



# The Hamilton Unitarian

The First Unitarian Church of Hamilton  
Established 1889

## Sunday Services

### January 2: A MAN FROM LEBANON

**Speaker/Storyteller:** Anne Wilson **Service Leader:** David Zulak

An exploration of one man's spiritual journey. He lived in a time of political oppression and religious fundamentalism. His teachings were radical, liberating and dangerous. In this service we will explore some of his Unitarian and Universalist ideas.

### January 9: LIVE YOUR LIGHT

**Speaker:** Rev. Victoria Ingram **Service Leader:** Paul Hawkins  
**Storyteller:** Anna Schaffer

"This little light of mine, I'm gonna let it shine!" That familiar hymn encourages us to shine our unique, precious, and beautiful light for all the world to see. As we begin a new year, a time of reflection and resolution, let's consider how to let the positive, glorious, and worthwhile aspects of ourselves shine a little brighter this year at home, at church, and in the world at large.

### January 16: PRINCIPLED LIVING AND LIVING YOUR PRINCIPLES

**Speaker/Storyteller:** Rev. Victoria Ingram  
**Service Leaders:** Al Sharp & Mary Scott

Can you recite Unitarian Universalism's Seven Principles? Don't feel bad - most of us can't. And yet, as a faith community, we see them as a guide for our life in community. What does it mean to live a principled life? How would we have to think, behave, and interact if we truly embraced our Seven Principles as guideposts for life?

### January 23: LIFE IN SPIRIT: RECLAIMING SPIRITUAL DISCIPLINE

**Speaker:** Rev. Victoria Ingram **Service Leader/Storyteller:** Valerie Nielsen

Our principles ask us to encourage each other in our spiritual growth through a free and responsible search for truth and meaning. Unitarians embrace the concept of "free" whole-heartedly. Where we sometimes fall short is in being "responsible" - consistent, disciplined, and focused about our pursuit of spiritual practices that help us reflect, learn, and grow.

### January 30: IS THIS REALLY A CHURCH?

**Speaker:** Rev. Victoria Ingram **Service Leader:** Juliana Beckett  
**Storyteller:** Anne Bokma

Those of more orthodox religious persuasions sometimes wonder if those of us in liberal religious traditions really belong to a church. They ask if you don't share a creed or set of beliefs, are you REALLY a church? We explore what "religion" means in our understanding and why we are most definitely a church. Even if some of us are a bit uncomfortable with that particular word!

**Sunday Services 10:30 AM—all are welcome**

January 2011

Volume 62, No. 1



## Big Team Meeting

Sat Jan 8, 9 am-12 pm  
Fellowship Hall

## The Arts of Worship with Children

Jan 23 or 30 – (to be confirmed)  
12-1:30 pm

Childcare and lunch will be provided.

Please see last page for further information

The Church calendar is online at  
[www.firstunitarianhamilton.org](http://www.firstunitarianhamilton.org)

Calendar in newsletter - page 11

**February Newsletter Deadline:**  
**Wed Jan 19**

**Please send submissions to**  
[newsletter@firstunitarianhamilton.org](mailto:newsletter@firstunitarianhamilton.org)

Include the words "**February Newsletter**" and a short description of the item in the subject line, e.g., February Newsletter, Membership

## Contact Information

### MEMBERS OF THE BOARD

PRESIDENT ..... Tim Versteeg  
VICE-PRESIDENT: ..... Stephanie Ounpuu  
CO-TREASURERS: ..... Mel Webber & Mel Rutherford (Interim)  
MEMBERS: ..... Cathy McPherson-Doe, Monica Bennett  
SECRETARY: ..... Pat Dickinson  
PAST PRESIDENT: ..... Kath McIntyre

### LEADERSHIP COMMITTEES:

Management ..... Catherine McPherson Doe  
Committee on Ministry ..... vacant  
Nominating ..... vacant  
Volunteer Recruitment: ..... Gail Rappolt  
Stewards ..... Tony Marcogliese

### THE CLUSTERS AND THEIR MANAGEMENT REPS:

#### ADMINISTRATION – VACANT

Property/Grounds Committee. .... Doreen Knol (Interim Chair)  
Staff Advisory Committee ..... Lesley Cordero & Marilyn Hunt

#### FELLOWSHIP – BARBARA WALLACE

Membership Committee ..... Daphne Payne  
Greeters Co-ordinators... John Mitchell and Pierrette Cayen  
Newcomers' Co-ordinators..... Ali Steinbergs & Mary Scott  
Seniors' Program ..... Gordon Beckett  
Book Group ..... Dawn Ludbrook  
Fellowship Hour. .... Joanne Waters  
Librarian ..... Don McFadyen  
Young Adult Social & Spiritual Circle ..... Kate Hicks

#### OUTREACH – MARGARET MCFADYEN

Denominational Affairs Representative..... Nora Prosser  
Lay Chaplaincy Committee ..... Janet Hillen  
Social Justice ..... Bill Johnston & Margaret McFadyen  
Fair Trade Task Force..... Jen Dawson  
Grandmothers to Grandmothers ..... Ann Craig Howarth  
UU-UN Office Reps..... Raman Kumar & Todd Fraleigh

#### PASTORAL – BILL FULTON

Benevolent Fund Manager..... Rev Victoria Ingram  
Caring Community Comm..... Don McFadyen, Glen Doe  
Joys and Sorrows Co-ordinator..... Pat Oertel  
Shared Ministry Groups ..... Sandy Lubert & Joan Foster

#### LIFE SPAN LEARNING – JULIE BERGSHEOFF

Adult Rel. Ed. Co-chair ..... Nancy McMartin & Anne Wilson  
Children & Youth Rel. Expl .. Kelly Wolf & Mary Anne Forbes  
Our Whole Lives (OWL)..... Pip Heritage & Elizabeth Beckett  
Youth Group Leaders..... Stephen Park & Nancy Gulliver

#### STEWARDSHIP – ROY DICKINSON

Canvass Committee Co-Chair ..... Paul Hawkins  
Festival Committee ..... Dave Adeney  
Finance Comm & Capital Funds ..... Bruce MacPherson & Al Sharp

#### WORSHIP – LEE INKSTER

Choir Director ..... Cindy Carey  
Music Committee ..... Cindy Carey  
Sound Team Co-ordinators..... Craig Hanson & Gary Hicks  
Ushers Co-ordinator..... vacant  
Worship Assistants Co-ordinator ..... Ann Craig Howarth  
Worship Committee ..... Ed Canning & Lyla Miklos

### STAFF

**MINISTER:** Victoria Ingram ..... 905-527-8441 X223  
Email ..... [victoria@firstunitarianhamilton.org](mailto:victoria@firstunitarianhamilton.org)

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**LAY CHAPLAINS:** Barbara Jepson 905-304-0559  
Mark Zenchuk 905-777-1743

**Personnel do change. Please inform the office of any errors, omissions or changes.**

Facilitator, Designer and Editor Melina, Office Manager. Assembled by Pat Keefe, Barb Kulcher, Dawn Ludbrook, Sheila McAllister, Ruth Pollard, Doris Wells, and Eleanor Wrigley.

## Minister's Column



**H**appy New Year!

January is named for the Roman god Janus, the two-faced divinity of endings and beginnings and the goddess Juno, whose two aspects simultaneously look forward and backward. We are reminded from these ancient traditions that during this cycle of the seasons we mark the beginning of a new year, yet it

contains elements of the year that has past. As the milestone arrives, we look forward with anticipation, and backward with memory.

I've been with you now for about 5 months as your settled Minister. We've been getting to know one another. We stated our commitment to one another at the Installation in November. In this short time, we've already shared sadness and joy and tears and laughter. I'm honored by the warmth, generosity, and interest you have shown in Carl and me, how you have helped us with information, resources, and insights as we transition into this new city, climate, and culture. I'm humbled by the commitment and care you show for your congregation and how so many of you volunteer to accomplish the many tasks, goals, and priorities that keep this church running smoothly. I'm so pleased that you've felt comfortable and invited to share your joys and concerns with me, come in for a visit, and seek me out for a chat. I continue to feel blessed for the gift of working with and serving this congregation, with you, in our faith. I look forward to a long and loving ministry here with you in Hamilton.

Looking forward into this New Year, there are opportunities ahead of us that need our faithful attention. After a time of settling in and getting up to speed with one another, it's time for us to re-imagine the ongoing mission of First Unitarian. This spring, in conjunction with the Board, I'll be working with you to revisit the role we want to see our congregation play in not only creating a place of welcome, encouragement, and love for each other, but for the wider community, as well. As a congregation, we need to consider how we would like to grow and create a plan for making it happen. Who are "our people?" What are we called to do as Unitarians in our community? How can we best be of service to one another? What do we want First Unitarian of Hamilton to be known for? What do we need to do to make our vision a reality? Every one of you has a place in this conversation; each of you has a piece of the vision to share and a role in making it happen.

The result of these conversations will probably be some changes. Frankly, in church as in life, it isn't a matter of "if," it's a matter of when, how much, and how we want it to happen. Let your energy, passion, and commitment get you engaged and involved in creating First Church's future. I look forward to the road ahead – changes and all – and I hope you do, too. And, I'm so happy to be making the journey with you. Blessings to us all in the year(s) ahead.

Love and light,  
*Victoria*

### Prayer for January

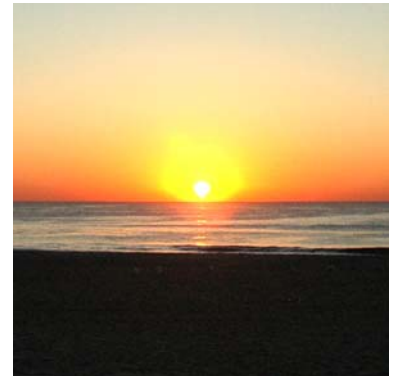
From the Persian poet Jelalludin Rumi, 1207 – 1273

#### Start Your Lives Over

Last night the elephant wandered India again and tore the darkness to shreds. Let our daylight lives be like last night. Let mystics constantly remember, and the parts and the whole be happily equal. In our hands, wine. In our heads, wind.

The night contains the day. The ocean breaks into waves. The sky wears the gift we gave. Whatever customs humanity had become ways of compassion. Nothing with shape and dimensions can keep still when passion moves.

Start your lives over. Everyone is totally forgiven, no matter what.





## Splinters from the Board:

This Report covers Board Meeting held on Nov. 24<sup>th</sup> and the Budget Circle Information Meeting held after church on Dec. 5<sup>th</sup>. Minutes from the most recent Board meetings are posted on the Bulletin Board outside the kitchen window. The Dec. Board meeting will be held on Dec. 15<sup>th</sup> and will be reported on in the February newsletter. January Board meetings will be held on Jan. 19<sup>th</sup> and 26<sup>th</sup>. The Jan. 19<sup>th</sup> is a special meeting with Rev. Ingram to discuss the strategy of adding a second service as a possible response to recent attendance increases. A Big Team Meeting for all church leaders has been scheduled for Sat. a.m., Jan. 8<sup>th</sup> to discuss the goals that emerged from a new Minister Start Up meeting attended by members of the Board, Management, Nominating and Committee on Ministry on Oct. 23<sup>rd</sup>. As well, the Annual General Meeting has been set for Sun., March 6<sup>th</sup>, 12-2 p.m.

The November Board meeting focused on the Budget process as proposed for the years 2011-2012, 2011-2013, and 2011-2015. After a lengthy discussion, the Board unanimously supported the draft budget and offered the Finance Committee profound thanks for the thoughtful work that has been done. The results of this draft budget were presented to approximately 25 members of the Congregation and Rev. Ingram at a Budget Information Circle meeting held after church on Sun., Dec. 5<sup>th</sup>. This was an opportunity for members of the church to ask for clarification about the details in the 2011-2012 budget, in particular, and also to see how next year's budget fits within 3 yr. and 5 yr. plans, in terms of Operational and Capital requirements, respectively. The final 2011-2012 Budget Approval meeting will be held on Sunday, Jan 16<sup>th</sup> at a Circle Meeting after church, 12-2 p.m. If you would like a copy of the draft budget and/or the power point presentation from the Dec. 5<sup>th</sup> Circle Meeting, please contact Church Treasurer, Mel Webber, [mwebber1@cogeco.ca](mailto:mwebber1@cogeco.ca) 905-632-7954.

A request from a potential Intern Minister to work with Rev. Ingram and our congregation was discussed. After considerable discussion about the benefits and challenges, there was consensus among all that the focus for the next year should be on hiring and integrating a Religious Exploration Professional into the church.

There is excitement among Board members that First Unitarian Church has been approved to host the CUC Annual Conference and Meeting in May 2014 which coincides with our church's 125<sup>th</sup> Anniversary. Tim Versteeg, Michele Corbeil and Kath McIntyre have all expressed interest in being involved in the planning of this important event.

Below is a summary of the many important forthcoming dates that are referred to in this Board report:

Big Team Meeting, Sat., Jan. 8, 9-12, Fellowship Hall

Special Board meeting, Wed., Jan. 19<sup>th</sup>, 7 p.m., Rm. 7, to discuss Growth/Second Services

Budget finalization meeting, immediately following church, Sun., Jan. 16, 2011

Regular Board meeting, Wed., Jan. 26<sup>th</sup>, 7 p.m. Rm. 7

Annual General Meeting, Sun., March 6<sup>th</sup>, immediately following church, Sanctuary

Pat Dickinson,  
on behalf of the Board.



## Sunday Guest Speakers

[worship@firstunitarianhamilton.org](mailto:worship@firstunitarianhamilton.org)



### January 2<sup>nd</sup> Speaker: Anne Wilson

Anne is a member of The First Unitarian Church of Hamilton and Co-Chair of the Adult Religious Exploration Committee. She has facilitated many courses at the church and has a Master's Degree in Religion and Culture.

## What Time are Services on Sunday?

### A Note from Rev. Victoria

It's pretty clear that our worship service on Sunday starts at 10:30 a.m. It's on our website and in our literature. And, usually, we get started pretty much right on the button. But, you might ask, when does worship END? That question hasn't had such a reliable answer lately.

With the addition of the Story for All Ages, worship was extended for 15 additional minutes, to end at 11:45 a.m. So, if you're planning your Sunday schedule, please make sure to allow time so that you can stay until the service is over. We like having you here with us!

The Worship Committee and I are working together to adjust and streamline the service elements to more consistently meet the target of ending services by 11:45 a.m. You will most likely notice additional changes and tweaks in the service this month. I appreciate your patience and forbearance while we try things out. Of course, your feedback and comments are always welcome. Please use the feedback form found on your order of service to let the Worship Committee know your thoughts and ideas. (They like compliments, too!)

## Interfaith Vigil for Peace

You are invited to join in an interfaith Vigil for Peace on Sunday, January 14<sup>th</sup> from 3:30 – 4:30 p.m. in the Sanctuary. The Vigil will include time for quiet prayer, music, and readings. Those who gather focus on praying for peace in the Middle East and in the world.



## Mid-Winter Retreat 2011

"SERVICE IS OUR PRAYER"

Friday February 4 to Sunday February 6 2011

Service is not an obligation, nor is it a duty. It is an act of kindness that gives more to the provider than the one receiving the assistance. Over 150 years ago John Ruskin said "what we think, or what we know, or what we believe in is, in the end, of little consequence. The only consequence is what we do". This weekend will consider many ways of volunteering, of serving, of doing for our fellow human beings and our planet. Come and be part of the discussion. It will warm you on this chilly February weekend

<http://donheights.ca/mwr/>

## Membership drive for people with drive

The Festival Committee needs new members. We're the friendly folks who bring you the dinner catalogues and, in conjunction with the Music Committee, an annual concert event like the Sound of Music Singalong and Costume Party with silent and live auctions.



Basically, we need people to help to organize and promote fun fundraising events and activities.

Here's what we're looking for:

- "roll-up-your-sleeves" energy and commitment. We meet at least once a month most of the year and there's plenty to do between meetings (mostly via phone, computer, email, and at our church foyer sales desk). Some positions do not require attendance at every meeting.
- Creative ideas (and the willingness to support other people's good ideas!)
- Sense of humour
- Skills/interests that would be helpful: computer graphics and desktop publishing, promotional writing, ticket sales, stage show or event management, advertising sales, food preparation and service, volunteer coordination.



This an opportunity to:

- raise funds that help support this special community
- share and build your talents and "people skills"
- make wonderful friendships
- practise the values our church espouses
- have a lot of fun!

Like more info? Contact the Chair, Dave Adeney.

Thank you!

## "Thank you"

**Pizza Lunch  
from the Festival Committee Feb. 6**

Sunday, Feb. 6, in the sanctuary from 12:30 pm to 1:30 pm. Our way of saying "many thanks" to the many auction donors and buyers, dinner hosts and attendees, and volunteers who made our excellent 2010 fundraising results possible, All are welcome!

- Your Festival Committee



## Unsung Heroes

Gail Rappolt, Leadership Volunteer Coordinator

As little children meals on the table, clean sheets on our beds, and clean clothes in our drawers appeared more or less by magic. Sometimes it still comes as a bit of shock when we actually stop to think about how or by whom certain things get done. What in our church might we unwittingly take for granted as well, since it may appear to happen by magic.?

Unless you have been a Sunday Service Leader and had to get all the info to the [oos@firstunitarianhamilton.org](mailto:oos@firstunitarianhamilton.org) by Wednesday at 9:00 am, or wanted to rent a room at the church and used the [bookings@firstunitarianhamilton.org](mailto:bookings@firstunitarianhamilton.org) or made a submission to the newsletter at [newsletter@firstunitarianhamilton.org](mailto:newsletter@firstunitarianhamilton.org) it might never have occurred to you how things actually happened. To some degree they happen through the office manager Melina, since she sets up the processes and oversees that these tasks actually get accomplished, but on a week to week basis, the Order of Service, the announcements that are in it, and the rental bookings happen through the work of volunteers. There are currently four office volunteers. In fact they are the source of all your emails from [volunteer@firstunitarianhamilton.org](mailto:volunteer@firstunitarianhamilton.org). Wednesday afternoon Joanne Waters produces the Order of Service and on Thursday afternoon Margaret McFadyen produces the announcements (both use the Publisher Program to do this). In addition they take phone messages, do rental bookings, order supplies and a host of other office tasks. They use the low cost duplicator for long runs and the photocopier for simple tasks. As you can well imagine if the Order of Service material does not get there by the deadline, it makes it very difficult - since each step depends on the other being done on time. The volunteers use an effective system set up by Melina to document their activities so that things are carefully recorded and noted for each other. Then William La Ferla comes in later Thursday afternoon and puts the Orders of Service together. Angela Gasperi comes

in when her schedule permits and does specific tasks that Melina sets out for her.

Joanne and Margaret, along with Daphne Payne cover off this work over holiday periods as well. When the office manager role was created in 2007, the role was defined with four components; generating and coordinating rentals, overseeing publications and the website, keeping financial records, and managing office volunteers. The workload of the role was based on having office volunteers reporting to the office manager 10 half days a week. We are a long way from that, but are most grateful for those who do provide skilled office support. We could not get along without them!

Currently Melina, the office manager, is producing the newsletter herself, but her trusty newsletter team compile the paper copies, prepare them for pick up on Sunday morning and prepare the leftovers for mailing. You may see them on newsletter Sundays in hot pursuit of congregants, reminding them to pick up their newsletter or even hand delivering them, so that they can save postage for the church. Pat Keefe, Barb Kulcher, Dawn Ludbrook, Sheila McAllister, Ruth Pollard, Doris Wells, and Eleanor Wrigley currently make up the newsletter team. Val Ramsay and Angela Conlin have been part of that group in the past as well.

So, next Sunday, when you are reading the Order of Service and the announcements or picking up your newsletter, take the time to thank some of these folks in person. Their dedication and commitment week after week, month after month, makes a huge difference. AND, if you have some office skills and could give a half day a week, please see Gail Rappolt to discuss what is involved in becoming an office volunteer. There is no shortage of work to do – there is always a list of undone tasks, just like any household or business!

### 2010 – 2011 Member Adherent Directory Updates



For anyone who didn't receive a list of Directory Updates in one of the December Orders of Service, copies are available at the visitor's kiosk on Sundays and in the church library during the week.

To change, update or correct any contact information in the 2010 – 2011 Directory, please send changes to [directory@firstunitarianhamilton.org](mailto:directory@firstunitarianhamilton.org) or speak to anyone at the visitor's kiosk.



## Report on Denominational Affairs

Nora Prosser, Denominational Rep

"The holiday season is a time when families and friends gather together for relaxation, reflection, making resolutions and discussing dreams and plans for the year ahead. Our church community, too, is full of creative energy and plans of all kinds, one of which is to *make more connections* in the wider community.

'*Making Connections*' was the theme of the Regional Fall Gathering in Waterloo in November. We UU's know we need to do more of this, and an excellent way to begin is to get out there and meet the members of other local, provincial and national congregations. Two really great opportunities to do this are being offered in the coming months:

### For Adults only – an 'all UU get-away'

1) The **MIDWINTER UNITARIAN RETREAT, Feb. 4,5,6** (Friday evening to Sunday afternoon) with the theme of '*Service is our Prayer*'. It has been run by the Unitarian Congregations of Greater Toronto for many years and is a smoothly-run and friendly (adult) gathering with interesting workshops, good food, worship and fun. It takes place in Bolton at the beautiful Cedar Glen YMCA, in 263 acres of forest (the workshops choices

include nature walks). This event is an adult gathering and an ideal 'escape' winter weekend, a comfortable driving distance from home.

**N.B. Register by Jan. 1st. It fills up quickly.** See brochure in foyer for details or ask Nora Prosser.

### For THE WHOLE FAMILY

2) The **ANNUAL CONFERENCE AND MEETING, May 21 – 23 (Victoria Day Weekend)**, is a celebration of the **50th ANNIVERSARY OF THE CUC**. The theme is '*Trust the Dawning Future*'. To be held at a downtown campus of U.of T., it will have full programs for *all ages*, child care and a dynamic '*CanUUdle*' for our Youth and Intergenerational Events. Over 600 UU's from all over Canada are expected, with around 1000 at the Sunday Worship Service. Plan to come: learn, worship, relax and have fun and get renewed and *inspired* with your fellow UU's from across our great country.

**For details see [www.cuc.ca/conference/2011/](http://www.cuc.ca/conference/2011/) and/or....ask Nora Prosser.**

Nora Prosser 905 628 9601.

Email: [noraruby@gmail.com](mailto:noraruby@gmail.com)

## How Can I Serve? Where Can I Lead?

We are working toward having committee chair terms and the year start up after the elections at the Annual General Meeting in the early spring be in sync with each other. This means that committee chairs would begin in new roles in March of the year, at the same time as the new Board takes office. This timing allows them to become familiar with the work of the chair during the spring, get help with submitting the budget for the following year (due in June) and in planning for the coming September. We have a number of possible chair roles available for spring 2011. There are still a few people thinking about whether they will continue or step down so all positions will be listed in the February newsletter. Take a look in the front of the newsletter to see what committees are active, what you are interested in, and where there might be a place for you! Go back to the November newsletter to find the chart that helps you decide what kind of volunteer work might feed your soul. There are lots of opportunities. Speak to current chairs and find out about the terms of reference or mandate and the criteria for membership and leadership on that committee.

Until now, I have been writing about spaces for members on committees, but I thought it was time to talk about leadership. As any number of current church lead-

ers will tell you, leadership in a church is different than in other organizations - more gratifying and in some ways and a bigger stretch of skills and challenge in other ways. It is, as the song used to say about Ontario, "a place to grow"! It certainly helps to have had some leadership experience in other areas, but it is not a necessary prerequisite. This spring there will be a Saturday workshop for all church leaders and committee chairs that will combine some nuts and bolts about policy and procedures with some tips for running effective meetings, minute taking, and managing decision-making. This day will be developed jointly by the Board and the Nominating Leadership Committee with support from the Minister and the Volunteer/Leadership Coordinator. This Saturday program will be open to those who would like to move into leadership positions as well current committee co-chairs and members of leadership committees.

Do give some thought to this over the next month. Leading in a Unitarian Church is a wonderful way to grow – spiritually and in every way!

Warmly

Gail Rappolt, Volunteer/Leadership Coordinator

## Food for Thought Book Group. Mon Jan 17th, 7:30 p.m. (Library)



It is estimated that art forgery in the U.K. (the world's second largest art market) amounts to \$320 million annually.

This is the well researched and engrossing story of one particular audacious and brazen con that was perpetrated in the 1980's and 90's.

"Spectacular...a real life thriller of the fine art of to the con" O, The Oprah Magazine.

Read Provenance by Laney Salisbury and Aly Sujo for our book group discussion on Monday, January 17th at 7:30 pm in the Church Library. For further information call Dawn Ludbrook 905.627.4896.

## New Year Longings by Valerie Nielsen



I long for the grace of open space  
fresh fields of snow and pristine calendars  
with little boxes offering possibilities

I long to put my house in order  
take out the shedding tree  
yet keep the season's dreams  
beyond Epiphany

I long to find my special star  
and follow it with passion  
yet duty sits on me  
a paralyzing albatross

I long for a life simplified  
open to adventure  
so I must clear the stuff that stifles me

I long for miracles  
resolutions realized  
dreams that materialize  
relationships redeemed and flourishing

I long for peace  
an endless Christmas cease-fire  
let prayers be answered  
joys abound  
serenity spill from heart  
home and world

I long for all to cherish our magical planet  
abundance to overwhelm need  
could there ever be empty hospitals  
or newspapers with only good news?

longing alone won't change the world  
or even clear my clutter

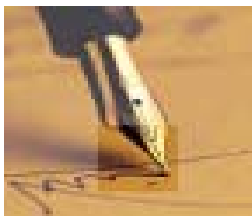
I buy another book on getting organized  
procrastinate and hide the mess

then creativity bursts through chaos  
I toss responsibility in the closet  
dream at my winter window  
and write a poem



## From the Membership Committee Newcomers' Orientation

The next Newcomers Orientation will be held on January 4<sup>th</sup>, 2011 from 7 – 9:30 p.m. in Room 9 at the church. This session will provide an opportunity to learn more about UUs. A signup sheet is posted on the Membership Board just inside the main entrance. If you would like more information about the Orientation session, ask Mary Scott or Ali Steinbergs at the Newcomer/Visitor kiosk in the foyer before or after Sunday services, or call Kathryn Cowley at 905-308-8162. If you have to make a last minute decision to come don't hesitate; please just come. Whether you are a newbie or a regular who would like to learn more, you are welcome.



## Writers Circle

Wed Jan 5,  
9:30 am - Library

The Writers' Circle meets once a month and welcomes anyone interested in the craft. For further information contact Valerie Nielsen at 905.643.5425 or email at [valerie01@sympatico.ca](mailto:valerie01@sympatico.ca)

### Hamilton First Seniors' News Upcoming Events

For Further Information please see the Hamilton First Seniors' news - insert

- Jan. 12 Coffee, Conversation and Cookies Church Room 09
- Jan. 16 Vote on 2011 Budget after service – Noon, Sanctuary
- Jan. 19 Inexpensive Cooking Workshop 3 - 6 PM Kitchen & Room 09
- Feb. 19 Opera: Girl of the Golden West (la Fanciulla del West)
- Mar. 6 Annual General Meeting – Noon Sanctuary



#### Submissions for the Order of Service

- deadline every Wednesday morning at 9:00 am
- email to [00s@firstunitarianhamilton.org](mailto:00s@firstunitarianhamilton.org)
- need help with your service script, please visit [www.firstunitarianhamilton.org/worship/worshipdocs.htm](http://www.firstunitarianhamilton.org/worship/worshipdocs.htm)

#### Need to Book a space

Check the online calendar then email your room and date request to:

[bookings@firstunitarianhamilton.org](mailto:bookings@firstunitarianhamilton.org)

Please cancel bookings that are no longer required.

#### Cheque requisition forms & supplies



For persons requiring cheque requisition forms, they are located in the foyer mailboxes across the washrooms under "cheque requisitions." They can also be found on our website <http://www.firstunitarianhamilton.org/administration/ChequeRequisition2010%20.pdf>. Please place your completed requisition forms in the office manager's mailbox located in the foyer for reimbursement.

Looking for supplies when doing volunteer work - a general supply box is located in mailbox unit in the foyer. When you use it, please return all supplies to the box for the next person's use as we cannot be continually replacing these items.



- Please send me the monthly newsletter for a trial period of three months.
- I would like to subscribe to the monthly newsletter for one year. I am enclosing a \$20
- cheque payable to First Unitarian Church of Hamilton.
- Please note my change of address or telephone number below.

**The First Unitarian  
Church of Hamilton**  
170 Dundurn Street S.,  
Hamilton, ON L8P 4K3

Name: .....

Address: .....

.....Postal code: .....

Telephone: .....Email.....





# News From the— Children's & Youth Religious Exploration Committee

cyre@firstunitarianhamilton.org or 905 527-8441 ext 222

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## Thank You!

A big thank you to all of the people who were involved in helping us create a meaningful Children and Youth Worship Service.

### The Arts of Worship with Children

Jan 23 or 30 – (to be confirmed)

12-1.30

Childcare and lunch will be provided.

Please join us to deepen your understanding of what it is to worship with our children. This workshop is designed to provide ideas, tools and strategies to support work in Children's Religious Exploration. Come and learn how to develop deep spiritual connections with the children of this congregation.

This workshop will be lead by Jessi Linn Davies <http://jessilinn.com> an experienced workshop leader and will be full of fun activities and games that we can use with our children.

Jessi Linn is a freelance teacher and education consultant. Her main focus is on creating inclusive classrooms and open communication through theatrical improv while providing hands-on workshops and educational resources to all sorts of learners in all sorts of places.

Please confirm your attendance at [cyre@firstunitarianhamilton.org](mailto:cyre@firstunitarianhamilton.org)

### No more resolutions!

I am borrowing some of this from a good friend of mine – Bruce Sellery who is a financial planner who thinks in a holistic way. I think his ideas work well in terms of how we choose to relate with our families and our church community:

*What do you REALLY want for 2011? What are your goals? And I do mean goals, not resolutions. For two reasons: First, because following through on a "resolution" feels like punishment to me. And second, because making resolutions just never really delivered the results I wanted.*

*But goals, I love goals. And every year about this time I dream a bit about what I really want to have*

*or experience in the next 12 months. I'll tell you how I do it, so you can reapply what works for you.*

**Get closure on 2010:** *Take some time to wrap up the year you've just finished. What did you accomplish? What didn't you accomplish? And be generous with yourself. You can include whatever you want, so you get closure on the year.*

**Think holistically about 2011:** *Most people I know have a lot going on in life.*

*What are some goals that you have in the areas of life that are important to you? Again, they can be large or small.*

*What do you want?*

**Write them down:** *It is way easier to stay motivated and focused on your goals if they are written down somewhere.*

I wrote mine down from last year and I looked at them from time to time to remind myself. I still haven't taken guitar lessons, but I have visited my sister and I am in the process of creating an original piece of theatre. Still working on not comparing myself to others and making more money. And I try to be thankful for something every day.

Sharing our goals with our families and our church community can provide *support* when you need it and *ideas* on how to get what you want and a level of *accountability* that will increase the likelihood of you following through. It is also a huge contribution to your friends and family because now they'll have someone *they* can talk about *their* goals with. Our church community can be a place to share those goals.

I invite you to share your goals with our church community at First Unitarian Church of Hamilton – send me an email and we can find ways to support each other. I will post them if you would like in our upcoming newsletters. This is open to all – children and adults alike.

~ Kelly Wolf – [wolfhartwell@cogeco.ca](mailto:wolfhartwell@cogeco.ca)