

LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION
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NOVEMBER 2020 NEWSLETTER

LIVING UU PRINCIPLES AND VALUES

The LUUC Sunday Services Committee enthusiastically embraced **Paul Sullivan's** suggestion of having monthly Worship themes for the 2020-2021. Last month, the themes were Belonging/Thanksgiving, and our services expressed those well. For November the themes are Sacrifice /Mission & Vision, and we are pleased to have found these wonderful presenters to highlight those.

~ Sheila Laursen

November 1, 2020 - 10:30 a.m.

Ending Chronic Homelessness
James Hughes

James Hughes is the newly appointed CEO of the Old Brewery Mission, returning to that role after several years working in the New Brunswick government. Serving as a resource for homeless men and women since 1889, Mr. Hughes not, "We turned it into a centre that focused on reducing homelessness permanently through long-term solutions. We gave support to vulnerable and desperate people and helped them restart their lives."

James will tell us more about the challenges they face due to Covid 19, and how we can help and get involved.

Service Leader - Sheila Laursen
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Nancy Schmidt & Kathy Matyas

November 8, 2020 - 10:30 a.m.

**Lest we forget: remembering the
Spanish Flu
Calogero Cumbo**

Every year, on November 11th, we pause to remember the sacrifice of all those who gave their lives so that we might enjoy ours in freedom. And rightly so. But something else happened back in 1918: the Spanish Flu. It killed more people than died in that war: for every soldier killed in combat, three died of that "flu" [1]

Calogero explores why, in the middle of our current pandemic, we have forgotten that previous one, and reflects on how following our UU principles is exactly what we need to do as a species to survive such pandemics.

[1] <https://www.history.com/news/spanish-flu>

Service Leader - Paul Sullivan
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Nancy Schmidt & Kathy Matyas



[#CanadaRemembers](#) - We remember **Corporal Nathan Cirillo** who lost his life while on honour guard duty at the National War Memorial in Ottawa on 22 October 2014. He was 24 years old and left behind a grieving family, including a five-year-old son.

<http://ow.ly/wsef50BZLPK>

November 15, 2020 - 10:30 a.m.

**"On Being A Beacon Of Compassion
and Service"
Rev. Pat Haresch**

There is an old "preaching illustration" known as "The Lighthouse Preservation Society Story." With all that is going on in the world and our lives these days, may we remember how together, we might be a beacon in the midst of the storm.

Rev. Patricia Guthmann Haresch is a birthright UU. Pat had served UU congregations in the Northeast and Southeast United States until her spouse joined the U.S. State Department which brought their family to the Philippines and Colombia. She currently serves as Developmental Minister at the First Unitarian Congregation of Ottawa.

Service Leader - Christopher Thomson
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Nancy Schmidt & Jose Van Amerongen

**November 22, 2020 - 10:30 a.m. The Uighers and Amnesty International
Wilf Ruland**

Amnesty Canada fieldworker Wilf Ruland coordinates Amnesty's action file for a Canadian Uighur who is detained in Xinjiang. He will speak about his work and what is happening to the Uighurs and to Huseyin Celil in particular.

He will also provide an update on Amnesty's efforts to secure the release of Michael Kovrig and Michael Spavor detained in China since December 2018, and how Unitarians can support Amnesty International campaigns.

Service Leader - Gary Spiller
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Nancy Schmidt & Traci Williams

**November 29, 2020 - 10:30 a.m. The Art and Importance of Active
Listening
Isabella Gavanski**

Come join us on November 29th to hear a member of our Youth Group, Isabella Gavanski, speak to us about the importance of active listening. Through her work with the McGill Peer Support Centre, she has had extensive training on How To Actively Listen. We can all benefit from this knowledge in our relationships with our bosses, co-workers, acquaintances and, of course, those most important to us. She has mentioned that she might share some fun psychology facts as well, so make sure you don't miss this informative and possibly transformative Sunday service.

Service Leader - Olivia Gavanski
Musicians - Kerry-Anne Kutz & Michael Cartile
Greeters - Nancy Schmidt & Traci Williams

ZOOM!!

BELOW IS OUR ONGOING ZOOM LINK FOR ALL FUTURE SUNDAY SERVICES:

Join Zoom Meeting

<https://zoom.us/j/97832799342?pwd=YTFZY1h1a2s0T0ZiR2dnZzBwOURvZz09>

Dial in

438 809 7799 Montreal

Meeting ID: 978 3279 9342

Passcode: 222333

PRESIDENT'S MESSAGE



It's November, and the pandemic is still with us – despite the promises of President Trump. So what does that mean for LUUC ? Especially given that the 'C' stands for Congregation – as in congregating, precisely the thing that we aren't supposed to be doing! Amazingly what it seems to mean is that members step forward, fire up their imaginations and inspire us to learn and do a lot of new things, or some old things in a new way.

Margaret Godbeer has spent many hours reading online manuals and attending sessions with Vancouver Unitarians to learn all the secrets of putting on the smoothest possible Zoom sessions, including doing 'screen shares' and setting up UTube videos, which can provide another layer of meaningful content.

Catherine Forbes is carrying out extended conversations with parents to determine activities they consider to be safe for their kids – and fun! Seven kids and assorted adults had a great time at the Morgan Arboretum on September 27, and she is planning a COVID-compliant Halloween party on November 1.

Working with a choir is heavily impacted by COVID restrictions, as you can imagine. So, **Kerry-Anne** is holding choir rehearsals on Zoom. We gain mastery of a song by standing at home, while Kerry-Anne takes us through all the parts. Eventually, our individual voices become the 'raw material' for technical wizardry to produce a choir performance.

Something we can all try is calling someone in the Congregation that we may not know very well, but who might be thrilled to have a chance to talk about how they are doing, where did they spend their youth, etc. **Jose** and **Gary**, stalwarts of the Caring Committee can help with suggestions to brighten someone's long November day.

~ Susan

IT'S THAT TIME OF YEAR AGAIN



Just a reminder to turn your clocks back 1 hour before you go to sleep on Saturday so that you are on time for the service on Sunday November 1st, when James Hughes will be speaking on *Ending Chronic Homelessness*.

SOUPS AND SAMOSA SALE



We have had a few mad days selling the 100 soups that generous LUUCers offered for sale – and they are now all sold out!

The **samosas** - which is the youth group's fundraiser – are also flying off the shelves. Thankfully, there is an **un**limited supply of those available!

Soups: \$6.00 for one and 2 for \$10. All further soups \$5.00 each
Samosa: \$1 each or 12 for \$10.

Order samosas - selrook@gmail.com

Pay lakeshoretreasury@gmail.com by e-transfer

OR by cheque or cash on day of pickup - (please have exact amount of cash.)

We will send you each an e-mail to confirm your final order and cost.

Delivery and Pick up will be on **Sunday November 8th**.

We will send you an e-mail giving exact details of the delivery/pickup procedure.

JEAN'S BIRTHDAY

Jean Merrifield had a birthday last October 2nd – she turned an amazing one hundred and four years – and still retains with her sense of humour.

She had a lovely day – with cards, flowers, balloons, visits and a special lunch put on at her residence.

.Jean wants to thank everyone who sent her good wishes for her special day.



Jean with MP Francis Scarpaleggia

TREASURER'S REPORT



As of the end of September our investments are still recovering slowly from the freefall in March.

Unfortunately, there may be more difficult times in the coming months. I anticipate having to withdraw \$5,000 in the next couple of weeks as our expenses continue to be greater than our income. Our yearly insurance premium is due in November and that will put quite a dent in our bank account!

Our pledges are down approximately \$2,000 compared to the same time last year. Fortunately thanks to the rent relief from the Norwegians in July and August our expenses were also down for July and August.

We look forward to a delicious **Soup and Samosa Sale** in November to warm our tummies and the heart of the new Treasurer! Hopefully creative minds will come up with more fundraising ideas while we weather the storm of the second wave of the Covid-19 pandemic.

Once again, we ask that you contribute whatever you can to continue our work. Even though we only meet on Zoom right now it is uplifting to see familiar faces every Sunday and to have such wonderful services every week. Unfortunately, there is no way to pass the collection plate virtually.

You can donate by cheque mailed to the church 5065, rue Sherbrooke, Lachine, QC H8T 1H9 – Attention the Treasurer. or by interact etransfer to lakeshoretreasury@gmail.com.

~ Margaret Godbeer, Treasurer

SE YOUTH GROUP NEWS



JUNIOR YOUTH: Last Sunday, Oct 18th, we had a wonderful first sit-down meeting at our regular LUUC location. Selina was there to ensure that everyone followed the gov't directives on mask wearing, social distancing and regular hand sanitizing.

We started to work on our UU Covenant, touched on the subjects of developing good habits and explored the possible good and bad consequences of decision making. We have an amazing group of youngsters - - creative, intelligent, funny, engageable and energetic.

The group is excited about the Halloween Meeting on Nov. 1st. Susan Cz is generously providing pizza dinner, drinks and Halloween treats. **Alba** will teach us a Halloween song, **Cormac** and **Emalyn** will lead us in some games.

We have also heard from two of our Junior Youth, **Nabil and Cormac**, in two recent Zoom Services. The boys spoke from the heart and did a great job. Well done boys!

SENIOR YOUTH: This week, the Senior Youth Group started to work on their Christmas play, "What the Dickens! A Christmas Carol", written by Unitarians, Tess Baumberger and Cindy Clarenbach. They have struggled with how best to present the play, given the restrictions, but have finally settled on a plan. They're excited to work with the Junior Youth Group in bringing the play to life for the congregation on Dec 20th.

Over the past 2 months, we have also attended some online conferences – the Eastern UU Youth Con (co-hosted by the UCM) and a Canada-wide Halloween party. We have also participated in two Social Action online events – Equity/BLM with **Samantha Lustig** and "Taking action for Climate Justice" – a webinar for youth by youth. Our Senior Youth are a remarkably committed group of incredible young adults/youth. They are in full-time studies, but still manage to find the time to regularly attend our meetings, extra meetings, webinars, podcasts, and take part in any additional events we throw at them, such as helping out at the Child Haven Fundraiser and the upcoming Soup and Samosa fundraiser on Nov 8th.

They are also continuing to take on roles during the regular Sunday Service, which started with **Talia's** talk in Sept, and at the end of November, **Bella** will be giving a talk and **Olivia** will try her hand at Service Leading.

A big thank you to the Parents, Selina, Susan and Sheila for your ongoing support!
~ *Catherine Forbes, SE Director*

The one who plants trees, knowing that he will never sit in their shade, has at least started to understand the meaning of life.

~ **Rabindranath Tagore**



NOVEMBER BIRTHDAYS

A very Happy Birthday to **Nancy Schmidt** on November 5th – Guy Fawkes day. Nancy has accepted the new role of Zoom Greeter every Sunday – and we see her each week – so comfortable in her new position – it is as if she were born to the part. Happy Birthday **Nancy!**

It's **Rob Lutes'** special day on November 6th – Rob is much admired for the songs he composes and sings to us –he is very generous with his time and we appreciate his talent. Happy Birthday **Rob.**

Dear **Dori Abbott** has her birthday on November 11th – Remembrance Day. **Dori** is a vital and active member of LUUC – and perennially cheerful. Happy Birthday **Dori.**

Emalyn Frost and **Ariel Amstutz** have joint birthdays on November 13th. I haven't seen these two young ladies for six months and I miss their lovely faces. Happy Birthday **Ariel** and **Emalyn.**

It's **Jose van Amerogen's** special day on November 14th. During the summer Jose hosted the Knitting Ladies for afternoon tea in her garden – I did enjoy that day. Her garden is not that big – but it was crammed with flowers and vegetables – just lovely! Happy birthday **Jose!**

November 25th is **Paul Sullivan's** birthday. Paul is our go-to man, always there to lend a hand, and a very valued member of LUUC. Happiest of Birthdays, **Paul!**

From Luna's Mum:

We celebrated **Luna's** 7th birthday in the only way one can these days: a drive-through party with hopscotch and music, a present and loot bag exchange, and a trip to the park for some informal play.

It was not what she had envisioned all these long months of waiting for her birthday, but it was made all the sweeter by opening up a card that came in the mail all for her from her friends at LUUC. The card features a cat, **Luna's** favourite animal, and she was stunned! "How did they know?!", she exclaimed. Thanks for making her day brighter!

~ Karine Deschamps

RESPONSE TO LUUC'S SOCIAL ACTION MISSION STATEMENT

In the President's Message in the last newsletter our President **Susan** asked for feedback on **Gary's** proposed mission statement. Gary suggested the following as LUUC's mission statement:

***LUUC is a beacon of hope and inspiration
We move hearts, hands and minds
to make our commitments
to human rights, social and environmental justice come alive.***

Gabor wrote: I do like this statement, but not as a mission statement. I don't think it encompasses LUUC's mission. Personally, I would not like our mission to be purely outwardly oriented nor purely action oriented; I want to keep both our inward and outward orientations. I would like to keep as part of our mission things like providing a safe community for those who want to be religious while maintaining freedom of belief; encouraging each other to be the best versions of ourselves through personal growth; providing a spiritual home for adults; passing on our values to our children and youth in a nurturing environment; and forming a warm and inclusive community simply for the sake of being in community. And a big part of what we do involves music and song.

I would not want LUUC to become a civic organization; I would like us to remain a part of a modern religion.

Respectfully,
Gabor

PS – the editor always likes to receive feedback – that way she knows people are actually reading the newsletter. Please keep those letters a-coming!

CHRISTMAS CAKES

Just a couple of days left to order one (or two) of Sheila's Famous Fruit cakes – dark or light - deadline October 31st!



Prices are: 1 lb - \$14.00 2 lb - \$24.00 3 lb - \$33.00

Please contact Sheila Laursen (514-697-4195 or sheila.laursen@bell.net)

SNIPPETS FROM THE BOARD



This newsletter deadline has come before our Board meets in October, so the 'snippet' are meagre - but important!

The LUUC Board had 2 Zoom meetings in October with Board members of the Norwegian Ass. of Montreal, to have an update on the major renovations they carried out to the building during the summer, to review our lease, and to discuss Covid precautions.

1. Renovations

NAM began renovations during the pandemic, at first to clear up and organize the stage before the Fall Bazaar, and to clean up the back of the sanctuary to better honour and display the bell.

In working on the stage, a decision was made to create a 2nd floor above that area - as a meeting room, and then a 3rd level (the attic) was created as a storage space. The stage has clear floor space and a staircase on one side leads to the 2nd floor.

2 Cabanas have been installed outside on the level of the main floor Hall for storage of all the tables and chairs.

The back of the sanctuary has become an inviting lounge space with furniture, there are floor to ceiling cupboards built there (LUUC has been assigned 1 double and 1 single cupboard). And the bell has a place of honour in the lobby of the building.

2. New Tenants

The Air Cadets Corps of Lachine, which had been meeting in the high school, asked to use the NAM Hall on some weeknights for the teens and their leaders to use for drills and band practice. That will take place 2 evenings a week and every Saturday from 8 a.m. to 2 p.m. (once Covid restrictions have been lifted). They also now use the office near LUUC's office, and have a cabana outside to store their drums and other items.

While the Cadets will not be coming into the building for the foreseeable future due to the Covid restrictions, they have a VERY thorough set of protocols (140 pages long) provided by the Armed Forces for when they do.

~ continued/...

They have a Duty Officer, whose role is to prepare (sanitize) the building BEFORE their use of it, to ensure that all safety measures are strictly enforced, and then to clean (sanitize) the building space and surfaces after their use.

3. Covid 19 Protocol for Use of the NAM building

NAM will keep hand sanitizers available at the front door, kitchen and washrooms, with an extra supply in the kitchen to access as needed. People using the building are responsible for seeing that everyone uses the sanitizer, and wears masks to enter.

The NAM's insurance company stated there is "no liability coverage for Covid" so NAM (Brenda) will put up a sign at the entry door to stipulate this. NAM will take NO responsibility for people catching Covid 19 in the building - so ALL precautions MUST be respected by ALL users of the building. We mutually agreed to keep informed of current, and changing rules from Quebec and to respect them fully.

4. The Lease with LUUC

All agreed that a review of the original lease is definitely overdue as many factors have changed over the past 9 years since it was signed in 2011, and some clauses are no longer relevant. The NAM named Knut Nesse to work with an LUUC representative (to be determined at the next meeting of the LUUC Board) on updated wording for the lease.

~ Sheila Laursen, Board Secretary

REVIEW OF DREAM INCUBATION: SANCTUARY AND HEALING

Speaker: Rev. Dr. Heather Fraser Fawcett – October 4th, 2020

I keep a pen and paper at my bedside to record my dreams so I was very interested to hear of **Rev. Heather's** topic on dreamwork. Once we were focused by **Susan's** words, lifted by **Kerry Anne's** music and comforted by Heather's Butterfly Hug we were ready to explore this unique approach to reclaiming our wholeness. Drawing on the work of Jung, Hillman and more recently Dr Robert Bosnak, we were invited to incubate and spend time with all aspects of our dreams, to go back and meditate on them, to listen and re-experience them when we have some quiet time. To feel the "embodied sense" of them, textures, emotions as well as the images. To be open to the great mystery they point towards beyond our own small self. We heard people share about their dreams and even visionary experiences that were profound and illuminating. Thank you, Heather for the reminder of this spiritual practice that is accessible to us right now. I actually did have a wonderful dream last night, imagine that!

~ Milda Graham

REVIEW OF THANKSGIVING SERVICE



I enjoyed the Thanksgiving Service on October 11th, and appreciate the efforts to which the Sunday Service Committee goes to keep us all united during this long and tedious time. 38 people attended the Zoom service plus 2 children – and we had the pleasure of **Rob Lutes** as our musician. Four LUUCers told us the things they were grateful for – and some of this was most touching. **Jean Merrifield** recalled the English version of Thanksgiving called Harvest Festival – when emphasis is on thanks for a good harvest,

rather than a turkey dinner. **Susan Czarnocki** composed a charming poem – see below. **Monique Reidel** was thankful for being able to work with her clients during Covid – and of course for her lovely family. She also shared that she and **Rob** were celebrating the 14th anniversary of their first date. But it was **Gabor Matyas's** story that brought me near to tears.

He said that the first time he attended LUUC he heard my dear friend **Louise Brown**** speak and knew he had found his religious home – he was grateful to LUUC. He then referenced **Dori Abbott's** story of being hidden during WW2 in Holland – and said that he had a similar experience in his home country of Hungary – he was grateful to those who sheltered him at that time. He was grateful to Canada for taking his family in as refugees and for his beautiful wife **Kathy**, two daughters and grandchildren. I found Gabor's account to be very touching - told without artifice – and with considerably more eloquence than I could ever muster.

Some things I am Thankful For

For sunsets, for rainbows, for flowers in the spring --
For pussy cats and puppy dogs, and all the birds that sing --

For being here with all of you, which gives me much to ponder,
As we contemplate this complex world, which fills us all with wonder.

~ **Susan Czarnocki**
written October 10, 2020

NB: **Louise Brown, who died in 1992, and her husband Roger were founding members of Lakeshore. Years ago, she gave me her family recipe for red pepper jelly – and every year I make a batch of it. In recent years I have added jalapeno peppers to make the preserve a bit spicier – Louise would have approved.

- ed
~ **Photo by Briony Falconer**

CORMAC'S WORDS

During the Service on October 18th, about *BELONGING* - young **Cormac Lutes** said these very wise words:

BELONGING

When I think of belonging, I think of being part of something.

When I think of belonging, I think of having a role to play in a community, somewhere that you can feel safe and happy.

Belonging to something also comes with responsibility. If you belong to a community you have the responsibility to play your part in it. Belonging doesn't need to mean being part of a community, it could mean being part of a family or even basically anything that you decide to be part of and are accepted into.

I feel that I have a sense of belonging with the LUUC and my school Loyola.

When I am playing my part in those communities, I feel important.

~ **Cormac Lutes**

PS: A VERY WELCOME SIGHT! So pleased to see **John Foulds** at the *BELONGING* service. Please gain back your strength, John - and hope to see you again on the Zoom box. ~ **ed**

BOOK NOOK CORNER

I recently read *The Nine Lives of Charlotte Taylor* written by Sally Armstrong. Based on a true story of an English woman who came to the Miramichi in the late 1700s – where, as one of the first white women in that vast area, she endured the many hardships of clearing land, cruel winters, epidemics – all the time producing nine children and catering to them. She befriended the Mi'kmaq Indians who showed her how to store food for the long winters and taught her their herbal-medicine arts. Charlotte Taylor was the great, great, great grandmother of the author. It's a very readable book on the lives of those brave pioneers who came to the wilds of Canada to settle the land – and unfortunately, unsettle the local indigenous tribes. This book belongs to **Sheila Laursen** – many thanks **S**.



In chatting to **Maud Bonnier** today – I learned that she is currently reading this book, lent to her by **Kerry-Anne Kutz** – the book is making the rounds – and worth a read.

- **ed**

WE DID IT!!

Thanks to everyone who supported and attended our October 17 Montreal CHILD HAVEN fundraising event - on Zoom!

- Over 70 people attended the Zoom event (with some by phone). **Margaret** acted as the “behind the scenes” cool-headed and skilled Zoom host.
- The Silent Auction raised \$2,890 with Bonnie's treasures from India, Nepal, Tibet and Bangladesh - there was even a “hot” bidding war for one carved table!
- The special Needs List's goal was to raise \$4,770 to help 4 of the CH Homes with repairs (new kitchen floor for Kaliyampoondi, shelves in the girl's dorm in Hyderabad, a garden fence to keep the cows out in Savarsai and a solar hot water heater in Nepal) - and we raised \$3,340, so we will be able to cover the costs of 3 of those 4 projects,
- Our LUUC youth - **Damian, Talia, Ariel, Olivia and Isabella** kept track of Chat Line comments\questions, pledges for the Needs List, and names of the participants for the Door Prize draw. We are so grateful for their presence and help.
- Congratulations to **Selina Rooker-Sanchez and Heather Falconer**, who each won a \$50 gift certificate to Sahib Restaurant in that draw. Enjoy your meals!
- Robin Cappuccino gave us a wonderful “tour” of the Child Haven Homes that showed how Child Haven has supplied masks, sanitizers and good training to all the children and adults - keeping the CH homes Covid-free.
- The children and the staff of the Kaliyampoondi home got up VERY early to perform live for us at 5:25 a.m. Sunday their time - about 200 of them singing lustily 4 songs, before each staff member and child walked up to the camera to bring greetings to their beloved Bonniema.
- Everyone loved the youth in Chittagong's Home demonstrating the bamboo dance – it was amazing, and so well done!
- Stéphane Miron shared this memory of being at Child Haven as a young volunteer: “Child Haven is a miracle that warms my heart every year, thank you everyone for the work that continues to encourage Child Haven. I was 16 when I went with Bonnie, we went to meet three kids. Bonnie told me to bring peanut butter, but after a couple of weeks or months I understood that peanut butter was a great comfort to the kids in Nepal. I remember having to go get water at the well to bake bread - that was a fun memory for me.”
- **Kerry-Anne's** rendition of “6 feet apart is better than 6 feet under” had everyone laughing, and the closing song “Angels on the Roof” brought tears to our eyes.....
- 18 West Islanders ordered take-out meals from Sahib, the Indian restaurant in Pointe Claire that has catered our dinners in the past – and 3 wonderful teams of volunteers delivered the meals to their homes.
- While final calculations have not yet been done, it was a success in every way!

Here is some of the feedback sent following the event:

- What a success! We all thoroughly enjoyed our evening and the tours of the homes, the music and the treat of seeing the children live. Congratulations! The online auction was so much fun.

- I agree it was special. I appreciate all the behind the scenes work that went into making it a success. I enjoyed Robin's slide show, as always.
- I was supposed to go out for a long walk tonight but I became glued to my computer watching this wonderful event.
- You did an outstanding job last evening, thank you. It was so nice to include a live connection from Kaliyampoondi. That was a great idea; it was so nice to see Ganesh; he is such a fine person and occasionally I hear from him on Messenger. How those children have grown in 5 ½ years!
-

CHILD HAVEN ZOOM FUNDRAISER



Congratulations to **Sheila Laursen** for even attempting to put on the annual Child Haven dinnerless Dinner via Zoom – and to **Margaret Goodbeer** for her behind-the-scene magic. It was a well-organized success!

For me, I just loved to see Kaliyampoondi again and hear the children sing in their dining hall via a direct link. It was the largest Child Haven facility when I visited several years ago, run by Ganesh and his assistants, who all grew up in the home.

There is a library, run by a young handicapped man. It is not easy for a wheelchair-bound man to get a job in India - handicapped people are ignored. His wife also works at CH – they live on site together with their children and her grandparents. Her grandmother looked after their baby, (in truth, everyone looked after that adorable baby,) and her grandfather took the cow out for walks on a regular basis. This is just one example where Child Haven, i.e. Bonnie and Fred, gave marginalized people, (in this case a whole family), a chance to live with dignity.

I could tell you many similar stories, about the washer man and his wife - and the miles and miles of clothes lines; the gardener, who produced fresh vegetables and also removed the snakes from the garden; the cook and her 3 assistants, who sat on the floor of a less than basic kitchen, and peeled tons and tons of vegetables, cooked great vats of rice and produced three hot meals a day for almost 300 children; or the matron who was also a Child Haven child, who graduated as a nurse and later became the Matron.

I had the guest room all to myself at Kaliyampoondi - (luxury) - and one night I heard a mighty scuffling across the roof. I didn't dare go out and look, but next day I asked one of the young men what creature/creatures could have made such a clattering noise. He answered, "Donkeys!" I thought he was having a laugh at me, as I was pretty sure it wasn't donkeys prancing around on the roof – but thanked him anyway. A couple of hours later he returned and said that he had perhaps given me the wrong word - he meant monkeys were cavorting on my roof!

~ ed

STEP OUTSIDE YOUR COMFORT ZONE



Hello! Welcome to my article! If you're sitting down to read this, I'd like to start by telling you three things:

1) I've decided to write this article in second person to give it a casual, conversational feel. If you're reading this, we probably know each other, so why not be friendly? If you don't know me, hi! My name is Samantha, I'm 27 years old, and I joined LUUC in 2016. I'm an English language teacher, I try to be a social activist in my own small ways, and I have a wonderful Portuguese water dog named Ollie.

2) This article, and/or the resources it will refer you to, might make you feel a little uncomfortable. If you kept reading past that sentence, thanks for sticking around! I know that choosing to go outside your comfort zone is not easy, and I appreciate that you trust me enough to keep going.

3) In this article, I'm going to talk about whiteness. Why whiteness, you may ask? Well, the answer is simple and complex at the same time.

Let me try to explain: I hope we can agree that while a white person may face social disadvantages because of their gender, religion, sexual orientation, disability, or other facets of their identity, white people do not face additional disadvantages because of their race. As a result, when we talk about race, we usually talk about the race of people of colour. So, what ends up happening is that we white people don't often think about how our race significantly impacts our worldview.

While I often think of myself as a woman, a lesbian, and a gender non-conforming person, I don't often think of myself as someone white. This is because my whiteness doesn't hold me back from any possibilities and I'm usually surrounded by people who are also white. In these social settings, whiteness becomes the default identity. If I'm telling a friend or family member a story about someone they've never met, I usually only mention the person's race if they're a person of colour. This is just one small example of how white operates like an invisible race. Since I have to keep this article pretty short, I'm going to spend the rest of my allotted word count pointing you to some great, short videos that will pick up where I left off talking about whiteness and implicit bias.

I recommend that you watch them in the following order:

- 1) <https://www.youtube.com/watch?v=kKHSJHkPeLY> (12 min 00 sec)
- 2) <https://www.youtube.com/watch?v=kzLT54QjclA> (6 min 33 sec)
- 3) https://www.youtube.com/watch?v=2b_twxTjaoE (8 min 03 sec)

Remember, these videos may make you feel uncomfortable. And if they do, instead of ending our conversation there, why not shoot me an email or stop by our weekly discussion group? We could end up having a really great chat! You can reach me at sam.lustig@hotmail.com.

Looking forward to hearing from you! ☺

Samantha

IN TIMES OF COVID - BONNIE AND HENRY



Bonnie and Henry.

Image Credit: BC & Alberta Guide Dogs

The BC and Alberta Guide Dogs announced they will name these two adorable puppies *Bonnie* and *Henry* to honour BC's top doctor. "Dr. Henry has been a wonderful presence of calm and guidance through the COVID-19 pandemic," said the CEO of the BC and Alberta Guide Dogs, "that our organization felt it was a fitting tribute to name these little puppies after her, as they will one day grow to prove those same qualities of guidance and support to someone in need." The Labrador pups have Dr. Bonnie Henry's blessing, "It is an honour to have two such adorable namesakes," she said.

~ ed

YOGA WITH MILDA



Jose strikes a pose! Viparita karani mudra to be exact.

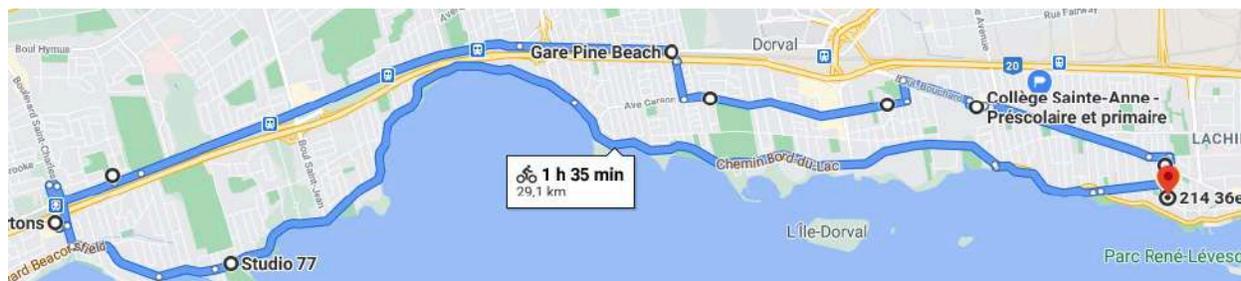
And smiles with joy as she keeps up with **Milda Graham's** yoga classes. A group of LUUCers bought the classes at LUUC's 2020 Service Auction. The group has enjoyed meeting outside on Sunday afternoons, but with the change in the weather, they plan to move to indoors once the gov't directives have been lifted.

~ **Catherine**

RESULTS OF LUUC'S ACTION REFUGIES MONTREAL

La campagne s'est terminée aujourd'hui. L'organisme **Action Réfugiés Montréal** est allé chercher un total de 12 194 \$, dépassant légèrement son objectif de 12 000 \$.

For my own personal campaign, I raised 750 \$ of my 800 \$ goal, but our **Lakeshore Team**, including Susan, Sheila & myself, raised a total of 1950 \$, more than the 1800 \$ goal. Both Sheila and Susan have done their 5,2 km walks and I cycled my 26 km bike on 17 September. Voici l'itinéraire que j'ai suivi, qui comprenait une escale chez Tim Hortons !



Mille mercis à vous tous pour votre appui qui va permettre *Action Réfugiés Montréal* continuer son action au profit des réfugiés dans l'année à venir. The over 12 000 \$ raised will help ARM fund part-time employees into 2021. Thank you so much for helping such a good cause.

Amitiés / With affection.

~ **Christopher Thomson**

EL DIABLO



Do meet rescue cat El Diablo about 4 months old. He, his mother and siblings had been living rough before he was found and taken to safety.

He decided that he liked one of the little blankets I had made for the cat shelters – and established himself squarely upon it and there he stayed.

He has taken up temporary residence in my granddaughter's home and seems to be quite comfortable there. "Much better than sleeping outside," he purrs.

Photo by Savannah Scallan

~ ed

CARING



Gary Spiller has agreed to 'care' for us for the month of November. You can reach him at gary_spiller@yahoo.com or 514-697-6257.

On October 21st, we received this e-mail from **Farlan, Mary Hunter's** husband.

Hi Everyone:

I am sure you know that today is Mary's birthday. It's been a while since I said hello. I am doing fine as are the girls. I still miss Mary and think about her quite a bit.
take care

Farlan

PS: Just to let you know that the Jade Palace (Mary's favourite restaurant) has closed down. A victim of the pandemic I am sure.

[Farlan's e-mail address is farlan@videotron.ca](mailto:farlan@videotron.ca)

~ ed

In Memorium - Jaime Dunton

Canadian Unitarians lost a very special member with the death on October 4, 2020 of Jaime Dunton. Jaime had been a long-time member of UU Estrie in North Hatley before he and his wife Sooky moved to Ottawa. His obituary in the Montreal Gazette notes that he "was a loving husband, father and grandfather, a lawyer and community leader; a wonderful singer, dedicated crossword solver and keep duplicate bridge play, and a reluctant gardener but a motivated baker."

Many UUs will remember his calm and wise management of debates on controversial issues at CUC annual meetings. And I will always remember the wonderful weekend Peg Wooley and I spent at Jaime and Sooky's beautiful home in North Hatley when we attended a weekend workshop there several years ago.

~ **Sheila Laursen**

LES FOULARDS DE LA MÉMOIRE

Last May a former work colleague contacted me about a project she was volunteering for. They wanted to create a memorial for all those who had died in CHSLDs in the south-west area (St. Henri, Little Burgundy, Ville Émard, Pointe St. Charles) during the first wave of the pandemic. They were looking for volunteers to knit pieces one foot by two feet which would each be embroidered with the name of a resident who had died.

Several members of the LUUC knitters along with some of their friends volunteered to knit over the summer. I delivered the knitted pieces to my friend Francine in early August. The plan was to have an unveiling of the “Foulards de la Mémoire” on October 1, 2020 with representatives of the city, the CIUSS and the press present. Unfortunately, this had to be cancelled due to a resurgence of covid-19 and the presentation was live streamed on Facebook.



The “Foulards de la Mémoire” will be on display in various locations over the next months. On Thanksgiving Weekend, I went to view it at the Centre Culturel de Verdun. It is quite overwhelming. At least 251 seniors in CHSLDs in that small part of the city died during the first wave of the pandemic. They died without their families by their side and families could not even have funerals.

~ *Margaret Goodbeer*

ZOOM FOR NEWBIES!

Looks like Zoom is here to stay at least for a while... If anyone is interested in a quick tutorial to learn more of the basics of Zoom, please contact Catherine (contact info is on last page of the newsletter).

SOCIAL ACTION



Sir David Attenborough’s advice – *don’t squander or waste anything - electricity, water, food – not a thing.*

WELCOME TO LAKESHORE

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**THE IDEA HAD TO
COME FROM SOMEWHERE**



