



The Hamilton Unitarian

The First Unitarian Church of
Hamilton
Established 1889

September 2011
Volume 62, No. 8

Month-At-a-Glance
check inside for more info

Sunday Services 10:30 AM—all are welcome

Sept 4th Celebrating Words Paul Hawkins

Our congregation has been so fortunate to have many writers and poets through the years. We will celebrate, on this special day, the words they have captured in their writings.

Sept 11 Ingathering and Water Communion Rev. Victoria Ingram

We celebrate the start of the church year by sharing our traditional UU Water Communion this Sunday. You are invited to bring along a sample of water collected from your summer activities, far or near. Meet new people, hear about what's on the horizon for First, and share in celebrating all we love about our faith community.

Sept 18 Blessing the Animals and Gardens Rev. Victoria Ingram

It is our privilege to enjoy beautiful grounds at First, carefully loved and tended by our garden volunteers. And, new trees have been added to our car park, adding a welcome touch of green to the landscape. This Sunday we will dedicate the gardens and express our appreciation for the gifts of life, including our companion animals.

You are invited to bring your well-behaved pet to church this week! Please have pets in carriers or on leads. If your pet wouldn't like being at church, please feel free to bring a photo, picture, or stuffed animal. We will also honour our beloved animal companions who have passed. Special treats for pets will be provided.

Sept 25 A Principled Life: The inherent worth and dignity of all Rev. Victoria Ingram

This Sunday, we begin a series on the Seven Principles of Unitarian Universalism and how our values relate to the choices we make in our day-to-day life. We espouse our value for the worth and dignity of everyone, but often our culture, our actions, and our laws demonstrate that some are more "worthy" than others. Join us today as we consider the impacts of living as though everyone were worthy.

- Sept 3 FUUD Group
- Sept 6 Social Justice
- Sept 7 Writer's Circle & Seniors Advisory
- Sept 8 Finance Meeting
Choir Practice
- Sept 9 Floor Stripping/Waxing
- Sept 10 Floor Stripping/Waxing
Church Booth Locke Street Festival
- Sept 11 Ingathering & Water Communion
Registration for Fall Programming
Young Adult Potluck
- Sept 12 Seniors' Art Lessons
Membership Meeting
- Sept 13 CYRE Meeting
- Sept 14 Seniors' Coffee & Conversation
Newcomers Orientation
Management Team Meeting
- Sept 15 Choir Practice
- Sept 16 Leslie Kaye Art Reception
- Sept 17 FUUD
- Sept 19 Seniors' Art Lessons
Food For Thought Book Group
- Sept 20 Seniors' Games & Spirit in Practice
- Sept 21 Finance Committee Meeting
- Sept 22 Choir Practice
- Sept 23 ARE Meeting
United Nations Meeting
Drumming Circle
- Sept 24 Carpet Cleaning
You're Welcome
- Sept 25 UU Families Lunch Meet & Greet
Book Drive
- Sept 26 Seniors' Art Lessons
- Sept 27 Caring Community Committee
- Sept 28 End of Life Issues
- Sept 29 Choir Practice
- Sept 30 Artists Reception
Drumming Circle

Annual Waxing of Church Floors

Friday, Sept 9 at 5:00 pm and Sat, Sept 10 (all day) all the tile floors in the church will be stripped, re-waxed and polished. The process takes about eight hours to dry. Be advised that access to the building will be limited on these days.



Carpet Cleaning

Saturday, September 24 - ALL DAY - all the carpeted areas in the church will be cleaned. The process takes approximately 24 hours including drying time. Please be advised that access to the building will be limited on these days.

October Newsletter Deadline

**October Newsletter Deadline:
Wed Sept 14**

Please send submissions to
newsletter@firstunitarianhamilton.org

The Church calendar is online at
www.firstunitarianhamilton.org and on
pg 11 in the newsletter.

Contact Information

MEMBERS OF THE BOARD

PRESIDENT Tim Versteeg
VICE-PRESIDENT: Monica Bennett
CO-TREASURERS: Mel Webber & Mel Rutherford
MEMBERS: Anne Bokma/Julianna Beckett
SECRETARY: Stephanie Ounpuu
PAST PRESIDENT: Kath McIntyre

LEADERSHIP COMMITTEES:

Management Kath McIntyre
Committee on Ministry Jennifer Kaye
Nominating Michele Corbeil, Joan Foster
Volunteer Recruitment: Gail Rappolt

THE CLUSTERS AND THEIR MANAGEMENT REPS:

ADMINISTRATION – BARBARA WALLACE

Communications vacant
Property/Grounds Committee. Doreen Knol (Interim Chair)

FELLOWSHIP – DAPHNE PAYNE

Membership Committee Paul Hawkins, Kathryn Cowley
Greeters Co-ordinators John Mitchell, Pierrette Cayen
Newcomers' Co-ordinators Ali Steinbergs, Mary Scott
Seniors' Program Gordon Beckett/William LaFerla
Book Group Dawn Ludbrook
Fellowship Hour Joanne Waters
Library Linda Layton, Lynn Ablard
UU Families Melanie Parish, Cathy Grise
Young Adult Social & Spiritual Circle Kate Hicks

OUTREACH – MARGARET MCFADYEN

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

PASTORAL – VACANT

Benevolent Fund Manager Rev Victoria Ingram
Caring Community Comm 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 & Don McFadyen
Children & Youth Rel. Expl .. Kelly Wolf & Mary Anne Forbes
Our Whole Lives (OWL) Elizabeth Beckett
Youth Group Leaders Julie Bergsheoff, Michel Corbeil,
..... Jeff Mahoney, Stephen Park

STEWARDSHIP – ROY DICKINSON

Canvass Comm Co-Chairs Paul Hawkins, Marilyn Waters
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 Elinor Berquist
Worship Assistants Co-ordinator Ann Craig Howarth
Worship Committee Mary Ellen Scanlon

STAFF

MINISTER: Victoria Ingram 905-527-8441 X223
Email victoria@firstunitarianhamilton.org

OFFICE MANAGER: Melina 905-527-8441 X221
Email melina@firstunitarianhamilton.org

RELIGIOUS PROGRAMMING: Tamara.. 905-527-8441 X222
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MUSIC DIRECTOR: Rachel 905-527-8441 X402
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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.

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

Minister's Column



Carl and I have now been in Canada for over a year, and I'm starting my second year with you at First. I continue to be grateful to be in service to you as your minister, sharing the marvelous congregation that is this church, working together and sharing the work of this faith, and creating a place

where those who share our values can find a welcoming, embracing, and nurturing faith community.

Our first year together was busy, engaging, and full of new strategies, relationships, and challenges. It was a joyful year for me, as I got to know you, worked with committees and individuals to realize the vision of this congregation, and explored our faith tradition with you through worship, classes, workshops, and social events. I expect this coming year will also be a dynamic experience!

I know First Church has had a long and sometimes difficult relationship with its ministers. There are always lots of reasons that ministries work or don't, last or don't last. I hope to be with you for quite awhile yet, and I know that working together effectively requires commitment and constant effort to communicate and stay in right relationship. I believe we have worked together well to establish a good model for working, learning, and worshipping together effectively. I'm committed to continuing to build and mature our relationships with one another as we move into the future.

A wonderful resource for me and for all of us at First is the number of ministers, ministers-in-training, retired ministers, and religious professionals we have as a part of our community. This congregation has nurtured the dreams of several individuals who felt called to minister and pursued their dreams by attending theological school. We benefit from the presence of current and former min-

isters, because their understanding of ministry enhances our community's wealth of resources. I count on the relationship I have with these individuals within our community as I continue to learn and grow in my own ministry. I appreciate the experience and wisdom they so generously share with me.

You should know that religious professionals and ministers agree to abide by a code of professional conduct with one another, prepared by the Unitarian Universalist Ministers' Association. It covers a broad array of provisions for creating and maintaining right relationships between ministers who are at various stages of their careers within a faith community. We agree to respect and honor each other's ministries, to maintain a set of professional boundaries around the work we do, as well as conflicts of interest and confidential communication. Our professional covenant with one another, much like our covenant as a congregation, helps us live together effectively, collegially, and respectfully.

That code of professional conduct and covenant also applies to my relationship with First Church's former minister, Rev. Allison Barrett. Allison and I are a part of the same professional organization, we see and talk with one another regularly, and we enjoy a cordial collegial relationship. Rev. Barrett was a driving force behind many of the positive changes and growth of this congregation, and I feel honored to have inherited the benefit of the work she did with this congregation during her tenure.

Being your minister is the best job I've ever had. I thank you, again, for the privilege and pleasure of serving you and this congregation. I ask you to join with me in continuing our commitment to right relationship – to respecting each other as we work to create the future of First – and to moving forward with positive intent, hope, and love as we continue to create the congregation we dream of for ourselves and the larger community.

Love and light, Victoria



Prayer for September

For simple things that are not simple at all: for miracles of the common way – sunrise, sunset, seedtime, harvest, hope, joy, ecstasy; for grace that turns our intentions into deeds, our compassion into helpfulness, our pain into mercy; for Providence that sustains and supports our needs, we lift our hearts in thankfulness, and pray only to be more aware and thus more alive.

Gordon B. McKeeman



worship@firstunitarianhamilton.org

Sunday Guest Speakers

September 4th Speaker: Paul Hawkins

Paul has been a member of our congregation for a little more than a year and a half. In 2009, Paul retired his business development firm in the U.S. and has been living full-time here in Canada. In addition to development work, Paul has also been a professional choral singer and completed four years of seminary training. Paul Currently serves our congregation as Canvass Co-Chair, Membership Co-Chair, Co-Facilitator of the Spiritual Practices Support and FUUD (Food a Unitarian Universalist Discussion) Groups, sings in our choir, leads worship, is working with the Mission Statement Task Group and will begin working with the Worship Committee in the Fall. Paul enjoys sharing a home with his partner of 20 years, Roy Dahl, and their dog Corbin. Together they are thrilled to share their home and very humble garden with friends.

Would You Like to Be a Worship Associate or Service Leader?

The Worship Committee will sponsor a morning workshop for those interested in assisting with Sunday worship on Saturday, October 15th. If you've imagined yourself being on the chancel during worship, if you've got ideas for making worship better, or if you'd like to explore ways to grow your skills in public speaking or worship leading, this workshop is for you! Service Leaders, committee members, and worship associates receive mentoring and support in their roles from the Minister and experienced members of the Worship Committee. Mark the date on your calendar and plan to attend. If you want more information, contact Rev. Victoria or Mary Ellen Scanlon.

SPEAKEASY SALON

Want to resurrect the Speakeasy Salon ?

About 10 members are required to help convene and chair occasional salon sessions.

For new members, the Speakeasy Salon is an informal gathering after the Sunday service in the south end of the sanctuary for an agreeable chat about everything, including issues raised in the Service.

There will be a gathering of those of you interested in re-establishing the Speakeasy Salon after the service on September 11, at the south end of the sanctuary.

For more information contact – John Stevenson (905-628-2468) or - John Mitchell (905- 521-1770).



BOOK DRIVE

Catherine Silverglen is organizing a Book Drive for the schools at 6 Nations.

With a recent 25% cut in federal funds to the schools - classrooms and school libraries have fewer books than we have in our homes!

I know Unitarians collect books like Imelda collected shoes! So, please bring in new and gently used books for children ages 4 -14.

All age appropriate books are welcome, but new chapter books, content with First Nations, children of colour and beautiful picture books are especially appreciated!

Cash donations for purchase of books are also WELCOME!

Please bring books by or on September 25th - Catherine will deliver them to the schools.

Nia -weh! Catherine

Announcements



From the
**Adult Religious Exploration
Committee**

New and Ongoing Courses For This Fall

Ongoing

- Lotus Sutra- a new ongoing course from David Zulak based on the book "Peaceful Action, Open Heart" by Thich Nhat Hanh.
- FUUD-Paul Hawkins
- Writer's Circle-Valerie Nielsen
- Weekly Tai Chi-Mark Fenton
- Young Adult Potluck and Spiritual gathering-Kate Hicks
- Drumming Circle-Eduardo Cordero
- Food for thought Book Discussion Group-Dawn Ludbrook
- Spiritual Practices Support Group-Ali Steinbergs and Paul Hawkins

New

- Spirit in Practice: Unitarian Universalist Spiritual Practices-Rev. Victoria Ingram
- Being a Welcoming People: Expanding our Sense of Neighbourhood-Rev. Victoria Ingram
- Modern Developments in Taoism-Bert Wreford
- Astronomy-Roy Dickenson
- A Chosen Faith-Don McFadyen and Pat Webber
- Carl Ingram-End of Life Matters
- Mandalas-Nancy McMartin

Want to know more? Talk to us, check out the sign-up sheets on ingathering Sunday, Sept 11. Our committee welcomes your input and questions.

~Don McFadyen, Nancy McMartin and Anne Wilson

Thinking About Eating? Try FUUD

FUUD stands for "Food . . . a Unitarian Universalist Discussion". This group meets every week (as an Adult Religious Education Program), so that individuals can achieve their own weight management goals, in relationship to the Seven Principles of Unitarian Universalism. The scope of this group does not include medical or psychological guidance or advice, nor utilize scales or measuring tapes as a means of measuring success. Instead, we provide a safe and supportive space for individuals to explore their relationships with food.

We meet every Saturday morning at 9:00 am, in Room 9. If you are interested in attending, please contact Paul Hawkins at pwhawkins@aol.com or Kate Hicks at hatekicks@gmail.com.



from the Caring Committee
caring@firstunitarianhamilton.org

Passages

In the summer,

- Paula Bournier heard from her son who is living a safe life now
- Aden Wallace turned 4 years old
- Maureen Ellison's sister, Grace died
- Rev Victoria Ingram and Carl got a new dog, Joy
- Barbara Kulcher's grandson, Jason, got a MA degree
- Daphane Payne had a serious back operation
- Barb and Tony Wallace had a new grandchild
- Andrew Wallace family had a new baby
- R H Bud Murray had a stroke and was in hospital
- Pat Webber had a birthday
- Bev Horton's partner, Martha's mother died
- Pierrette Cayen's aunt died
- John Stewart Greene's father died
- Amanda Jernigan & John Haney plan to be married Aug 20
- Rita Mobarak's father died
- Cathy Bota is at the Mountain Health Services Hospital and would enjoy getting cards
- Ann Craig Howarth's brother in law died.
- Samara Wallace is at the Juravinski Hospital with heart problems
- Anne Wilson, after a long period of excellent health, has had a very difficult summer. Cards and notes would be appreciated.
- Marnee Maros' brother got a kidney replacement.
- Jim Barrett will be a grandfather in 7 months
- Karen Sudin was in the hospital, but is now back home.

Church Booth Saturday, September 10 Locke Street Festival



Can you Help with the Church Booth at the Locke Street Festival on Sat. Sept . 10?

We need a few people who can answer questions about the church in general and children's programming to help out at the Church Booth at the Locke Street Festival, Saturday September 10? Could you spare a few hours during the day to help? Do you have a display tent that we could use for the day?

Call Barb Wallace – 905 526-6154



UU Families

Draft Mission:

Opportunities for UU Parents and children to come together to create relationships.

Co facilitators: Cathy Grise (grisec@mcmaster.ca)

Melanie Parish (coachparish@gmail.com)

Upcoming UU Families Dates for Fall 2011

- **Sept 25th** Lunch meet and greet for all families. Get to know other families. Lunch and Childcare provided. 12-2pm
- **October 22nd** Pumpkin Carving and Family Potluck-- 4-7pm
- **November 12** Parent's Night Out and Kids Movie night at the church 6-9 pm The kids have a movie party while the adults go out for dinner.
- **November 26th** Offsite Flamborough Santa Parade 6:30

ART
in the Foyer



Leslie Kaye's art in the foyer

September's art show in the church foyer, called Black Magic and more, features works by Leslie Kaye. Leslie, an active member of this church until her death last September, was a brilliant fibre artist. The show will feature two large works from the 1970s and several of her large black quilts. Leslie's husband Bill Johnston will host a reception on Friday September 16 from 7-10 p.m. or so, when the works can be seen at their best. Some of Leslie's smaller work may be on display just for that night.



Blooms for Africa at First Unitarian celebrates another successful year!

The 5th Annual Summer Garden Tour, Blooms in the Night, held July 22nd and 23rd, was another successful event, raising well over \$6000. Just as important, this event as well as those listed below, provided an opportunity to raise awareness about the Stephen Lewis Foundation's Grandmothers to Grandmothers campaign to hundreds of people in our local community. Joanne Dear coordinated this event with the help of a large group of volunteers most of whom attend First Unitarian (including our African drummers group).

In May, Blooms for Africa and the Garden Committee of First Unitarian collaborated on a Garden sale event. Blooms for Africa held a Garden Treasures sale which netted \$1,700. On the same day, First Unitarian's Garden Committee held a plant sale, and decided to donate all the proceeds (\$1560) to the Stephen Lewis Foundation. Although many members of First Unitarian worked together to ensure the success of these two events, Betty Repa and Sheelah Dunn Dooley deserve special mention.

Several other events were held during the year, our annual Book Exchange in February (\$2000 profit), and Bill Johnston's personal book sale (all proceeds to the Stephen Lewis Foundation). As well, members of Blooms for Africa along with some friends took part in the National Walk which raised \$300,000 across Canada for the Grandmothers



to Grandmothers campaign. We were proud that Carole Terry from Blooms for Africa acted as Co-coordinator of the National Walk, while several other members of Blooms for Africa, including our own Joanne Waters, held significant roles in the implementation of this very important fundraising event.

Members of First Unitarian belong to two other Hamilton Grandmother to Grandmother groups, Grandmothers of Steel and Mabibi wa Tama. These two groups also held very successful fundraising events this year. Blooms for Africa is a sub-committee of the First Unitarian Church's Social Justice Committee. We should feel proud of the collaborative work that has occurred in 2011 to raise nearly \$12,000 and approximately \$60,000 over our five year history. This money supports the African grandmothers who are raising their orphan grandchildren and caring for one another, while also becoming a strong voice for positive change in the fight against the Aids pandemic throughout Africa. For more information about the Grandmothers' campaign, or the work of Blooms for Africa, please contact our BFA coordinator, Ann Craig Howarth.



UU UNO News

The First Unitarian Church of Hamilton was designated a Blue Ribbon Congregation in 2010 by the Unitarian Universalist United Nations Office in New York for its Sunday UN Day Service, for the fact that we have an envoy in our congregation, and for the planting of Narcissus for Peace as part of UN Sunday last year. This year we hope to plant some more Narcissus and are in the process of planning for a service for UN Sunday on October 23. On the evening of October 24th we will be joining with the local branch of the United Nations Association in Canada and Culture of Peace Hamilton for a Celebration of the Decade of Peace built on the 6 goals of the Manifesto 2000. The event will be held in our church beginning with a reception at 7 PM and will feature short (5 minute) speeches by leading Hamilton Social Justice Activists, highlighting accomplishments toward creating Culture of Peace in Hamilton over the past decade. It will also feature the premiere of a song commissioned by Janet Hillen and created by Rachel Derry, our music director called **Peace is in Your Hands**. It is an evening of fun, food and fellowship. It is open to all and there is no admission charge. Details will follow in the October newsletter.

Todd Fraleigh
UU UNO Envoy, First Unitarian Church of Hamilton

How Can I Serve?

September is always a time of beginnings and for many a time to think about how they will use their time and talents, setting priorities for the work or school year. My question to each of you this September is **“Where does serving your congregation fit on your list of priorities for the coming year?”** There will be a chart showing service opportunities in the foyer each Sunday and a “job list” bulletin board is being created. Let me know if there are other ways possible service opportunities could be effectively shared. I will be contacting newer congregants throughout the fall to see if/when they would like to become more involved. I am looking forward to this year myself as I bring to a close my work in this pilot role of Leadership Development Volunteer Coordinator and make recommendations to the Board about the future of the role.

Many Unitarians will be familiar with the expression, **AND SERVICE IS OUR PRAYER**. Peter Morales, the current president of the UUA, wrote about this in the Fall 2010 issue of our UU magazine UU World.

“... and if prayer is the word we use to describe connecting to what is sacred, I think service may be the best form of prayer. And if the purpose of a

spiritual practice is spiritual growth, service is a powerful spiritual discipline. I have seen again and again how service transforms people. No one who commits to service remains unchanged by the experience. When we serve we become more compassionate, more sensitive, more understanding, and more aware. We are reminded of how precious and fragile life is. We experience our vulnerability and our deep need for one another. When we serve we experience what love can do“

It will be no surprise to hear that churches are notoriously understaffed by paid staff for the goals they set and the programs they attempt to run. In a recent committee meeting one of our members who has broad experience here and in other UU congregations estimated that 5-10% of the work in a typical congregation is done by paid staff - the rest is accomplished by *volunteers* or as Peter Morales would say – *by service or prayer which is spiritual practice* Including choir, fellowship hour and ushers and all committee members, we have more than 160 people actively involved in the work of the congregation and (I hesitate to say but) there are many, many more hands, hearts and minds

needed to fulfill the goals and dreams set before us. So as **you** reflect on what service or prayer might look like for you in the coming year, here are some thoughts of UU Ministers and spiritual writers to consider as you decide.

According to Rev. Paul Beedle, Minister of the Henry David Thoreau UU congregation of Stafford Tx., “service means not only *spending* time, but *finding* time and *using it well*; not only *offering* skills and abilities, but *discovering and harnessing* them toward worthy work.” Service can be experienced as a prayer when we practice stewardship of *ourselves*. When we find an opportunity to serve that makes a difference and moves our hearts and suggests hope and possibility, we can begin to serve. When the service we do draws us toward a sense of larger purpose or fulfillment, we can continue to serve, for then we serve in a way that helps create the inner resources we need to sustain our work and our sense of its worth. How else do we have a prayer of realizing our deepest values and highest hopes in the world?

.....Continued on page 8

How Can I Serve?....Continued from page 7

Joel Goldsmith (not a Unitarian) in his book, *The Art of Spiritual Healing* states, "When you have found something into which you can put your heart and soul and pour out some measure of service, even if in the beginning it is the most menial of tasks, it will lead you to the joy of expressing yourself."

The Rev. Jean M Rowe UU Minister Neshoba UU Church Cordova Tenn states;

"When we attend to ourselves with compassion and mercy, more healing is made available to others." When we have taken care to nurture ourselves with the things we need, we are more open and generous with others. If I am tired, hungry, distracted, weary, overloaded, I may still serve others, but it won't be with

the same graciousness, zest, and good will that I have when I have taken care to attend to my needs. Self-care precedes service, most of the time. That is not to say that one cannot do extraordinary service when your personal account is empty, but you cannot do it on a sustained regular basis without giving out."

The lovely Chalice lighting words in our hymnal are another way to think about service.

I am only one, but I am still one. I cannot do everything, but still I can do something.

And because I cannot do everything I will not refuse to do the something that I can do.

Those who attended the July 10 service will recognize some of what is written above since it is part of the

talk I gave that morning. People seemed to like the little story I shared at the end, so I will repeat it here

A Middle Eastern Parable

A spindly little sparrow is lying on his back in the middle of the road. A horseman comes by, dismounts and asks the sparrow what he's doing lying upside down like that.

"I heard the heavens are going to fall today," said the sparrow.

"Oh," said the horseman, "and I suppose your spindly little legs can hold up the heavens."

"One does what one can," said the sparrow. "One does what one can!"

Gail Rappolt, Leadership Development Volunteer Coordinator

CHURCH EMAILS



Booking Rooms

bookings@firstunitarianhamilton.org

Order of Service Submissions

oos@firstunitarianhamilton.org

Deadline: Wed 9:00 am

Committee Minutes:

minutes@firstunitarianhamilton.org

Newsletter Submissions

newsletter@firstunitarianhamilton.org

Address/Email/Phone Updates

directory@firstunitarianhamilton.org



A church partner celebrates its 10th anniversary



Environment Hamilton has been an important partner with this church's social justice committee and the committee encourages congregants to help it celebrate its 10th anniversary. The celebration includes local food by Chef and Wife, live music, a great silent auction and lots of great company. The event is called:

Sustainably Yours...

Environment Hamilton Celebrates 10 Years of Environmental Action.

Saturday October 22, 2011

Doors open at 7 p.m.

Dundas Community Centre, 10 Market Street in Dundas

Tickets for the event are \$30 per person

Sustainably yours will be a zero-waste event, powered by renewable energy, that will use local and renewable materials as much as possible.

Media sponsor, *The Hamilton Spectator*.

Environment Hamilton works for an ecologically resilient Hamilton through advocacy, creating awareness and supporting neighbourhoods. Its creative programs include Hamilton Eat Local, the Hamilton Fruit Tree Project, Passport to Hamilton, Rural Routes, the Good Neighbour Campaign, Moving is Not an Option, Greening Sacred Spaces and Greening Our Local Economy.



Community Lunch at First Unitarian: An Outreach Poverty Initiative

We're inviting the community for lunch at First Unitarian.

The Social Justice Committee has Board approval for a community lunch program one day each month, starting this fall.

The lunches will offer nutritious food, social opportunities and church outreach for the elderly, the working poor, students, the disabled and others who have diminished access to food in our community. But everyone, including church members, is welcome to come and eat.

It's an exciting outreach effort that is modelled on the successful program at St. Stephen-on-the-Mount Anglican Church on Concession Street. Anne Wilson and Nancy McMartin of our committee have spent more than a year learning from its program and working with the committee to develop the plan for our church.

St. Stephen-on-the-Mount has served lunch for two years old on the second Tuesday of each month and attracts about 120 people each time. About 40 diners eat at a time over a two hour period from 11 a.m. to 1 p.m. Individuals sit together at large tables.

Like St. Stephen-on-the-Mount, our lunch will be priced at a dollar, paid into a donation basket by the food table. At St. Stephen-on-the-Mount, the average diner puts in between \$3 and \$5, but some diners put in a quarter and some diners put in nothing; the basket is not moni-

tored. Organizers there found people did not attend when the lunch was offered for free.

This is a great opportunity to increase our contribution to our community while raising our profile. Information on church programs will be available for diner's perusal.



But we need your help.

We need volunteers. And we need to cover the start-up costs, which include some permanent supplies like large soup pots and plastic tablecloths, and the costs of food for the early going. A local food store may donate food for the first month or two but there will be food costs until the program breaks even. St. Stephen-on-the-Mount spends about \$250 per month for food but started making a small profit after its third month. Their profit goes to food access programs. We hope for the same result and will make the same use of any profit.

On three Sundays, September 11, 18 and 25, the social justice committee will have a table in the foyer where you can sign up to volunteer and make donations. Each donor will be given a small token of our appreciation, a UU, Coexist or other button.

What volunteer tasks are involved?

Our lunches will be the third Tuesday of each month, excluding summer. The menu will be two soups, one meat and one vegetarian, and four sandwiches or wraps: egg salad, tuna, vegetarian, and one other. Fruit, tea and coffee would also be served.

Groceries need to be picked up on Sunday; soup will be made Monday and stored in the church fridge; and sandwiches will be made on the Tuesday morning. Food servers and a cleanup crew will be needed as well. So three or four different sets of volunteers with different skills and interests are needed.

St. Stephen-on-the-Mount will be happy to train our volunteers in all aspects of shopping, cooking, preparation, serving and clean up. The first opportunity is the second Tuesday in September. Not all volunteers need to see the St. Stephen-on-the-Mount operation in action but it will be useful for those who co-ordinate volunteers.

Let's do lunch!—Your social justice committee

Announcing the delectable return of...

The Greatest Dinners on Earth!

With your continued help (thank you, thank you!) The Festival Committee is planning to launch another series of congregant-hosted meal events for the fall and winter.

Here's how this church fund-raiser works:

- Hosts donate & prepare the food, and determine the theme and number of guests
- Great way to socialize with fellow congregants in different settings and themes
- Examples: various nationality dinners; hot tub dinner; fall hike with picnic; birding and lunch; skating party; 1960s dinner; board games & meal; laughter meal; sing for your supper; Hockey Night in Hockeyville; Masterpiece Theatre dinner; book review dinner; Sunday brunch; wine tasting; fondue meal; Reiki meal; movie dinner; Elvis meal; cooking lesson meal; make-your-own-pizza night; afternoon tea; travelogue with lunch; Grey Cup party; Canada Day party; St Patrick's Day dinner; whiskey tasting & folk music; wine tour & picnic; etc.!

Let your imagination run wild!

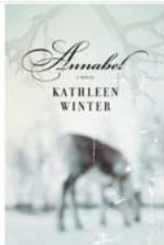
- Menu tone can vary; e.g. gourmet, casual fine dining, fun grub, buffet.
- Tickets (at various reasonable prices) are sold Sundays after church

The Festival Committee will be in touch by email to see if you'd like to donate. Remember – the meal you provide can be as simple as you like. The main idea is to have fun with church friends old and new...and raise a few dollars for the church in the process.

To donate a meal event, speak to or email Catherine Schuler.

To attend an event, first buy your tickets at the Festival Committee desk that will be in the foyer most Sunday mornings.

- Your Festival Committee



Food for Thought book group

**Monday Sept 19 7:30
(Room 3 Church Library)**

Annabel by Kathleen Winter

Our first book this year is *Annabel* by Kathleen Winter ... another wonderful novel set in the Maritimes. From the Vancouver Sun "Annabel is a beautifully sensitive novel, populated with realistic characters and lit by a powerful sense of place. It deserves multiple readings, as its sensibility, the richness of its descriptions and its sheer honesty grip the heart."

We will be discussing the book on Monday, September 19th at 7:30 pm in the church library. Anyone who has read the book is invited to attend.

~ Dawn Ludbrook, 905-627-4896

2011-2012 Church Directory

The 2011-12 Church Directory and Information Guide is available for pickup by members and adherents on Sundays before and after the service. See Mary Scott at the Newcomer kiosk in the foyer for your copy.

The next Orientation session will be held at the church on September 14, 2011, from 7-9 p.m. These sessions are intended for anyone interested in learning more about Unitarian-Universalism, our church and/or becoming a member. If you would like to attend or have questions about the session, contact Kathryn Cowley at 905-308-8162 or kathryncowley@gmail.com or stop by the Newcomer kiosk before or after the Sunday service.

The Membership Committee recommends that everyone wear a nametag during the Sunday service and Fellowship time afterwards. This can be one step in helping all of us, newcomers, old-timers and everyone in between, get to know each other better. If you do not have a regular nametag, please stop by the Newcomer kiosk and sign up for one. Temporary nametags are available for visitors and those whose regular nametag has gone AWOL on a given Sunday. Anyone who wishes to add a rainbow sticker to their nametag to support LGBT equality can pick one up at the kiosk.

The First Unitarian Church of Hamilton

SEPTEMBER 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	6:30 PM - 9:00 PM Courage to Change-Sanc.	29 8:00 AM - 4:00 PM MAD CAMP-whole church 4:00 PM - 5:00 PM MAD CAMP AFTER CARE - FELLOWSHIP HALL	30 8:00 AM - 4:00 PM MAD CAMP-whole church 4:00 PM - 5:00 PM MAD CAMP AFTER CARE - FELLOWSHIP HALL	31 8:00 AM - 4:00 PM MAD CAMP-whole church 10:30 AM - 12:00 PM NEWSLETTER ASSEMBLY Rm -TBD 4:00 PM - 5:00 PM MAD CAMP AFTER CARE - FELLOWSHIP HALL	1 8:00 AM - 4:00 PM MAD CAMP-whole church 4:00 PM - 5:00 PM MAD CAMP AFTER CARE - FELLOWSHIP HALL	2 8:00 AM - 4:00 PM MAD CAMP-whole church 4:00 PM - 5:00 PM MAD CAMP AFTER CARE - FELLOWSHIP HALL 5:00 PM - 10:00 PM Sanctuary Wedding Setup	3 9:00 AM - 11:00 AM FUD-Rm 9 11:00 AM - 11:00 PM Fleming-Cale Wedding-Sanc.kit.
4	1:30 PM - 4:30 PM PKD Foundation-FH 6:30 PM - 9:00 PM Courage to Change-Sanc.	5	6 7:00 PM - 9:00 PM Social Justice Com-Rm7	7 9:30 AM - 11:30 AM Writers Circle-Lib 1:30 PM - 4:00 PM Seniors Advisory-Rm9	8 1:00 PM - 4:00 PM Finance Committee Rm 7 7:00 PM - 9:00 PM Choir Practice Sanctuary	9 8:00 AM - 9:00 PM Floor Stripping/Waxing-All of the Church	10 8:00 AM - 9:00 PM Floor Stripping/Waxing-All of the Church 9:00 AM - 11:00 AM FUD-Rm 9 - CANCELLED 1:30 PM - 4:30 PM PKD Foundation-FH-Cancelled
11	5:00 PM - 8:00 PM Young Adult Pot Luck-FH 6:00 PM - 9:00 PM Courage to Change-Sanc.	12 2:00 PM - 4:30 PM Senior Art Lessons - FH 7:00 PM - 9:00 PM Membership-Rm7	13 7:15 PM - 9:00 PM CYRE-Rm7	14 NEWSLETTER DEADLINE 1:00 PM - 4:00 PM Seniors Coffee & Conversation-FH,Kit 5:00 PM - 7:30 PM SEHC rental - Sanctfoyer 7:00 PM - 9:30 PM Management Committee - Rm9	15 5:30 PM - 7:30 PM St.Elizabeth - Sanctuary 7:00 PM - 9:00 PM Choir Practice Sanctuary	16 6:00 PM - 11:00 PM Leslie Kaye Art Reception - Foyer, Sanctuary, Kitchen	17 9:00 AM - 11:00 AM FUD-Rm 9 7:00 PM - 10:00 PM Youth Dance Sanct
18	6:30 PM - 9:00 PM Courage to Change-Sanc.	19 2:00 PM - 4:30 PM Senior Art Lessons - FH	20 1:30 PM - 4:00 PM Seniors Games - FH 6:30 PM - 8:30 PM Spirit in Practice - Sanc.	21 6:30 PM - 9:30 AM Hamilton Health Coalition - Sanctuary/foyer 7:00 PM - 10:00 PM Finance Com.-Rm7	22 10:30 AM - 12:00 PM NEWSLETTER ASSEMBLY Rm 9 7:00 PM - 9:00 PM Choir Practice Sanctuary	23 10:00 AM ARE Mtg. room 7 5:00 PM - 6:30 PM United Nations Rm7 6:00 PM - 10:00 PM 5 at the First-Sanc. 7:00 PM - 9:00 PM Drumming Circle	24 8:00 AM - 9:00 PM Carpet Cleaning-All Carpeted Surfaces in church 9:00 AM - 11:00 AM FUD-Rm 9 1:30 PM - 4:30 PM You're Welcome - Rm. 9
25	12:00 PM - 2:00 PM Lunch Meet & Greet-FH,Rm10 6:30 PM - 9:00 PM Courage to Change-Sanc.	26 2:00 PM - 4:30 PM Senior Art Lessons - FH 7:00 PM - 10:00 PM Art Hanging Foyer	27 3:00 PM - 5:00 PM Caring Community Committee Rm 9	28 3:00 PM - 4:30 PM End of Life Issues - Rm. 9	29 7:00 PM - 9:00 PM Choir Practice Sanctuary	30 6:00 PM - 9:00 PM Artists' Reception William LaFeria - Foyer, Kitchen 7:00 PM - 9:00 PM Drumming Circle	1 9:00 AM - 2:00 PM ARE Spiritual Retreat- Whole church 9:00 AM - 11:00 AM FUD-Rm 9



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

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



In 2010 a group of members, under the leadership of Pat Webber, researched, thought about, talked to each other and to many of us about exactly what our church needed to create programmes that enhanced our religious search for meaning. They produced a document called *Fields of Dreams Becoming Reality* that documented their quest and contained a specific recommendation that the church hire a full time Lifespan Religious Exploration

Professional (LREP). This group created a job description and a budget. Their recommendation was accepted by the Board who then struck a task force to find such a person.

The task force, chaired by Elizabeth Beckett, undertook this task with great enthusiasm. The job description was posted on the church website and many other places. Interviews were held and in May. The Board endorsed the committee's recommendation to hire Tamara McClellan as our full time Life Span Religious Exploration Professional.

Tamara will start work at our church on August 16th. The task force was absolutely delighted with Tamara. She has experience working in RE in her Unitarian Church in California during the time that our own Victoria was the minister. She also worked with senior people in her full time work with persons living with Alzheimer's. Tamara exudes eagerness, curiosity and compassion as well as a firm commitment to work with our church community to create meaningful cradle to grave programming..



***To enter into the presence of another human being...
is to enter into the presence of God
in a new and different way
~ STEPHEN L. CARTER***

This quote illustrates a bit of the awe that's in me right now as the doors of this home swing open and I step upon this new terrain. I have crossed four time zones, nine states, one province, two countries, almost 4371 kilometers (2716 miles!) because you have brought me here to your spiritual home, and for that I am grateful and amazed. Bear with me as I wade into this sea of new faces, and know I look forward to getting to know you all. (Name tags help!)

As I look at our fall schedule and plan curriculum, I am grateful for the many resources you already have here, and I look forward to learning along with our children. I am especially focused on reassembling the youth group, and I welcome your input on how you would like to see that happen.

My philosophy of religious education has always honored parents (as well as guardians, families) as the primary religious educators. We in RE are really the

support staff, and it's a privilege to be part of that. But we wouldn't have anything to do if parents had not gotten them here first, and sometimes that's half the battle.

That being said, I want to strongly encourage parents to follow up with their children by asking them about their day in RE, discussing what they have learned. I've read about times long ago when it was customary for the parent to ask the child about specifics about the sermon they heard in church that day. I think it's a good practice on Sundays as well as during the school week. I know teachers and volunteers really appreciate feedback about what kids say at home, and sometimes we are surprised by what they take from a lesson.

Thank you for bringing me here,
Tamara McClellan

PERSPECTIVES

**A happy stage show featuring original music
by our very own Hamilton Unitarian musicians**

Sat. Nov. 5, 2011 –right here at the church

**5:30 p.m. - Pot Luck Dessert
6:00-7:30 p.m. - Silent Auction
8:00-10:30 p.m. - Stage Show
Intermission – Live Auction**

**Adults \$10
Teens \$5
Kids free**

Hear, hear...it's all right here! A family-friendly festival of *original* music – instrumental and vocal.

Our church is known for its wonderful music – now enjoy it in a kaleidoscopic stage show featuring Hamilton Unitarian Musicians (“HUM” for you acronym lovers). All performing their own original compositions. (Or “their own stuff” if you want to be unstuffy about it...as we do!).

This fund-raiser for the church is being produced for the Festival Committee by our in-house maestros - our Choir Director, Cindy Carey and our Music Director, Rachel Derry. The show promises to blow the socks off new folks who may not yet fully comprehend the depth of the musical talent in our congregation. The rest of you...also prepare to be stunned by our first-ever “all-originals” stage show!

At the silent auction before the show and during intermission, you can bid on an incredible selection of special services (most of them dreamed up and personally provided by some of the most innovative people in this part of the country...our congregants!). So here's your opportunity to showcase your imagination and generosity. The Festival Committee will be in touch asking for auction donations...and they thank you in advance!

We'll also have an exciting live auction – your chance to acquire some very special services reserved exclusively for the live auction.

Doors open at 5:30 p.m. Come early with your pot luck dessert contribution (another chance to be original...do we hear chocolate quinoa?) Join the gang at the tables in the R.E. area, then browse and bid at the silent auction tables before the show.

It's going to be a great evening – hope to see you there!

- Your Festival Committee

Two ways you can help make our Nov. 5 stage show and auction event a big success

1. Donate an auction item (services only, please). Speak to or email Catherine Schuler ...by October 15, please.

To spark your ideas, here are some examples from our 2010 auction:

Chamber Music Series tickets
Computer Fixit
Electrical Work
Facial
Haircuts
Harbour Sail
Heath/Personal Services Certificates
Yoga Lessons
Handyman Services
Editing
Hypnosis
Interior Design
Children's Services
Manicure
Mending
Opera Hamilton tickets
Pen and Ink Drawing
Popera tickets
Personal Trainer
Tutor
Tarot Reading
Theatre Aquarius
Massage
Piano lessons
Myers Briggs Analysis
Vacation Home
Will and Power of Attorney

2. Volunteer to help: we're looking for people who will:

- help receive and organize donations in advance
- help organize auction & dessert table set-up, auction operation and cash-out on Nov. 5.

Please speak to or email Dave Adeney