Michael Caine, Morgan Freeman and Alan Arkin.

Wednesday October 25th @ 1:30 pm – THE LOVERS

A long-married dispassionate couple are both in the midst of serious affairs. But on the brink of calling it quits, a spark between them suddenly ignites leading them into a passionate romance. Starring Deborah Winger.

SHBBHS – BEACONSFIELD HISTORICAL SOCIETY

EXPO '67 - Canada's Centennial Crown Jewel

from Tuesday, September 26 until Wednesday, October 25, 2017
during Library hours

The exhibition will take place in the Discovery Room of the Beaconsfield Library



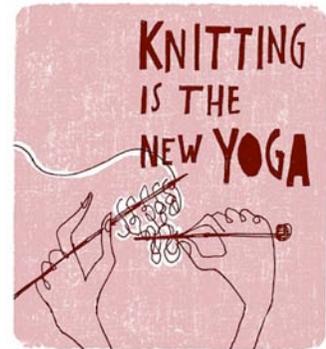
October 27-29 – BOWSER AND BLUE At the Hudson Village Theatre

The musical comedy duo of Bowser and Blue are back in Hudson once again! Famous for their raucous comedy songs, these boys are ready to delight, entertain, and above all deliver catchy tunes!

KNITTING & KNATTER

The Knitting & Knatter Group starts up again on Tuesday October 3rd @ 2:00 pm at **Peg Wooley's** house. They will be making decorative muffs to donate to Alzheimer patients.

Dori Abbott has already made a fire-engine red prototype – complete with buttons and bows. **Dori** assures everyone that they are very easy to make. Please let **Peg** know if you plan to attend. 514-630-1512.



- ed

THE DUGNAD



The Dugnad or clean up day is on October 28th, usually around 10 until noon with a lunch provided and of course an opportunity to get to know some of our Norwegian friends. LUUCers, please set your calendars for October 28th for the annual Norwegian Dugnad or clean up in preparation for the winter as is their tradition.

If you could spare a couple of hours on that Saturday to help with some leaf raking, window washing, or other clean up tasks it would be appreciated by our Norwegian friends as they have been very generous with us in many ways throughout the church year. Please let **Paul Sullivan** know if you are able to help out – at **514-457-1793** or **plsullivan@sympatico.ca**



IF YOU USE PLASTIC BOTTLES

Plastics are everywhere – in food containers and toys, in cosmetics packaging and household utensils. While some plastics are eco-friendly and may be safe for kids, others contain harmful chemicals or cause dangerous pollution during manufacturing. A plastic bottle can exude dangerous chemicals.

It's just about impossible to avoid plastics altogether, but you *can* look for plastics that are safer for your family and the environment. So get to know the recycling codes imprinted on the underside of plastic products.

Look for these numbers before you buy:

Safer choices are coded 1, 2, 4 and 5.

- A bottle labelled 1 (PET or PETE) is only safe for a single use. When exposed to oxygen or high temperatures, including sun heat, such a bottle will discharge toxic substances that get into the water.
- Bottles made of polyethylene (2 and 4) and polypropylene (5 and PP) are suitable for multiple uses. They're relatively safe if you only store cold water in them and regularly disinfect them.

Avoid 3, 6 and most plastics labeled 7.

- Avoid bottles labeled **3 or 7 (PVC and PC)** as they exude **toxic chemicals** able to penetrate your food and drinks, and lengthy exposure can even result in severe health problems.

Wash bottles regularly with warm soapy water, vinegar, or antibacterial mouthwash.

- Sheila Laursen



IT TAKES A COMMUNITY TO CHANGE LIVES

On August 30, Montreal Gazette reporter Catherine Solyom's compelling article on the circumstances and history of a Haitian woman and her 2 young sons who had recently walked across the border from the USA to Canada brought me first to tears and then to action. Here is the link to the article:

<https://www.pressreader.com/canada/montreal-gazette/20170919/281479276591124>

I tried to contact the reporter, but Labour Day weekend intervened, and so it was only on September 5 that I reached her. After she gave me the woman's phone number, I had my first conversation with Joanne Clotaire. When she told me that she and her 2 sons were sleeping on a double mattress on the floor and the only other furniture was a couch with no cushions, I knew it was time to act.

That day, I sent out an email to our West Island Refugee Network list of folk (all of us still waiting for our Syrian refugee families to receive visas and airline tickets to come to Montreal), asking "Can we help a Haitian refugee and her children?"

The replies flooded in so fast it was difficult to keep track of who had offered what, and when and where items could be picked up. Susan Czarnocki and I visited Joanne and her sons in Montreal North to measure windows, rooms, etc. and to develop the list of things needed to furnish their small apartment.

On "moving day", Saturday September 9, Wendy and Richard Buchanan, Nancy and Ian Marks and Eric Lasota packed a van and a car with a trailer and set off to deliver everything we had collected for Joanne and her sons. Beds, mattresses, a couch and large chair, dining room table and chairs, desks, book-cases, lamps, sheets, towels, drapes, dishes, glasses, cutlery, pots and pans, kitchen utensils and supplies, toys, books and clothing were carried up to their apartment and set up (even with beds made). Joanne cried with joy, and couldn't stop saying "Merci! Merci mille fois! Ma maison est si belle!"



The Gazette reporter had sent a photographer to capture the move, and he even helped to lift furniture up the stairs! The September 19 issue of the Montreal Gazette chronicled the whole story with a front page photo of Wendy Buchanan and Joanne Clotaire. Here is the link to that article:

<https://www.pressreader.com/canada/montreal-gazette/20170919/281479276591124>

It took a community - of amazing, generous and most helpful people - just 5 days to change the lives of Joanne and her sons. As she said to us, "J'étais ici seule avec mes enfants mais maintenant, nous avons une "famille" et une très jolie maison!" What an amazing and wonderful community we have!

- **Sheila Laursen**

