

LAKESHORE UNITARIAN UNIVERSALIST CONGREGATION

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514 - 637- 6974



MAY 2024 NEWSLETTER

**“MAY IS THE MONTH OF EXPECTATION, THE MONTH OF WISHES,
THE MONTH OF HOPE”.**

Emily Brontë

While preparing this newsletter information on Wednesday April 24, a blizzard of SNOW is landing on the daffodils standing proud in my garden, and the blue scillas that have brightened my lawn....so I found myself seeking inspiration to put my thoughts, hopes, wishes and expectations forward to what I hope will be a beautiful month of May!

My search found these hopeful reminders of what May can (and should) bring...

“May is the most beautiful month of the year, a month alive with warm color. The flowers and trees are in full bloom, and even the sun joins this rhapsody by emitting warmer rays.”

— Lillian Berliner,

And The Month Was May: A Memoir..and

“Then you have to remember to be thankful; but in May one simply can’t help being thankful that they are alive, if for nothing else.”

— L. M. Montgomery

Also bringing us messages and examples of hope and inspiration are these wonderful Sunday service presenters during this Merry Month of May!

~*Sheila Laursen*

HAPPY MOTHER’S DAY!

May 5, 2024 - 10:30 a.m.

Hybrid service

Movers & Shakers

**Navigating through a crossroad by
embracing change**

Anik Vigneaul

Anik noted, "A couple of years ago, I found myself at a crossroads in my professional life. I had built a fulfilling career that I was proud of, but there was a lingering feeling of discontent. I felt that it was time for me to make a change. I will talk about the challenges and fears that I faced, as well as the positive things and happy accidents that happened, on my journey to reinventing part of who I was in order to better align myself with my passion."

Special request: Please wear red for this service, if possible. May 5th is National Day of Awareness of Missing and Murdered Indigenous Women, Girls and Two-Spirit People.

May 5th is also known as Red Dress Day. This is why we wear red that day.

https://en.wikipedia.org/wiki/Red_Dress_Day

Service Leader - Irene Hausknost

Musician - Rob Lutes

Greeter - Milda Graham

Refreshments - Nancy Schmidt

Technician - Oddbjorn Taraldsvik

Zoom Host - Gabor Matyas or Michael Rooker

May 12, 2024 - 10:30 a.m.

Hybrid service

Our Planet, Our Lives

Mothers as Activists on Mother's Day

Marlene Hale

Marlene will speak about the increasing role that mothers and other women are playing in local and international social and environmental movements. Some of the Montreal **Raging Grannies** hope to be on hand to sing out for the power of mothers - and grandmothers!

Marlene Hale is a member of the Wet'suwet'en First Nation near Smithers BC. Marlene lives in Montreal during the winter where she works as a chef and social and environmental activist. She is currently working on a documentary on systemic racism.

Service Leader - Gary Spiller

Musician - Rob Lutes

Greeter - Sari Kelen & Nancy Schmidt

Refreshments - Christopher Thomson

Technician - Oddbjorn Taraldsvik

Zoom Host - Gabor Matyas or Michael Rooker

POTLUCK LUNCH TO CELEBRATE MOTHER'S DAY

Please bring food to share – ALSO Stuart is cooking up a surprise for us all

ANOTHER ALSO: Captain Catalyst will be on hand with his bird show.

May 19, 2024

Hybrid service

Healthy Body & Spirit

“Me Too,” Women, Trauma and Silence

Milda Graham

The *#MeToo movement* revealed that despite being raised in a society holding principles of equity and secularity, women’s voices often remain unheard, or they are traumatized into silence. This dynamic entwines cultural beliefs that are historically religious. This deep bias is often unconsciously held even by women themselves. Allowing it to surface in awareness brings a potential for speech and healing.
https://en.wikipedia.org/wiki/MeToo_movement

Milda Graham is a trauma survivor with PTSD which informs her personal approach to health, working at McGill's Office of Religion and Spiritual Life, and graduate research at McGill on group spiritual practice. Milda, who grew up in our Lakeshore Unitarian Universalist Congregation, is a recipient of a 2024 Keenan Scholarship from McGill's School of Religious Studies where she is an MA candidate.

Her work place link at McGill where she is a yoga and meditation teacher is <https://www.mcgill.ca/morsl/about/team/mcgill-staff-and-students>

Service Leader - Sheila Laursen

Musician - Rob Lutes

Greeter -& Jose Van Amerongen, Christopher Thomson

Refreshments - Nancy Schmidt

Technician - Gary Spiller

Zoom Host - Gabor Matyas or Michael Rooker

May 26, 2024

Sunday Café

Samuel Bonnet

With a classical and jazz background, guitarist Samuel Bonnet's music is at the crossroads of several musical universes, somewhere between the natural resonance of classical guitar nylon strings and jazz improvisation. Through his music, Samuel tells us his intimate and personal story in continuous dialogue with his plural roots. He will play a mix of his arrangements of jazz and bossa-nova standards plus some classical and South American guitar pieces.

Born in 1980 in Haïfa, Israel, Samuel Bonnet moved to France and started classical guitar at the age of 8. He then took private jazz guitar lessons and began performing professionally from the age of 16. After studying Brazilian guitar and jazz harmony at the Atla School in Paris, he graduated in Musicology at the University of Paris (St-Denis) in 2005. Very involved in education, Samuel has been teaching classical, jazz guitar and jazz ensembles at the renowned Vincent d'Indy Music School since 2017, has released seven albums, and toured North America, Europe and the Middle East. Our Musical Director, **Kerry-Anne Kutz** will join Samuel for a song or two. Come and meet Samuel, to delight your ears and tap your toes!

Coffee, tea and croissants will be served

Host- Kerry-Anne Kutz

Greeters - Nancy Schmidt & Gary Spiller

Kitchen - Sari Kelen & Christopher Thomson

Technician - Sara Kreps

NOTES FROM THE PRESIDENT



Our lives seem to be bombarded these days with appeals to become a member, subscriber, supporter or donor of a myriad of charities and community organizations. While I risk that you might stop reading this right now, I do want to reflect on what it means to become a Member of the Lakeshore Unitarian Universalist Congregation, following the Path to Membership sessions we offered in February, March and April.

Membership is not a requirement for participation in LUUC. We have many non-members who take an active role in our community, and we always enjoy welcoming newcomers to our Sunday services and monthly Sunday Cafés.

Membership IS required to participate in decisions about the on-going day-to-day operations of LUUC. Membership (for those age 14 and up) allows you to have a voice in the governance of our congregation, serve as chair of a committee or on the Board, and represent the congregation at Unitarian Universalist events and conferences. Those members who have made an identified financial contribution (of any size) in the previous 12 months are eligible to vote at congregational meetings.

We hope to GROW our UU congregation!

We encourage those who feel “at home” with UUism and our congregation to become a member of our community of seekers, doers and dreamers.

After participating in the 3-session Path to Membership, Sara Kreps decided to sign a membership form and the Board of Directors happily approved that at our April Board meeting.

PLEASE NOTE -

We will have a New Member Welcome Ceremony on Sunday June 16, and we hope that Sara will be joined by some other new members by then.

If you’ve found a spiritual home with us, we encourage you to ask the Sunday Greeter for a membership form to review, and to sign if you wish to join LUUC with the following Rights and Responsibilities:

:

- Voting privileges at all meetings of members.
- Eligible to serve on any committee, including the nominating committee, and to be elected to the Board of Directors.
- Eligible to receive services of LUUC, including Acts of Civil Status and access to Mutual Aid Fund.

- Automatic membership in the Canadian Unitarian Council and Unitarian Universalist Association.
To participate in the activities and services of the congregation.
- To assume a responsible share of the financial support required through an annual contribution.
- To support one another's spiritual growth and to help create a warm and welcoming environment.
- To demonstrate respect for the worth of every person and openness to diversity.

~ *Sheila Laursen*

SERVICE LEADER WORKSHOP – PLEASE JOIN US

The Sunday Services Committee would very much like to see more people in our community taking on the role of service leader.

We still have a few spots left in this church year and if you need more time to think about it, we are looking forward to having a new slate of leaders in the fall.

Speak to **Paul Sullivan** to reserve your spot. For more information, please contact **Paul Sullivan** at plsullivan43@gmail.com or 514-457-1793.

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).



Susan's scillas

LET'S EXPLORE FUTURE OPTIONS FOR OUR LUUC CONGREGATION!

Are you interested and willing to explore options for LUUC - to prepare a Strategic Plan for the coming years? Your Board would like to involve as many members as possible in a series of discussions of opportunities, realities, challenges and possibilities. We hope to launch a Future Options group at our Annual Meeting in June.

If you wish to be part of that group, please contact Sheila Laursen 514-697-4195 or sheila.laursen@bell.net

Learning from other Canadian UU Congregations....

The Canadian Unitarian Council's program of Congregational Conversations have proved to be of interest and inspiration for the LUUC Board members who have attended sessions held so far. Here is a summary of what we have learned:

In planning the series, the CUC sent out a survey to leaders of all UU congregations across Canada and the responses clearly indicated:

76% of respondents said volunteer numbers and burnout is a priority issue

67% said children and youth declined presence is a problem

57% are worried about income and financial planning

45% are struggling on justice issues and approaches

43% are concerned about ministry options

The theme "**Surviving, Thriving and Sustainability**" drew 19 leaders from 13 UU congregations.

Main concerns expressed were:

- Lower attendance (even with hybrid services) post-Covid
- Too few people "do all the work".
- No or low numbers of children and youth
- Missing people 45- 65 years old
- Financial concerns of congregations with a building to maintain

Interesting initiatives were shared too:

- Winnipeg offers a Unitarian Sci Fi book club which is doing well
- Durham gets all ages involved in a Murder Mystery Night that raises funds for the congregation
- Westwood (Edmonton) helps members connect with games nights, adult art "playshop" and an active group meeting on reconciliation with 6 evening sessions that reach out to the broader community.
- Ottawa First (230 members) - offers a "Messy Church" event once a month as a breakfast on Sunday morning and offers OWL (Our Whole Lives UU Curriculum - <https://www.uua.org/re/owl>) in a summer camp program for 10-14 year old which was successful and led to a Youth Group forming from that for 11-17 year olds.
- Ottawa First's congregational focus has been on Indigenous Reconciliation, working with First Nations folk to create a garden and to donate 1 acre of their property for an indigenous housing project.

The theme “**Worship and Leadership Development**” drew 17 leaders from 13 Canadian congregations (with 3 from LUUC present.)

Main concerns expressed were:

- Aging of congregation members
- Fewer young people in leadership roles
- Short term rather than long term commitments
- Reduced availability = just a few doing it all = Tired, burnout and no replacement
- “Regular” model of Sunday services not working - some now meet every other Sunday

Some congregations ARE growing! They find people still need grounding and community

- Victoria Capital has a Discussion Forum after each Sunday service
- Calgary hosted a “Drag Me to Church” service with Drag Queens speaking
- Ottawa had a multi-week Sunday theme on UU History which proved popular
- Niagara sent a questionnaire to congregants asking “What do you want on Sundays?”
- LUUC (Nancy) shared our Sunday themes of Healthy Body & Spirit, Our Planet, Our Lives, Movers and Shakers and the Sunday Musical Cafés (the Café has received a lot of interest from other UU congregations...)

All interested LUUCers are encouraged to join in these conversations still to come - they are free and worthwhile!

CUC CONGREGATIONAL CONVERSATIONS - YOU CAN JOIN!

1. Worship Programming and Leadership Development

[Saturday, June 1](#) (1 pm ET)

Join the conversation at: bit.ly/WorshipLeadership2

2. Children and Youth – Presence and Programming

[Saturday, June 15](#) (1 pm ET)

Join the conversation at: bit.ly/ChildrenYouth2

3. Financial Planning and Income Streams

[Monday, May 27](#) (1 pm ET)

Join the conversation at: bit.ly/FinanceIncome2

4. Ministry Options: Types, availability, & creative alternatives

- [Wednesday, May 1](#) (1 pm ET)

Join the conversation at: bit.ly/MinistryOptions1

- [Friday, May 10](#) (6:00 ET)

Join the conversation at: bit.ly/MinistryOptions2

Please fill out this short RSVP form: <https://forms.gle/cUGHh18u3RrztmKc6>

The form will ask for your name/email / congregation/UU community / & which sessions and dates you plan to attend. If you need to switch sessions, please come to whichever one works.

CARING

The Caring Person for May and June is **Constance Belanger**. Contact her at 438-396-6694 or constancebelan@gmail.com.

HEALING FROM TRAUMA AND FACING MY FEARS



I have had several traumas over the years but I have been able to heal from them with the support of my family,

When I was six, I lived in occupied Holland in a makeshift school an old house. When the German bombers came over we had to run into the bunker. I was very afraid, the sound of planes flying very low overhead was frightening. The bunkers were partly underground. I kept my eye on the teacher as we entered the bunker to make me feel secure. One day I did not see the teacher and I was traumatized, my phobia lasted until adulthood. I was afraid of parking garages and the Montréal Metro.

My sister offered to help me heal from my trauma. She is gifted having inherited the ability to heal from my father. She took me to a special room with a comfy ambiance.

Very silently, she told me to lie on a massage table and breathe deeply. She asked me to close my eyes and go into a park with beautiful plants and animals.

Then she asked me to go back to the experience in the bunker. Then she said now you are in a garden with flowers. There are no planes and nothing to fear. Then I fell asleep for half an hour and when I woke up I felt very peaceful,

My daughter reinforced my healing when I visited her in Australia and she offered me an opportunity to be in a floaty tank. At first, I heard bombers in the dark but I told myself that I am safe with my daughter close by. I then felt reassured and very peaceful. I realized then that it was up to me to change the story and erase my fears.

After that I have been able to control situations to my liking, diverting unwanted potential male aggressions with humour. Looking back, I realize that the healing from my father, sister and daughter helped me to heal from my past traumas and to be more resilient to protect myself from future traumas.

~ **Jose**

What lies behind us and what lies before us are small compared to what lies within us.

~ **Ralph Waldo Emerson**



A Very Happy Birthday to our May LUUCers

Chris Bassett on the 6th
Kathy Matyas on the 18th

Conny Belanger on the 7th
Sheila Laursen on the 23rd
and lovely Olivia Gavanski on the 27th.

Nirupam Silver on the 8th
Dan Amstutz on the 25th

TONI HAD A BIRTHDAY



Happy celebrations of **Toni's** Birthday at *Le Den* in Valois. The owner, Ken, even sang Happy Birthday to her in Chinese and presented her with a cake complete with a candle on top. Against the window: **Christopher, Jose, Sari, Susan, Sheila**, Birthday Girl **Toni, Gary and Heather**. Toni looked very elegant that day – in a smart red top and black accessories. ~ ed

BREAD AND BEYOND SANDWICH MAKING LUUC APRIL 14 2024



Kiristie Jagoe the founding Director of Bread and Beyond spoke to LUUC on April 14. Her talk generated a lot of enthusiasm among LUUC members and guests.

The "Bread" consists of sandwich making with students and LUUC members. We have had monthly events since February making 250 to 300 sandwiches each time. Photos of our latest sandwich making are shown.

The "Beyond" refers to Essentials Boxes filled by schools and churches from clothing and household items that people are no longer using. These items are delivered to Bread and Beyond weekly or bi-weekly and distributed to the homeless.

There are five types of Essentials Boxes: 1-Groceries, 2-Cleaning, 3-Kitchen, 4-Bedroom and 5-Bathroom. LUUC will collect donations for one or more of the boxes each week and deliver them to the Bread and Beyond Office for distribution to the homeless as they move into new lodgings.

Kitchen utensils needed include mugs, bowls, dinner plates, side plates, forks, spoons, knives, saucepans, frying pans, wooden spoons, can openers, oven mitts, colanders, oven dishes, measuring cups, vegetable peelers, can openers, tea towels, dish clothes (new). **The Grocery Box** needs include coffee, sugar, pasta, rice, pasta sauce, tinned cans, jars, sugar, pasta sauce. **The Bathroom Box** includes bath and hand towels (new or washed), wash-clothes (new only). **The Bedroom Box** accepts sheets and comforters (washed or new). **The Cleaning Box needs** brooms, dust pans and buckets.

We will e-mail you a complete list of needed items upon request – for more information contact gary_spiller@yahoo.com

We are excited to continue our new partnership with LUUC.

continued/...

The next **Sandwich Making** will be **June 9th**. Several families have expressed interest in participating. They are welcome to attend the service which starts at 10:30am, Please contact **Gary Spiller** at lakeshoreluuc@gmail.com if you would like to participate.

~ Gary



Our amazing Spiritual Education Coordinator **Christina Koulouris** gives our Bread and Beyond Event a thumbs up!

The table is ready for children to decorate bags for Bread and Beyond sandwiches. Thank you, **Christina!**



Everyone working hard to make 300 sandwiches.



Our Sunday Café on April 28th was outstanding, as our choir sang a variety of songs to us. I thoroughly enjoyed hearing *Danny Boy*, a beloved Irish ballad and a perennial favourite of mine. The tune is so haunting, and the lyrics so emotional.

The rollicking tune to the folk song by Stan Rogers, the *Mary Ellen Carter*, tells of the story of a sunken ship and the crew's determination to raise her again. "*She went down last October in a pouring, driving rain. The skipper, he'd been drinking, and the Mate, he felt no pain. Too close to Three Mile Rock and she was dealt her mortal blow. And the **Mary Ellen Carter** settled low.*" I really felt I was on that ship in a storm – such a wonderful interpretation of the words and music.

But I liked best of all, Handel's *Hallelujah Chorus* from the Messiah. "King of Kings", sang the sopranos repeatedly – and somehow or other they reached higher and higher notes – I could hear Irene and Patti's powerful voices so clearly. What a performance! – I was close to tears in the end.

Thank you Kerry-Anne and your wonderful Choir.

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**

LUUCERS BEING LUUCERS



A big thank you to our musical **Sari Kelen**, who played piano for the Bread and Beyond service, while Kerry-Anne was away. Bravo Sari – we enjoyed your piano playing and recorder solo!

Sari is a long-time member of LUUC, and participates in many aspects of church life – a wonderful baker, she supports our bake sales with her spectacular cakes, and she sings soprano in our choir.



A smiling Nancy Schmidt after she greeted 77 people to the Sunday Café Concert on April 28 – and what a wonderful concert it was!

Nancy is a mover and shaker, responsible for creating the Sunday Café program, as well as the *New Look* we have to our Sunday programming.



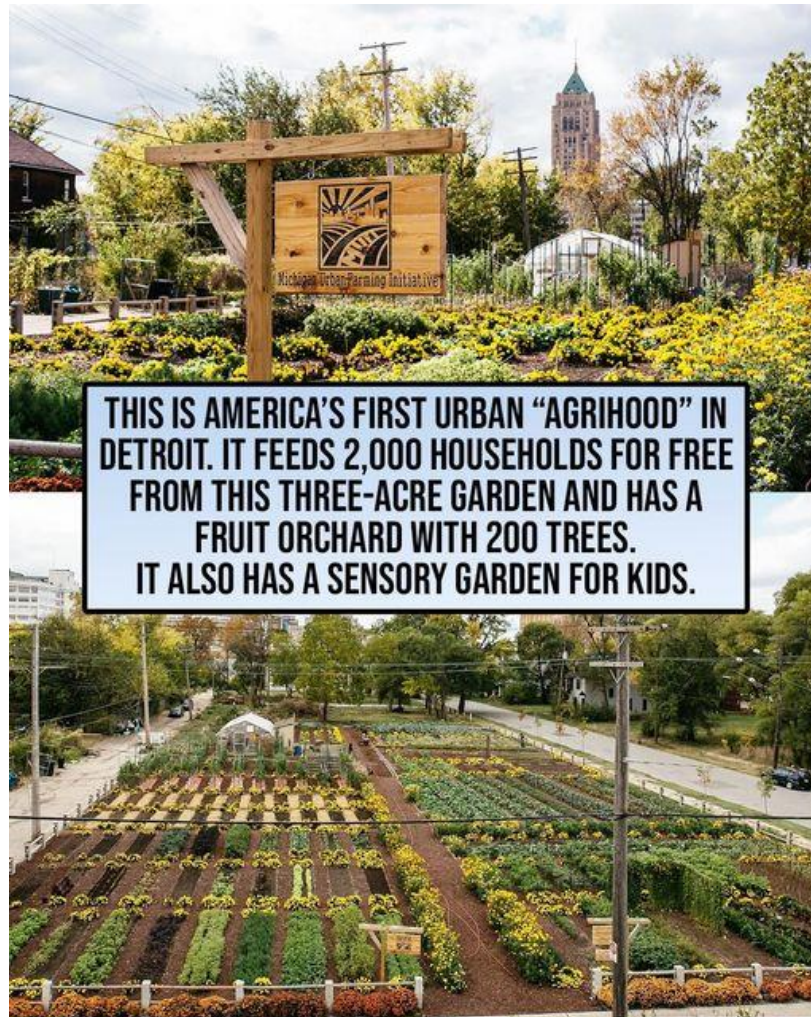
Do look at Little Miss Maggie, sitting so attentively on her mother Erin's knee at the Sunday Café.

She wore her new sparkly boots to the concert - and had to let us all see how lights flashed on and off while she danced merrily around the hall. – such energy!.

Meanwhile, do look at the beautiful artwork - glorious artwork created by the kids in April 28 Spiritual Education program!



THE WAY TO GO - HOW'S THIS FOR A GREAT IDEA



PLANT AND BAKE SALE

TO BENEFIT SUITCASES FOR AFRICA

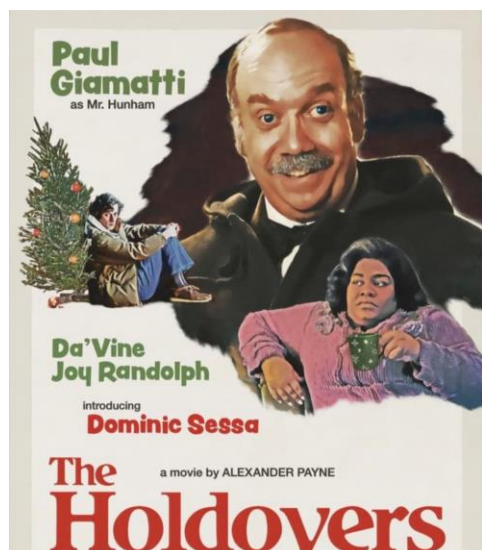
*When: Saturday May 18th.
9:00 - 12:00*

*Where: 61 Beaconsfield Court
Beaconsfield*



LAST SOUP-POT CINEMA AT MERGING WATERS ON MAY 3RD AT 7:00

24 MAPLE AVENUE, STE. ANNE DE BELLEVUE



Nobody likes teacher Paul Hunham (Giamatti) -- not his students, not his fellow faculty, not the headmaster, who all find his rigidity exasperating. With no family and nowhere to go over Christmas holiday in 1970, Paul remains at school to supervise students unable to journey home. After a few days, only one student holdover remains -- a trouble-making 18-year-old named Angus, a good student whose bad behavior always threatens to get him expelled. Joining Paul and Angus is head cook Mary (Randolph)-an African American woman who caters to sons of privilege and whose own son was recently lost in Vietnam. These three very different shipwrecked people form an unlikely Christmas family sharing comic misadventures during two very snowy

weeks in New England. The real journey is how they help one another understand that they are not beholden to their past - they can choose their own futures.

As we are still living with COVID, if at all concerned for your health, please wear a mask. Let us know if you can join us, and if you can offer soup. Suggested donation \$10. Hope to see you there! (sahawker13@gmail.com).

ALSO AT MERGING WATERS – 24 Maple, Ste. Anne de Bellevue:

Coffee House - the last Friday of the month – **May 31st**. (\$15 entry)

Contra Dance : the first one was so much fun, we're having another **Friday May 24th!**

Plant Sale: One of the best Plant Sale on the West Island takes place on **Saturday June 1** from 9:00am. to 1:00pm. We sell annuals and lots of mature perennials for sun and shade.

Hope to see you there! **Contact sahawker13@gmail.com** for further information



ON THE GO AND NEED TO KNOW



PARIS – 100 years since Paris last hosted O. Games (did you see Chariots of Fire?) - A first-of-its-kind Olympic Opening Ceremony will take place along the Seine River as the sun sets in Paris. The Parade of Nations will be a series of boats carrying athletes past famous monuments, culminating near the Eiffel Tower. The first day of medal competition includes one of the most anticipated swimming races of the Games - the women's 400m freestyle with Tokyo Olympic gold medalist Ariarne Titmus of Australia, **17-year-old Canadian Summer McIntosh** and Rio Olympic gold medalist Katie Ledecky.



QUEBEC – eclipse - 28 people in Quebec have reported eye damage from looking at the eclipse without using proper eyewear.

Please remember to recycle your eye glasses properly.



LONDON – spooked – Five military horses of the Household Cavalry were spooked during a regular exercise – they unseated their riders and ran amok, galloping in panic through the streets during rush hour, crashing into a bus, taxi and other vehicles. Quaker, the magnificent white horse, is seen bloodied – as he followed Vida a huge black beauty. All five horses were caught and calmed – and although horses, riders and some pedestrians received injuries, neither man nor beast was seriously hurt.



MONTECITO - unintended consequences – Once upon a time, a renegade duchess, trying to launch a new lifestyle brand, sent jars of strawberry jam to fifty of her faithful friends and followers – asking them to endorse it on Instagram. Very few complied. Now as it happens this woman's father-in-law is a King who also makes jam – and many other products at his High Grove Estate. Unbidden, the good citizens of his country decided to purchase pots and pots of his precious preserve at seven pounds a pop, (\$11.90) until the King's warehouses were emptied. Point 1: His high-end products are organic. Point 2: All the profits go to charity. Point 3: loyalty is priceless. Score: King 3 - Duchess nil.

HAPPY MOTHER'S DAY

WELCOME TO LAKESHORE

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HAPPY MOTHER'S DAY