

Lakeshore Unitarian Universalist Congregation
April 21, 2024



Healthy Body & Spirit:
EARTH DAY & MORE!
Dr. Penny Allderdice

| | | |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------|
| GATHERING MUSIC: | <i>Enter Rejoice and Come In, Venez entrez dans la joie</i> | |
| WELCOMING WORDS, ANNOUNCEMENTS, & TERRITORIAL ACKNOWLEDGEMENT | | |
| OPENING WORDS | | |
| OPENING HYMN: | No. 21 | <i>For the Beauty of the Earth</i> |
| CHALICE LIGHTING, CANDLE OF JOYS & SORROWS: | In Sanctuary from the “Book of Life” and our online chat | |
| AFFIRMATION: | <i>This we promise...</i> | |
| OFFERTORY: | <i>From you I receive, De toi je reçois...</i> | |
| MUSICAL REFLECTION & TIME OF MEDITATION | | |
| HYMN: | No. 1067 | <i>Mother Earth, Beloved Garden</i> |
| SHARED TIME TOGETHER: | <i>Penny Allderdice & our Lakeshore U Congregation</i> | |
| CLOSING HYMN: | No. 1008 | <i>When our Heart Is in a Holy Place</i> |
| CLOSING WORDS: | <i>“On Planting a Tree at Inveraray”</i> – poem by James Russell Lowell | |
| ENTRUSTING THE FLAME | | |
| POSTLUDE: | <i>Go Now in Peace, Allons en paix...</i> | |

Join us for coffee & conversation in the reception hall

Service Leader – Paul Sullivan
Musician – Kerry-Anne Kutz
Technician – Oddbjorn Taraldsvik
Zoom Greeter – Michael Rooker
Greetings – Kathy & Gabor Matyas
Refreshments – Christopher Thomson



**“Who does his duty is a question
Too complex to be solved by me,
But he, I venture the suggestion,
Does part of his that plants a tree.”**



ANNOUNCEMENTS



Sheila Laursen will be our Caring Person for April.

You may reach her at 514-697-4195 or at sheila.laursen@bell.net

Please contact Sheila if you are struggling and need some support, or if you are concerned about the well-being of a LUUCer or friend.

LET'S CONTINUE 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.***

These items are:

cereals, canned tomatoes, pasta sauce, fruit and vegetable juices (1 litre) and canned tuna.

Other non-perishables, such as canned veggies, soups, rice, peanut butter, canned chicken and salmon, are also being gratefully received to restock the WIM Food Bank shelves this spring.



PLANT MORE ASTERS



Plant as many native plants as you can realistically employ that are native to your ecoregion and suited to the site conditions and the existing plants in your garden.

Aster species are attractive and colourful and are used as food plants by the larvae of a number of *Lepidoptera* (butterflies and moths).

NB: I have two asters to be divided this spring. They are a **deep pink** in colour, about 30 inches tall, and bloom in the late autumn – when not much else is in flower. Very hardy plants. If you want one – please let me know.

~ Heather at 514-630-4206

VOLUNTEERS URGENTLY NEEDED AT NOVA

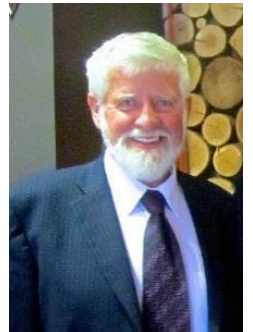


The NOVA Book store in Ste. Anne de Bellevue urgently needs volunteers for a 3-hour shift – morning or afternoons. It's a fun job, interesting clients to chat to and loads of wonderful books to peruse. Try it – you'll like it! **Contact Nada at nadaraouda@gmail.com** for more information.

SERVICE LEADER WORKSHOP – WILL YOU JOIN US?

Paul Sullivan says,

*“I'm hoping people will jump at this chance to become a service leader. Learn how to **lead a service** and have an opportunity to **share your opinions on how to improve our services**. It's also a great way to **build your presentation skills**. We will be happy to teach you in our upcoming Service Leader Workshop”.*



For more information, please contact **Paul Sullivan:**
plsullivan43@gmail.com or (514) 457-1793



KITCHEN ORIENTEERING OPPORTUNITY

Sari says that from 10:00 am to 10:25 on Sundays
- for anyone interested -
she 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!**

UPCOMING SUNDAY EVENTS

April 28 - 10:30 am
Hybrid event

Music, croissants & fun at the...



Lakeshore Community Choir / La Chorale Lakeshore



Music! Music! Music!

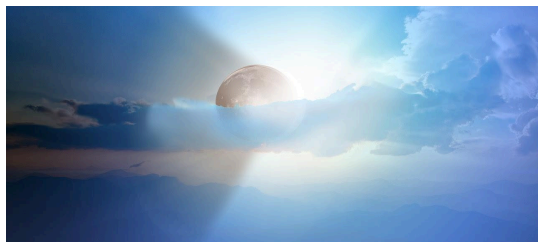
A performance by our own Lakeshore Community Choir (by popular demand!)

with music by Gordon Lightfoot, Stan Rogers, and more!

Coffee, tea and croissants will add to the ambience of our Sunday Café, and a freewill offering will be welcomed.

Host and Conductor - Kerry-Anne Kutz
Greeters - Nancy Schmidt, Sari Kelen & Gary Spiller
Refreshments - Christine Wooley & Caitlin Berry
Technician - Oddbjorn Taraldsvik

ANNUAL ELECTORAL MEETING following the Sunday Cafe



Shared with you from our own multi-talented **Kerry-Anne Kutz** are a glowing newspaper article and intimate radio interview.

Access and enjoy The Suburban article and CBC Radio session here:

<https://www.cbc.ca/news/canada/montreal/programs/thebridge/be-persistent-be-be-persistent-a-message-from-singer-and-festival-director-kerry-ann-kutz-1.7173181>

https://www.thesuburban.com/blogs/cohen_confidential_with_mike_cohen/festival-de-la-voix-breathtaking-remarkable-and-the-cq-should-know-very-bilingual/article_fbc6fec4-fa8e-11ee-901b-1bca12e0427e.html

**LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION
NOTICE OF ANNUAL BOARD ELECTORAL MEETING - APRIL 28, 2024
(to be held immediately following the Sunday Cafe)**

In accordance with By-law no. 17, Lakeshore Unitarian Universalist Congregation's Nominating Committee, composed of five members elected at the 2023 Annual General Meeting (Co-Chairs Gabor Matyas and Gary Spiller; Heather Falconer; Nancy Graham; Selina Rooker), **proposes the following nominations for the 2024-2025 congregational year:**

1. Nominees for Board of Directors

**President – Sheila Laursen
Vice-President – Nancy Schmidt
Secretary – Milda Graham
Director A – Gary Spiller**

Please note that **Paul Sullivan** and **Susan Czarnocki** are not up for renewal in this April's election as they are in the middle of their two-year terms.

Ongoing Board Positions

| | |
|-------------------|------------------------|
| Treasurer | Susan Czarnocki |
| Director B | Paul Sullivan |

2. Responsible Membership Committee (three-year term)

The nominees for the Responsible Membership Committee are **Christine Wooley** and **Rob Lutes**. The Board will appoint its representative as the committee's third member.

Eligibility to vote at General Meetings of Members

Only those members who have made a recorded financial contribution to the Congregation within the previous 12 months shall be entitled to vote at the General Meetings of Members. Nevertheless, the meeting is open to anyone interested in attending.

*Submitted by Milda Graham,
Secretary, Board of Directors*



~ DATES TO REMEMBER ~

YOGA

Join Usha and me in the movement and the stillness
of yoga practice this spring:

A time of renewal – to go within
by honoring the body's need to move
no matter the weather.

On Saturdays we will be doing just that together,
as Usha guides us through postures,
breath, sounds and meditative
awareness.



*4 pm on Saturdays
until the
18th of May.*

Please be reminded you may go at your own pace
and/or accommodate physical limitations.

Suggested contribution:

\$50 for 6 sessions or *pay as you go* what you can.

Any questions, kindly reach out to me at sanskritsoccermom@gmail.com

~ Milda

