

nouvelles news

March 2014 mars



Events this Month

All Sunday services start at 10:30 am unless otherwise specified.
We have an active children's program during our Sunday service, at which all children are warmly welcome

March 9

Ms. Dian Cohen

"Citizens' Advocacy Bears Fruit"

The community to be viable must care for itself. Dian Cohen is a leader of a local ad hoc citizens' group trying to bring a medical center to Ayer's Cliff, in order that residents of the south Massawippi area might have access to General Practitioners and first line medical care in the local area.

NB: **Daylight Saving Time** begins this morning; our clocks spring forward one hour. Don't forget, or you'll miss the service!

Downstairs, in Stoddard Hall

Service Leader: Gudrun Brand

Musician: Laurent Hubert

Coffee Convenor: Hélène Cunningham

March 16

Mr. Keith Baxter

"Lucky to Be Here"

We're not lost in the universe; we're right here. How come?

Service Leader: Keith Baxter

Musician: Frances Alvo

Coffee Convenor: Jensens

Saturday, March 22, 8 pm

Le Choeur des Sings Mêlés

L'hiver relâche peu à peu son emprise, et le Choeur nous prépare un concert pour marquer l'arrivée du printemps, avec ses fêtes de renaissance et d'harmonie. Un panier de chants a cappella du monde entier : chansons de célébration et de solidarité, chansons qui affirment notre humanité commune. Plus de détails à suivre.

Upstairs, in the Sanctuary

March 23

Mr. Jerzy Przytyk

"Tikkun: A Plan for Peace"

Israel and Palestine need peace, security, prosperity and nationhood. "If every nation in the world set a true course for freedom; if every nation raised its children in a culture of peace..."

Downstairs, in Stoddard Hall

Service Leader: Keith Baxter

Coffee Convenor: Debra Fougère

March 30

Mr. Robin Cappuccino

"Reflections on Home and Family"

Robin Cappuccino, the first born and third eldest of Bonnie and Fred's 21 children, will share stories and reflect on family - both immediate and universal, including recollections of being a "PK" or preacher's kid at the Lakeshore UU Congregation in Pointe Claire QC.

Downstairs, in Stoddard Hall

Service Leader: Keith Baxter

Musician: Pat Bird

RE (Religious Exploration) Coordinator Needed!

Jane Lindsay-Gowman has announced the end of her term as children's program leader as of March. We hope to fill the position by beginning of April. If you know someone who might be interested in this rewarding and joyful creative work with our children, please contact Rev. Carole or Phyllis Baxter on the RE Committee. We thank Jane for her wonderful work, and look forward to seeing her and family at Sunday services.



Minister's Reflection - Carole's Column

*Hymn #402, Singing the
Living Tradition:*

*"From you I receive, to
you I give, together we
share and from this we
live."*

February has Ground Hog Day and is known as Black History or Heart Health Month - among other things. Were I to name March for anything, this year I'd call it Caring for Caregivers Month. Those who care for others form an immeasurable network of love and dedication that contributes to the well-being of our communities. Yet because the caregiver role often arises informally within a context of already established marriage or family relationships or friendships, they may suffer isolation and lack of support, as the value of their contributions go unacknowledged and uncelebrated.

Do you know someone who is a caregiver? For most, it's not a position for which they've trained or interviewed. Unless officially appointed or employed in a healthcare facility or hospice center, many would hardly claim the title. Yet in every family and neighbourhood, many have moved ever so gradually into a phase where our lives are increasingly shaped by circumstances related to health and aging, quietly and faithfully caring for spouses and other loved ones, giving daily and hourly in home care, visiting and holding vigil at end of life, or faced with momentous decisions on behalf of aging parents, family members or friends. Some caregivers support a disabled adult child, some are grandparents helping to raise grandchildren, some are caught between needs on both ends of the age spectrum. English-speaking caregivers in Quebec face further challenges complicated by the need to advocate and navigate through a health care system administered predominantly in French. Without support, the constant demands and responsibilities of caregiving can lead to isolation, exhaustion both physical and emotional, and declining health on the part of the caregiver. It's easy to forget or neglect one's own needs on all levels when you are worn out

or dis-couraged, caring for others; yet most would say they do what they do out of love.

Announcing the First Annual Forum for English-speaking caregivers:

"Discovering Joy in Caregiving" to be held on Saturday, March 22nd in Magog at the Community Learning Center/Princess Elisabeth School from 1-5 p.m. Come celebrate the mutuality and life-affirming dimensions of caregiving, and the many ways of increasing the joyful, fulfilling relationships, bonding and meaningful connections, wisdom and humour and creativity. A legacy of love nurtures those who are care-givers and receivers together. Bring a friend, and stay for the full afternoon of workshops and presentations on everything from health advocacy, legal and safety issues to how to infuse more joy and creativity into your caregiving through the arts and music.



Our keynote speaker is Joe Schwarcz, known for his Gazette column and "The Dr. Joe Show," director of McGill University's Office for Science & Society. You may know his informative, entertaining public lectures on topics ranging from the chemistry of love to the science of ageing, or from his The Discovery Channel, TV and radio appearances. His best selling books include "The Genie in the Bottle," "That's The Way The Cookie Crumbles," "Let Them Eat Flax," "An Apple A Day," "Science, Sense and Nonsense," and his latest, "The Right Chemistry." Schwarcz's work has received in 2011 the largest gift ever in Canadian history (\$5.5 million) for promoting scientific education and critical thinking. (Information on Dr. Joe adapted from his website)

For the past several months I've been meeting with a Caring Council organized by Eric Manolson with others experienced in the caring professions, and funded by the Townshippers Association and L-Appui. Programming orchestrated by the council includes a monthly luncheon for seniors, usually on the third Friday, with guest speakers on a range of practical and interesting topics. This spring we are sponsoring a course for adults through the Community

Learning Center in Magog - registration is still open. The upcoming caregivers Forum is a vision turned reality, which with continued funding, we hope to make an annual event.

We ourselves are an ageing congregation. My friends, I am so grateful to be doing this most rewarding ministry on your behalf - and hope you will support it with your presence. Saturday, March 22nd - Princess Elisabeth, Magog - begins with Dr. Joe at 1 p.m. and ends at 5 p.m. with a book launch and reception. See you in church, and out there - in the larger community, where our work truly begins!
- Rev. Carole

Denominational affairs

If you are a member, you probably get the Canadian Unitarian newsletter by email. Current and past issues can be found on-line at <http://cuc.ca/the-canadian-unitarian/>. You can also request a paper copy there.

As well, the monthly ENews is available at <http://cuc.ca/enews/>

2014 CUC ACM in Montreal

The Canadian Unitarian Council's Annual Conference and Meeting is coming to Montreal May 16-18 - a wonderful opportunity! Held around the country, this event never comes closer than Montreal. It's a great chance to meet other UUs, experience excellent worship and numerous workshops, discover and participate in the wider UU movement beyond North Hatley. Early bird registrations before Mtruly begins! ar. 30 come at a discount; volunteering for tasks such as registration or set up earns further discounts. The easiest way to do the conference is to stay where it's happening (the Airport Hilton in Dorval), but other options like billets or staying with friends, can lower the cost.

If nothing else, attend the fabulous Sunday morning worship there at 10:30am and experience singing with hundreds of Canadian U Us from coast to coast. Details at <http://cuc.ca/acm-2014/>

Special Thanks this Month

The Northern Lights Committee – Rachel, Joyce, Keith and Rev. Carole – who continue to monitor the generous returns from our Northern Lights Grant from individual U Us across Canada. Our thanks continue to all who have lit the flame with faith in UU Estrie!

Musicians Are Us – which includes Pat Bird, who travels great distances to be with us for Sunday services, Kevin Jensen and Keith Baxter and others who step up to fill the gap, and provide musical variety, and most recently to our Bishop's student Frances Alvo, for sharing her talents with us in worship.

David Turner, for his very popular Balancing Act series of gentle exercises for seniors. A.K.A. The Old and the Bold, this intrepid troupe of 10-15 gather Mondays and Wednesdays at 10:30 in Stoddard Hall for an hour of strength and balance training, they will continue through March and plan to resume in the Fall.

All who showed up for the Spirit of Play service, and enjoyed intergenerational games and fellowship and popcorn treats – a heartwarming annual winter event.

Those who participated in recent services highlighting social justice issues and discussions about CUC resolutions, especially Lin Jensen who compiled and sent our responses to Joy Johnston of the CUC social justice effort.

Trevor McKinven, local artist and playwright extraordinaire, whose lovely paintings of the interior of our sanctuary and Avery Booth Hall are currently on display in Stoddard Hall. If you are interested in acquiring this for yourself or UU Estrie, please contact Trevor at 819.842.4119. Finally, thanks to all who attended the World Cafe service on the Quebec Charter., and extended a warm welcome to our Muslim guest, Genevieve Penard-Provost. She said that she was nervous opening the door, but the next moment experienced such a surge of joy and warmth that she felt immediately at home. And we all learned from her presence among us!

CUC Director Visits UUEstrie



Vyda Ng, Executive Director, visited North Hatley on March 2, and met with the Board. Heather Lewis sent us this picture, along with a note that Mary Lynn was also there. Now, who took the picture?

“I think that one of our most important tasks is to convince others that there's nothing to fear in difference; that difference, in fact, is one of the healthiest and most invigorating of human characteristics without which life would become meaningless. Here lies the power of the liberal way: not in making the whole world Unitarian, but in helping ourselves and others to see some of the possibilities inherent in viewpoints other than one's own; in encouraging the free interchange of ideas; in welcoming fresh approaches to the problems of life; in urging the the fullest, most vigorous use of critical self-examination.”

— Adlai Stevenson

in “Soul of our Faith”

From the Lakeshore UU Newsletter:

“Three boys are in the school yard bragging about their fathers.

The first boy says, 'My Dad scribbled a few words on a piece of paper, he calls it a poem, they give him \$50.'

The second boy says, 'That's nothing. My Dad scribbles a few words on a piece of paper, he calls it a song, they give him \$100.'

The third boy says, “I got you both beat. My Dad scribbles a few words on a piece of paper, he calls it a sermon, and it takes eight people to collect all the money!”



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Minister's Office Hours
Wednesday & Thursday, 2:30 – 4:30 pm
Please respect the Minister's sabbath, Sunday
afternoon and Monday.
For emergency pastoral care, phone:
1. Rev. Carole
2. Sooky Dunton
3. Joyce Booth

This is your newsletter !!!
Next issue of Newsletter is April
2014

Deadline: **March 24.**
*Please send photos, or write your
contribution on paper, parchment, or
computer. Give to the newsletter
committee in person or send by email
to newsletter@uuestrie.ca.*

Calendar and Schedule

SUN 9 10:30AM SERVICE: DIAN COHEN
FRI 14 5:30PM PLEDGE SUPPER
SUN 16 10:30AM SERVICE: KEITH BAXTER
FRI 21 4:30 P.M. STUDENT SUPPER
SAT 22 1-5 P.M. CAREGIVERS FORUM
SAT 22 8:00PM CHOEUR SANGS MÊLÉS
SUN 23 10:30AM SERVICE: TIKKUN
SUN 30 10:30AM SERV: ROBIN CAPPUCCINO

Board of Trustees

You have elected this board to take care of
business, please discuss your hopes and concerns
with any member:

| | |
|----------------|-----------------|
| Rachel Garber | President |
| Adele Ernstrom | Secretary |
| | Vice-President |
| Heather Lewis | Member at large |
| Mary-Lynn Ross | Member at large |
| Carol McKinley | Member at large |

Pledge Supper

You are invited for food, fun and fellowship.
The board will be providing supper and
entertainment to our loyal members on **Friday,
Marcyh 14, 5:30 pm.**
Rumour has it that as we near St. Patrick's day,
the board is being aided and abetted by a
mysterious Iris playwright. Come and find out
what is going on "Under our Roof."



At last year's pledge supper.