



# The Hamilton Unitarian

The First Unitarian Church of Hamilton  
Established 1889

September 2010  
Volume 61, No. 8

## Sunday Services

### September 5: Labour Day Sunday: To Make The Wasteland Grow

**Speaker:** Tim Versteeg

**Service Leader:** Gail Rappolt

**Storyteller:** Petra Versteeg

**Music:** Tim Versteeg and The Unitones

In 1649 Gerrard Winstanley led a small group of ex-soldiers and peasants who squatted on the commons of St. George's Hill, planting and cultivating "wasteland". Winstanley founded a movement with principles of communal ownership of land, non-violence, dignity for the poor, and freedom for all. What can we learn from his example today?

### September 12: Ingathering/Water Communion Sunday: In The Flow

**Speaker:** Rev. Victoria Ingram

**Service Leader/Storyteller:** Linda Thomson

**Music:** Music Committee and Congregants

Coming together to begin a new church year, we celebrate the flow of life; things that change and things that remain the same. From our various summer adventures, we recreate and celebrate the First Church community by sharing together in our Unitarian Water Communion tradition. Please bring water from your summer travels or "virtual" water by bringing pictures or writings about the water you experienced this summer. The Search Committee will host an expanded Coffee Hour following the service.

### September 19: Yom Kippur Sunday: Forgiving When Your Heart Still Hurts

**Speaker/Storyteller:** Rev. Victoria Ingram

**Service Leader:** Lyla Miklos

**Music:** TBD

We all experience hurt and disappointment. With luck, time passes and it becomes easier to cope. But, some slights are hard to forgive. When our heart is left hurting, we lose a bit of the happiness, hope, and possibility life holds. In this season of atonement, we'll explore strategies to help us heal.

### September 26: Canvass Sunday: The Spirituality Of Money

**Speaker:** Rev. Victoria Ingram

**Service Leader/Storyteller:** Paul Hawkins

**Music:** Our Choir led by Cindy Carey

For some, money and spirituality just don't go together. But, it's said you can tell about someone's values by where they spend their money. What might your checkbook tell you about your values? And, what has that got to do with church?

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

**Welcome Back from Summer!!**



## Ingathering Sunday

Join us after church on **September 12th** to celebrate the First Unitarian Church Community. The Search Committee will host an expanded Coffee Hour following the service.

**Need to book a space for your meeting or event email:**

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

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

Calendar in newsletter - page 11

**Oct Newsletter Deadline:  
Wed noon, Sept 15th**

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

Include the words "**October Newsletter**" and a short description of the item in the subject line, e.g.,  
October 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 ... Nancy McMartin & Barb Kulcher  
Newcomers' Co-ordinators..... Ali Steinbergs & Mary Scott  
Adult Potluck Group..... vacant  
Book Group..... Dawn Ludbrook  
Fellowship Hour. .... Joanne Waters  
Librarian..... vacant  
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 ..... Bill Fulton  
Caring Community Comm. .... Don McFadyen, Glen Doe  
Joys and Sorrows Co-ordinator.....Pat Oertel  
Shared Ministry Groups Co-ordinator ..... Elizabeth Beckett  
Speakeasy Salon..... Inactive

#### RELIGIOUS EDUCATION – VACANT

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

#### STEWARDSHIP – ROY DICKINSON

Canvass Committee ..... Paul Hawkins (Interim Co-Chair)  
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

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

### STAFF

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

**OFFICE MANAGER:** Melina .....905-527-8441 X221  
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### INDEX

- 1 Sunday Services  
Ingathering Sunday  
Need to Book a Space
  - 2 Contacts
  - 3 Minister's Column  
Prayer for September
  - 4 Installation Ceremony  
Projectionist Pilot Project  
Thank you ( Ellisons)
  - 5 Sunday Speakers  
Worship Committee Leadership Succession  
Arts of Worship & Service Leader Training  
Softball Challenge  
Interested in exploring your relationship to  
animals in a UU context?
  - 6 Fall Festival Fun & Frolic & Fundraising  
From Membership Committee
  - 7 Report on the GA 2010
  - 8 Writing to urge help for those doubly  
disadvantaged  
Food for Thought Book Club  
Writers Circle
  - 9 From the Adult Religious Education Committee  
How Can I serve?
  - 10 Report on UU-UNO  
News From CYRE  
Newsletter Subscription form
  - 11 Calendar
- Children's & Youth Religious Exploration**
- 12 Program Assistant Notice  
Fall Programming-Welcoming and New  
Beginnings  
2010 OWL Programs

**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

There's quite a lot to get used to in a new house, a new congregation, a new city, a new country. There are "washrooms" instead of "bathrooms," "buggies" instead of "carts," and KPHs instead of MPHs. There's milk in a bag (which Gordon Beckett informs me is to help us feel "closer to the cow.") And, if it's only 27, how come it feels so WARM?

Being new can be a time of confusion and uncertainty, but also a time of learning and possibility. It's that way whether you're the minister or someone new to the congregation. There are new faces and names, new policies and procedures, and new relationships to explore. It's exciting, fresh, and invigorating! I'm thrilled to be here!

If you have been a member of this congregation awhile, think back to the time when you were new here. How did you feel? What was your experience? Even if you've been around First Unitarian of Hamilton awhile, I encourage you to see this congregation, this place, this church with what is called Beginner's Mind in Buddhist practice. When we approach life with Beginner's Mind, we allow ourselves to see things through new eyes, to consider ideas from alternative positions, and to experience our surroundings as though it were the first time. This new perspective can open up new options and possibilities, expanding our spirits, hearts, and minds.

From the perspective of thinking about First Church with beginner's mind, imagine how it might make the transition from "new" to "seasoned" for new arrivals if they have the help and support of those who already know the ropes, so to speak. Your compassion and engagement can make First Unitarian as welcoming, valued, and beloved for others as it is for you. Let's continue to build community with loving, warm, and open hearts.

I'm so delighted to be with you as your Minister!

Love and light,  
Victoria

Now that you've called me to join you as your settled minister, perhaps you'd like some suggestions about when you might want to give me a call and schedule an appointment or see if I'm available for a chat. The following suggestions are from an essay by Rev. Dr. Peter L. Scott from the 1950s. Times may change, but reasons to call the minister haven't changed too much over the years. Here are his suggestions for when you should consider inviting me, your Minister, into your life: I'm looking forward to getting to know you, each and every one, adults and children, members and adherents and friends of First Hamilton.

### *When to Call The Minister*

- When you haven't met me yet, but would like to.
- When you have problems you'd like to discuss, concerning your family, your job or school, your relationships, or anything else where a sympathetic ear might be of help.
- When you're going into hospital or know someone else in the congregation who is.
- When someone close to you dies or is critically ill.
- When you're planning to be married or you would like your child to be dedicated.
- When you're pregnant but wish you weren't.
- When you, or a friend or neighbor would like more information about the Unitarian Universalist faith. OR, when you're considering joining the congregation.
- When you have suggestions to make about programs for the Fellowship or a sermon you'd like to hear.

- When you'd like help with committee work or with other congregational activities.
- When there are community issues you'd like to discuss or would like me to be involved with.
- When you're mad at me.
- When you appreciate something I've said or done.
- When you'd like to talk religion, faith, or spirituality with me.
- When you've had good news or bad news and want to share it.
- When you're feeling overwhelmed.
- When you want to tell me your history with the Fellowship.
- When you've heard a great joke and want to share it.

### **Here's information for your church directory:**

Rev. Victoria and Carl Ingram  
11 Millstream Ct.  
Hamilton, ON L9C 6A5  
Carl's Number: 905.387.0318

### **Starting in September, my usual office hours will be:**

Tuesday, 1:30 p.m. – 6:30 p.m.

Wednesday: 10 a.m. – 4 p.m.

Thursday: 10 a.m. – 4 p.m.

I'm available by appointment at other times, including evenings. Please call me at the church office to arrange an appointment.

Friday is my study and writing day. I'm available for calls on Friday. My Sabbath (day off) will be Mondays. Unless your matter is urgent, I appreciate NOT receiving calls on Mondays, please.

### **Prayer for September:**

As each passing day slips into eternity, I accept, graciously, each morning another opportunity for a new start. May I remember to number my days that I may choose wisely my friends, my work, my priorities.

May I laugh and not be frivolous, work and not be frustrated, risk and not be afraid. Blessed be.

(Joan Wesolowski, First Parish in Concord, MA)





### Installation Ceremony For Rev. Ingram

At 4pm on Sunday, November 7, 2010 the First Unitarian Church of Hamilton will invite the congregation, fellow Unitarian Universalists, honoured guests, and the wider community to attend the Installation Ceremony for our newly settled Minister the Reverend Victoria Ingram.

An Installation Ceremony is when we recognize that a minister is settled into a particular church and there is an important UU history to this ritual relating to congregational polity. The Installation Ceremony highlights and reaffirms the bond between a minister and their church.

We are asking congregants to help with the planning of this very special ceremony. We require volunteers to help with three main areas of this event:

- ⇒ **Worship/Ceremony** (Planning music, speakers, readings, flowers, decorations, and other worship service arrangements.)

- ⇒ **Administration/Publicity** (Sending out invitations to UU Ministers, Honoured Guests, and other appropriate parties. Media relations, press releases, programmes and other pre-event organizing.)

- ⇒ **Reception/Hospitality** (Taking care of all billeting arrangements for out of town guests and organizing the reception that will follow the ceremony.)

An Installation Ceremony seeks to honour historic meanings relating to churches and the ministers they have chosen. That relatedness taps into the roots of not just our polity but also our theology of what a church should be about. A congregation is a covenanted community and its minister is its chosen leader to mark the meaning of a religious life for that community. The Installation Ceremony underlines the highest and holiest in church life.

If you would like to be a part of the Installation Ceremony Organizing Committee please e-mail [worship@firstunitarianhamilton.org](mailto:worship@firstunitarianhamilton.org)

### Projectionist Pilot Project




Over the summer months congregants experienced something a little different in the Sanctuary while taking part in some Sunday morning worship services – readings and hymn lyrics projected on to the wall. This pilot project was the brainchild of Daniel Botham who had approached the Worship Committee with his initiative just as the 2009/2010 church year was ending. His pilot project has been well received and enthusiastically embraced by the congregation. Having lyrics and readings projected on to the wall has helped to make our worship services more accessible for everyone in our congregation. We have heard your positive feedback and want to continue making this a regular part of every worship service for the 2010/2011 church year. To make this happen we need some volunteers to take on the role of Projectionist on Sunday mornings. At present we have a projector that has been graciously donated to the church (Thank you Melanie

Parish and Mel Rutherford!) that we can work with, but you will also need access to and know how to use the following.

- ⇒ A lap top
- ⇒ Power Point or similar presentation software
- ⇒ Internet and E-mail

If this sounds like a role you would be interested in taking on for the 2010/2011 church year please contact the Worship Committee at [worship@firstunitarianhamilton.org](mailto:worship@firstunitarianhamilton.org) or Daniel Botham at [danielpbotham@gmail.com](mailto:danielpbotham@gmail.com)

The Worship Committee thanks Daniel for his vision, energy, and commitment to this pilot project. It has been deeply rewarding for everyone and has been greatly appreciated.


**from the bottom of our hearts!**

Maureen Ellison and the family wish to thank you for all the support and love you sent to us. The wonderful food and lovely table setting, the cards, the calls, all the time and effort that went into the Service warmed our heart and soul. A special thanks to those who had to set up the chairs and things in such a tight time. We are so grateful for your time and energy. Many people from outside the church came to us to tell us it was beautiful. We shall remember this in our hearts forever.

Sincerely, Maureen, Shirley (Bruce), Shannon and Olivia, Colleen (Mike), Brooke and Martin



Worship  
Committee

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

### Sept 5th Speaker: Tim Versteeg



Tim Versteeg is currently the President of the Board of Directors for The First Unitarian Church of Hamilton. He has previously served our congregation as Management Committee Chair, Church Services Chair, and Canvass Co-chair. Abiding interests include music, film, comics, and whiskey.

His day job consists of being cook, bottle washer, launderer and general dogsbody for his three children, Petra, Simon and Phillip and wife, Cathy Grise.

### Sept 12th, 19th, and 26th Speaker: Rev. Victoria Ingram



Rev. Ingram is the First Unitarian Church of Hamilton's newly Settled Minister. Before serving our congregation she was the Settled Minister for the Unitarian Universalist Fellowship of Los Gatos. Rev. Ingram was granted a Master of Divinity degree from Starr King Ministerial School in May 2007. Prior to being a Minister, her career included over 25 years of experience in organization development, training, consulting, executive coaching, management, and human resources. She completed her undergraduate degree in psychology at the University of Oregon and her Masters of Education degree in Adult Education and Organization Development at Oregon State University and has co-authored three books. She and her husband Carl now reside in Hamilton.

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### Worship Committee Leadership Succession

Lyla Miklos and Ed Canning have been honoured to serve the First Unitarian Church of Hamilton since May 7, 2008 as the Co-Chairs of your Worship Committee (formerly know as the Church Services Committee). Their terms as Co-Chairs must end on December 31, 2010 as both Ed and Lyla have already served beyond their two-year term due to the many dramatic (and positive!) changes that have taken place at our congregation since Spring 2008. Ed and Lyla are looking forward to mentoring congregants who want to join the Worship Committee before they step down at the end of the year. If this sounds like an opportunity you would like to pursue please e-mail [worship@firstunitarianhamilton.org](mailto:worship@firstunitarianhamilton.org) to find out more. Ed and Lyla would love to share their skills and knowledge with you.

### Arts Of Worship And Service Leader Training Workshop

Your Worship Committee along with Rev. Victoria Ingram will host an all-day Arts of Worship workshop for all Hamilton First congregants who would like to serve our congregation as Service Leaders for the 2010/2011 church year. This workshop will be held on Saturday, October 16, 2010 at The First Unitarian Church of Hamilton. This is an opportunity for those who have already taken on the role of Service Leader to finesse their skills and also for those who have yet to take on the role of Service Leader to gain some new skills. Anyone who would like to be a Service Leader in 2010/2011 must attend this workshop. More detailed information regarding the workshop will appear in the October 2010 newsletter. To RSVP or find out more information please e-mail your Worship Committee Co-Chairs, Lyla Miklos and Ed Canning, at [worship@firstunitarianhamilton.org](mailto:worship@firstunitarianhamilton.org)



### Soft Ball Challenge

The Unitarian Church of Waterloo has issued a challenge to the Unitarian Church of Hamilton. Sunday September 26, there will be a battle of epic proportions...on the softball field.

They have invited us to play a game of softball after church in Waterloo and they have kindly offered to take care of refreshments should we decide to take them up on their offer.

This is just a friendly game between congregations. You need not be a member of this congregation to offer your services, no matter what your skill level. Everyone 10 years and greater welcome to throw their hat in.

Please sign up on the sheet near the entrance. Carpooling to be arranged. ~Wade Zacharias

### Interested in exploring your relationship to animals in a UU context? Looking for fellowship?

Monica Bennett and Jennifer Kaye, members of our congregation, are hoping to bring together Hamilton UUs who want to explore the spiritual aspects of human/animal relationships. They envision a [group that gathers regularly](#) to provide support, information and encouragement to each other and to the congregation in adopting spiritual practices that honour the role that animals play in the interdependent web of existence. If you are interested, contact Jennifer at [jj.kaye@yahoo.ca](mailto:jj.kaye@yahoo.ca), or at the phone number listed in the Directory. In the meantime, check out [www.25.uua.org/ufeta](http://www.25.uua.org/ufeta) to find out more about the Unitarian Universalist Animal Ministry.



## Fall Festival Fun & Frolic & Fundraising

More good times from your Festival Committee! Buy meals served in congregants' homes and bid on interesting services also donated by congregants. This is a great way to socialize with church friends in new contexts and help raise needed funds for the church.

Watch for two catalogues – dinners & events in early September; services in October. Here's how they'll work:

### *Memorable Meals and Terrific Times with Church Friends*

- Examples of catalogue items:
    - Lunch for Gardeners (Gail Rappolt)
    - Traditional Christmas Dinner with all the fixin's (Barb Jepson)
    - Trifle and Tunes – gather around the Yule log to sing favourite carols and enjoy Christmas trifle and treats (Sheila Dunn Dooley and Martin Dooley)
    - Indian Dinner for Four (Betty Repa)
    - Many more to choose from
    - Fixed-price tickets (at various prices) sold Sundays from mid-September to mid-October
- Meals and events offered at various dates through the fall, winter and spring

### *Wonderful Help and Fun Times From Church Friends*

- Prices not fixed in advance – we'll have a silent and live auction
  - Final bidding will be on Sat. evening, Nov. 13 along with a coffee-house-style music event and a pot luck get-together. Mark your calendar now!
  - Examples of donations already received:
    - Two half-hour piano lessons (June Caskey)
    - Massage by Registered Massage Therapist
    - One week at MAD camp (Jude Johnson)
    - Travelogue evening with dessert (The McFadyens)
- Weekend getaway at a working organic farm (The Kazemis)

- What can you donate? Suggestions:
    - Stay at a vacation home or B&B
    - Fishing trip, canoe trip, kayaking
    - House-sitting
    - Pet sitting or pet walking
    - House cleaning, painting or repairs
    - Decorating advice
    - Hair-styling, manicure, pedicure
    - Fall garden clean-up
    - A few hours of personal service (e.g., organize a birthday party)
    - Baked goods
    - Gardening, plant donation from your garden, garden design, etc
    - A hobby or interest you can turn into an appealing service (e.g., scrapbooking; organization services, cooking or baking demonstration. etc.)
    - A business or professional service
    - A bird-house or small piece of furniture made to bidder's specs.
    - Reupholstering
- Or...use your imagination and create something novel!

Festival Committee folks will be at an info desk in the foyer after most Sunday services. Please drop by for tickets and a chat about donation ideas. Or contact Catherine Schuler with your questions/brainstorms!

P.S. Thanks for your marvellous support of our Summertime Meals with Church Friends Catalogue. Feedback suggests that a good time was had by all. You donated almost \$2000 to the church. Thank you and keep up the good work...er, fun.

–Your Festival Committee

## From Membership Committee

As we welcome Rev. Ingram we anticipate lots of people in the pews. In order to have room for visitors/newcomers, who traditionally sit closer to the door, please fill the seats further in, i.e.toward, the choir first.

You will notice a flip chart close to the greeters kiosk. If you are planning an activity after church and you could include a visitor, write it on the chart before the service. There is no cost – visitors pay any cost him/herself, and it is another way to make visitors and newer members feel welcome.

The next Newcomers Orientation will be held on Wednesday October 20<sup>th</sup> in Fellowship Hall. Anybody who is interested in learning about our church and the Unitarianism is welcome. We start at 7 and pack a lot into 2 ½ hours right up to 9:30. If you can, please let Daphne Payne know at 289 238-9219 or [dpayne15@cogeco.ca](mailto:dpayne15@cogeco.ca). However you can just come if it has to be a last minute decision.



# Report on the GA 2010

## June 23-27, Minneapolis, MA



I attended GA during the last week in June in Minneapolis. Minneapolis is a fine town, rich in architectural diversity, innovative urban renewal, big but not oppressive, with street malls and open air entertainment when we were there. It used to be the wheat milling center of the U.S. established often by libbers from the east coast. The Pillsbury family were Unitarians.

There were about four thousand UU's there. Several were from Canada including many ministers. I attended mostly business events but also wonderful worship occasions and celebrations of individual UUs. Jane Jepka who was a remarkable minister of the CLF is retiring because of post polio syndrome. She will be replaced by Meg Ryan who has been the spectacular head of the Washington office. Meg's brother is in the St. Catherine's congregation.

Because of the size and complexity of the business of the UUA business which is brought to the floor of GA needs to be refined through a mini assembly process. I helped as a volunteer with that process. It got me into the loop of the political process which is where I like to be. There were two significant business items which were substantively modified by the mini assembly process. It worked well.

The UUA is creating a new process for selecting a new President and Moderator. A Nominating Committee will be struck to find two candidates for president. The Board will select a candidate for moderator. It will still be possible to run for either process through the present petition process. The term of both offices will be six years nonrenewable.

The second big issue was whether GA in 2012 should be moved out of Arizona because of the repressive immigrant legislation. The board initially said yes in response to expressed concerns about safety and public statement. The

cost would have been \$600,000 in hotel guarantees. The new President of the UUA Peter Morales is Latino and felt UU's should go and witness. That was an interesting push and shove. The GA decided to go to Phoenix and make a significant statement. The focus of the Phoenix GA will be to "Stand on the Side of Love". Last month several UUs including the President went to jail in phoenix at a protest. This focus on the part of American UUs is potentially energizing and transformative. It is an issue which attacks the neoconservative movement in the US in the same way that Black Rights did. Stand on the Side of Love will include GBLTQ rights but the cutting edge will be directed at the economic motivations of the Neocons and a lifting up of the extremes which they are prepared to engage in.

This is something we might like to think about. Are we prepared to take on our federal government and try to change some of our immigration policies. I think we need to pay careful attention to the results of the Tamil refugees who landed in Victoria.

GA is suitably American in social justice focus and is spiritually uplifting for all UUs. Our faith community is broad and deep. Exposing ourselves to our fellows at neighbouring church celebrations, UU camps, regional gathering, internet groups i.e. Young Adults, leadership school, theological communities i.e. UU Christians, CLF, CUC annual meetings, GA or at the wider international level is a good thing. We are not alone and gain strength and depth from our kin.

Respectfully Submitted  
Kathryn McIntyre



## Writing to urge help for those doubly disadvantaged

Before the summer, 84 letters signed by members of this congregation urged the provincial government to not kill the Special Diet Allowance.

The letters further urged that if the government insisted on replacing the allowance with a new program, as it announced it would in its March budget, then the government had to consult with those affected and the new program had to have coverage as broad as the current one.

Sadly, the government hasn't backed down. It hasn't given any hint of its ideas for the new program to replace the Special Diet Allowance.

And most seriously, it has not yet consulted, as it promised it would, with those affected by the decision.

On April 1, Madeleine Meilleur, minister of community and social services, told the legislature, "This new program will be developed in consultation with our partners in the poverty community and in the medical community, along with the Minister of Health."

Yet a recent Toronto Star article quoted spokespeople for various groups representing people who will be affected by this decision, who say they've not been contacted.

The Special Diet Allowance pays \$10 to \$250 a month to recipients of Ontario Works or Ontario Disability Support Program payments if a medical professional says the person has one or more of a limited list of medical conditions. The allowance is designed to help pay some of the extra costs for food needed to cope with or cure those conditions. Some 165,000 people in Ontario, including some members of this congregation, receive it.

The government blamed its decision to scrap the allowance on rising costs for the program and an auditor's report that found some false claims among applicants.

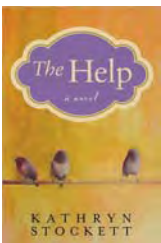
That's a reason, perhaps, for different procedures but not to scrap a program that meets a real need. Social assistance payments are miserly. The Liberal government has not reversed the 21.6 per cent cuts made in

1995 by the Harris government; it's merely provided some cost-of-living increases since it took office in 2003. It's difficult to afford *any* food on those payments, let alone the extra costs for special food needed to cope with illness. The costs are high because the need is great. Medical costs will rise if people can't get the food they need, which would offset any savings from a more restrictive food allowance.

Those doubly disadvantaged by being both poor and ill deserve our help. If it's not done through the Special Diet Allowance then it has to be done through a program that's at least as broad in its coverage and that pays for food, not just medical supplements. But it can't meet the needs of the poor and ill if the government won't talk with them.

The Social Justice Committee will have new letters to the government urging that position for congregants to sign. Check out the social justice table in the foyer after Sunday services.

*Your Social Justice Committee*



### Food for Thought Book Club. Mon., Sept 20<sup>th</sup>, 7:30 p.m. (Library)

Kathryn Stockett. (2009) *The Help*.

A book about the relationship between white families and their black maids/nannies set in Jackson, Mississippi during the civil rights movement. The story is told primarily through the lives of three women: Miss Skeeter (the white author), Abileen and Minny, two of the 13 maids who agreed to write their stories for a book called "Help", risking their jobs, and even their lives, to do so. Some of the stories are positive about good relationships between the white families and their maids, but most were horror stories about some of the worst racial discrimination that still exists in the South. It is a very readable, somewhat long, but well worth the read. ~ Dawn Ludbrook



### Writers Circle

The Writers' Circle will meet on Wed, Sept 8th at 11.30 (Library)

(Please note, we will not meet on the usual first Wednesday as it comes before Labour Day.) All are welcome. For further information contact Valerie Nielsen at [valerie01@sympatico.ca](mailto:valerie01@sympatico.ca) or 905-643-5425.

**The Library is now permanently open. Please remember to sign out all books**



## From the Adult Religious Exploration Committee

The brochure outlining our courses this fall will be available after Sept 5th. Members of the committee will be available with sign-ups and information after church Sept 5th and Sept 12th. Sign-ups will then be posted on the wall bulletin board near the minister's office.

We are pleased to offer:

**Wed, Sept 8th - Writer's Circle** with Val Nielsen first Wed of each month 9:30 to 11:30am

**Thur, Sept 9th - Spiritual Practices Support Group** with Don McFadyen, Ali Steinbergs, and Paul Hawkins 2nd and 4th Thurs of each month 10:30 to 12:30pm

**Fri, Sept 10th - Drumming Circle** with Eduardo Cordero 7 to 9 pm on Fridays

**Mon, Sept 20<sup>th</sup> Food for Thought Book Discussion Group** with Dawn Ludbrook 3rd Mon of each month 7:30 to 9pm

**Wed, Sept 22, 29, Oct 6, 13 from 7 to 9pm and also**

**Tues, Nov 2, 9, 16, and 23 from 10is to noon - Non-Violent Communication** with Don McFadyen

**Fri, Oct 8, 15, 22, 29 -Lifecraft: The Art of Meaning in the Everyday (Forrest Church)** from 10am to noon with Anne Wilson and Nancy McMartin

**Sat Oct 16th - 16 Guidelines for Life** This is a contemporary presentation based on ancient wisdom in the areas of how we think, how we act, how we relate to others, and how we find meaning. A 3 hour workshop facilitated by Don McFadyen from 9:30am to 12:30pm Don will be available after the Sept 5th and 12th services for further discussion.

**Wed, Oct 20th from 7 to 9:30 pm - Who Wrote the New Testament?** With Ali Steinbergs

**Nov 3,10,17,24 from 7 to 9 pm - Poet Seers in Ancient India** with David Zulak



## How Can I Serve?

First a huge thank you to all the volunteers who have served so capably over the summer. Special thanks to Joanne Waters, Margaret McFadyen, Paul Hawkins, and Daphne Payne for their office support. Thanks as well to Kelly Wolf and Elizabeth Beckett for excellent summer programming for the children. A big round of applause for the service leaders, speakers, musicians, accompanists, sound techs, house managers, ushers, worship assistants and greeters who made summer services exceptional. And last but not least thank you to our Board, Property, OWL, and Finance Committees who held meetings over the summer and worked to prepare for the coming church year. There is always the danger of forgetting someone and if so my apologies.

As we welcome Rev. Victoria Ingram and her husband Carl, and begin a new phase of our congregational life together, let us ask ourselves again "How can I

serve?" Here are some other ways of asking that question.

What are my responsibilities as a member or adherent of this congregation?

Are there things I take for granted? Who makes the coffee and how do the flowers get there Sunday mornings? How many adults does it take each week to make Church School work? Who writes all those articles for the newsletter? How does the order of service get done every week? Who runs the youth program?

Are there things I would like to do in this church and if so how do I get to do them? Whom do I ask?

What gifts do I have to offer the congregation? What would it take to have me offer them?

Do I need support right now - is this a time for me to step back, receive from the church, and not give?

Over the course of the year, working with Rev. Ingram and church lay leaders, I hope there are many ways for you to think about the answers to these and other questions. I hope too that each and every one of you find ways to contribute to the life and work of this church that help you grow spiritually and that capture your interest and your heart.

Please join us for ingathering Sunday on September 12. It will be Rev. Ingram's first Sunday as our settled minister, and also the time to register your child for church school or to sign up to help as a church school volunteer. And of course, it is your chance to reconnect with fellow congregants and the church, and to begin to answer the question for yourself for the 2010-11 church year "How Can I Serve?"

~ Gail Rappolt  
Volunteer/Leadership Coordinator



## Report on UU-UNO

A message from Peter Morales, President, Unitarian Universalist Association  
<http://www.uu-uno.org>

Bruce Knotts has been elected the new chair of the United Nations Non-Governmental Organization (NGO) Human Rights Committee. His board, staff, interns and volunteers have, in a remarkably short period of time, transformed our presence at the United Nations to one of activism, constructive participation and leadership on the world stage. Whether they are speaking out on human rights, demanding social justice, calling the world's attention to climate change, advocating for women's rights or actively seeking peaceful solutions to global problems, they are making our voices heard and speaking truth to power...always.

This critical component of our denomination needs your support.

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

### Exploration Committee

(continued on page 12)

### Volunteers

The CYRE volunteer sign up will be in the foyer on the Ingathering Sunday. Think about how you can use your gifts with our children. Maybe you like to sing, make crafts or tell a story. Maybe you are a comforting friendly adult that our children can feel comfortable with while their parents enjoy the service. Come to the CYRE table on Sept 12 and speak with Elizabeth Beckett and Mary Ann Forbes.

### The Arts of Worship with Children Sept 26 12-2 or Sept 29 7-9

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.*

*Childcare is available with advance notice. Please contact Lizanne Shields at [cyre@firstunitarianhamilton.org](mailto:cyre@firstunitarianhamilton.org)*

### CYRE Committee

We have also gained several new members on our committee over the past few months and I am really looking forward to working together on our programming over the next year. I am grateful for the gifts they bring to the committee. Our new committee members are Nancy Gulliver, Glen Doe, Mary Ann Forbes and Ona Corcoran. And thank you for the continued support of our existing members Elizabeth Beckett and Jen Reid. I have taken on the chair of the committee role as Julie Bergshoeff is now our Cluster Rep.



- 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.....

# September

To book your meetings/events please email  
[bookings@firstunitarianhamilton.org](mailto:bookings@firstunitarianhamilton.org)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		*Rm 3 = Library *Rm 7 = Yellow *Rm 9 = Beatrix Potter *Rm 11 = Loft *FH = Fellowship Hall	<b>1</b> 7 Capital Funds Rm 7 7-Property Rm 9	<b>2</b> 10:30 am Newsletter Assembly 7 CYRE Rm 7 7:30 Choir Sanc	<b>3</b> 5 pm Floor Waxing	<b>4</b> 8:00 am - All church Floor Waxing
<b>5</b> noon Youth Loft 6:30-9 C to C Sanc	<b>6</b> <i>Labour Day</i>	<b>7</b>	<b>8</b> 9:30 Writers' Circle Rm 3 6:30 Blooms Africa - Foyer 7:00 Management Rm. 9 7 Shared Ministry Rm 3	<b>9</b> 10:30-12:30 Spiritual Practices Rm 7 7:30 Choir Sanc	<b>10</b> 5 UN Rm 7 7 Drumming FH	<b>11</b>
<b>12</b> <b>10:30 am Ingathering Water Communion</b> noon Youth Loft 5-8:00 Young Adult-FH 6:00-9 C to C Sanc	<b>13</b> Shared Ministry Rm3 7 Membership Rm 7	<b>14</b>	<b>15</b> 5:30 Rental -Sanc 7:00 Board Rm 7 7-9 Shared Ministry Rm 3 7:00 The Well Rental Rm 9  <b>Newsletter deadline</b>	<b>16</b> 7:30 Choir-Sanc	<b>17</b> 7 Drumming FH	<b>18</b>
<b>19</b> noon Youth Loft 6:30-9 C to C Sanc	<b>20</b> 7:30 Food for Thought book group Rm 3	<b>21</b>	<b>22</b> 7:00 Non-Violent Communication Rm 9 7-9 Shared Ministry Rm 3 7 Finance Rm 7	<b>23</b> <b>10:30 Newsletter assembly</b> 10:30-12:30 Spiritual Practices Rm 7 7:30 Choir - Sanc 	<b>24</b> 7 Drumming FH	<b>25</b> Leadership Conference
<b>26</b> noon Youth Loft 5:30 Adult Potluck Kitchen, FH 6:30-9 C to C Sanc	<b>27</b> 7 Caring Rm 7 7 Shared Ministry Rm 3	<b>28</b> 7:00 pm OWL parents	<b>29</b> 7:00 Board Rm 7 7:00 Non-Violent Communication Rm 9 7-9 Shared Ministry Rm 3	<b>30</b> 7:30 Choir - Sanc		



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

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

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 \*  
 \* **Welcome!** \*  
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 \*  
 \* **Program Assistant** \*  
 \*  
 \* We would also like to welcome our new pro- \*  
 \* gram assistant Lizanne Shields. Lizanne has \*  
 \* recently received her BA in Sociology at \*  
 \* McMaster and brings her passion for work- \*  
 \* ing with children and youth to our program. \*  
 \* She is also a mom to three children aged 6, 8 \*  
 \* and 12. Lizanne will be a great asset to our \*  
 \* committee. You can reach Lizanne at \*  
 \* [cyre@firstunitarianhamilton.org](mailto:cyre@firstunitarianhamilton.org) Stop by \*  
 \* the CYRE table on Sept 12 to introduce \*  
 \* yourself. \*  
 \*  
 \* \*\*\*\*\*



## Programming – Welcoming and New Beginnings

We will begin our fall programming on Sept 12 with our ingathering service. September's theme is welcoming and new beginnings. We welcome all families to register their children at the CYRE table in the foyer Sept 12. Registering your children helps us to maintain up to date records and is part of our new Safe Congregations plan.

One aspect of fall programming will be to prepare for the holiday service A Common Light, a play created by members of our congregation as part of our Celebration of Common Light Service. We will examine Christianity- Christmas, Judaism- Hanukkah, Paganism - Solstice and Hinduism, Sikhism and Jainism – Diwali, interspersed with our regular curriculum programming in order gain a greater understanding of their celebrations. In addition we will examine how so many faiths have similar principles at the core of their practice.



## 2010 OWL Programs for all age groups

*Don't miss this opportunity to sign your children up for this innovative sexuality program*

*Our Whole Lives (OWL)* helps youth make informed and responsible decisions about their sexual health and behaviour. It equips participants with accurate, age-appropriate information in the areas of human development, relationships, personal skills, sexual behaviour, sexual health and society and culture. Grounded in a holistic view of sexuality, *OWL* provides not only facts about anatomy and human development, but helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

Parents are a child's most important sexuality educators, and sexuality education begins at home. Parents can be effective sexuality educators especially if they have the support and resources to help them face this challenging and rewarding responsibility. And that's where *OWL* can help.

*OWL* programs are being offered for all age groups this year. All programs run Sundays during church time:

**Grades 4-6:** Runs for six sessions from Sunday, October

17-Sunday, November 21, 2010. Youth will learn about and discuss the physical and emotional changes of puberty. They will read *It's Perfectly Normal*, by Robie Harris, and examine topics such as values and sexuality, communication and decision-making. Parent orientation night will be Thursday, September 23 at 7 p.m. Registration required by September 19.

**Grades 7-9:** Runs for 27 sessions between the months of October 2010 and May 2011. Presents a comprehensive approach to human sexuality, based on the values of respect, responsibility, justice and inclusivity. Helps young people apply these values to their behaviour and provides them with information and skills they can use throughout throughout life.

**Note:** *OWL* programs are open to all children—whether they be from the First Unitarian church community or the wider community. A minimum of six participants are required. Parents of children in the Grade 4-6 program are required to be on site during program delivery. Parents of youth in the Grade 7-9 program are not required to be on site but must be accessible by phone and available if required.

To register for any of the above programs, please contact Philippa Heritage at: (905) 525-1859 or [pheritage@cogeco.ca](mailto:pheritage@cogeco.ca).

## Right Relations and the “16 Guidelines for Life”

Workshop - Sat., Oct. 16<sup>th</sup>, 9:30 a.m. - 12:30 p.m.

I recently discovered the “16 Guidelines for Life” program. This is a distillation of Buddhist psychology into contemporary, universal language. The “16 Guidelines” provide a way of living a life based on principles and they have a strong bearing on our ability to be in right relationship with each other. Personally, I find them a very useful addition to the tools available to me on my spiritual journey and I am grateful for this opportunity to share them with you.

The “16 Guidelines” are divided into four wisdom themes:

### How We Think

1. Humility
2. Patience
3. Contentment
4. Delight

### How We Act

5. Kindness
6. Honesty
7. Generosity
8. Right Speech

### How We Relate to Others

9. Respect
10. Forgiveness
11. Gratitude
12. Loyalty

### How We Find Meaning

13. Aspiration
14. Principles
15. Service
16. Courage

How We Think. The way we use our mind determines the way we live. It is a natural instinct to experience the world as something 'out there' and so we tend to attribute the cause of conflict to wrongness in other people. This or that person is preventing me from getting what I want. So we make demands of them to behave in ways more favourable to our personal agenda. We believe we deserve this compliance and seldom stop to think about how we are contributing to this situation. *Patience* teaches us to calmly take our time, to be less critical, less judgmental. It teaches us to control our reactions by pausing to consider the benefits of other ways of responding. *Humility* teaches us that we are not the only ones with needs, that we do not have all the answers. Humility teaches us that we have, in all likelihood, contributed to the situation that is causing us so much distress. *Contentment* teaches us to hold our agenda lightly in an open hand rather than grasping it tightly in a closed fist. *Delight* teaches us that there are many things in life besides our single-minded pursuit of our material well-being. Delight teaches us to rejoice in everyday fun and the simple beauty all around us. With the practice of patience, humility, contentment and delight there will be less reason for anxiety about challenges to our agenda or self-image. There will be more opportunity for creative thought and kind, generous responses.

How We Act. Every skilful action makes a better world. Through our actions we have the choice to nurture friendships, families, community and society - or to bring pain and disharmony. Once this is acknowledged, we can no longer blame the 'world' for our circumstances, but must take responsibility for our own role in how things are. Kindness, honesty and generosity more or less speak for themselves, but what is *right speech*? Certainly, it is thinking before we speak so we don't harm with our words. Certainly, it is avoiding the actions of blaming and demanding, but what is it in a positive sense? I think here of “Nonviolent Communication” which encourages us to set aside our judgmental thoughts and speak of the universal feelings and needs which underlie the situation. When we speak of universal needs we are referring to such things as the needs for autonomy, for belonging, for appreciation, for respect, etc. These needs are common to all of us. Each of us may employ different specific and individualistic strategies to meet needs, but once we uncover the universal needs beneath the individual strategies we are reminded that we are not separate, but interdependent. Once again, there is less reason for anxiety and more reason for compassion, respect and forgiveness.

How We Relate to Others. To take of others is to take care of ourselves. It is a simple fact, whether we like it or not, that we cannot get by on our own. We are dependent on many people behind the scenes who provide our food, clothing, housing, transportation, etc. and make our existence possible. Our inclination to see ourselves as separate individuals who have worked hard to be 'self-sufficient' and 'independent' puts too much emphasis on competition and self-serving comparisons and leads directly to isolation and anxiety. On the other hand, we also have a natural inclination to empathy. At the root of our strongest and most lasting relationships is a sincere wish for the other person to be happy. The four qualities of respect, forgiveness, gratitude and loyalty are powerful tools to strengthen our relationship with the people around us. The more we respect the fact that we are all conscious, aware beings trying to make our way in this material world, albeit sometimes acting unskillfully and hurting others in the process, the more we will be able to forgive, to be grateful for kindnesses received and to be loyal to those who are in difficulty and need our generosity.

How We Find Meaning. If everything is changing, anything is possible. Change is all around us. It is a law of nature. We are caught up in a constant process of change. In every moment our thoughts and emotions are shifting, often faster than we can realize. Everything that is produced and created has a life cycle that is subject to change and decay. This can be scary. Will the future be better or worse, easier or harder, sadder or happier? Yet change also offers the opportunity to grow and develop. There is infinite potential in every moment. How willing are you to explore new and unfamiliar territory? This process is tough, demanding, thrilling, liberating. We will all respond differently. We will each dream different dreams. We will each be passionate about different issues. We will each find different ways to be of service. We will each encounter different obstacles and respond in different ways. It is indeed a journey. Can we respect that we will each follow a different path? We may express our individuality in the path we choose, but we manifest our common humanity as we struggle to make sense of our lives in the face of constant change.

Reference: *16 Guidelines for Life*. Alison Murdoch and Deyki-Lee Oldershaw. Essential Education, 2009.

[www.16guidelines.org](http://www.16guidelines.org) [www.essential-education.org](http://www.essential-education.org)

Don McFadyen  
Member, Adult Religious Education Committee