

**LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION**  
**5065 Sherbrooke Street,**  
**Lachine, QC. H8T 1H9**  
**514 - 637- 6974**



## **January 2021 NEWSLETTER**

### **LIVING UU PRINCIPLES AND VALUES**

The LUUC Sunday Services Committee has enthusiastically embraced Paul Sullivan's suggestion of highlighting monthly Worship themes for 2020-2021.

As we enter a new, and hopefully, healthier and happier year, the UUA themes for January are **imagination, consolation, desolation, justice, and balance**. We hope you will find those themes reflected in our Sunday Services.

*~ Sheila Laursen*

**January 3, 2021 - 10:30 a.m.**

**EXPLORING THE HEALING POWER OF MUSIC**  
**Ariel Amstutz**

In this service, Ariel will be discussing the many ways in which music can heal us. Most people think of music simply as a beautiful way to soothe the soul; however, that is just the beginning of what it can really do. Recent scientific advancements have made great strides in using music therapy as a tool for emotional and even physical rehabilitation.

Join us on January 3rd to learn more about the incredible healing power of music. You may even take away a few tips and tricks for yourself!

**Service Leader - Talia Sanchez**  
**Hospitality - Nancy Schmidt & an LUUC youth (tba)**  
**Musicians - Kerry-Anne Kutz & Michael Cartile**



January 10, 2021 - 10:30 a.m.

**THINKING BEYOND OURSELVES**  
Clifford Lincoln



The Covid-19 pandemic has come as a sudden jolt for all of us, and changed our lives completely. We have had to learn to isolate ourselves from the world around us, and to absent ourselves from the lives not only of our friends, but of our loved ones.

The pandemic has also caused us to reflect more deeply about others, about our neighbours, especially those less fortunate than ourselves stricken in their thousands by the onset of Covid-19 - as well as those very many others who risk their lives daily at the front-line to keep us safe. So, it is a time for us to pause and pray, and think more than ever beyond ourselves.

**Service Leader - Paul Sullivan**  
**Hospitality - Nancy Schmidt & Jose Van Amerongen**  
**Musicians - Kerry-Anne Kutz & Michael Cartile**

January 17, 2021 - 10:30 a.m.

**ANCIENT WORDS FOR MODERN TIMES**  
Milda Graham

Milda is in her 3rd year in Religious Studies at McGill with classes on Zoom, with a focus on the traditions of South Asia and Sanskrit translation. On this, the World Religion's Day, we'll look at a phenomenon that inspires and uplifts worldwide. Arising from the hearts of sages and saints, devotional poetry shares transcendent insights and experiences in verse and often song. We will explore and contemplate the words of the first Buddhist nuns and those of the bhakti poet-saints of India.

**Service Leader - Sheila Laursen**  
**Hospitality - Nancy Schmidt & Michael Rooker**  
**Musicians - Kerry-Anne Kutz & Michael Cartile**

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**January 24, 2021 - 10:30 a.m. FOOD SECURITY AND JOB PREPAREDNESS-THE  
STORIES OF MOISSON MONTREAL AND RENAISSANCE**

**Pierre Legault**

In 2020, there are still 3.2M people, including 520 000 children, living in poverty in Canada. Pierre Legault will describe how Moisson Montreal, the largest food bank in Canada, was created after he witnessed the distress of a young girl shattered by what her mom had done to put food on the table at the end of the month when there was no money left.

Pierre will also describe how Renaissance was created by the food bank in order to help people to become more independent. Instead of “giving a fish to feed people for a day” as the Chinese proverb says, Renaissance “teaches thousands of people how to fish to feed themselves for a lifetime” through job preparedness programs that bring them back into the workforce.

**Service Leader - Gary Spiller**

**Hospitality - Nancy Schmidt & Michael Rooker**

**Musicians - Kerry-Anne Kutz & Michael Cartile**

**January 31, 2021 - 10:30 a.m. SOULFUL SINGING - LEVERAGING THE POWER  
OF SONG IN TRICKY AND TROUBLED TIMES**

**Rev. Wendy Luella Perkins**

The Rev. Wendy Luella Perkins is a singer-songwriter, Unitarian Universalist community minister, and founder of the Soulful Singing meditation practice, and she leverages the power of song to build authentic, healing and joyful communities.

Wendy will lead us in a spirited service of singing and reflecting on leaning into the power of song during these challenging days. At this time of not being able to touch physically, we need to hold each other close in many many other ways-- in our hearts, prayers, dreams and SONGS. This service promises to be participatory, grounding and uplifting.

**Service Leader - Rev. Dr. Heather Fraser Fawcett**

**Hospitality - Nancy Schmidt & Jessica Shirley Wilms**

**Musicians - Kerry-Anne Kutz & Michael Cartile**

### **Sunday Services Planning**

Our LUUC Sunday Services committee are a group of hard-working, well-networked members who devote a lot of time and energy to arranging services we hope will reflect our UU Principles and Values. This year, thanks to Zoom and its Chat Line, we have received timely and often grateful feedback during each Sunday service. This is very helpful to our committee members, and we thank you for sharing your thoughts, ideas and suggestions with us.

Please continue to do so in the New Year - your feedback is important and appreciated!

~ **Sheila Laursen**

## **PRESIDENT'S MESSAGE**



I suspect that many of you agree that the use of Zoom for services during the pandemic has provided us with a very different experience of 'attending services', and that many of the services have been extremely meaningful and inspiring.

There are many reasons to want the pandemic to be over, but the quality of our services is one of them. Their success, in fact, provides many dilemmas for the future. UU congregations here in Canada and in the US are experimenting with many variations on the theme of 'hybrid services' This refers to services that use Zoom to deliver content, but also use live-streaming, and YouTube channels, and with some also aiming to have simultaneous in-person attendance from a central space. Some congregations have focused great energy on making their meeting-spaces 'COVID-proofed' to such an extent that a reduced number of members feel safe attending in person, while equipment in the meeting space provides a Zoom version available to 'anyone, anywhere.'

Many of us watched a presentation discussing these 'hybrids', and came away with the impression that such services require a considerable amount of effort on the part of a lot of people, and its good to start as soon as possible to weigh these alternatives.

We cannot know at the moment what the situation will be like in January -- or in June. But we would like to be as prepared as possible for rapid changes of circumstances. We also want the preferences of the membership to be our primary guide. So (1) we need to build up everyone's knowledge about these alternatives, so that we make wise choices and (2) we need to build a tool we can use to rank member-preferences.

So let's form a committee!! Please send your groans, hurrahs and comments to: [susan.czarnocki@mcGill.ca](mailto:susan.czarnocki@mcGill.ca)



*A local Cardinal family, taken from my window ~Susan*

## **MAKING CHRISTMAS MUCH, MUCH MERRIER FOR MORE!**

We may be a small UU congregation, but we certainly have BIG hearts when it comes to helping others at what we hope will be a happy time for all....here is how:

- **The LUUC Caring Committee created the Christmas Elves project** - of delivering a surprise to EVERY member or family of our congregation - to deliver to everyone some comfort and joy. Whether this was carried out by mail, email, phone call, or even a package at the door, the challenge was seized with creativity, ingenuity and sometimes stealth to avoid being caught in the act! If it brought a smile to each face and warmth to every heart, the LUUC Christmas Elves will have succeeded...
- **Bringing Joy** - together, we will make Christmas brighter for 5 newly-arrived families - with 10 children in all, ranging from 4 months to 15 years! Monetary donations from LUUCers raised **\$1,055!!!!** for that purpose, and in the 2 weeks before Christmas, a special gift or two will be found for each child, and a food gift card for each family will help the Moms prepare a holiday meal in their new home... Other contributions of clothing, gently-used toys, books other helpful items will also bring comfort and joy to those families this winter.
- **Inspiring Others** - Bridges not Borders is a group of Quebecers in the Hemmingford region, who some of us have met as they were the first to welcome asylum-seekers as they crossed at Roxham Road. Four of the families we had helped and came to know in 2018-19 were invited to a country picnic in August 2019 at the farm of one of their members. B not B members wanted to be of some help to those families this Christmas, and they raised \$540 for that purpose. So each Mom will be able to have 1/4 of that to make her family's Christmas brighter.
- **Reaching out** - a pre-school daycare in Beaufort Village was also inspired to help a refugee family this year, and contacted **Sheila**, who matched them with the wonderful challenge of helping a Mom with 6 children under the age of 7, including one set of twins and 18 month old triplets! The BNG daycare has risen enthusiastically to that challenge, and as of writing this report, there will be several energetic volunteers to deliver 3 cars-full of food, gifts and gently used toys and other items contributed by the daycare families to the Mom this week (while her older ones are in school and the triplets in their daycare). There will be much HO HO HO-ing in that apartment on Christmas Day!
- **Paying it forward** - back in November, when we arrived at LUUC to pick up our frozen soup purchases (or to drop off what soup we had cooked), we also brought non-perishable food items for a West Island food bank. The contributions were so many, they filled Sheila's car trunk and back seat - and were received gratefully when she delivered them to West Island Mission. ~ **Sheila**

### ... AND THERE IS MORE...

**John & Nancy Schmidt** were preparing to receive new computers for Christmas and decided to “pay it forward” with the one that still works well. John spent many hours cleaning his Toshiba laptop and installing up-to-date software. When ready, that computer will find a new home with Johanne and her 2 sons. It will be a tremendous resource for them in doing their homework. Thanks so much John & Nancy!

**Kristina Laursen** heard from her Mom (**me**) about another refugee woman beginning French classes online in January, but needing an iPad for that, which she didn't have and can't afford. Kristina offered her old one that she no longer uses, but is still in good working order. And she will arrange to get it from Carthage, NY to Montreal in time for those French lessons. Wonderful acts of kindness from these two families – to two others they don't even know!

~ **Sheila**

### IN MEMORY OF PATRICIA EWING

When we were still sharing space at Beaconsfield United Church, Patricia Ewing was one of our LUUC members. I am sorry to report that she died in November 2020 at the Vigi La Reine Elizabeth, where she had been living for several years after Huntingdon's disease robbed her of her autonomy. Patricia was a published poet, and her love of books had her helping to arrange our LUUC Book Lending Trolley in its early days.

Here is one of Patricia's poems, from her book “The Ultimate Garden”.

#### **MOMENTS OF THE MIRACULOUS**

Simply this:

A washing on the line  
a bird flying

a dog in the garden  
A baby crying

my neighbour singing-  
thin notes of a flute

milk cans ringing:  
god's face at dawn

## FUNDRAISING SUCCESS

**Fruitcake sales** were a part of that, and while we enjoy that holiday staple, the sales of fruitcake netted **\$600** for our LUUC coffers as well. While some people hate fruitcake, those that love it, love it a lot! One of our devoted fruitcake fans not only happily purchases our cakes, but also gives an annual very generous donation to LUUC at the same time. News of that generosity this year had our Treasurer, Margaret, dancing for joy!

~ *Sheila Laursen*

## THE BIZARRE CHRISTMAS BAZAAR



Our traditional Christmas Bazaar was not at all traditional this year – and the word ‘cancel’ had been mentioned. So, the **Knitting Group**, not wanting to break a 60-odd-year tradition, suggested an on-line baking sale. After a quick phone a-round, a list of goodies was offered for sale – which rapidly sold - and we were able to enrich our LUUC coffers by **\$502.00**. As we speak... (or rather as I write...) delicious goodies are being ferried back and forth to lucky buyers all over the West Island. Many thanks to all who so willingly helped out.

~ *Selina and Heather*

## FROM OUR TREASURER

Please send your donations either by cheque to **Margaret Godbeer** at the church address – LUUC, 5065 Sherbrooke, Lachine QC H8T 1H9 – or by e-transfer to [lakeshoretreasury@gmail.com](mailto:lakeshoretreasury@gmail.com). Donations received before December 31<sup>st</sup> qualify for an income tax receipt.

T'was 3 weeks before Christmas, and all through the town,  
 People wore masks, that covered their frown.  
 The frown had begun way back in the spring  
 When a global pandemic changed everything.  
 They called it corona, but unlike the beer,  
 It didn't bring good times, it didn't bring cheer.  
 Airplanes were grounded, travel was banned.  
 Borders were closed across air, sea, and land.  
 As the world entered lockdown to flatten the curve,  
 The economy halted, and folks lost their nerve.  
 From March to July we rode the first wave,  
 People stayed home, they tried to behave.  
 When summer emerged the lockdown was lifted,  
 But away from caution, many folks drifted.  
 Now it's December and cases are spiking,  
 Wave two has arrived, much to our disliking.  
 It's true that this year has had sadness a-plenty,  
 We'll never forget the year 2020.  
 And just 'round the corner - The holiday season,  
 But why be merry? Is there even one reason?  
 To decorate the house and put up the tree,  
 Who will see it, no one but me.  
 But outside my window, the snow gently falls,  
 And I think to myself, let's deck the halls!  
 So, I gather the ribbon, The garland, and bows,  
 As I play those old carols, my happiness grows.  
 Christmas is not canceled and neither is hope.  
 If we lean on each other, I know we can cope

**Merry Christmas to all!!!!**

### SE NEWS



Come one come all on Sunday December 20 at 10:30, to watch Dicken's beloved characters come to life as Scrooge learns about the meaning of Christmas spirit!

Below are some sneak-peek photos of our filming. Great cast & crew, great costumes, great story, great music! Hope to see you there!

*~ Olivia Gavanski, Sr. Youth Group Member*

**Cast and Crew of *What the Dickens! A Christmas Carol*  
Wishing you and yours a Happy holiday and New Year!**



**Ebenezer Scrooge**, a grumpy old man turned into a jolly Christmas-lover.



**Bob Cratchit**, Scrooge's ill-paid clerk, gets an earful when he asks Scrooge if he can take Christmas day off.



**Jacob Marley**, Scrooge's former business partner informs Scrooge that he will be visited that very night by 3 spirits.



**The Ghosts of Christmas Past, Present, and Future**, lead Scrooge on his transformative journey.

Transported to the past, we meet **Young Scrooge**, a naive man who prizes money over the love of his life **Belle**, who sadly tells him that they cannot marry.



**Fezziwig's Party** where Young Scrooge first met Belle



Transported to the present day, the **Cratchit family** enjoys their Christmas Dinner and poor little **Tiny Tim** blesses everyone.



Wonderful Entertainment and Christmas Carolers will help get you in the spirit  
(and you can sing along at home!).



And we can't forget our busy (and demanding!)  
Covid Elves.



## CARING



**Paul Sullivan** will be our caring person for January and February and can be reached at [plsullivan43@gmail.com](mailto:plsullivan43@gmail.com)

We thank **Paul** and **Susan** for sending us the following update on **Susan's** health - and wish her our sincere and loving wishes for a complete recovery.

Hi Heather,

We appreciate all the good wishes and thoughtfulness of the LUUC Community in response to my Colon Cancer diagnosis. I am progressing well in my recovery from surgery November 25th. The follow-up with the Doctor at the Glen will be December 17th, and that is when I will find out where we go from here.

Thanks for all the support shown by our many friends in the community and our two congregations. Wishing all the best to everyone during this health-sensitive time.

Sincerely,  
**Susan and Paul**

**Good News** - Most of us are aware that **Patience** and **Nabil** have been in quarantine in their apartment since December 5, when Patience was notified that there was an outbreak of Covid 19 in the senior's care facility she was working in. So she has not been at work, nor Nabil at school since then. They had Covid tests last week and the results have come back Negative for both of them - and that is great news! Also, Nabil's school have lent him a laptop computer to use for his school work while he is still at home, and that is a wonderful, short-term offer.

**An Appeal** - **Nancy Schmidt** had hoped to give her old laptop to Patience and Nabil, but unfortunately the computer died during the process of them getting it ready to pass along. IF any LUUCer receives a new computer this Christmas - please consider giving your old one to **Patience** and **Nabil** - it would be much appreciated.

~ **Sheila**



A very Happy Birthday to **Margaret Strath** on January 20<sup>th</sup>. Margaret was a regular member when her children were young and has generously supported us throughout the years ever since. Her children are now grown up with families of their own. Have a happy day on the 20<sup>th</sup> Margaret – perhaps we will see you one of these days?

It's **Kerry-Anne Kutz's** special day of January 24<sup>th</sup> – and we wish our hard-working musician a very Happy Birthday. She has kept us going with her many musical talents over these weary months – and we want her to know that we appreciate her outstanding contributions to the Sunday services.

A happy birthday to **Philip Prince** on January 26<sup>th</sup>. Phil is an outdoor man – hiking etc. at every opportunity. Have a good day on the 26<sup>th</sup> Philip.

January 28<sup>th</sup> is **Gaetane Parent's** birthday. Gaetane has been under the weather lately, and we hope she is recovered now. Happy Birthday to you Gaetane.

Happy Birthday to **Nathalie Hainaut** on January 29<sup>th</sup>. We haven't seen Nathalie in a long time – she's a very busy person. All good wishes on your special day Nat.

~ ed

## IN TIMES OF COVID A DOG GOES ON LINE



## OUT ON THE TILES



As many of you know, my computer and I are not happy with each other at the moment - and I've been unsuccessful in getting my face on Zoom – but I can see and hear you all – and have been observing ... I feel a bit like a spy! Bond - (pause) - **Heather Bond** – no - that doesn't quite do it - (but I do like a cocktail shaken, not stirred.)

I notice that several of you have interesting art work on your walls and I'd like a closer look at some of it – one lady has a pretty collection of plates, while others have displayed certificates, family photos and books. One family has framed the numbers “67” – now that was a puzzle! - but listening to the chat in the chat room one Sunday, I learned that 1967 was a very significant year in their lives. Another LUUCer sits beside a beautiful mullioned window, where sunlight pours into his room – and one Sunday we were treated to a tropical forest backdrop.

I have to say that the Zoom does not flatter us at all – every wrinkle and crinkle is magnified and displayed for all to see. Some LUUCers position themselves so that I can see only the tops of their heads, while others place themselves too high – and they look scalped. A couple of LUUCers sit with a mirror behind them - so we get a full view of their backs as well as their faces – and one darling lady shows us a single dangling earring every Sunday as she watches the service! Most of us dress casually for the Zoom box, but one handsome gent sports a New Brunswick tuxedo each week - very fetching!

The whole picture reminds me of a scrabble board. There we are - all neatly fitted into our own little tiles. One night I dreamed that **Kerry-Anne** was moving us around – so that our voices blended and we were one big happy choir. And perhaps that is just what we are – a diverse but harmonious group of people who care about each other and are determined to stick together no matter what. So, maybe the Zoom ain't so bad after all!

~ ed

**PS:** Kudos to all those who put on the Sunday Service for us each week.



**DON'T LET THIS HAPPEN**

## FEED BACK

The following is from **Nirupam Silver** – and was written after hearing the service given by **Isabella Gavanski** on November 29<sup>th</sup> on *The Active Art of Listening.*

Hi All you Lovely People,

I could have written yesterday.

It happened to me so quickly and so dramatically.

Thank you, **Bella** and **Olivia** for your part in this incredible transformation.

I hope yesterday's conversation finds others in a 'New state' as well.

Even as you were speaking, I saw how very much I was the example of what I call, the selfish listener. Just had to get my story and/or advice in there at all cost - leaving my people - with no space to be self-expressed and certainly not listened to.

I hung out with a friend yesterday afternoon and evening, and I must have actually 'listened' to her 90% of the time. And when I interrupted, which I did, I apologized and invited her to continue.

Who was this new person?

Also, people have been conversing with me much, much more than usual. Wow!

Thank you for and to our beautiful community!

Love and hugs,



**Nirupam**

## KNITTING LADIES



The Knitting group held their second Zoom meeting – on December 8<sup>th</sup>. They discussed their projects and showed each other their progress to date.

They agreed to meet again on December 22<sup>nd</sup>. It is a bit unusual to gather so close to Christmas – but the need for companionship seems to be greater than finishing up on last-minute Christmas baking. The Knitters wish all a Merry Christmas!

~ ed

## THIS IS A SHOCK WE COULD ALL DO WITHOUT



Canadians can expect groceries to cost them even more in **2021**. The 11th annual edition of **Canada's Food Price Report** is forecasting an **increase** of between three and five per cent, that could amount to as much as \$695 more a year for a family of four. This is huge!

The most significant increases are predicted for meat at 4.5 to 6.5%, bakery at 3.5 to 5.5% and vegetables at 4.5 to 6.5%. The only advice offered is to 'cook more and eat frozen.' Would anyone be interested in helping me compose a mini cook-book featuring economical meals, with the emphases on tasty, economical and uncomplicated? It may be a useful tool for families and singles alike. Contact **Heather** at 514-630-4206.

~ ed



One hundred years ago, the world roared into the 1920s. WW1 had finished in 1918, the Spanish 'Flu pandemic ended in 1919, hemlines went up and corsets were out, out, out and the people wanted to celebrate - and celebrate they did. The era was called the *Roaring Twenties* and it lasted until 1929 when a severe financial crisis hit the world and plunged everyone into a debilitating depression - the next decade was known as the *Dirty 30s*.

What will the 2020s be like we wonder?

I wish you all health in your minds and bodies  
Wealth in your love  
And wisdom in your understanding

~ ed

**WELCOME TO LAKESHORE**  
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