

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



## **FEBRUARY 2024 NEWSLETTER**

### **CELEBRATING THE MANY GIFTS OF LOVE**

*You brought me sunshine  
 When I only saw rain.  
 You brought me laughter  
 When I only felt pain.*

*Donna Donathan*

While our thoughts about love often go directly to Valentines and chocolate, this February at LUUC we will be exploring other very important and often more hidden expressions of our love - for family, friends, our community, and for those we do not know, but need our love even more.

In one January service, **Nancy Schmidt** shared how back in the early 1990s, she wrote a column in the Montreal Gazette every two weeks on behalf of our congregation. Titled "Kindred Spirits", Nancy's articles highlighted people whose love for others was evident in their efforts to make our communities better, kinder, and more welcoming to those we may not know. Each article is almost like a "love letter" - about a person or group whose dedication is directed towards helping others - whatever the age or circumstance! This is the kind of love that our world needs much more of!

I hope that our February services - and activities - will reflect how we, individually, and together, can build on Nancy's wonderful "Kindred Spirit" model to reach out to others, and to spread understanding, justice, commitment and LOVE to our troubled world.

**~ Sheila Laursen**



**February 4, 2024 - 10:30 a.m.**

*Movers and Shakers series*

**Hybrid service**



Jess Coll and her family are participating in the Net Zero Journey in the Canadian Geographic Challenge for \$50,000. Jess' family consists of her husband, Olivier (Ollie) Proulx, and their children: Sasha 11, Flo 8, and Cedric Zac 4.

Jess will present their challenge to improve their carbon footprint.

**Service Leader - Christine Wooley**

**Musician - Kerry-Anne Kutz**

**Greeting & Refreshments - Usha Thorne & Christopher Thomson**

**Zoom Greeters - Michael Rooker or Gabor Matyas**

**Technician - Oddbjorn Taraldsvik**

**February 11, 2024 - 10:30 a.m.**

*Our Planet, Our Lives series*

**Hybrid service**

**Helping the Homeless**

**Sam Watts**

The number of people who are experiencing homelessness is growing in Montreal. There is also a growing number of people who are housed but struggle to make ends meet each month. Most of us are concerned as we observe a variety of complex social challenges around us and we wonder what can be done.

Sam serves at one of Montreal's iconic non-profit organizations. Welcome Hall Mission was founded in 1892 and provides a number of services to the disadvantaged and disconnected in the Montreal area. He will talk about:

- What is happening in the sector currently
- The historical responses that we have come to anticipate from community organizations and why these responses have limited effectiveness
- The barriers that are ongoing obstacles to the solutions that need to be put in place

**Service Leader - Gary Spiller**

**Musician - Kerry-Anne Kutz**

**Greeting & Refreshments - Sari Kelen & Heather Falconer**

**Zoom Greeters - Michael Rooker or Gabor Matyas**

**Technician - Oddbjorn Taraldsvik**

**February 18, 2024 - 10:30 a.m.**

*Healthy Body & Spirit series*

**Hybrid service**

**Love is an Ocean of Emotions...**

**Rev. Fred Cappuccino**



**Rev. Fred and Bonnie Cappuccino** are the parents of 21 children (19 adopted from all over the world). And after that, they founded Child Haven International, adding about 3,000 more children in their CH Homes in India, Nepal, Tibet and Bangladesh who call them **Bonniema and Fredpa**, and where the feeling of family and love are felt by all who live and work there.

Fred's presentation will expand on this statement, "Love is an ocean of emotions entirely surrounded by expenses." Following his short presentation, Fred is eager to answer any questions we wish to ask him.

**Service Leader - Sheila Laursen**

**Musician - Kerry-Anne Kutz**

**Greeting & Refreshments - Mandy & Usha Thorne**

**Zoom Greeters - Michael Rooker or Gabor Matyas**

**Technician - Oddbjorn Taraldsvik**

**\*\*\* A POTLUCK LUNCHEON WILL FOLLOW THIS SERVICE - PLEASE STAY! \*\*\***

**WE LOVE TO SHARE FOOD WITH EACH OTHER!**

**Constance Belanger** has kindly volunteered to contact everyone before the event to remind you and co-ordinate the luncheon dishes.

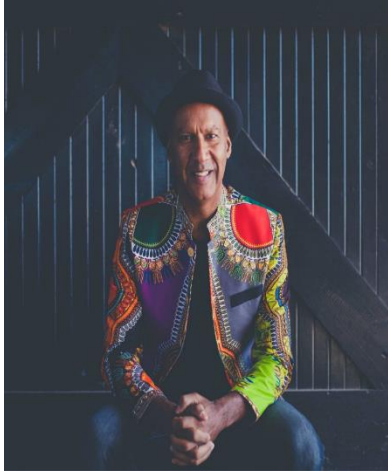
**SARI SAYS:** In our effort to reduce food waste, there will be a large paper bag marked **"COMPOST"** set just outside the kitchen. If paper plates are being used, they go into the compost bag as well.

**February 25, 2024 - 10:30 a.m.**

*Musical Performance*

**In person only - No Zoom**

**Sunday Café  
Daniel Bellegarde**



Daniel Bellegarde is a vibrant and mesmerizing Montreal-based Canadian percussionist of Haitian origin. He has played alongside legendary Quebec artist Robert Charlebois, Haitian singer Émeline Michel, Brazilian artists B'ia and Paulo Ramos, and with the Cirque du Soleil.

He can be heard on over 50 albums as a studio musician. His first solo album, *Anba Tonèl* was influenced by the West Indian music that cradled his childhood. Fascinated by the history of Haiti that his grandfather wrote in 1903, and by traditional music, Daniel presents a repertoire of quadrille, contredanse, minuet-kongo, waltz and troubadour.

His second album, *Pastourelle*, blends Daniel's Haitian roots with Celtic and Brazilian influences. Through his compositions, Daniel sheds light on the injustice and power between Europe and Africa in the 19th century. Daniel has won two Global Music Awards in the United States.

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

**Host - Kerry-Anne Kutz**

**Musician - Daniel Bellegarde**

**Greeting & Refreshments - Nancy Schmidt, Sari Kelen & Gary Spiller**



## 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

## NOTES FROM THE PRESIDENT



After feeling quite grumpy for weeks about having a Green Christmas, I find myself now, following a couple of weeks of snow and polar temperatures, thinking back on that time with nostalgia as I struggle into boots, coat, hat, mitts and scarf before daring to open the door...

While that cold weather, and seasonal illnesses, caused a few last-minute changes of plans for our Sunday services, it also highlighted the creativity, capacity and commitment of LUUCers to “carry on carrying on”.

**Nancy Schmidt** presented a wonderful service on “Kindred Spirits - Then and Now” on January 7 - prepared in just 3 days after the scheduled speaker was unable to come. In spite of the snowstorm raging outside, the 20 people who came to the church, and 10 others on Zoom found that Nancy’s presentation was EXACTLY the best medicine for our post-holiday blues. Nancy told us about her Gazette columns of 1992-94, in which she wrote about many local people whose kindness and generosity were highlighted in her articles. These many years later, it can be a challenge not to sink into despair about the daily reports of violence, hate and war, but Nancy reminded us that we can still find wonderful “kindred spirits” - in our neighbourhoods and communities - if we just take the time to look, and discover them. The Sunday presenters during the rest of January brought us the proof of her words.

On January 14, Robert Green ignited our interest and spirited discussion about Quebec’s new curriculum on Culture & Citizenship. The following Sunday, **Nathalie Hainaut** led us in meditation and movement to reduce our anxiety and stress, and demonstrated how we can support one another with compassion. The month end Sunday Cafe was a special musical treat, with Zal Sissokho, a Senegalese-Canadian who draws on the griot tradition of West African storytelling and music.

We are a small congregation, with a lot of dedication and enthusiasm but also with limited skills and energy. The LUUC Board members are grateful to everyone who serves on committees or helps with the many tasks involved for our Sunday services and other activities.

We have also been supported by a wonderful team of seven skilled people; our music director **Kerry-Anne Kutz**, administrative secretary **Selina Rooker-Sanchez**, newsletter editor **Heather Falconer**, media consultant **Anik Vigneault**, A-V technician **Oddbjorn Taraldsvik**, book-keeper **Darcy Bryant** and child and youth Spiritual Exploration coordinator **Christina Koulouris**. They have helped us to reach out to our larger community, and to welcome more newcomers to our programs and services. Thanks to this strong support team, and the efforts each LUUCer has contributed, we are ON OUR WAY to reaching our goal for growth in 2024 - and that newcomers will find “kindred spirits” at our Lakeshore UU Congregation!

~ **Sheila Laursen**

## **BEGINNING A PATH TOWARDS MEMBERSHIP – SERIES**

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 our UU congregation.

For more information, or to attend these sessions, please contact **Sheila Laursen (514-697-4195)** or at [sheila.laursen@bell.net](mailto:sheila.laursen@bell.net)).

**New members will be welcomed officially at a Sunday ceremony in May 2024.**

*~ Sheila*



## **MEDIA RELEASE FORMS: COMING SOON!**

To increase our numbers and our community presence, we’ll be taking more photos, etc. at services and cafes and other special events and sharing them in newsletters, online publicity, etc. In the coming weeks, we’ll be asking members and non-members, (including adults and parents/guardians of children or teens) to consider signing LUUC Media Release Forms, which we’ll provide. **Nancy Schmidt** will be distributing the forms and gathering the signed documents. Thank you!

*~ Nancy*



## WOULD YOU BE INTERESTED IN BECOMING A LAY CHAPLAIN FOR LUUC?



Lay chaplains represent Unitarian Universalism and their congregation in the wider community. They are expected to serve in a manner that celebrates and dignifies the special occasions they commemorate, adding spiritual depth to the lives of individuals and communities.

LUUC has been blessed to have **Kerry-Anne Kutz** and **Paul Sullivan** serve the wider community as Lay Chaplains on behalf of our UU congregation. They would welcome another LUUCer who would like to become an LUUC Lay Chaplain in training. If you are interested, please contact our Lay Chaplaincy Committee chair, **Sheila Laursen** (514-697-4195 or [sheila.laursen@bell.net](mailto:sheila.laursen@bell.net))

For more general information about the Lay Chaplaincy program of the Canadian Unitarian Council, see: <https://cuc.ca/congregations-leaders/lay-chaplaincy/resources-lay-chaplains/>



## YOGA



Join **Usha and I** in the movement and stillness of yoga practice this winter. A seasonal time to go within after honoring the body's ongoing need to move no matter what the weather. For the next 6 Saturdays we will be doing just that together on the 2nd floor as Usha guides us through postures, breath, sounds and meditative awareness.

**Saturday January 27th through**

**Saturday March 2nd at 4-5pm**

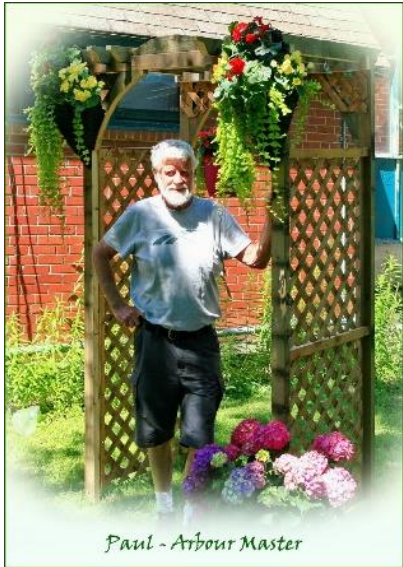
Please be reminded you may go at your own pace if needed and/or accommodate physical limitations. Suggested contribution is \$50 for 6 sessions or pay as you go what you can.

Any questions kindly reach out to me at [sanskritsoccermom@gmail.com](mailto:sanskritsoccermom@gmail.com).

~ **Milda**



## SERVICE LEADER WORKSHOP – WILL YOU JOIN US?



Calling all current and potential service leaders! We'll be hosting a 2024 Service Leader Workshop in the sanctuary in February (probably on a Saturday morning). **Paul Sullivan** says, "I'm hoping people jump at this chance! We need more people to learn how to lead a service and it's an opportunity to share opinions on how to improve our services. It's also a great way to build your presentation skills". To ask questions or register, please contact **Paul Sullivan** at 514-457-1793 or [plsullivan43@gmail.com](mailto:plsullivan43@gmail.com)

Photo by **Michael Rooker**, with Paul posing as the Arbour Master under the beautiful arbour he built especially for the New Members' Ceremony two years ago.



### A JOSE-ISM



Sometimes **Jose** is impossible! She told me about attending a Bahai meeting, where everyone was sitting around quietly waiting for the meeting to begin. This was far too slow for Jose – she suddenly got up and started shaking hands with everyone in room, and greeting them with words of welcome. To one woman she said, "I hope that I like you when we know each other better."

Now what is a person supposed to do with that??? I just desolved into gales of laughter.

~ ed



**Shall I compare thee to a summer's day? – Wm. Shakespeare.**





## THE CHILDREN'S PROGRAMME



Six year old **Mariel** drew her interpretation of each of the 8 Unitarian principles on each leaf of the tree. She drew symbols for each of the principles including the Web of Life. Mariel explained her work to the coffee group after the service.

The SE Program will use the tree as a framework for future SE activities during the next few months.

Thanks to **Nancy** Schmidt for introducing the tree concept.

We hope to have more children joining the SE program. Many young children are very keen to participate in activities to help the homeless. We are planning to hold another Bread and Beyond sandwich making activity on February 11. **Please contact Gary to volunteer.**

### 1. Chalice Lighting Text:

We are a very important part of Lakeshore Unitarian. This is a place of open minds, loving hearts, and helping hands. Together, we care for our Earth and work for friendship and peace in our world. Let us begin!

### 2. UU Principles Wheel: [21 fall families.pdf](http://21fallfamilies.pdf) ([uua.org](http://uua.org))



### 3. Drawing Animals:

[Easy animals To Draw For Kids | Rediscovered Families](#)

[How to draw a king penguin | Step by step Drawing tutorials \(supercoloring.com\)](#)

[Animals step by step drawing tutorials \(supercoloring.com\)](#)

[How to draw a great white shark | Step by step Drawing tutorials \(supercoloring.com\)](#)

[Penguin | Super Coloring](#)

[The Hugging Tree: A Story About Resilience - YouTube](#)

[Mooncakes || Read Aloud | Read Along || by Loretta Seto Illustrated by Renne' Benoit - YouTube](#)

[A Bike Like Sergio's || Read Aloud || Maribeth Boelts - YouTube](#)

### 4. Have you ever? (Ideas for drawings by individual children)

[Leader Resource 1: Have You Ever...? Questions | Toolbox of Faith | Tapestry of Faith | UUA.org](#)

- a. "Have You Ever . . .?" items for the group, the setting, and the program goals.
- b. Have you ever climbed using ropes on a rock wall?
- c. Have you ever lived in another country?
- d. Have you ever sung in front of people?
- e. Have you ever been without a shower for more than one week?
- f. Have you ever met a famous person?
- g. Have you ever ridden a horse?
- h. Have you ever eaten frogs' legs?
- i. Can you speak more than one language?
- j. Have you ever been a vegetarian?
- k. Have you swum in ice cold water?
- l. Have you ever flown in a helicopter?
- m. Have you broken any bones in your body?

- n. Have you done volunteer work sometime in the last month?
- o. Have you ever gotten lost?
- p. Have you ever had a close relative who lived to over 100?
- q. Have you ever cooked a meal by yourself?
- r. Have you ever kept an unusual pet?
- s. Have you ever ridden on a roller coaster?
- t. Have you ever done a split?
- u. Have you ever seen a moose?
- v. Have you ever wished to fly?

### PENGUIN FAMILIES' CARE: THIS WEEK IN S.E.



Our Spiritual Exploration program is blossoming under the direction of our wonderful teacher **Christina Koulouris**. After a class on how penguin families care for each other, **Clark** shows how a penguin meets his soulmate and a penguin that loves music. And **Mariel** is showing a list of 10 reasons why families are important. Beautiful job, all!

*~Photos and text by Gary*



## **A Very Happy Birthday to our February LUUCers**

A Happy Birthday to **Linda Kneeland** on February 2<sup>nd</sup>.

Have a lovely day - **Erin Berry** on February 15<sup>th</sup>, Happy Birthday!

A Happy Birthday to **Michael Rooker** on February 19<sup>th</sup>.

## **2024-2029 SOCIAL DEVELOPMENT PLAN FOR S. WEST ISLAND**



Here is information on how you can contribute to the 2024-2029 Social Development plan for the southern West Island - I will be there and I hoped it would be of interest to you too.

~ **Sheila**



## **LUUCERS BEING LUUCERS!**



We now have good audio and camera to link Zoomers to our services in the Hall, thanks to **Oddbjorn and Paul** who got the audio to work well with their usual good humour! - but your best experience is to come in person. On January 21 **Natalie Hainault** conducted a role-playing service with **Selina** as her friend and **Paul** as the foil to illustrate the difference between sympathy, empathy and compassion. Well done! ~ **Gary**



**Jose enjoys some of Sari's Cake**



**Lovely Little Maggie, with auntie Caitlin and her young looking Grandma Christine**



## **LUUC JANUARY CAFÉ – KERRY-ANNE DOES IT AGAIN!**

Once again **Kerry-Anne** has brought to us a unique musician for our Sunday Café. **Zal Sissokho** is a wonderful Senegalese-Canadian kora virtuoso and singer based in Montreal. His music draws on the griot tradition of West African storytelling and music. We were all enthralled.



*~photos by Sari*



**K-A** acted as interpreter, while Susan looks on.



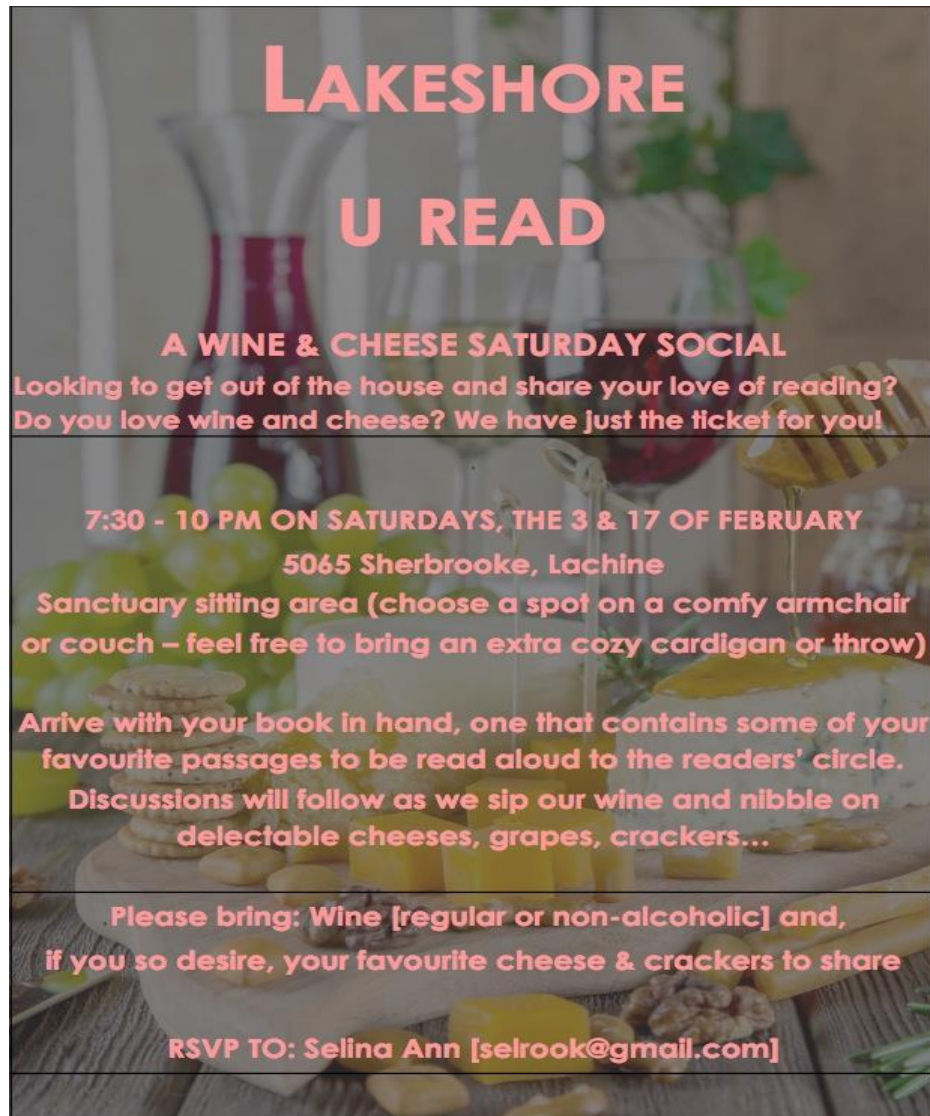
**Paul and Michael C.** share a joke!



**Zal, visitor and Milda**



**Presely and Rob** discuss baseball.



### **How it works:**

Lakeshore U Read, Wine & Cheese Night is a LUUC Fun & Frolic activity that will take place bi-weekly on a Saturday during February and March (four dates in all).

No coffee or tea tonight! Folks bring their own favourite wine or sparkling cider (regular or low alcohol or non-alcoholic). A cheese plate will be provided to share.

Participants bring a book containing some of their favourite passages, with the idea of sharing those words aloud to the group.

Readers take turns of 5 to 10 minutes to read aloud their favourite book quotes or passages and to share the reason why these particular words resonate with them.

*~ Contact Selina for more info and to register*



## **SNOW-MELTING MATS**

(Michael & Lynette's Advisory):

It surprises us that more homeowners don't use snow-melting mats – typically, they don't cost too much to install and operate, and they could easily save us from nasty, long-term injuries – please see the pics below in our example (mats are black).

*A “pre-mats” day in the life of Michael: The sudden, vicious slip (despite deep-tread boots), had me airborne and rotating, several feet above the concrete, black-ice covered, access steps. I knew I had to land, of course, but how? My RUGBY survival skills kicked in! With instinctive contortions, protecting the vital “noggin”, I cushioned some of the fall – and landed in a clattering “thump” – then lay, waiting for pain (not too much, pretty please) to show up, wherever.*

*PS. Lynette took two painful, “slick-ice, flying” falls as well – but no longer now!*



Our (Quite Typical) Equipment (4 years ago now)

- Neoprene mats, each embedded with electrical heating wires in standard shapes and sizes, interconnecting with 15a all-weather cabling and plugs;
- Twin circuits, each with 15a supply cable, with local switching on/off feature;
- Wall mounted, external (twin-circuit box) \*;
- Dedicated circuit with 20a on/off switch within heated garage \* to breaker box;

NB1. \* Denotes up-front work of suitable electrician.

NB2: Remote wireless controls available but not purchased/extra. Ice-melting salts are not longer needed or used on steps – no more damage to concrete and surfacing mortar. Mats and cabling are installed annually, November to April, then stored for summer & fall – not too heavy to handle: a “breeze”.

~ Michael R.

**Thank you to Michael for this very timely information.**

## **CARING**

**Paul Sullivan** will be our Caring person for January and February – you can contact him at [plsullivan43@gmail.com](mailto:plsullivan43@gmail.com) or 514-457-2863



"Do not be dismayed by the brokenness of the world.

All things break. And all things can be mended.

Not with time, as they say, but with intention.

So go. Love intentionally, extravagantly, unconditionally.

The broken world is waiting in darkness for the light that is you"

~ **L.R. Knost**

**Thank you *Dori* for suggesting this poem.**



## **AN INVITATION FROM SARI**

**"Kitchen Orienteering Opportunity"** from 10:00 am to 10:25 on Sundays! For those who are interested, **Sari** will be in the kitchen to show people where our UU things are kept. If you wish to help with refreshments one day, this will be helpful too!



## **TENANT'S RIGHTS**

Thank you too to **Sheila** for suggesting this article outlining presentations on tenant's rights-

<https://montrealgazette.com/news/local-news/west-island-gazette/kramberger-west-island-tenants-can-attend-workshops-on-how-to-handle-rental-hikes>

## **REV. DIANE ROLLERT IS LEAVING THE UNITARIAN CHURCH OF MONTREAL**

*In a letter dated January 18, Rev. Diane Rollert wrote this bittersweet letter to the members of the Unitarian Church of Montreal:*

“Dear UCM Family,

After much reflection, I have come to the decision that I will retire as your minister this June. Eighteen years is a good run, far beyond the length of an average ministry in any denomination these days.

I have found much joy, meaning and purpose in serving the Unitarian Church of Montreal. We have been through a lot and accomplished a lot together. We’ve grown and adapted in ways that have made me very proud. I’ve been the luckiest Unitarian Universalist minister in Canada (maybe in the world) to have landed in such a vibrant and caring community.

Over the past few months, I have come to the deepening realization that this is the right moment for me to say goodbye. As a congregation, you are in great shape. You have excellent leadership in place to guide you through this next phase. You have a strong staff that brings dedication and creativity to everything they do. The next minister you call will be very blessed by all you have to offer.

Although I will always be a minister, the Unitarian Church of Montreal was my first, and it will be my last, full-time call as a settled parish minister. I’m 67 (of course, that’s not old!), but I’m looking forward to slowing down, focusing more on family, working on a number of projects I have in mind, and travelling.

My goal is to spend the next five months saying goodbye well. I hope that we can spend this time celebrating what we have accomplished together. I’ve still got a lot I want to preach about, and many songs I still want to sing with you! But as the months go by, many of the decisions you might have turned to me will be yours to make.

The next steps are pretty straightforward. The board will be in contact with the Ministerial Transitions office at the Unitarian Universalist Association, which will assist them in the process of finding an interim minister, hopefully to join you starting in August. Usually, the interim minister says for a year or two while you form a search committee and then search for a permanent settled minister. You, as a congregation, will choose your next minister through a democratic process, all of which will be carefully spelled out to you.

It might have been during the pandemic that I started to sign my newsletter column “with love.” That has not been artifice. It has truly come from my heart. I cannot thank you enough for your trust and the privilege of having served as your minister for all these years. I know that change is always hard, but I have faith that you will go from strength to strength.

With love, Rev. Diane



## **HOW TIMES HAVE CHANGED**

When my husband and I moved to Montreal in 1965, we bought a 12-year-old two-storey house in Pointe Claire for \$14,000 - which was exactly twice my blue-collar husband's annual salary. We were a family of 5 – (with a station wagon, dog and no debts apart from the mortgage), and I was a stay-at-home Mum. That house today is now 70 years old and worth over half a million \$.

I have two 30-something grandchildren, both well-educated, single with good jobs and solid benefits and they want to buy a house. But there is nothing on the housing market for double, triple or even four times their current salaries. What are young people to do in this vast snowy land? Home ownership, which we thought was our birth-right, is out of reach for so many young Canadians.

Below is a chart of expenses – circa 1966 - courtesy Chatelaine magazine, which I used as a guide to budgeting - a family of 5 with a monthly take home pay of \$450.00 -

**Unbelievable!!!**

Shelter	\$115.00	
Food	114.00	
Fuel/Utilities	38.00	
Clothing	54.00	
Transport	28.00	
Health	18.00	

Other categories included, household supplies, savings and extras. ~ **ed**

## **LUUC CONTINUES TO COLLECT NON-PERISHABLE FOOD**



**Sheila says:** Once again, there will be a basket for donations in the LUUC lobby each Sunday. I have checked with the West Island Mission website for its most needed food donations. This is where I deliver our food contributions (and LUUCers have brought at least 4 - 8 items weekly for our basket).

These items are: **cereals, canned tomatoes, tomato sauce, fruit and vegetable juices (1 litre) and canned tuna.**



## **BOOKS YOU MIGHT ENJOY**



I love reading books, and I have been blessed with receiving some for Christmas that I am happy to share with anyone who would like to borrow one to read. If you would like to borrow any of these books, just let me know - they are worth many "reads"! Sheila Laursen [sheila.laursen@bell.net](mailto:sheila.laursen@bell.net)

**Demon Copperhead** by Barbara Kingsolver is a tough but powerful immersion into the life of a foster child and his struggles growing up in the Southern Appalachian region of the USA.

**Five Little Indians** by Michelle Good traces the lives of 5 residential school survivors. While they shared their time at the same school, their experiences were unique and long-lasting.

**Lessons in Chemistry** by Bonnie Garmus looks at the life of a female scientist in the 1950s and 60s - who broke all the rules of the time. It's powerful and hilarious at the same time. ~ **Sheila**



## **PRICES UP AT NOVA BOOK STORE IN SAB**

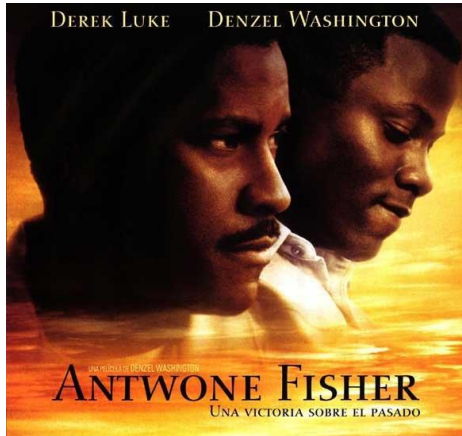
	Fiction	\$2.00
	Non-Fiction Soft Cover	\$2.00
<b>Books</b>	Non-fiction Hard Cover	\$3.00
	Young Adults	\$1.00
	Children	Priced as marked (\$ 0.25 & up)

**It's still a good deal – and the money all goes to charity.**



***My love is like a red, red rose – Robert Burns***

## SOUP AND CINE AT UNION, ST. ANNE BELLEVUE



Our February 2nd movie '**Antwone Fisher**' features Denzel Washington and Derek Luke. It is a biographical drama based on a true story.

A sailor prone to violent outbursts is sent to a naval psychiatrist for help. Refusing at first to open up, the young man eventually breaks down and reveals a horrific childhood. Through the guidance of his doctor, he confronts his painful past and begins a quest to find the family he never knew, and successfully manages to deal with his troublesome upbringing.

**Trivia:** The real [Antwone Fisher](#) was working as a security guard at Sony Studios. Studio executives began hearing about his life story and offered to buy the rights. But Fisher refused, insisting that he write the screenplay himself. Fisher wrote 41 drafts, until he sold it to 20th Century Fox. **Trailer:** <https://www.youtube.com/watch?v=RcwE7ArDf-U>

**Date and time:** Friday, February 2<sup>nd</sup> at 7:00pm – Union United Church, Maple Street, Ste. Anne de Bellevue.

**Let us know if you can join us, and if you can offer soup.**

We are still living with COVID. When lining up for soup and bread, we ask that you keep a space between each other. If at all concerned for your health, please wear a mask yourself. Please reply if intending to come (sahawker13@gmail.com).

**Susan Hawker** adds the following invitation:

**P. S.** Our famous Shrove Tuesday Pancake supper will be held Tuesday, February 13th. Hope you can join us!



i carry your heart with me (i carry it in  
my heart) i am never without it (anywhere  
i go you go, my dear; and whatever is done  
by only me is your doing, my darling)

~ e. e. cummings



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



**CANADA** - Some Canadian grocery stores offer 50% discount on food items that are near their end date. Well, grocers are having a hard time too – so the grocery stores will now offer a 30% reduction. Also, there are apps to buy bags of discounted perishables in bulk – only problem for consumers is that you neither select nor see said veggies, but have to rely on a photo – and trust - as you have no idea how perished these perishables are!



built.

**BEAUREPAIRE - for sale** – The Beaurepaire United Church — is up for sale for \$1,250,000. Once a very active church, known for its fabulous antique fair, nursery school, musical concerts, rummage sales etc., as well as the birth of the Suitcases for Africa movement. They had recently joined with the Union United Church in Ste. Anne de Bellevue and called themselves *Merging Waters*. Ten years ago they sold some of their land and a senior residence, *Villa Beaurepaire* was



to the temple, which is surrounded by arched sandstone gates and 162 murals depicting Ram's life.

**INDIA – a new temple** - In the last few months, the city of Ayodhya transformed into what some Hindu nationalist leaders have dubbed the “Hindu Vatican.” Frenzied construction work has resulted in a brand-new airport, an expanded railway station, and several luxury hotel chains that are expected to welcome nearly 50 million religious tourists every year. Some 3,000 homes and shops were bulldozed to widen four major corridors and create an eight-mile-long path



uninhabitable, land grabs by settlers and a halt to essential food and medical aid.

**HOLLAND – The Hague** - South Africa has taken Israel to the International Court in The Hague on grounds of genocide, as it recognized a similarity between the Palestine situation and its own ordeal under the Apartheid regime. The ICJ did not agree – but suggested that Israel use more caution in its attacks on Palestinian cities and try to avoid civilian casualties. So far there are 26,000 dead, one child killed every 10 minutes, thousands of orphans, 83 journalists and over 136 UNRWA aid workers killed, buildings and cities

***If you live to seek revenge – dig a grave for two ~ Ancient Jewish Proverb***

## WELCOME TO LAKESHORE

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This is why Shetland ponies never caught on in Wyoming.





