

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



## **JUNE 2023 NEWSLETTER**

**LIVING OUR UU PRINCIPLES AND VALUES**  
**and LEARNING FROM FIRST NATIONS**

### **CELEBRATIONS OF THE SEASON**

These are the months we have been waiting for ... to be out of doors more than in, to get our hands dirty planting and caring for our gardens. Those longer evening hours of soft light and mild temperatures entice us out to chat with neighbours, or gather with friends and family in the back yard ... and to celebrate this season that draws us outside in the fresh air and beauty of nature once again...

The UUA themes for the month of June are ***Delight and Ritual***, and our Sunday services will reflect those: June 4 as Matthias Maute helps us celebrate the music of Bach, on June 11, we will honour the 100th Anniversary of the UU Flower Communion ritual by holding our own, followed by a concert by our Lakeshore Community Choir.

On June 18, we will reflect on fathers, and fatherhood, giving both the importance and focus they deserve. As a wise but unknown person said, "A father is neither an anchor to hold us back nor a sail to take us there but a guiding light whose love shows us the way." We hope you will help us celebrate Father's Day for the final Sunday service of this season, and stay on for a special picnic lunch - out of doors!

~ **Sheila Laursen**

**June 4, 2023 – 10.30a.m.**

**Johann Sebastian Bach**

**Hybrid Service**

**Matthias Maute**

Matthias Maute is a distinguished and internationally renowned recorder player, the conductor of Ensemble Caprice and ArtChoral and winner of two Juno awards.

He will speak to us about Johann Sebastian Bach and the tremendous influence his compositions have had on the Western world since the 18th century.

**Service Leader - Christine Wooley**

**Musician - Kerry-Anne Kutz**

**Zoom Host and Technician - Oddbjorn Taraldsvik**

**Zoom Greeter - Gabor Matyas**

**Refreshments and Greeters - Heather Falconer & Nancy Schmidt**

**June 11, 2023 - 10:30 a.m.**

**Flower Celebration Service**

**Hybrid service**

**Susan Czarnocki**

In June of 1923, worshipers at the Unitarian Church in Prague, in the then-Czechoslovak Republic, were introduced to a new ritual by their minister, Rev. Norbert Fabian Čapek. The name he applied to this ceremony in Czech translates as “Flower Celebration.” It is rooted in a powerful simplicity: each person brings a flower to church, where they’re mingled in a single vase.

For today’s service, we will be joining Unitarians around the world in celebrating 100 years of the Flower Celebration.

At their Easter Service, members of Summerlea United brought flowers and plants in memoriam. I am suggesting we adopt a version of ‘remembering’ as part of our Flower Celebration. Bring a flower for each person you wish to honour and mention their name and how they relate to you as you place your flowers in the vase.

**Service Leader - Susan Czarnocki**

**Musician - Kerry-Anne Kutz**

**Zoom Host and Technician - Oddbjorn Taraldsvik**

**Zoom Greeter - Gabor Matyas**

**Refreshments and Greeters - Christine Wooley & Caitlin Berry**

**\*\*\*\*FOLLOWING THIS SERVICE, THE LAKESHORE COMMUNITY CHOIR WILL BE OFFERING A 2 P.M. CONCERT AT LUUC \*\*\*\***

**BRING YOUR PICNIC LUNCH AND PLAN TO STAY FOR THIS SPECIAL TREAT!**

**June 18, 2023 - 10:30 a.m.**

**Honouring Fathers**

**Hybrid service**

**Sari Kelen**

Our Sunday services when we share, listen, and learn about each other's thoughts and perspectives are often moving and meaningful. For this service about fathers, we will welcome the participation and reflections of our LUUC members of all ages on the role their fathers played in their lives - through our memories and with songs and readings.

**Service Leader - Sheila Laursen**

**Musician - Kerry-Anne Kutz**

**Zoom Host and Technician - Oddbjorn Taraldsvik**

**Zoom Greeter - Gabor Matyas**

**Refreshments and Greeters - Susan Czarnocki & Christopher Thomson**

**\*\*\*\* FOLLOWING THIS SERVICE, EVERYONE IS INVITED TO ENJOY A  
PICNIC LUNCHEON PREPARED BY THE WOMEN OF LUUC\*\*\*\***

**ALSO: Selina says, "We will reserve Margaret's charity auction moment until  
Father's Day picnic." ( She was unable to hold it on the Gardening Day).**

**MARK YOUR CALENDARS NOW! COME ONE, COME ALL!**



**LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION  
ANNUAL MEETING  
THURSDAY JUNE 29, 2023 - POTLUCK SUPPER AT 6 P.M.**

**Let's gather safely in our large Hall at 6 p.m. for a potluck supper first! Please bring a main course, salad, veggies or bread.**

**The Annual Meeting will begin at 7 p.m. which will allow everyone to enjoy sharing good food and conversations.**

**Our "traditional" Strawberry Shortcake dessert will be served towards the end of the meeting.**

**~ The Prez.**

## NOTES FROM THE PRESIDENT

### ARE WE READY FOR CHANGE??



June brings a month of change at LUUC as we welcome a new Board for the 2023-2024 year. Even though 5 of the 6 Board members had served this past year, there was also change as **Caitlin Berry** completed her term and **Nancy Schmidt** agreed to serve as a Board member.

We thank Caitlin Berry for her commitment and wisdom in Board discussions, and for her dedicated efforts to re-activate our SE program for children once we could gather in person. She found us a wonderful young

woman, **Emilia Arrambide Cazares**, who has enchanted our adults too! It was wonderful when Emilia's whole family came to the Mother's Day service and luncheon, and they all pitched in to help make it fun and a success.

We welcome Nancy Schmidt, who is already bringing enthusiasm, fresh ideas and challenges to the Board. Nancy wants to "pump up" and expand promotion and marketing of our Sunday services and other programs, and that work will need to begin during our summer "vacation" - no slouching this year!

June also is the month of our **Annual Meeting-** when all LUUC members receive, question and debate the reports of each committee's work of the past year, approve the financial statements to year end and review the proposed 2023-24 budget presented by the Board. This will definitely bring discussion and debate as pledge revenues have slipped during the pandemic period, and new contracts will be added to the expense list this year.

June is an appropriate month for us to embrace and envision CHANGE... We can share our hopes and visions for LUUC by responding to the survey questions **Susan** sent with the Pledge form (see page 10) ... please take the time to fill in that form and send it back to her for the Board. We hope that each person will take the time to consider how you can contribute your TIME, your TALENT and your TREASURE to our congregation.

Every contribution you can make is appreciated and vital to our congregation's well-being. We are a small group of 35 members, but when we all pull together and offer what we can.....we can achieve so much!

~ **Sheila**

## YOU ARE INVITED – TO A MAD TEA PARTY AT LUUC



On Saturday, June 3, you are invited to attend our first ever High Tea Party at LUUC!

It's free! The price of admission: bring a non-LUUC friend or family member to join us.

Places are very limited to 10 LUUCers + their 10 guests.

Time: 4 p.m.

Dress code: Mad Hat for the Ladies

Best Bib and Tucker

Pinkies extended

**RSVP by Thursday June 1.**

## LET'S GATHER IN THE SUMMER - BACKYARDS BECKON



Would you be willing to host an LUUC backyard gathering this summer?

There are a couple in the "works" - **Sheila** will host one in late July and **Susan** is planning one in August. If you would be willing to have one at your home, please let us know. Contact **Gary Spiller** 438-927-6257 to offer hosting one.

\* \* \* \* \*

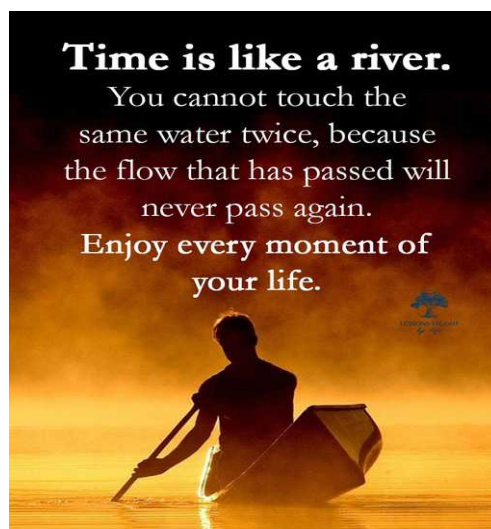
## NEWS FROM THE NORWEGIAN ASSOCIATION OF MONTREAL

### Norwegian movie on Netflix:

There is a Norwegian movie that was extremely popular in Norway and is now running on Netflix around the world. Called "Krigsseileren" (War Sailor in English), it is set in the 1930s and is about a couple of young men who have been friends since schooldays. They sign up for jobs in the merchant navy and get caught up in WWII when ships are requisitioned by the Norwegian government for the war effort (i.e. based on fact.) It's largely shot in Bergen, and is in Norwegian with some German/English dialogue and, of course it has sub-titles.

**Sheila**

~





## THANK YOU GENTS FOR OUR MOTHER'S DAY LUNCHEON



- photo by Sheila

Our LUUC men did us proud on Mother's Day. They produced a tasty lunch - congrats to Chef **Stuart** for the delicious salmon dish – then they serenaded us with the Beatles' "Let It Be" slightly tweaked by Christopher. All the gents joined in – even **Simon Cartile** who was in Montreal on leave with his new wife – and **Emilia's father** – who was such a good sport. Thank you all – we enjoyed the whole thing. ~ ed



**Nancy G.** grins after eating the last piece of cake! No food left! Even the marmalade was gone! - while **Selina, Toni** and **Heather** look on. - photo by Gary

## **MOTHERS BE CALM**

While the World and the Grannies Rage around you  
Turn off the TV at 6 to keep the News from your kids  
They live in their own world anyway  
Indestructible and Immortal  
Mothers be calm  
You are the rock that your children can stand on  
Protect your kids when they are small  
Be calm when they are teenagers and stay out late  
And always support and be proud of your kids as adults and their kids  
And let them be proud of you as you turn into a Raging Granny to fight injustice  
They will remember your calming moments forever  
And your inner strength

***By Gary Spiller\****

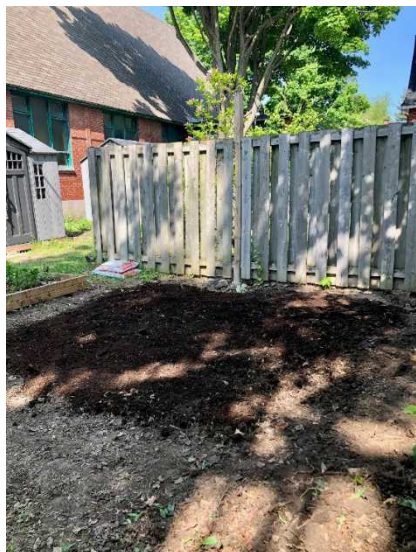
\* Gary was the service leader on Mother's Day and read the above poem and also the following haiku:

Moms' hearts burst daily  
Love, fear, hope, angst, joy, worry  
Silent explosions.





## DEDICATED



Our gardeners have at last cleared a spot for the new garden for **Margaret**. **Selina** says: "It took **Michael**, with a heavy garden fork, and me, with a sharp spade, an hour & a half to dig up another huge pile of Giant Butterbur rhizomes... They were everywhere.

We managed to even-out the new garden area, removing the elephant-eared stalks that were encroaching on the patch's borders.

Michael then went over much of the newly topsoiled (thanks to **Paul**) patch with the highly effective, aforementioned garden fork. So many more sprouting rhizomes and root systems were unearthed... It seemed to never end!

Do examine the rhizomes & roots "death pile" in the photo below!

Finally, after I finished uprooting the remaining rhizomes by hand, Michael combed over the fresh soil with his long-handled, metal rake. Phew!



I look forward to "Round IV" of our new patch, with as many gardeners as possible, each equipped with a big garden fork!

Spades do not go down deep or wide enough to uproot the rhizome tentacles. Heavy garden forks are what is needed. Please bring as many as you can muster.

My father has kindly allowed us to keep his fork, spade, and rake until Sunday's big cleanup & planting activity. His tools have been initialized and safely stored in the church basement.

Let's get LUUC's garden in tip-top form!

~ **Selina**

Many thanks to **Selina** for her mega efforts in ridding the area of the butterbur's tenacious roots. Selina wishes to particularly acknowledge **Paul, Gary, Milda, Usha** and of course he Father, **Michael**. **NB:** She and her crew were unable to plant on the Gardening Day – as the ground was still too hard to work. **The charity auction for Margaret's mystery treasure is proposed until June 18<sup>th</sup> – at the Father's Day picnic.**

~ ed

## FROM OUR TREASURER

**Susan** recently sent around this form requesting our pledge for the 2023/2024 church year – and asking what talent and time you can offer. It's to be completed by May 30<sup>th</sup> – so we had better hurry up – our Board needs all the help we can give. ~ **ed**

### 1. With my Treasure

This is my pledge for the May 1, 2023 to April 30, 2024 financial year. I understand that if I must cancel or defer my pledge, I will so advise the Treasurer and that I will receive an income tax receipt in February for all donations made between January 1 and December, 2023

**PLEDGE AMOUNT FOR 2023-2024:** \_\_\_\_\_ \$ \_\_\_\_\_ payment by:

\_\_\_\_\_ A cheque for the full amount will be sent by \_\_\_\_\_

\_\_\_\_\_ Post-dated cheques will be provided Monthly \_\_\_\_\_ Other \_\_\_\_\_

\_\_\_\_\_ Donations will be turned in on Sundays or mailed to the Treasurer

### 2. With my Talents

I have interests, skills and or experience in the following areas that could be helpful to the management or development of our congregational life:

\_\_\_\_\_  
\_\_\_\_\_

### 3. With my Time

I am ready to help with the following aspects of congregational programs & services:

Sunday Services planning \_\_\_\_\_

Fundraising team \_\_\_\_\_

Membership Committee \_\_\_\_\_

Social Justice actions \_\_\_\_\_

Religious Exploration Committee \_\_\_\_\_

Publicity & Outreach \_\_\_\_\_

I can help drive people to church \_\_\_\_\_

I will be on a Potluck organizing team \_\_\_\_\_

Social Events planning \_\_\_\_\_

I will be part of the Welcoming and Refreshments team for scheduled Sundays \_\_\_\_\_

### **General Feedback:**

**Can you suggest ways that we can attract others to join with us?**

\_\_\_\_\_  
\_\_\_\_\_

Name: \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE MAIL THIS TO LUUC, c/o THE TREASURER, 5065 Sherbrooke, Lachine, Qc. H8T 1H9, or bring it to a Sunday service before May 30th. Thank you!**

## WITNESSING THE VISION AND FAITHFULNESS OF SUSAN CZARNOCKI



Last Wednesday 17 May, **Heather Falconer, Stuart Forbes** and I were invited by **Susan Czarnocki** to a reception held in the Consulat General of the Republic of Poland in Montréal in honour of Susan and the establishment of a yearly graduate (Ph.D.) scholarship in European history in the McGill History Department, named after her late mother-in-law **Halina Czarnocka** (1900-1998).

Halina, in addition to raising two children, including **Bohdan** who eventually would marry Susan, was active between WW1 and WW2, in health and education in what was then eastern Poland, now parts of Belarus and Ukraine. During World War 2, she moved to the capital Warsaw and was on the HQ staff of the **Polish Home Army**, the largest underground anti-Nazi resistance in Occupied Europe. After the war, she and her children moved to London where she became the main archivist of the Polish Underground Movement (1938-1945).

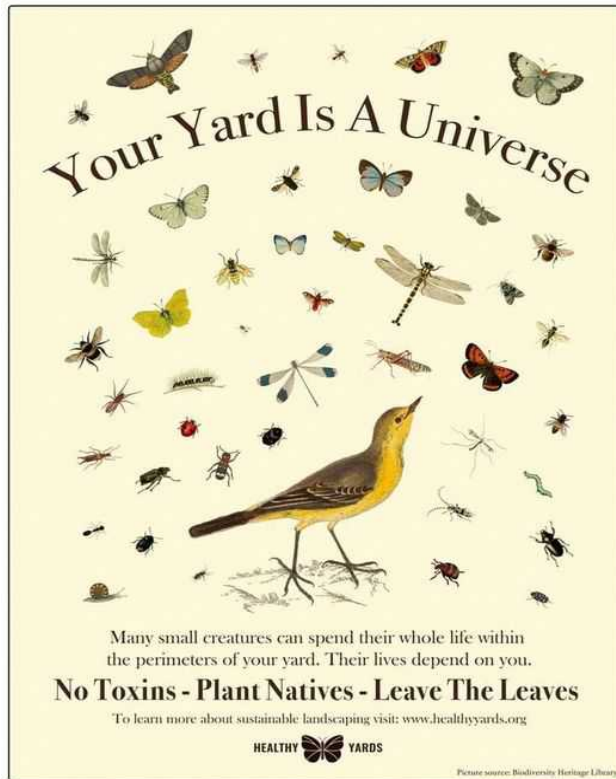
Our Susan, who completed undergraduate and graduate studies in Russian history at the University of Wisconsin – Madison has undertaken to finance the Halina Czarnocka graduate scholarship in memory of her mother-in-law and in resonance with the importance of history in her own life's journey. I must confess that I, being European and a lover of history myself, was most touched by witnessing the vision of Susan in encouraging historical studies of Europe at McGill and the faithfulness of Susan to the path of historical engagement that marked her own history and that of her late husband's family.

**~ Christopher Thomson**

Just a small P.S: - I was thoroughly thrilled to be invited to this gathering. The Polish Embassy was a gracious building, The Ambassador amusing, the staff so welcoming – and all the other guests were so genuinely impressed with Susan's generosity. I spoke to the first recipient of the scholarship – a young man from Pakistan – so charming and appreciative. Thank you, Susan for including me on this happy occasion.

**~ Heather**

## ALL THE CREATURES THAT LIVE HAPPILY IN THE GARDEN



Do take a look at this attractive poster – and think of all these lovely / and sometimes not so lovely, creatures that live in our own gardens.

I like to sit in my most modest patio with my morning cup of tea and listen to the birds calling to each other, watch the squirrels and their antics scampering up and down the branches and along the fence rail and see the shy baby rabbit sniff around - ready to eat my daylily shoots when I'm not looking.

I don't particularly like all of the creeping insects – but it is always interesting to see the busy ants that erupt from the cracks in the paving stones – they are part of life too.

Carol Rowan says – “This is one of the

reasons I practice *No Mow May*.”

~ ed



becomes



... and millions of dandelions are seeded for the following year. I have seen just one lonely BEE this year. He didn't bother with the dandelions – he landed on an unopened iris bud.

**Selina** suggests that you learn more about the best perennials for pollinators in this short video:

<https://www.leevalley.com/en-ca/discover/the-gardening-journal-with-niki-jabbour/the-gardening-journal-episode-19-best-perennials-for-pollinators>



## **BIRTHDAY GIRL**



**Sheila** is our President and long time member of LUUC. Hardworking, no-nonsense and dedicated, she labours assiduously on our behalf. So...

**Sari** arranged a celebration at Le Den in Valois – it was a jolly party with lots of laughter and fun.



Joining in the celebration was **Jose, Susan, Birthday Girl, Christopher, Sari, Toni, Selina, Michael and Paul.**

## **THE KNIT CHICKS**



**The Knit Chicks** continue on their merry way – meeting via Zoom on Tuesday mornings between 10:30 – 11:30am – and knitting their charity items.  
~ ed



## STE. ANNE NOW HAS THREE MARKETS



After having no food store in Ste. Anne's for months – we now have three choices.

**Ami** opened to great fanfare last week – and **Sari, Milda** and **I** were there on the first day to make our first purchases, welcome them to Ste. Anne's and to offer good luck.

Milda bought her granola, Sari some frozen pumpkin and I bought some milk.



The famous summer market is outside once again – by the river off the main street. It is always very busy as customers go from stall to stall buying fresh produce – and meeting their friends for a cup of T.W.I.G.S.'s coffee.

The atmosphere is always good – people are happy – the setting is beautiful – and you will always find our **Jose** there.

It's simply the best!



The third option is the Mac Market on campus. It offers fresh fruit and vegetables and more - grown by the students.

You can find the market on the Macdonald campus at the back of the Barton library parking lot.

Try it – you'll like it.

~ ed

## OUR ROVING PHOTOGRAPHER



Years ago, Frank Sinatra had a hit song about *Nancy With the Smiling Face*. **Gary**, our roving photographer – found not one, but two Nancys with smiling faces – with a bonus – they were both dressed in pink. Well ... fancy that! He couldn't resist taking a photo.

**Nancy Schmidt** on the left and **Nancy Graham** on the right were sure happy about something – perhaps they will let us in on their secret one of these days. ~ **ed**

## YOGA CONTINUES



**Milda** sends this message:

Yoga resumes outdoors in the fine weather with the hall as a back up. We meet at Pine Beach on Saturdays at 3pm.

For details or to be added to the email list Milda can be contacted at: [sanskritsoccermom@gmail.com](mailto:sanskritsoccermom@gmail.com)

## FOOD BANK



Many individuals and families in our West Island community are suffering even more than before the pandemic. They have been hit hard by the shocking rise in costs for food, housing, and just about everything else. There is currently a great demand for pasta sauce, fruit juice, cereals, canned tomatoes and white rice. Those, or other items such as tinned fish would be happily received to add to local Food Bank shelves. Can you help? There will be a basket for donations in the LUUC lobby each Sunday. ~ **Sheila**



We wish our friends and LUUCers a very Happy Birthday this June – and we hope to see you during the summer at one or more of our events.

3rd – Adam Frost

5th – Karli Warren

8th – Ofie Spiller

10th – Christopher Thomson

12th - John Schmidt

13th – Huntly McNiven

19th – Monique Riedel

### **OUR CAREGIVERS**

***for each other....***

**Caring Committee for June - call Constance Belanger**

you can contact her at 438-396-6694

### **VERY IMPORTANT DATES TO REMEMBER**

**JUNE 3<sup>RD</sup> – MAD TEA PARTY** – 10 spots available - see page 5

**JUNE 11<sup>TH</sup> - CHOIR CONCERT** – bring your own picnic lunch – see page 2.

**JUNE 18<sup>TH</sup> – LUUC DAD’S PICNIC** - Ladies to cater/after church service – see page 3  
And Charity Auction

**JUNE 29<sup>TH</sup> – AGM – WITH POT LUCK & strawberry shortcake** – see page 3



## **ON THE GO AND NEED TO KNOW**



**MONTREAL – back to basics** - Montreal's Park Maisonneuve will host a gang of roaming sheep once again this summer. It is the sixth year that the animals will take to the park as an 'urban eco-grazing project' - a way to tend and cut grass without using fossil fuels. When they are not chomping on the open lawns tended by their shepherds, the sheep will be resting in a pen in the North West corner of the park.



**USA – most amazing!** – Marsha Stewart at age 81 makes the front cover of Sports Illustrated. "I am usually motivated by pay," says Martha – "but this time I was motivated by showing people that a woman can be attractive at any age." She seems to have it all – looks, talent, and \$\$\$.

I think it's time we ladies took some 'me' time – you never know!



**MONTREAL – good to know** - McGill University ranks in the upper echelon of universities globally, finding itself in the top 0.2 per cent among 20,531 institutions, according to the Center for World University Rankings (CWUR). McGill rated highly among universities worldwide, 26th of 2,000 in academic ranking.



**PARIS – a bold move** - France has formally banned domestic flights on short routes that can be covered by train in less than two-and-a-half hours. The move is aimed at reducing airline emissions. The train service on the same route must be frequent, timely and well connected. Naturally some business people are not best pleased.



**EUROPE – in the same vein** – the night trains are gearing up in Europe offering people international travel from one capital to another in an overnight journey. They offer various levels of comfort/prices and considerably less stress than flying on these short hauls. You leave one city/country one evening and arrive the next morning at your destination, refreshed and ready for another day – plus – the added bonus of reducing the use of fossil fuels.

~ ed



**WELCOME TO LAKESHORE**  
**5065 Sherbrooke Street, Lachine, Qc. H8T 1H9 (514) 637-6974**

**MINISTER EMERITUS:** Rev. Fred Cappuccino 613-527-2829

**BOARD MEMBERS:**

**PRESIDENT:** Sheila Laursen 514-697-4195

**VICE PRESIDENT:** Gary Spiller 514-697-6257

**TREASURER:** Susan Czarnocki 514-773-1117

**SECRETARY:** Milda Graham 514-296-9369

**DIRECTOR A:** Nancy Schmidt 514-626-0826

**DIRECTOR B:** Paul Sullivan 514-457-1793

**S.E. COMMITTEE FACILITATORS:**

Caitlin Berry 289-937-1625

**LAY CHAPLAINS:** Kerry-Anne Kutz 514-758-3641

Paul Sullivan 514-457-1793

**ADMIN. SECRETARY** Nathalie Hainault 514-637-6974

[Lakeshoreluuc@gmail.com](mailto:Lakeshoreluuc@gmail.com)

**WEBMASTER** Christopher Thomson 514-634-5916

**NEWSLETTER EDITOR:** Heather Falconer 514-630-4206

[miss.heather.falconer@gmail.com](mailto:miss.heather.falconer@gmail.com)

**ILLUSTRATION ARTIST:** Heather Falconer

**NEWSLETTER DEADLINE:** **There will be a very short newsletter in July**

**OUR WEB-SITE:** [www.LUUC.org](http://www.LUUC.org)

**HAPPY FATHER'S DAY TO ALL YOU DADS**