

# LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION

5065 Sherbrooke Street,  
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514 - 637- 6974



## NOVEMBER 2018

Our regular Sunday Gathering offers an opportunity for wisdom, joy, solace and community, followed by a healthy dose of caffeine, cake and conversation.

Services include live music, a story for children, singing, poetry, literature, a talk and a time for sharing our joys and sorrows

**November 4<sup>th</sup> - 10:30 a.m.**

**NOW, NOT HOW**  
Paul Millette

Paul Millette is a professional musician and music teacher. He will talk about the difference between self and I, as well as getting out of your own way.

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

**Hospitality: Dan and Nica**

**REMINDER: Turn your CLOCKS BACK on November 4<sup>th</sup>, 2018**



**BELIEVE IN COURAGE**

**November 11<sup>th</sup> - 10:30 a.m.**

**THE RELIGIOUS EXPERIENCE**

**Rev. Fred Cappuccino**

The classic religious experience was that of St. Paul on the road to Damascus. Paul immediately stopped persecuting Christians, and became one himself. Many religious people have devoted their lives to seeking a religious experience. One fellow named Mert asked (Methodist) Bishop Quayle, "Bishop, How can I have an experience of God?" The bishop said, "Well, Mert, Go into a deep forest...." Fred will finish this story when he speaks at Lakeshore on 11 November.

**Service Leader – Paul Sullivan**

**Hospitality: Heather/Peg**

**Musician – Helene Auer**

**Special Duet: Olivia Gavanski and Ariel Amstutz**

**POTLUCK! POTLUCK! POTLUCK!** Please bring some gourmet delights for our luncheon with Fred. PS: Remember he is vegetarian! **Lunch Crew: Monique Ridel, Margaret Godbeer, Rob Lutes, Irene Hauskost and Gary Spiller.**



**LEST WE FORGET  
November 11th**



**November 18<sup>th</sup> - 10:30 a.m. DO NUMBERS AND MATHEMATICS  
FIGURE INTO SPIRITUALITY?**

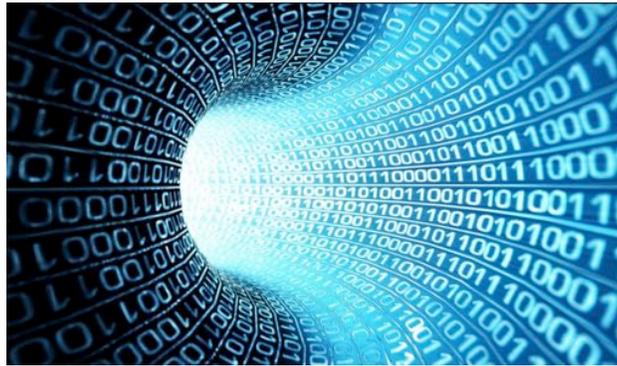
**Timothy Byrnes**

An exploration of the **concept of numeracy** as a means to gaining perspective.

Timothy will share his thoughts on how our intuitive mathematical understanding can be broadened to reveal truths that can seem lost through needless abstraction. An understanding of numbers *that seem larger than ourselves* can help in our search for self-understanding.

**Service Leader: Christopher Thomson**  
**Musician: Kerry-Anne Kutz**

**Hospitality: Rob and Sari**



**November 25<sup>th</sup> – 10:30 a.m. GRACE AND GRIT  
Life Lessons from a Himalayan Trekking Adventure**  
**Bhaskar Goswami**

Is there a time for grace and a time for grit? Should I ‘let it happen’ or ‘make it happen’? In a way, trekking along a mountain is like life distilled down to its bare essence. Being in movement with nature for this breathtaking journey brought with it ideas and insights on skillful living that are worthy of attention. Join us for a stunning visual exploration of this profound theme.

Born in Assam, India,, Bhaskar was trained from a young age by *yogachayas* (master teachers) in the practice of yoga and meditation. After immigrating to Kuwait, his idyllic childhood was suddenly disrupted by the Gulf War. At age fifteen, he entered the UK alone, as a refugee. After receiving a Masters Honours degree in Engineering from the University of Nottingham, he travelled the world for over a decade becoming an international engineer by day, yoga teacher by night. This gave him a strong understanding of the methods and benefits of mindful living in an urban environment.

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

**Hospitality: José and James**

**We will have a Congregational Meeting immediately after the service – to re-elect the Chaplains for 2019.**

## REMEMBERING MARY....

Sunday October 21 would have been **Mary Hunter's** 68th birthday, and a small group of her LUUC friends had been planning to celebrate that with her at her favourite restaurant, as we had for the past several years. After Mary's sudden and unexpected death in July, we decided to go ahead with that celebration - in her memory and honour.

And so we did. Her husband Farlan joined seven of us at the Jade Palace restaurant that evening, including **Nancy Schmidt**, just off the plane returning her to Montreal following a visit to her daughter in North Carolina. Farlan brought Mary's favourite hat, and it sat proudly on the table as we enjoyed our Chinese dinner.

Sheila brought a batch of Mary's famous Chocolate Fudge Brownies for dessert, and gave each one there a small booklet of Mary's favourite recipes, entitled "Sweet Treats from Mary Hunter" to take home. Mary's ready smile and cheerful hellos will be remembered by all - and her recipes will continue to be enjoyed!

*- Sheila Laursen*

## CHILDREN' PROGRAM



Over the month of November the Yearn to Learn group will be learning about narcissism. Inspired by the book "The Narcissism Epidemic" by Jean Twenge and Keith Campbell, we will be discussing what narcissism is, as well as what causes narcissism in individuals and society. As the authors explain, narcissism has grown in our culture, especially in the younger populations causing problems throughout society. We will discuss these problems and the possible solutions. Each lesson we will

delve into a different cause, problem, and/or solution through discussions and activities.

The younger children are talking about diversity and how people are all different from each other. In October, they did an art activity in which they drew themselves on a paper and then cut it to make a puzzle. After, they tried to put together each other's puzzle.

*- Erin Berry, SE Co-ordinator*

**BELIEVE IN COURAGE**



It's a Birthday Bonanza this November – and it will be a busy month in the Murphy household – with **Justin's** birthday on November 4<sup>th</sup> and **Jasmine's** on November 16<sup>th</sup>. Happy Birthday to you both!

Happy Birthday on November 5<sup>th</sup> to **Nancy Schmidt** - who recently returned home from a dream trip to England.

**Rob Lutes** and **Luc Lapierre** share a birthday on November 6<sup>th</sup>. Enjoy your day guys – Happy Birthday!

November 11<sup>th</sup> – a day to remember. It's also that denizen of the knitting group, **Dori Abbott's** birthday. Have your men take you out to dinner Dori – Happy Birthday!

On November 13<sup>th</sup>, **Ariel Amstutz** – a busy student and talented musician shares her birthday date with young **Emalyn Frost**. Emalyn loves to dress up in pink princess dresses. Happy Birthday girls!

**José van Amerongen's** birthday is on November 14<sup>th</sup>. It's always challenging to keep up with José's amazing energy and joie de vive. Happy Birthday José.

A Happy Birthday on November 25<sup>th</sup> to **Paul Sullivan** – our go-to man – always there - always helping – what would we do with him?

## IT'S NOT TOO LATE!



There still is time to order **Sheila's** Christmas fruitcake – deadline October 30<sup>th</sup> - light or dark – your preference! Sheila's homemade fruitcakes are now quite famous throughout the West Island and beyond.

LUUC benefits substantially from this sale – as all profits go to the church.

Prices: 1 lb - \$14.00    2 lb - \$24.00    3 lb - \$33.00. Please contact **Sheila Laursen** (514-697-4195 or [sheila.laursen@bell.net](mailto:sheila.laursen@bell.net))

**- For Sheila Laursen**

## NOTES FROM THE BOARD



The Board Minutes are always posted outside the office on the cork Notice Board. The Board is pleased that our new Administrative Secretary, **Toni Smith** is settling in well and the Maestros are up and running. The following were discussed at the October Meeting:

Plans were made for the **Bazaar** on December 9<sup>th</sup>, the **Christmas Basket** and **Mitten Tree** – see page 6. And don't forget the **mini bake sale** on October 28<sup>th</sup>.

**Susan Czarnocki**, Denominational Affairs reported that there are two conferences in November that may interest LUUCers. The Eastern Regional Gathering in Kingston on November 17<sup>th</sup> and World Parliament of Religions - in Toronto from November 1<sup>st</sup> – 7<sup>th</sup>. Call Susan for more information, 514-773-1117

After the service on November 25<sup>th</sup>, we will vote to re-elect our chaplains, **Kerry-Anne Kutz** and **Paul Sullivan**

The choir is practicing a piece called *Crystal Lake* by Shannon Thomson - who is a member of the choir.

Our Landlords have changed their name and are now the Norwegian Association of Montreal - to be known as **NAM**.

**Suitcases for Africa/LUUC** Fundraiser Concert featuring **Kerry-Anne** and her students on November 3<sup>rd</sup> - see page 6.

- **Heather Falconer, Board Secretary**

**BELIEVE IN COURAGE**

## REMEMBER.....NOVEMBER 11<sup>th</sup>

It will be 100 years in November since the Armistice was signed ending WW1. It's deemed old fashion now to read poetry, but many notable poems have been written about war - some glorifying bravery, others retelling the brutal reality & all recognizing the sadness and futility of war.



### For the Fallen

*They shall grow not old, as we that are left grow old,  
Age shall not weary them, nor the years condemn.  
At the going down of the sun and in the morning,  
We will remember them.*

**By Laurance Binyon** was too old to enlist in WW1, but volunteered in hospitals. His poem was published in September 1914, soon after the Battle of the Marne.

### The Soldier

*If I should die, think only this of me:  
That there's some corner of a foreign field  
That is forever England.*

**By Rupert Brooke** enlisted and died on his way to Gallipoli in 1915.

### In Flanders Fields

*In Flanders Fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard beneath the guns below.*

**By John McRae**, a doctor in the Canadian army, died on the battlefield in 1918.

### Charge of the Light Brigade

*When can their glory fade?  
Oh, the wild charge they made!  
All the world wonder'd.  
Honour the charge they made!*

**Alfred, Lord Tennyson**, England's Poet Laureate wrote this poem in 1854 following an utterly futile cavalry charge during the Crimean War.

- ed

**BELIEVE IN COURAGE**

## GREAT SUNDAY SERVICES

We had a very interesting talk on October 14<sup>th</sup> by Colegero Cumbo entitled “Confessions of a Church-Goer.” He had most of us hanging on his every word as he always has something innovative and new to tell us. **Peter Abbott** writes: “Colegero Cumbo came from Ottawa and his presentation was well appreciated. The personal description and thoughts on his search for joining a religious group, one in which he could participate rather than be a 'spectator' stimulated questions and a good exchange with our congregation. Always a positive aspect of sharing our feelings and opinions.”

**Michael Rooker** as service leader, mindfully minimized his part in the service, so that there was plenty of time for the inevitable questions at the end. A special bonus for me was when **Talia Rooker-Sanchez** took the children’s section. She posed interesting questions for the children – and we heard interesting answers. Well done, Talia! **-ed**

## BONNIE JEAN

What a joy it was to hear **Jean Merrifield’s** talk “Aging Gratefully.” I’ve already shared parts of her talk with my two kids, my hairdresser, my neighbour, my mother, my sister-in-law and of course, dear hubby. I’ll never forget when Jean described asking her mother if her family was poor, and her mother taking her to a neighbourhood to show her what being poor really meant. Jean knows how much better life is if you count your blessings. She’s a born storyteller and an inspiring woman. Thank you Jean. **- Nancy Schmidt**

**PS:** At Jean’s suggestion, a bountiful collection of apples and veggies were displayed in baskets at the foot of altar representing the English version of “Harvest Festival.” **Susan Czarnocki** later took these items to a food bank in Lachine, where it was gratefully received. **- ed**



## LUUC - SUITCASES FOR AFRICA FUNDRAISER



The annual fundraiser to benefit both **LUUC** and **Suitcases for Africa** features **Kerry-Anne** and her students. Do come on **Saturday November 3<sup>rd</sup> at 7:30pm.**

LUUC will provide the coffee and SFA will have African crafts and baking for sale. Suggested donation is \$20 per person with children 12 and under free.

## LOOKING AHEAD...



**BAZAAR:** Once again LUUC will be putting on a small **BAZAAR**. It will mainly be a baking event – but will also feature some crafts and attic treasures to tempt you. So keep December 9<sup>th</sup> free for our Bazaar.

**MITTEN TREE:** Part of our Christmas giving is our Mitten Tree. This annual event now involves Maple Grove, the school next door. The principal tells us that she desperately need mittens, scarves and hats for the children who come to school without these essentials. She keeps a large basket of these articles near the door, so that children can help themselves when necessary. The knitting ladies are doing their best to fill the tree – but your donations of mittens etc. will be gratefully received when we give them to the school. **Peg Wooley** has agreed to take on this task.

**CHRISTMAS BASKET:** We also liaise with Maple Grove for the Christmas Basket when we provide one family with a bountiful Christmas. Our President, **Susan Czarnocki** will organize this event. We also urgently require volunteers to help shop for and deliver the goodies.

**BELIEVE IN COURAGE**

## YOU JUST NEVER KNOW...

You may remember in September, a very friendly visitor from Arizona arrived at LUUC for a Sunday Service. Most of us spoke to her – and among other things, she learned about the *Ride for Refuge* fundraiser to be undertaken by several members of our congregation. She was impressed, sent an on-line donation to the organization and wrote:

*“I heard about your work when I was a recent visitor in Montreal and attended the Lakeshore Unitarian Universalist Church. I am sending this (donation) with gratitude for the work you are doing for refugees. Back in my home state of Arizona, we could take a lesson from the care and compassion you show in your support of refugees.”*

The LUUC intrepids involved in this 5 km. walk/ride were: **Sheila Laursen, Christopher Thomson, Susan Czarnocki** and **Toni Smith** and a couple of members of the Balal family. Overall \$16,000 was raised, with LUUC’s efforts amounting to \$1,605. Well done! **- ed**



## THE DUGNAD

It will be very friendly of us if we help our Norwegian neighbours with their annual Dugnad-cleanup on **Saturday November 3<sup>rd</sup>**. It starts around **9:00 am until noon** with a lunch provided. Please let **Paul Sullivan** know if you are able to help out – at **514-457-1793** or **[plsullivan@sympatico.ca](mailto:plsullivan@sympatico.ca)**



**BELIEVE IN COURAGE**

## CARING



**IF YOU HAVE ANY CARING CONCERNS** –Please call **Dori Abbott** at **514-630-4264** who will head the Committee for the month of November.

Congratulations to **Emil Goin**, a member of our youth group for the last couple of years. He has been accepted and given a swimming scholarship to the University of Calgary. He will be moving to Calgary and starting courses in January 2019, studying business and management.

**Peg Wooley** made a grand entrance when offering to help set up for the Child Haven Dinner – unfortunately she fell and cut her forehead, bruising her face badly. Her daughter Christine Berry has come from Sackville to stay with her for a week; meanwhile, stoic Peg declares that she is just fine – and “nothing to worry about.”

**Derek Prince** Some of you might know that Derek recently had jaw surgery. He is recovering well and staying with his Mum (**Sari**) until he is ready to head back to his apartment downtown. Hope you will soon be fully recovered and eating solid food. Good luck Derek!

**NANCY SCHMIDT RECOMMENDS:** Nancy recently enjoyed a Netflix movie called “Come Sunday” – the story of an evangelical preacher who started to question his thoughts on God and heaven and hell. It starred Martin Sheen as Oral Roberts. **- Nancy**

**HAPPY, HAPPY NEWS:** “*Love consists of this, that two solitudes protect, and touch and greet each other.*” (Rainer Maria Rilke.)

Our S.E. co-ordinator **Erin Berry**, got engaged at the end of June and is planning a July Wedding in 2019. We wish Erin and her fiancé Presely Duah much happiness, success and good luck in their lives together!

**THE CHILD HAVEN DINNER** – was a successful and colourful occasion. See page 14.

*Continued....*

**REV. CHARLES EDDIS:** The Board sent a get-well card to **Charles**, who replied:

Hi Heather: Thank you for your get well card from the LUUC Board. It is always welcome to know some one else is remembering you. I can assure you that I was well on the way to recovery from my psychotic interlude when after two weeks I left the hospital, and am fully recovered now. I read the latest LUUC newsletter with great interest. You seem to be full of robust vitality these days. It is good to see all the signs. May all continue to go well with you there. - **Charles**

**WEDDING BELLS:** You will remember **Fredella Krutz**, who was our SE director several years ago.....well.....**Rev. Diane Rollert** of the Unitarian Church of Montreal writes: "We rejoice with Fredella Krutz and Eddie Oliva who were married by me on September 22 in Sainte-Marthe. Fredella is the daughter of longtime member Helen Krutz Weil. Fredella and her sisters Brigitte and Silka grew up in our (UCM) religious education program." - **Sheila**

**SARI KELEN:** Please alter your directory - **Sari's** new address is –  
6 Maple St, Apt 47, Ste-Anne-de-Bellevue, QC. H9X 2E4  
No land line – cell the same.

-ed



**“IMAGINEZ”:** Pierre Gallant, of Union Church in Ste Anne’s is planning another amazing Road Show. This one is entitled “**Imaginez**” and has been inspired by St-Exupery’s “Le Petit Prince”. Book your tickets now with Jack Brown 450-455-2764 for Saturday Nov. 24<sup>th</sup> at 8:00 p.m. or Sunday Nov. 25<sup>th</sup> at 2:00 p.m.

**NORWEGIAN CHRISTMAS SALE:** – Not to be missed. Friday evening November 9<sup>th</sup> and Saturday November 10<sup>th</sup> at LUUC – Norwegian food, jewelry, Nordic sweaters etc. and for lunch – open face sandwiches, and mouth-watering cakes. The sandwiches and cakes are particularly **d-e-l-i-c-i-o-u-s!**

**BELIEVE IN COURAGE**

## **MONTREAL'S 23rd ANNUAL CHILD HAVEN FUNDRAISING DINNER**



There is something magical about our annual Child Haven dinner....with colourful saris and flowers decorating each table, with the Silent Auction and Eastern Bazaar tables brimming with exotic treasures from India, Nepal, Bangladesh and Tibet drawing us to look closer, and with the wonderful music of **Kerry-Anne Kutz, Sandra Hunt and Michael Cartile** filling the air - we were immediately swept into an exotic, even magical world!

Each person was greeted warmly, and escorted to their table by one of our amazing LUUC Youth Volunteer Team members. Delicious Onion Bhaji and Vegetable Samossa hors d'oeuvres were served by the youth volunteers while attendees browsed and mingled - and explored the offerings on display - one could even buy a sari and wear a sari! While the 120 people attending soon had the room buzzing, **Rev. Fred and Bonnie Cappuccino** looked serene and resplendent as they greeted old friends and newcomers alike.

**Tim Byrnes** was our wonderful MC this year, and he kept the buffet line flowing, along with his banter, as we enjoyed the fabulous Indian meal prepared by Sahib restaurant. Previous volunteer interns at Child Haven proudly wore colourful leis for the evening, and were happy to share their own Child Haven story. Our **Lakeshore Community Choir's** singing was much appreciated, and they had us all join them to sing the rousing "Hymn to Freedom". And Fred was moved to offer one of his hearty and haunting solos!

From its 6 p.m. start to well after its 9 p.m. ending, everyone present became part of something magical - part of the Child Haven story. Fred's slide show kept our attention to the stories of each child depicted - children whose lives, and futures, have been dramatically and positively changed thanks to Child Haven. You could feel how deeply touched everyone was by Child Haven's caring work for those children and youth.

Child Haven Homes - so far away, and yet so close to our hearts. Even though our dinner is held just once a year, we felt moved to support Child Haven's magical and miraculous work all year round! You can too. Just check its website: [www.childhaven.ca](http://www.childhaven.ca) for how you can become part of the Child Haven story....

- **Sheila Laursen**

## WORKING TOGETHER WITH OTHER UUs - FOR OUR EARTH



### UNITARIAN UNIVERSALIST MINISTRY FOR EARTH

*Respect Life. Restore Earth. Renew Spirit.*

Unitarian Universalists everywhere are living our faith and our call to climate justice through worship, discussion groups, congregational events, community engagement, civil disobedience, direct advocacy trainings, demonstrations and vigils, lobbying, and more. From Standing Rock to West Roxbury to New Orleans to Morocco, you are taking action with courage and creativity in the face of the challenges to Earth and our web of life.

In the last several years we have expanded our impact by founding the UU Young Adults for Climate Justice (UUYACJ) Network and the UU Environmental Justice Collaboratory.

The new website UUMFE.org and the recently launched CreateClimateJustice.net were designed for connecting climate justice organizers and ecological activists with one another for efficient, effective and secure activism organizing.

We encourage you to explore UU Ministry for Earth further:

- On Facebook, <https://www.facebook.com/uuministryforearth>
- Onlin Group Discussion, <https://www.facebook.com/groups/uumfediscussion/>, as well as being one of the founding organizations of the CreateClimateJustice.net online community.

- Irene Keim, UU Ministry for Earth Chair

## AS I RUSH TO PRINT.....

I must mention **Isabella Gavanski's** talk, "In Times of Global Turmoil," urging us to support the United Nations' efforts to help displaced persons/refugees the world over. These couple of lines will not nearly do Isabella justice.

Isabella is an exceptional young woman, a student at Dawson, an accomplished speaker, passionate about her subject and a pleasure to listen to. She drew the biggest crowd we have had this year and I hope she will speak to us again soon. Thank you Isabella.

- ed

**BELIEVE IN COURAGE**

**WELCOME TO LAKESHORE**  
**A NON-RELIGIOUS SPIRITUAL COMMUNITY**

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**TURN YOUR CLOCKS BACK on NOVEMBER 4<sup>th</sup>, 2018**

