

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



MAY 2025 NEWSLETTER

THE MERRY MONTH OF MAY

O, the month of May, the merry month of May,
 So frolic, so gay, and so green, so green, so green!
 O, and then did I unto my true love say:
 "Sweet Peg, thou shalt be my summer's queen!"

This first verse of Thomas Dekker's poem "The Merry Month of May" captures the joy I think we all feel when greeting this month - after what seemed like a too-long winter of cold and darkness.

The month of May is named after the Greek Goddess Maia, goddess of nature and growing plants. She was identified in the Roman era as Bona Dea, the goddess of fertility, whose festival was held in May.

The Irish Celtic festival of Beltane, (Bealtaine in Gaelic) or "Bright Fires" honoured the god of the Sun and the rebirth of the earth with feasting, games, and bonfires that began on May Day Eve and continued through May 1st with merrymaking. This has evolved to our present form of May Day celebrations. sometimes with a Maypole!

Over the years, many people have been inspired to share what May means to them:

- ✻ Emily Brontë - "May is the month of expectation, the month of wishes, the month of hope."
- ✻ Ralph Waldo Emerson - "The earth laughs in flowers."

☼ Lucy Maud Montgomery - "That is one good thing about this world – there are always sure to be more springs."

☼ Lady Bird Johnson - "Where flowers bloom so does hope."

May monthly observances include Arthritis Awareness Month, Better Sleep Month, Mental Health Awareness Month, National Walking Month, and Women's Health Care Month. The month of May reminds us to celebrate, and to take care of ourselves, physically, mentally, emotionally and spiritually.

We invite you to join us for these wonderful May Sunday services and Café that we hope will bring beauty and joy to us all....

~ *Sheila Laursen*

**May 4, 2025 - 10:30 a.m.
The Healthy Body & Spirit
Hybrid Service**

**Becoming a Sacred Vessel:
Spiritual Art of Holding Sacred Space
Rabbi Sherril Gilbert**

What does it mean to be a vessel for the sacred? In Jewish tradition, a Kli Kodesh - a holy vessel - carries wisdom, compassion, and justice into the world. How might we cultivate our capacity to hold and share the sacred in our daily lives?

Drawing from Jewish mystical and Neo-Hasidic teachings, as well as Unitarian Universalist values of interconnectedness and spiritual growth, we'll explore what it takes for us to become vessels of love, healing, and transformation.

**Service Leader - Irene Hausknost
Musician - Kerry-Anne Kutz
Technician - Oddbjorn Taraldsvik
Greeters - Chris Bassett & Usha Thorne
Refreshments - Jose Van Amerongen
Zoom Greeter - Gabor Matyas**



May 11, 2025 - 10:30 a.m.

Healthy Body & Spirit

Hybrid service - Sharing our Faith

Through a video presentation, Rev. Karen Gitlitz will share her thoughts on “belonging”. We all need to talk about belonging, rather than leaving it for those already on the margins. The mature spiritual community recognizes that the longings that bring us into community are not sufficient to create the community we crave.

Belonging takes work, personally and communally. When we dig below the fantasy of our longings into the deep rich earth of our experiences – then we can find the belonging that takes root in our bones, as Annahid Dashgard puts it. There we find the belonging that recognizes, appreciates and makes space for one another: a spiritually maturing community, on the path to becoming beloved.

A NEW MEMBER CEREMONY will be held during the service to welcome new LUUCers Ann Bernstein, Daniel La Tour and Steven Rosenstein.

A special offering will be taken this Sunday for the CUC Sharing our Faith fund. All contributions at this service will support that fund.

Service Leader - Sheila Laursen

Musician - Kerry-Anne Kutz

Technician - Oddbjorn Taraldsvik

Greeters - Sara Maclean Kreps & Sari Kelen

Refreshments - Nancy Schmidt

Zoom Greeter - Gabor Matyas

HAPPY MOTHER'S DAY

May 18, 2025 - 10:30 a.m.

Healthy Body & Spirit



Am I an Addict?

Nathalie Hainaut

How does certain behavior or substances act on our brains? It is possible that we repetitively act in a certain way, not by habit, but because it triggers a biological effect? Let's have a look!

Nathalie Hainaut, a longtime member of LUUC, explains: "Life's ups and downs, along with a curiosity about science—especially how the brain works—got me thinking: are we really in control of our brains, or is it the other way around? That question eventually led me down a path of exploring how our brains intersect with spirituality." This presentation will take place in the hall, with chairs in a circle; a welcoming place to share and talk.

Service Leader - Christine Wooley

Musician - Kerry-Anne Kutz

Greeters - Usha Thorne & Jose Van Amerongen

Refreshments - Caitlin Berry

May 25, 2025 - 10:30 a.m.
Sunday Café
In person & Zoom live stream

The Lakeshore Community Choir With
Special Guest Jim Scott

The Lakeshore Community Choir will sing wonderful Canadian-composed and traditional songs including "Alouette", "All the Little Rivers of Canada", and "Rainy Day People" by Gordon Lightfoot.

Renowned musician Jim Scott is an American guitarist, singer-songwriter and composer in the genres of jazz, classical and folk music. Jim's songs, poetry and short stories address issues of ecology, justice and peace with insight and gentle wit. It is Jim's lyrical songs that remain his greatest offering. He will perform his unforgettable original music with the Lakeshore Community Choir.

An active Unitarian Universalist, Jim Scott has contributed hymns such as 'Gather the Spirit'. He co-chaired the Seventh Principle Project, and was one of the creators of the Green Sanctuary program.

Host - Kerry-Anne Kutz
Technician - Oddbjorn Taraldsvik
Greeters - Chris Bassett & Nancy Schmidt
Refreshments - Sari Kelen & team
Zoom Greeter - Gabor Matyas

THE BLUE LAWNS OF THE WEST ISLAND.



Every spring these heavenly blue lawns appear on the West Island. Hundreds of tiny blue scillas open up to please our senses. Do take the time to pass by **Nancy G's** or **Susan Cz's**, house to see their stunning displays. ~ed

NOTES FROM THE PRESIDENT



While our Board deliberations and duties carry on until the official change over to the new Board of Directors for LUUC at our Annual Meeting in June, the month of May brings us an opportunity for a joint “Old Board\New Board” meeting to review the 2024-25 LUUC year, and together to begin to plan the 2025-2026 actions, including the proposed budget which will be presented at the AGM for approval.

In fact, this year’s turnover is less dramatic than previous years. One member is going off the Board (**Paul Sullivan**) and our intrepid interim Board Secretary (**Heather Falconer**) will be able to retire back to other activities she has neglected in order to fill our gap. Deep thanks go out to both Paul and Heather for their dedication and service for us all.

As you have seen in the Notice of the Election of the Board meeting on April 29, 2025, some Board members have taken on different roles, with **Nancy Schmidt** serving as President, **Susan Czarnocki** as Vice-President, **Sheila Laursen** as Secretary and **Gary Spiller** as Director A.

We are delighted to welcome **Margaret Stewart** to the Board in the role of Treasurer.

But sadly, our 6th Board role, for Director B, remains vacant in spite of the determined efforts of our Nominating Committee to find a full slate. **This position could be filled by a decision of the Board should a willing LUUC member step forward with an offer to serve....(hint, hint...)**

The reality is that we are a small and aging congregation, although our aims, programs and actions often bely that fact. Far too many aspects of organizing congregational activities rest on far too few shoulders.

So, we are very happy to be welcoming 3 new LUUC members at our May 11 Sunday service - and we hope that some of the other people who have been attending our services and enjoying our Café Sundays will find they would like to have a “spiritual home” here - and that our UU community will give them a sense of belonging, which we all crave.

~ **Sheila Laursen**

HAPPY MOTHER’S DAY

HELLO FRIENDS



Since we are moving out of the country next fall, we are looking for a room to rent for our son **Justin**, starting next September-October. He's a very quiet boy who works as a vet assistant in St-Lazare and studies at Concordia. Between all his activities he's rarely home and when he is, he usually studies. He's a clean, private, and organized person. He has his own furniture, unless the room is already furnished.

The room would preferably have a private bathroom, but it can also be shared, and access to a kitchen. On the Vaudreuil side of the bridge would be better, but the West Island would also work, and he would be glad to help out with snow removal and yard work.

He has his own car, so a parking spot would be great.

Please send an email to nathaliehainaut@hotmail.com

Thank you so much!

Nathalie Hainaut.

SHARING OUR FAITH

The Sharing Our Faith fund is a program of the Canadian Unitarian Council, supporting projects that enhance ministry, growth, and outreach for congregations and for the Unitarian Universalist movement in Canada. It is designed to encourage greater associational awareness in our congregations, the fostering of relationships, and a sense of community and connection among and between our member congregations and communities.

Each year, this fund is renewed with money collected by congregations at special dedicated services, and from a Foundation Fund administered by the First Unitarian Congregation of Toronto. These donations are sent to the CUC to be distributed as grants to congregations applying for projects they may not otherwise afford.

Since its inception in 2001, through the generosity of our congregations and Canadian UUs, the Sharing Our Faith program has awarded over \$200,000 in grants.

There is more information about Sharing our Faith here:

<https://cuc.ca/congregations-leaders/support-subsidies/sharing-our-faith/>

LUUCERS BEING LUUCERS

Several of us celebrated the birthdays of the **Rev. Heather** and **Gary Spiller** at the Manoir. We are rather a noisy lot! **Jose** presented Gary with a pair of glittery red suspenders, and naturally Jose had to supervise the putting on of said suspenders. This took great concentration on her part, as initially they went on the wrong way ...



Nancy, Rev. Heather and Susan Cz.



Sheila, Susan H. and Paul.



Jose concentrates



All's well that ends well.

CARING

Constance Belanger will be our Caring Person for March and April . You can contact her at 438-396-6694 or constancebelan@gmail.com

HAPPY BIRTHDAY TO ALL OUR MAY LUUCERS

Happy Birthday to Shelly Bloomer on May 5th

Happy Birthday to Chris Bassett on May 6th

Happy Birthday to Constance Belanger on May 7th

Happy Birthday to Kathy Matyas on May 18th

Happy Birthday to Sheila Laursen on May 23rd

Happy Birthday to Dan Amstutz on May 25th

Happy Birthday to dear Olivia Gavanski on May 27th

ROB DELIGHTS US AT THE VILLA



How lucky were we at the Villa Beaurepaire, when Rob Lutes entertained us with some of his magic. We were all captivated with his stories and folk songs. He not only sang the songs, but filled us in on the background and history of them – making everything so much more interesting. He has promised to return and give us two more music lessons – we can't wait. Did you know that "Happy Birthday" is the most played song in the world? - well you do now.

~ ed



PLANT SALE IN MAY.....Merging Waters, 24 Maple in Ste. Anne de Bellevue will hold its annual perennial plant sale on the morning of May 24th.

They look forward to seeing you and will happily receive any plant donations.

HAPPY MOTHER'S DAY

HASKELL LIBRARY AND OPERA HOUSE

Hi LUUCers



The news about the Haskell Library & Opera House that straddles the border at Stanstead, QC. and Derby Line VT. has brought feelings of anger and dismay - but also determination, unity and creativity over the past few weeks.

During National Library Week this past week, there was good news from the Haskell Library. Over \$180,000 Cdn. was received by the Go Fund Me and author Louise Penny donated \$50,000 to the library so it could become accessible from Canada as well as the USA.

One of my Montreal friends visited the library with her friend, who is another Montreal author. They reported that they were able to enter with ease (and no border guard) via the "new" Canadian door. That entry will be much more elegant when re-designed and built by the summer thanks to the funds raised. It is interesting to read the comments that donors from both sides of the border have made with their contribution: <https://www.gofundme.com/f/haskell-infrastructure-overhaul>

My Montreal friend happened to be at the library when a video was being taken by a Vermont NBC reporter (the 2 Montrealers are in their hockey gear!).

I take heart from this saga as it demonstrates "finding creative ways to overcome oppression!"

We made a very brief cameo on NBC Vermont news 😊

<https://www.mynbc5.com/article/haskell-free-library-opens-new-entrance-for-canadian-patrons/64435761>

With hopes for more good news this Spring....

Best wishes, **Sheila**



April showers bring forth May flowers.

HAPPY NEW YEAR!



April was the last month of our 2024-2025 fiscal year. Our 'New Year' begins on May 1st.

Do you find it 'fitting' that the calendar year begins and ends in the middle of winter, when hibernation seems more appropriate than celebration? Would you enjoy celebrating a new year when the birds are returning, and the trees and flowers are about to go from brown to bloom? If so, then welcome to the new fiscal year for Lakeshore Unitarian Universalist Congregation!

May 1 is the first day of our new fiscal year.

Good-bye 2024-2025, Welcome 2025-2026!

So, let's remind ourselves what a new year means for LUUC--

It all begins with the election of a new Board of Directors, which occurred on April 29th, followed by the closing of the books officially on April 30th.

LUUC has registered corporate status in Quebec, which permits us to issue charitable tax returns, as long as we present an audited report on our finances for our fiscal year to an Annual General Meeting in June, and present a proposed Budget for 2025-2026. Lots to do!

The AGM is when we should discuss the year just closed, and how we should approach the challenges of building LUUC into the future – now is the time to start brain-storming!

~ Susan

SOUP AND CINE – MAY 16TH.

Merging Waters, 24 Maple, Ste. Anne de Bellevue-7:00pm



In French with **English subtitles**.. Paul has been estranged from his daughter Irene and her three children: Léa, Adrian and young Theo (deaf from birth). When Irène brings the children from Paris to holiday in Provence for the Summer, Paul is not pleased. The visit awakens painful memories, and is challenging. Fortunately, Théo, the deaf-mute youngest child succeeds with his curiosity and enthusiasm in helping to heal the family relationship. By the end of the Summer, the two generations will each be transformed by the other. A beautiful film with incredible scenery and many touching and comical moments. This film stars that wonderful French actor Jean Reno.

EASTER COOKIES



Both sets of cookies were lovingly made – the bows by my granddaughter **Chelsea** and the Owls by **Sari**. Very labour intensive – but to the recipient they are simply **delicious!**
(Instructions how to make the Owls supplied upon request to the **ed**.)

WHERE ARE THE HEROS?

- The beloved Pope Francis has died
- War in Ukraine continues
- No end to Gaza war – no provisions allowed in the Strip for 2 months!
- Canada votes in her most important election, because...
- US has cast larcenous eyes on Canada, Greenland, Panama
- Stock Market gone mad
- Terrible Trade Tariffs! - causing utter chaos
- Xi didn't blink
- The world is in one heck of a mess.

Often in times of dire trouble, one person arises to save the situation – a giant of the times: Joan of Arc; Sir Francis Drake, Nelson; Lincoln; Mother Teresa; Winston Churchill; Gandhi; Nelson Mandela. There are more people in the world now than ever before – and yet - who and where is our saviour today?
~ **ed**

What lies behind us and what lies before us are small compared to what lies within us.
~ **Ralph Waldo Emerson**

THE WISDOM OF ANNE BOKMA



Nancy Schmidt, right pictured with Anne Bokma.

Anne says that Everyone needs a tribe. Anne's presentation on April 13th "How to Find Your People – The Power of Community" explores the importance of finding yours. People used to find a sense of community in their faith group, but today only one in five Canadians attends religious services on a regular basis. The decline in association with traditional religion corresponds with a simultaneous rise in secular gatherings that create solidarity, enhance personal growth and allow for the kind of transcendence we usually associate with religious feeling—everything from death cafés to drumming circles, storytelling gatherings and social action.

YOU AND LUUC – IN 6 WORDS OR LESS!

Anne Bokma mentioned this challenge during her presentation at LUUC on April 13th - and this has inspired me to pass along the challenge to all LUUCers.

Let your imagination flow and see if you can describe - in 6 words or less - what you think when you ponder "You and LUUC".

Please send them to me (Sheila Laursen at sheila.laursen@bell.net) so we can publish them from time to time in our newsletter.

If you wish to remain anonymous, just note that with your entry. I hope we can let our creativity flow!

~ Sheila



AT THE MARCH CAFÉ

Four of **Kerry-Anne's** students who delighted us with their talent at the March Sunday Café.



FROM KERRY-ANNE

Dear Friends,

I wanted to share this interview from yesterday morning, April 17th, with the wonderful Sean Henry of CBC Radio's Daybreak.

Thanks so much to our fabulous publicist Janis Kirshner, for making this possible.

Kerry-Anne ❤️

April 17- CBC Daybreak interview with Kerry-Anne by Sean Henry: www.cbc.ca/listen/live-radio/1-15-daybreak-montreal/clip/16141061-kerry-anne-kutz-power-singing

April 15- Quoi Faire Montréal: montreal.quoifaire.com/evenements/festival-de-la-voix/

HAPPY MOTHER'S DAY

OPPORTUNITIES TO SHARE

There are many more opportunities to learn from and share with other UUs across Canada....

Lay Chaplains Chat

May 5 – 7:30 pm ET (90 minutes)

The National Lay Chaplaincy Committee recognizes that many of our Lay Chaplains are working in isolation and many have asked for ways to stay connected throughout the year. We are offering the opportunity to do that through our new Lay Chaplains Chat series.

We invite all Lay Chaplains, new and seasoned, (as well as LC Committee members and those considering Lay Chaplaincy) to a recurring Lay Chaplains Chat event hosted on line via Zoom. This will be an opportunity for the National LC Committee to update you regarding upcoming trainings and gatherings but more importantly this is an opportunity for you to meet other Lay Chaplains from across Canada and with various levels and years of experience. Let's gather to share stories and successes and challenges as we move through this journey.

AGM 2025 Conversations

May 7 - 7:30 pm ET (1.5 hours)

The CUC's AGM is held online on Saturday, May 31, 2025 from 1:00 pm – 4:30 pm ET. In 2024, we introduced the Gradients of Agreement as a voting mechanism for the AGM. The Board of Directors has formalized this for use at the 2025 AGM.

Come to one of the sessions to learn more about Gradients and to discuss matters relating to the AGM. Information about Gradients will be sent out prior to the first session. All are welcome to these sessions, whether or not you are a delegate for your congregation.

Rising Together: Unitarian Universalists of Colour

May 14: 7:30 pm ET (90 minutes) and June 11: 7:30 pm ET

Indigenous folks, Black folks and people of colour (IBPOC) are often in the minority in Unitarian Universalists congregations and communities. Gathering together with others who share similar identities and experiences can reduce isolation and support us in getting our spiritual needs met. Rising Together is the place where we can find each other!

CanUUdle XXV: AdventUUres on the High Seas!

Friday, May 16 at 6:00 pm ET – Monday, May 19 at 12:00 pm ET

At the Unitarian Church of Montréal

CanUUdle is the annual national conference for Unitarian Universalist youth (ages 14-19) and their adult advisors (25+). It's a beautiful weekend where youth and adults create

an amazing community, worship together, grow as spiritual beings, and join in multigen activities.

CanUudle attendees stay overnight at the Unitarian Church of Montréal from Friday to Monday.

National Worship Sunday Service: From Possibility to Practice

[May 18](#) – 1:00 pm ET (1 hour)

[Join us for this National Service live](#) on Sunday, May 18 at 1 pm ET, followed by coffee time conversation. What if sustainability isn't just about how long we last — but about how deeply we belong to each other and to the future?

This service revisits Rev. Ray Drennan's 2004 Confluence Lecture “[An Idea of a Possibility](#)” with insights from the [UU Expressions](#) research and other current UU practices.

Dismantling Barriers: Talking About Solidarity

[May 29](#) – 7:00 pm ET (2 hours)

Join us on May 29th, 2025 from 7-9pm ET on zoom for a workshop and conversation around the subject of solidarity. Facilitated by Camellia Jahanshahi and Amber Bellemare, this 2 hour session will offer an accessible entry point into solidarity work and the many intersections that exist for us to explore this work through [https://bit.ly/DBMay29](#)

CUC Annual General Meeting 2025

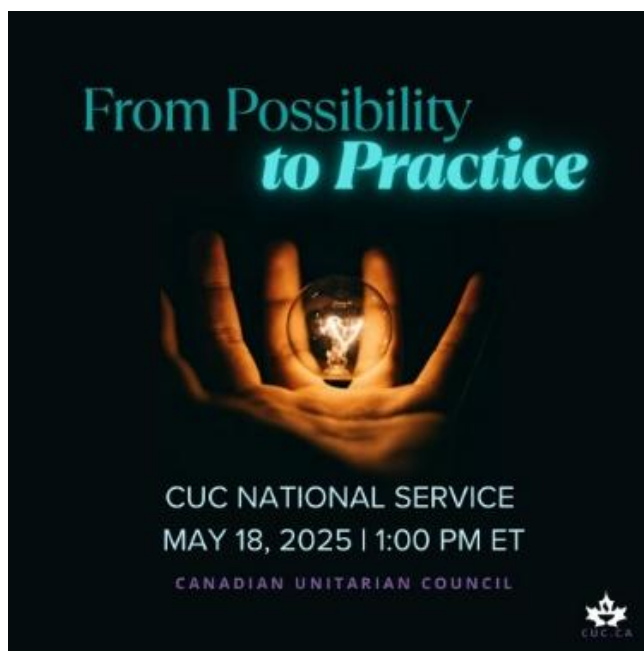
[May 31](#) - 1:00 pm ET (3.5hrs)

The CUC's Annual General Meeting brings together congregations and UUs to make decisions about matters that affect our collective national faith community.

This year, the AGM is held online. Participants and delegates will discuss and vote on the 2025-2026 budget and receive reports from task forces and committees. For 2025, the CUC Board has approved the use of the Gradients of Agreement decision-making tool for use during the AGM.

~ **Susan Czarnocki**





💡 **What if sustainability isn't about survival—but radical belonging?**

Join us for **"From Possibility to Practice,"** a **National UU Service**, on **Sunday, May 18**. We will revisit [Rev. Ray Drennan's 2004 Confluence Lecture](#) with fresh insights from *UU Expressions* research and contemporary UU theology.

Live Stream: May 18 @ 10 am PT / 1 pm ET

Followed by: Virtual Coffee Hour connection

For Congregations: Ready-to-go worship package (order of service, readings, discussion guide) available **May 12**

👉 [Register for the Live Stream](#)

👉 [Request Worship Package](#)

🔔 **Spread the Word!**

Help us create a continental moment of UU connection:

- ✅ **Forward this email** to your congregants
- ✅ **Share on social media**
- ✅ **Announce in worship** (sample script below)

✂️ **Sample Bulletin/Announcement**

Copy + paste this into your communications:

*"Join UUs across the continent for **'From Possibility to Practice'** – a national service exploring sustainability as radical belonging. Live stream May 18 @ 10 am PT / 1 pm ET, or request a ready-to-go worship package for local use. Learn more."*

ON THE GO AND NEED TO KNOW

W.W.2 ENDED MAY 8TH 1945 - 80 YEARS AGO-AFTER 6 LONG YEARS



Londoners slept in the underground



The milkman carried on with his deliveries



The damage was great



The children were evacuated

Peace at last!

Our Dads would be home soon. I was 10 at the time, and we took to the streets and danced all night! ~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:	Heather Falconer (interim)	514-505-4206
DIRECTOR A:	Nancy Schmidt	514-626-0826
DIRECTOR B:	Paul Sullivan	514-457-1793
 LAY CHAPLAINS:	 Kerry-Anne Kutz	 514-758-3641
	Paul Sullivan	514-457-1793
 OFFICE & ONLINE		
ADMINISTRATOR:		514-637-6974
		Lakeshoreluuc@gmail.com
NEWSLETTER EDITOR/	Heather Falconer	514-505-4206
ILLUSTRATION ARTIST:		miss.heather.falconer@gmail.com
 NEWSLETTER DEADLINE:		MAY 21ST, 2025
 OUR WEB-SITE:		LUUC.org



Tall and proud this Maple Leaf sits high atop a tree in Paul's front garden – loudly declaring – Keep Those Elbows Up Canada!

HAPPY MOTHER'S DAY

