

LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION
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JANUARY 2024 NEWSLETTER

JANUARY - TIME FOR LOOKING BACK AND MOVING FORWARD

In Roman mythology, Janus was the god of beginnings, gates, and doorways. He is often shown with two faces, one looking forward and one looking backward: January takes its name from that Roman god. Janus frequently symbolizes change and transitions such as the progress of past to future, from one condition to another, from one vision to another.....

January is an ideal time for each one of us, and together in community, to do the same. The UUA notes that Unitarian Universalism has a legacy of “deeds not creeds.” During this first month of the new year 2024, we will learn more about complex issues of our time and place, and how we, with greater understanding and commitment, put our faith into action for change.

~ Sheila Laursen



January 7, 2024 - 10:30 a.m.

Movers and Shakers series

The Case for the Right to Housing

Ryan Simonyik

Hybrid service

Ryan's presentation will cover housing as a human right, the socioeconomic imperatives of social and affordable housing, tenant's rights in Québec, and why he got involved in housing activism.

Ryan holds a bachelor's degree from Concordia University in Political Science and a graduate diploma in Community Economic Development. He has been involved in defending tenants' rights in the Greater Montreal area for the last few years, and has experience in building community capacity and organizing to give tenants the tools to exercise their housing rights to the fullest.

For those interested in understanding local housing issues in advance, please check these links: - tqsoi.org/housing/ - <https://www.facebook.com/CALODIWITAC/> - <https://www.housingchrc.ca/en/financialization-housing>

Service Leader - Sheila Laursen

Musician - Kerry-Anne Kutz

Greeting & Refreshments - Christine Wooley & Caitlin Berry

Zoom Greeters - Michael Rooker or Gabor Matyas

Technician - Oddbjorn Taraldsvik

January 14, 2024 - 10:30 a.m.

Our Planet, Our Lives series

Culture, Conflict and Religion

Robert Green

Hybrid service

Robert Green is a Social Sciences teacher at Westmount High School. He will address several questions of our time:

Can schools and religious institutions work together In Quebec? Is Quebec's curriculum preparing students to understand the political, ecological and military crises shaping our world? Can schools and religious institutions work together to feed the homeless and support refugees? Will the new Culture and Citizenship in Quebec program result in greater or less awareness of international events than the current Ethics and Religious Culture program that it will replace?

Service Leader - Gary Spiller

Musician - Kerry-Anne Kutz

Greeting & Refreshments - Christine Wooley & Caitlin Berry

Zoom Greeters - Michael Rooker or Gabor Matyas

Technician - Oddbjorn Taraldsvik

January 21, 2024 - 10:30 a.m.
Healthy Body, Healthy Spirit series
In person only - No Zoom

Words of the Heart
Nathalie Hainaut

Considering that in normal circumstances an average person has a minimum of 400 emotional experiences a day, it's pretty safe to say that every day is an emotional roller coaster.

Yet, most of us have very limited vocabulary when it comes to describing our emotions. Knowing the appropriate definition of our emotional experiences is key to managing our ups and downs, getting the appropriate help that we need, and supporting others.

Service Leader - Paul Sullivan
Musician - Kerry-Anne Kutz
Greeting & Refreshments - Christopher Thomson, Chris Bassett & Catherine Berardinucci
Technician - Oddbjorn Taraldsvik

January 28, 2024 - 10:30 a.m.
Musical Performance
In person only - No Zoom

Sunday Café
Salif Sissokho

Zal Sissokho is a wonderful Senegalese-Canadian kora virtuoso and singer based in Montreal. His 2020 album *Kora Flamenca*, an exploration of the fusion of African kora with Spanish flamenco won the Félix Award for World Music Album of the Year at the 42nd Félix Awards.

The album was shortlisted for the Juno Award for World Music Album of the Year at the Juno Awards of 2021, and won the Canadian Folk Music Award for World Music Album of the Year at the 16th Canadian Folk Music Awards.

Sissokho, who moved to Canada in 1999, founded the band Buntalo in 2004. His music draws on the griot tradition of West African storytelling and music.

Enjoy coffee/tea and croissants along with wonderful music. Freewill offering welcomed.

Host - Kerry-Anne Kutz
Musician - Salif Sissokho
Greeting & Refreshments - Nancy Schmidt, Sheila Laursen, Sari Kelen & Gary Spiller

NOTES FROM THE PRESIDENT



Here we are, on the brink of a New Year....and if our Fall season was any indication, 2024 will see LUUC continue to grow in outreach, energy, enthusiasm, and hopefully numbers!

Over the past few months, we have been moved and inspired by “Movers and Shakers” in our midst, and we have been challenged to take individual and collective action for “Our Planet, Our Lives”. Unitarian Universalist ministers and a Montreal rabbi have helped us to have a “Healthy Body and Spirit” in our troubled world. And our “Sunday Cafés” have treated us to amazing musicians who have raised our spirits as they shared their passion and skills, while we shared coffee, tea and croissants and welcomed many newcomers. What an exciting and hopeful start that was!

Our Spiritual Exploration program for children has been revived with our SE coordinator **Christina** and **Captain Catalyst**, who gave special sessions on nature, birds and bugs for those who have come.

We hosted two special public events in the Fall - one with Dr. Maureen Mayhew, author of “Hand on my Heart” about her years working in Afghanistan with Médecins sans frontières, and the other in partnership with the Unitarian Church of Montreal to raise funds for Child Haven International. LUUCers also supported Action Refugees Montreal’s annual bike\walk fundraiser and contributed to keeping 3 Afghan siblings safe in Pakistan while awaiting sponsorship to Canada. Thanks to Margaret Godbeer’s bequest to LUUC, we have established an investment fund, the interest of which will allow LUUC to offer 2 bursaries that will support ongoing education and recognize youth who are “Making a Better World!”

Since September, we held a Fall Fair, a Soup Sale, a Christmas Bazaar and a Fruitcake Sale, all of which were as enjoyable as they were successful. We celebrated birthdays and other important life events of our members. Many LUUCers learned how to Tango thanks to **Mandy** and **Peter** following a delicious potluck luncheon. Seasonal activities included caring for our Memorial Gardens and helping with the Norwegian Dugnad (fall cleanup). Weekly Yoga sessions on the 2nd floor were appreciated, and visits to Parc Safari, and Montreal Children’s Theatre’s musical Beauty and the Beast, with **Olivia** and **Isabella Gavanski** in the cast, were great fun for those participating.

With all that momentum behind us, we are ready and eager to face 2024 full on! As you can see in this newsletter, January will keep us informed, active, and involved. We are looking forward to seeing you then and wishing you a Happy New Year!

~ **Sheila Laursen**

COMING UP - A PATH TOWARDS MEMBERSHIP

We have had several newcomers attend our services and events, and some have expressed interest in being more involved. For those (and any others) we will be hosting a “Path Towards Membership” series of 3 sessions (one per month) as follows:

Session 1 - Wednesday February 7 at 7 p.m. on Zoom

What is Unitarian Universalism?

Rev. Heather Fraser Fawcett will give an overview of Unitarian history (which goes back to 1566) and Universalism (which goes back to the 3rd century!), and she will be ready to answer any questions on modern day UUism as well.

Session 2 - Wednesday March 6 at 7 p.m. on Zoom

Lakeshore Unitarian Universalist Congregation - our story

Sheila Laursen and other LUUCers will share the story of our congregation’s beginnings, its evolution and its history of social justice. Questions and discussions always welcomed!

Session 3 - Wednesday April 3 at 7 p.m. in person at the church

What does it mean to be a member?

This in person session will cover Membership Rights and Responsibilities, the role of members, and of our committees, Lay Chaplains and Board of Directors.

Membership forms will be available for those who wish to join LUUC.

For more information, or to attend these sessions, please contact **Sheila Laursen**.

We hope to hold a New Members Ceremony in May 2024.

FANTASTIC FUNDRAISING

THANKS to everyone who loves (ordered and bought) fruitcake! **Sheila** and her elves (**Kerry-Anne and Sari**) chopped many, many pounds of sticky fruit, which were then mixed and baked into **80 pounds** of fruitcake....which brought joy to 30 purchasers and fruitcake fans and raised **\$668.00** to add to the LUUC fundraising goal. – **Sheila**



BREAD AND BEYOND



LUUC is excited to work with Bread and Beyond, a non-profit organization in NDG established to make sandwiches for the homeless in Montreal in partnership with schools, private companies and religious institutions. Students of all ages are keen to make sandwiches often in churches with volunteers of different religions. Our LUUC Social Action program organized a sandwich making activity on December 10 that involved nine sandwich makers including two enthusiastic young members of our Spiritual Exploration program (**Clarke, Marlee** and their mother **Amanda**). We made 144 sandwiches and delivered them to Bread and Beyond for distribution to the homeless. We look forward to more sandwich making activities in 2024. We see Bread and

Beyond as a bridge that can help LUUC form partnerships with local schools. ~ **Gary**



The assembly line with **Clarke** in the front

Marlee concentrates in top pic



Elizabeth does her bit

~ *photos by Gary*

PARTNERSHIP BETWEEN LUUC AND SCHOOLS



LUUC is actively promoting partnerships between religious institutions and schools to work together in areas of common interest including social action programs feeding the homeless and supporting refugees,

Currently religious institutions are being stonewalled when they try to collaborate with schools for social action since it seems that schools have been instructed to support only non-denominational activities. These issues will be addressed in some of our 2024 presentations on culture,

conflict and the new Quebec education curriculum that could de-emphasize religion.

Will the new Social Science curriculum drive a wedge between schools and religious institutions (churches, mosques, temples and synagogues)? Religious institutions play a vital role in our communities but schools often hesitate to partner with churches and other religious institutions in joint activities unless they are clearly non-denominational. Starting in the 2024-2025 school year, the Culture and Citizenship in Québec program will replace the Ethics and Religious Culture program at both the elementary and secondary level. Will this new program make it more difficult for schools to work with religious institutions in areas of common interest including social action programs, feeding the homeless and supporting refugees. Will the elimination of comparative religious instruction result in more intolerance of other religions?

The phrase "Knowledge is Power" has been used to support the need to provide students with the tools to allow them to understand current political, environmental and social events in the context of history. How can they use the information and the critical thinking skills that we encourage them to develop to address continued government support for oilsands development, inaction on indigenous land claims, continued support for colonial governance, the export of arms to countries that are not respecting human rights and the inability to call for a ceasefire as thousands of innocent people are killed,

Have educators been afraid to teach current events, afraid that it could lead to student unrest and social upheaval?

Are Quebec Secondary School students today much better informed about current events once the teachers ignite their curiosity? Do they feel empowered and confident that they can change Quebec and Canadian government policy to be more respectful of human rights, more willing to help refugee applicants and new immigrants and more aware of racism and ways to combat it?

~ Gary

AISLIN COMES TO LUUC



LUUCers had a special treat when cartoonist Aislin came to talk to us on December 10th. Our Service Leader that day was **Damien** – now grown tall and very handsome. Damien had met Aislin when he was a young boy, so his introductory remarks were friendly and personal. Just as we were about to start the service, in walked **Bonnie and Rev. Fred**, our minister emeritus. They had journeyed from Dunvegan, Ontario to be part of the congregation. This is always a special treat for us at LUUC.

For the musical interlude, an exceptional singer – new to us – named Paul Gauthier, sang Old Man River – accompanied on the piano by **Kerry-Anne**. Paul had a deep rich voice – that reminded me of Paul Robson of long ago. I do hope he will come to sing to us again.

Then Aislin spoke of his career as the Gazette's cartoonist – he showed us some of his most successful cartoons, as well as some that were a bit too racy to be published – and told us he had penned 50 plus books over the years. What a pleasure to listen to him - his humour sparkled through to all of us. Asked how he got his inspiration to draw all these cartoons, he said he just sat at his desk – thought – and let the inspiration come to him! (PS: That doesn't work for me!)

After the service Aislin and his wife stayed for a long while having coffee with us – answering everyone's questions – he was a marvellous guest.

Then suddenly a wonderful cake appeared – baked by **Sheila**. It was **Sari's** birthday – so we all had a slice of it and wished Sari a Happy Birthday. A very satisfying morning. ~ed



Aislin with **Rev. Fred**.



Aislin with **Mrs. Mosher** and **Nancy S.**

IT MUST GO SOMEWHERE



A couple of people remarked to me about the picture on the left which was in last month's newsletter. So, I thought I'd tell you of an incident that happened to me in Mumbai, when I was visiting the Child Haven Homes several years ago. Mumbai is an enormous city of 21 million – and as we drove, I noticed a lot of large birds circling up above. As we drove on, the bird population increased – and then an offensive odor hit me - we were entering the vicinity of the city's garbage dump. Originally, the dump was located way outside of Mumbai – but the city had grown around it, and now the dump was comfortably nestled in the suburbs. It resembled a small mountain range with loads of hill

tops covered in these gull-sized birds. In fact, the dump was alive with birds - pecking and nibbling, squawking and fighting over scraps of food.

But as we got closer – there was something else on those stinky hills – something I never expected to see. Hoards of young children. Squatting and crouching on the lower slopes of the hills – picking through that unholy mess – looking for something, anything they could find to sell. I could hardly believe my eyes. Sadly, there was no safe Child Haven Home for those little ones.

If anything will make you reuse/recycle and reduce – surely that will do it – it did it for me.

~ Heather Falconer

2024 Festival de la Voix

March 20 - April 13, 2024

Concerts, workshops, and more!

The **2024 Festival de la Voix** is coming up, with an incredible program of concerts and workshops featuring renowned singers and musicians from a variety of styles and backgrounds

CARING

Paul Sullivan will be our Caring person for January and February – you can contact him at 514-457-1793 or at plsullivan43@gmail.com



Usha visited Linda



Gary and Jose with Maud



Nancy and Captain Steve



Bonnie, Fred and Sari visit Maud



Sari and Fred on her Birthday

OUR CHRISTMAS BAZAAR



Usha (I) and Heather serving at the Bazaar with **Elizabeth** in the background

MANY THANKS go out to all who baked, cooked, carved, knit, crocheted or contributed something special for our Christmas Bazaar. It was an amazing success and contributed **\$675.00** to the LUUC coffers.

PS: *In keeping with these frugal times, the knitted and wooden articles offered in the bazaar were made of recycled/repurposed materials. Thank you for supporting us. ~ed*

DECEMBER'S CAFÉ



On December 17th, 45 of us had a happy carol sing-a-long with **Kerry-Anne** and **Michael** providing the music. As a special treat, **Dori (I)**, **Sari** and **Irene** ® played Deck the Halls, The First Noel, Good King Wenceslas and Angels We Have Heard on High on their recorders. We have some talented musicians in our congregation. ~ed

JUST GET ON WITH IT!



We live in troubled times – wars and climate change are wroughting havoc on our world, causing shortages of goods, disrupting supply lines and sky high prices. I was brought up in troubled times – and there is not much as individuals that we could do about it, except to adapt.

We lived by sayings - Old ways for new days; Make do and mend; Waste not want not; Use it up, wear it out, make it do, or, do without – to name a few – but most of all we Just Got On With It.

Check out YouTube for many frugal suggestions – even a No Spend January – (I've no idea how that works.)

A few newsletter issues ago, I told you of the Café/Repair shops that are popular in Europe and catching on in the States. This is where a café hires a handyman – a client brings in a small broken item, the handyman fixes it (no charge) thus saving the purchase of a new item and also lessening the load in the garbage dump.

Our **Jose** is very keen on this and has pitched the idea to Studio 77 – the café in the old village of Pointe Claire. The owner is not averse to the suggestion. If you put these ideas together, you have a solution to many issues.

The Café has extra clients, the client saves money with the repaired item, the handyman has a few extra \$\$\$s in his pocket and the city has less trash to haul! A win, win, win, win situation – that's what happens when you roll up your sleeves and Just Get On With It! ~ ed

AS WE GO TO PRESS - it's started

In the latest edition of the Suburban, the City of Beaconsfield is advertising for Handyman Seniors – because in the winter of 2024 that city is organizing Community Repair Days - which will be funded in part by the Government of Canada's New Horizons for Seniors' Program. If interested? - contact 514-428-4400 ext. 4470.





A Very Happy Birthday to our January LUUCers

Kerry Anne Kutz on January 24th

Philip Prince on January 26th

Gaetane Parent on January 28th

Fred Cappuccino on January 28th

Nathalie Hainaut on January 29th

. LUUC WILL BE COLLECTING NON-PERISHABLE FOOD AGAIN



Once again, we will be collecting non-perishable food items on a weekly basis. 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. There will be a basket for donations in the LUUC lobby each Sunday.

~ Sheila



CHRISTMAS EVE CAROL SERVICE



Our traditional Christmas Eve Carol Service was enjoyed by all the 65 people who attended. Do look at this charming daughter/mother photo of **Caitlin and Christine** – with **Margaret** on the extreme left and **Usha** on the right. The two served the refreshments, which included a special hot toddy recipe from **Peg Wooley**. Peg was an original LUC member and Christine's beloved mother.



... and of course the choir sang.

~ *photos by Gary*

FEDERAL GOVERNMENT LAUNCHES CANADIAN DENTAL CARE



The federal government has announced the roll-out of the Canadian Dental Care Plan (CDCP). Once fully implemented, the CDCP will help ease financial barriers to accessing oral health care for up to nine million uninsured Canadian residents with an annual family income of less than \$90,000.

To meet anticipated demand and ensure a smooth onboarding process, the CDCP will be rolled out in a phased approach over the coming months, starting with seniors.

Applications will first open for seniors aged 87 and above in December 2023, expanding in phases to those aged 77 to 86 starting in January 2024, followed by those aged 72 to 76 starting in February 2024, then those aged 70 to 71 starting in March 2024. Individuals in these age groups who may be eligible will receive letters inviting them to apply, with instructions on how to validate their eligibility and apply by telephone.

In May 2024, applications will open for eligible seniors 65 and older through an online portal. Persons with a valid Disability Tax Credit certificate and children under the age of 18 will be able to apply online as of June 2024. All remaining eligible Canadian residents will be able to apply in 2025.

Canadians who are enrolled in the CDCP will be able to start seeing an oral health provider as early as May 2024, starting with seniors. The coverage start date to access oral health care services will vary based on when each group can apply and when enrolment is completed.

This coverage start date, details of coverage, and member card will be sent by Sun Life, the contracted service provider, in a welcome package.

A wide range of oral health care services will be covered under the CDCP to prevent and treat oral health disease. Examples of these services include preventive care such as scaling (cleaning), polishing, as well as other services such as exams, x-rays, fillings, removable dentures, and root canal treatments. As part of a continuous improvement approach, the CDCP will be reviewed regularly based on data and evidence to ensure it meets the needs of Canadians.

Sincerely,
Francis Scarpaleggia

<https://www.canada.ca/en/health-canada/news/2023/12/the-canadian-dental-care-plan.html>

ON THE GO AND NEED TO KNOW



TORONTO – silk with a secret - This lovely silk dress, dated 1880 was purchased by a Canadian collector – and within its miriade of folds, the collector found secret pockets – and within those pockets two coded lists were discovered. The code was unknown to experts but after a decade it was finally solved by a Manitoban Professor. The lists turned out to be weather forecasts - out of Washington - with words abbreviated to send over the newly invented telegraph system. Thus the States received their first national weather forecasts. Who'd have thought!



EUROPE – lines, lines and more lines - I know it is small and unclear – but you will understand the web of lines, when I tell you that this map compares railway lines in Europe with those in North America. Europe uses trains far more than us – saving on their carbon footprint. A night service link between Paris and Berlin has recently been inaugurated – it takes longer than flying of course, but the distance is covered in comfort - meaning less stress, hassle and pollution.



PERTH – Australia – This stunning eyelash of a new moon was taken in Perth, Australia - where my nephew spent Christmas. I find it beautiful in its simplicity.



CHINA – a traffic solution - Trackless trams are now operating in 3 Chinese cities – they are a cross between a light rail and a bus and run on rubber tires instead of tracks. These trams are guided by the same technology as a self-driven car and uses no over head wires for power as they top up their batteries at each station stop. As they do not require tracks, they are 10 times cheaper to build than light rail. Learn more about them: <https://ow.ly/G92750QjgLE>

Did you realize that the last day of 2023 was 123123?

WELCOME TO LAKESHORE

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OUR WEB-SITE: LUUC.org

I forgot that I was once brave enough to do this! 😊🙄



HAPPY NEW YEAR LUUCERS