



UNITARIAN CONGREGATION OF NIAGARA

A church for people
with enquiring minds

April 2009

Sunday Services

**Apr. 5 Dr. Jeannie Capanelli -
Sacredness in the Journey**
S.L. T. Dajka

Dr. Capanelli (www.innerconfidencecoaching.com) is deeply committed to sparking the hearts of people to experience inner confidence - a sense of wholeness, aliveness, and serenity that comes from claiming your life as your own. During her talk, you will be led through a series of exercises to support you in more fully accepting who you are as you are. The deeper that you accept yourself, the greater you can hold differences and accept others. _

**Apr. 12 David Galston - Critical Thinking
in Religion**
S.L. V. Jaeger

The University environment is defined by critical thinking. Critical methods are the tools of research and the mean of advance. Yet, often these methods are misunderstood when applied to religion. Consequently, the results of the critical study of religion remains isolated in the university. It is time to end the isolation and open a new dialogue of honesty about religion.



Unitarian Congregation of Niagara
www.unitarian-stcatharines.org

**Apr. 19 David Rain - USC Projects
Update** S.L. J. Momirov

A Special Fundraiser Luncheon will follow the USC talk by David Rain. This Luncheon will be in support of USC with a suggested price of \$10.00 It will be organized by Alan and Hilde Wheeler, in conjunction with Slow Food Pelham Group.

**Apr. 26 Vivek Rajkumar - Organic
Farming in Your Own Backyard**
S.L. Marie Belliveau

Who Are We . . .

Presentation to Valerie Jaeger - Volunteer of the Year Award

Volunteers are the cornerstone of United Way. They make it possible to build connections, raise funds and are responsible for allocating those funds back into the community where they are needed most. Over 500 people volunteer with our United Way every year.

While many volunteers have been involved with United Way for many years, we see new volunteers get involved who make their mark very quickly. Tonight's award recipient is exactly that kind of person. From the moment she was invited to take on the role as Leadership Co-Chair, and participate on the Major Gifts Cabinet, she immersed herself in United Way's mission - to bring people and resources together.

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Lay Chaplains: ucnlaychaplains@gmail.com
Valerie Jaeger: 905-262-1345
Julianne Momirov: 905-356-7726

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<p>2009/2010</p>
<p>PRESIDENT: Michael Petrocci</p>
<p>VICE PRESIDENT: Jon Stahl</p>
<p>PAST PRESIDENT: Fred Bolton</p>
<p>LAY CHAPLAINS: Valerie Jaeger Julianne Momirov</p>
<p>SECRETARY: Anita Miecznikowski</p>
<p>TREASURER: Carl Beckett</p>
<p>MEMBER AT LARGE: Ed Gilbert</p>
<p>CHOIR/MUSIC: Penny Blake</p>
<p>COMMUNICATIONS: Bruce Millar</p>
<p>DENOMINATIONAL AFFAIRS: Ed Gilbert</p>
<p>LAY CHAPLAINCY: Doreen Peever</p>
<p>MEMBERSHIP: Jim Glassford</p>
<p>NEWSLETTER: Sofia Vuorinen</p>
<p>PASTORAL CARE: Jenny Leach & John Berry</p>
<p>PHONE: Beverly Russell</p>
<p>PROGRAM: Wilma Stortz</p>
<p>PROPERTY: Peter Skelton</p>
<p>RELIGIOUS EDUCATION: Tba CONTACT FOR ADULT RE: Joan Rothman & Marie Belliveau</p>
<p>RENTAL : John Northover SEXUAL & GENDER DIVERSITY Joan Wiley</p>
<p>SOCIAL: Hilde Wheeler</p>
<p>SOCIAL JUSTICE: Marie Belliveau</p>
<p>SPECIAL EVENTS: Rhonda Armstrong</p>
<p>TRUSTEES: Andrea Gravelle, Don Herne James Wilson</p>
<p>WEBSITE: Bruce Millar</p>

Who Are We . . .

Presentation to Valerie Jaeger (continued)

Given her longstanding involvement as a community leader and volunteer - it comes naturally to her. Her efforts have allowed United Way to strengthen its Leadership and Major Giving programs, and expand into new areas of growth. She took the time to not just ask for support - but show individuals the impact of their support - by taking her colleagues, friends, neighbours, and peers on "Seeing is Believing Tours" at the After School Programs. She even took the opportunity to do a Day of Caring with her medical students from McMaster at a local agency in Hamilton.

For Dr. Valerie Jaeger - being involved isn't about asking for dollars - it's about rallying people around a cause - one which she personally embraces.

She has a noticeable passion, creativity and leadership that distinguishes her efforts. She challenges herself, the staff and volunteer peers to strive for their best. We are so thrilled that she has agreed to accept the role as Campaign Chair for 2009.

It gives me great pleasure to present this year's Volunteer of the Year award to **Dr. Valerie Jaeger.**

*Frances Hallworth
Executive Director
United Way of St. Catharines & District*

Naramata 2009 Joyful and Liberating!

Eliot Institute offers a seven day, one-of-a-kind experience of play, community, and worship for the whole family in beautiful Naramata, on the shores of Lake Okanagan in British Columbia. This year's session runs June 27 - July 4, and will feature Rev. Amanda Aikman and Julia McKay as the theme speakers. Come join us! Visit www.eliotinstitute.org or call 206-374-2497 to learn more.

UCN Book Club

All are welcome to attend and join the friendly discussion and camaraderie.
Tuesday, May 26th/09 @ 7:00 pm: Book is "Kingfisher Days" by Susan Coyne.
Meeting to held at the home of Penny & Roy Blake, 42 Maccomb Drive, Welland (905-732-2097)

Membership

Pamela Spear Wilson has resigned from the Membership of The Unitarian Congregation of Niagara. On behalf of the Congregation, thank you Pam for all the time and work you have done for the Church over many years.

Barbara Bennett, a long time Unitarian, has transferred her membership to the UCN. Welcome Barbara.

I am expecting our new directory to be ready for distribution some time in April.

Jim Glassford
Membership Co-ordinator

Service Handouts and Monthly Newsletters Now On-line

Ever wonder what we sang three weeks ago? Would you like to check out a quote from a past service? Starting March 8, the "Previous Services" page now contains links to the service handouts.

CHOIR/MUSIC REPORT

Here's a few words about the choir – for those of you who are interested, it's a great way to contribute to the life of our congregation:

The choir has about 10 members, and more can join if they're interested anytime. I think the choir has made a big difference in the music of the congregation.

First we bought new music. It's a little more contemporary and a little more diverse: it has music addressing gender issues, native chants, and non-Western sources, as well as Western sources. And of course with more people we can try different things musically – that is, not always have to sing in unison.

Another change this year was our new accompanist Terri Pothier, and she's been outstanding. She's a very resourceful lady, and it's been great to work with her, as well as great to have her students come and sing for us on occasion.

I'm not responsible for this, but in case no one else mentions it, some of the service leaders have been musically inclined as well, so we've had everything from taped music to an entire 'a capella' group come and join us.

To sum up: music has greatly

expanded at this congregation. It's been a lot of work but also a lot of fun & I hope we all continue these efforts. Many thanks to the choir members – you've been great! - and to all those, such as Marie Belliveau, who have given me extra help.

CHOIR SCHEDULE

April

April 5 – 'DaOona Naeesh' or 'Donna Nobis Pacem'

April 12 – 'Blue Boat Home'

April 26 – Choir piece TBA

May

May 10 – possible solo, please enquire



May 3 - Sharing Our Faith

On April 19th our congregation will hear from the USC, which we support in their work overseas. On May 3rd "Sharing Our Faith" will be the topic of our service. This denotes our support for other UU communities in Canada who may need help with some project. Most congregations have a special "Sharing Our Faith" service and the offerings on that day go to the CUC committee who grant as much help as possible to congregations who apply for their help.

Cheques may be made to "Sharing Our Faith" and cash donations may be put in an envelope with the donor's name on the outside. Receipts for income tax purposes will be forthcoming.

Our congregation has always been generous in donations so it is hoped that our members will be able to keep up the good work.

Yours in fellowship
Marie Belliveau
Joan Rothman



UCN Night at the Movies!

Hello UCNers:

UCN Friday Night at the Movies enjoyed another great film March 20th while celebrating "World Water Day". Our film was "Flow", a documentary about what is occurring globally when it comes to the privatization, pollution and over-consumption of the world's water supply.

"Flow" made it very clear to those watching that we do not have an inexhaustible supply of water in the world and that they misuse, mismanagement and misinformation that is given to the populations globally is affecting how we use water.

Also made painfully clear to all was the abuse that the private water companies heap on the people who live in poverty, mostly in poverty-stricken countries but even in the U.S. Private water companies such as: Nestles, Coke, Vivendi, Suez, and others are buying up plots of land with rivers flowing through it and then claiming the rights to that water and in many countries they are getting away with it. Companies like Nestles and Coke are selling bottled water and claiming it is better than your tap water, when in truth it is the same water with a little bit of filtering. since there are few or no standards world-wide for bottled water, it is surprising they can get away with this. Private companies are also using ground water sources and draining the municipal water supplies and paying the towns/cities even less or nothing at all compared to what you pay for your water to be piped in, yet they are making millions on the sale of bottled water.

Not only are private water companies draining the water supplies but the added pollution to ship this water all over the world and the plastic bottles and caps that will litter the world for thousands of years is mind-blowing.

Private companies like Vivendi and Suez work hand-in-hand with those other evil-doers, the IMF or the World Bank, to convince poorer countries that if they want to obtain financial help they have to privatize their water systems in their cities. This became a nightmare for people in Bolivia and because the entire population rose up against this and devised ways to illegally tap into the water sources, this has since been rescinded, but that does not mean they are not continuing this in many other poor countries and in some it is working for the pirates. They actually try to convince us that they are helping the poor by charging them for the very thing that they cannot live without!

The movie was powerful and I can go on forever on this subject and there is a lot more happening globally about the privatization of water. Harper's government just refused to sign on to the paper that would make water a "human right". How's that Canada?

The **next UCN Night** at the Movies is **April 24th @ 7:00 pm** and the movie will be **Religulous**. this should be an interesting one for Unitarians.

Admission is **FREE!!** Refreshments, popcorn and goodies are provided and donations to defray the costs of these items would be appreciated. Below is a link to some reviews of the movie. Enjoy!!

Marie Belliveau
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The Long Now

The Long Now Foundation was established in 1996 to provide counterpoint to today's "faster/cheaper" mind set and promote "slower/better" thinking. They hope to creatively stretch out what people consider as now and to foster responsibility in the framework of the next 10,000 years.

The term was coined by rock composer Brian Eno who is now on the board of the Long Now foundation. When Brian first moved to New York City he found that in New York here and now meant this room and this five minutes, as opposed to the larger here and longer now that he was used to in England. The group adopted Brian's term.

Please see their website at: www.longnow.org. It is full of thought provoking seminars and discussions.

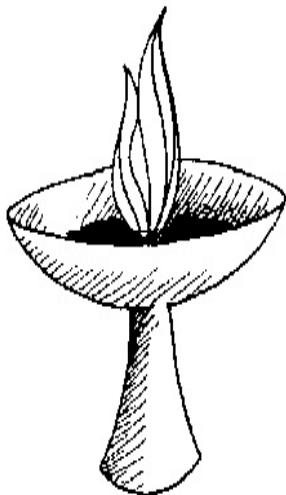
Slow Food

About Slow Food founded by Carlo Petrini in 1986, Slow Food became an international association in 1989. It now boasts 85,000 members, offices (in order of creation) in Italy, Germany, Switzerland, USA, France, Japan and the United Kingdom and supporters in 130 countries.

Slow Food believes in recognizing the importance of pleasure connected to food. We should learn to enjoy the vast range of recipes and flavors, recognize the variety of places and people growing and producing food. We should respect the rhythms of the seasons and conviviality. But the recipe developed by Carlo Petrini and other Slow Food members proposes to add a new sense of responsibility to the search for pleasure, which we

all have a right to enjoy. Slow Food has called this approach ecogastronomy. It is an attitude that combines a respect and interest in enogastronomic culture with support for those battling to defend food and agricultural biodiversity around the world. Slow Food stresses the need for taste education as the best defense against poor quality and food adulteration. It is the main way to combat the incursion of fast food into our diets. It helps to safeguard local cuisines, traditional products, vegetable and animal species at risk of extinction. It supports a new model of agriculture, which is less intensive and healthier, founded on the knowledge and know-how of local communities. This is the only type of agriculture able to offer prospects for development to the poorest regions on our planet.

For these reasons Slow Food is committed to safeguarding foods, raw materials and traditional methods of cultivation and transformation. It seeks to defend the biodiversity of cultivated and wild varieties and protect convivial places which form a part of cultural heritage.



Highlights From the CUC Board - MARCH 2009

The CUC Board met at the Cedar Glen YMCA retreat just north of Toronto this February. The Board has traditionally met three times a year, face-to-face. Over the last year, we have begun holding monthly teleconference meetings using desktop sharing software. We know that face-to-face meetings cost money and have a substantial carbon footprint, and as the technology becomes more robust, we are considering moving to two face-to-face meetings a year.

Hearing the Voices of our Members. Central to our discussion was the question of how the board receives input and responds to it. (Our board meetings always begin with a report back from each board member based on conversations they have had with congregational presidents and ministers in their region.) The Board is drafting a formal Communications Plan. Please talk to us about how best to keep the channels open and in use.

Weathering the Current Financial Storm. Our congregations are experiencing widely varied responses to the current financial situation. Some have seen an immediate negative impact on pledges, some others have been buoyed by modest increased financial support for their communities – underscoring the importance of caring community in these difficult times. On paper, the CUC's investments have lost value along with everyone else's, however our conservative investment strategy has contained that loss to 16.3% over 2008.

Sustainability & Growth continues to be a major concern to most congregations. However, a number of

congregations have taken a conscious decision not to focus on numeric growth for its own sake, but rather to deepen the spirit of the existing community, thereby making a more welcoming and enjoyable place for newcomers to visit – and, of course, stay!

Steering the CUC. Naturally, the CUC Board is excited that it will soon be naming a permanent Executive Director. We were pleased with the number and quality of applicants and are beginning the interview process. We would dearly love to have the new E.D. present and engaged at the ACM in May. Once in place, the E.D. will rebuild our staffing.

The CUC in Action. Much of the weekend was taken up reviewing progress against the CUC's short-term plan. Full details can be found on-line at:

[www.cuc.ca/strategy/
short term plan.](http://www.cuc.ca/strategy/short_term_plan)

The Board is tremendously grateful for all the input it is receiving from our congregations' leaders and members. It seems that, together, we are responding to the challenges we face in our local communities and our national organization with determination and a positive spirit. Our upcoming ACM in Thunder Bay offers a fine time to celebrate that spirit...

CUC Board of Trustees

This is a highly abbreviated version of the full News from the CUC Board available in the Governance/Board section of the CUC website.

Confessions of a Contemporary Quiltmaker . . . submitted by Donna Bothen

I make quilts. Nowadays that is not so unique a statement. Quilting is a popular craft. But when I began in the late 70s no one I knew made quilts. It was a forgotten art in the cities. However, after seeing an exhibit of antique quilts I became inspired and knew that was how I wanted to use my sewing skills.

Working alone, teaching myself, I chose bold colours, unusual fabrics and adapted traditional patterns to suit my contemporary taste. I broke rules and experimented. Twenty-five years later, I am still having fun and have lately joined a quilter’s guild. I do all my work by machine. It is quicker, but not necessarily easier.

The year I turned 60 I made myself a quilt to commemorate that passage. Our guild issued a millennium challenge to use 2,000 different fabrics in one quilt. I gathered small 1-1/2 x 3 inch scraps from wherever I could. Five hundred came from guild members, 500 from my own stash and the rest I had to beg, borrow, or steal.

The next problem was how to make something out of these disparate pieces. First I organized them according to colour family and value – dark, medium, light. I hung a large piece of white flannel on the wall and began placing scraps on it to see how they work together. Slowly, a variation of an old design called “Sunshine and Shadow” emerged. But there was a problem. To complete the pattern would require 60 extra pieces. I realized then that I was making a special medicine blanket to celebrate both the year 2000 and my 60 years on earth. It took 3 months of steady work and once more, I broke rules by adding extra pieces, but I had fun!

The Bottom Line

February 2009:

Income:

Collections	2,931.00
Interest	63.89
Rentals	860.00
Total	3,854.89

Expenses:

Administration – Newsletter, Order of Service	523.39
Property Utilities/Maintenance	505.11
Sunday Services – Musician, Speakers, Babysitter	1,498.90
First Instalment of Insurance (1 of 3)	1,186.86
Other Expenses	717.13
Total	4,431.59

In February 2009 we had a net loss of \$576.70. Remember our utilities cost, including snow removal, are always higher this time of year. We paid a higher rate than is usual for a speaker with Tony Turner. We covered his travel expenses to and from Ottawa. We also paid the first instalment of our insurance for the year (2 more to go April, May.)

I have not yet received the monthly reports for each of the past two years from our bookkeeper so I can not, with any certitude, say if this is typical for February. I can say that March is looking much better than this month.

In the pursuit of transparency a more detailed account of our income and expenses is available to any congregational member either in hard copy or by email upon request.

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