



February 2015 février

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

February 1

Ms. Marie-Claude Cantin
“Ayurveda and Aging”

Marie-Claude Cantin is a local resident, a yoga teacher, and a practitioner of Ayurvedic medicine. "What's that?" you say. Come and find out!

Service Leader: Gudrun Brand

Musician: Pat Bird

Coffee Convenor: Hélène Cunningham

Friday, February 6, 11:00 am

Dr. Ross Osmun

**“Autumn Genius: The genius of Arthur
Rubinstein”**

A talk, and short concert focused on a composer/musician who flourished in their later years, followed by a light lunch. Free for seniors over 60; a small charge for others. Part of a series produced by Pauline Farrugia.

Upstairs, in the Sanctuary

Service Leader: Pauline Farrugia

Musician: Ross Osmun

February 8

Rev. Abigail Stockman
“Mother Earth's Quickening”

The beginning of February brings celebrations of early signs of returning life stirring around us. Imbolc is the Celtic name for this celebration of the white goddess. How do we humans open ourselves to the quickening of the life-stirring spirit within, among, between, and beyond us?

Abigail Stockman is a UU minister living in Irasburg VT. She last spoke to us about her Prison ministry.

Service Leader: Joey Marosi

February 14, 7:30 pm

Debra (Shanti) Fougère

**“Works In Progress VIII 'Let Your Heart Be
Your Guide”**

Once again for the eighth time, Works In Progress is dishing out a night of home grown entertainment to warm your heart this Valentine's day. The event will take place in the heart of North Hatley at the historical UU Church.

A free will offering will be accepted in return for song and dance. 8-9 performers will pour their hearts out in a cozy coffee house atmosphere. There will be an exotic, romantic menu offered at very reasonable prices for those who wish to come early and grab a loving spoonful before the show. Doors will open at 6:00 pm. (This is also a good opportunity to get a good seat.) For more information contact Debra.

February 15

“Spirit of Play”

Nourishing the spirit through fun and games with children and adults. Our once-a-year dedication of a Sunday to interacting with the various children of our community in the spirit of play. Bring a board game if the spirit moves you.

Service Leader: Keith Baxter

Coffee Convenor: Uma Nigam/ML Ross

February 22

Mr. Keith Baxter

**“Sharing Our Faith and Bending Toward
Justice”**

As a member of the Canadian Unitarian Council (CUC), UUEstrie is asked for feedback on four draft resolutions for the CUC's 2015 AGM:

- (1) Abortion rights;
- (2) Clean air, water and soil;
- (3) Divestment from fossil fuel investments;

(4) Truth and reconciliation between aboriginal and non-aboriginal Canadians.

We will read and comment on them.

This Sunday's offering is for the Sharing Our Faith fund of the CUC, for worthwhile projects in Canadian congregations. Please give generously.

Service Leader: Keith Baxter
Coffee Convenor: Gudrun Brand

March 1
various members and friends
"Bring a Joke Sunday"

This Sunday we shall let humour be the instrument nourishing our souls. All are invited to bring a joke or two that you could share with everyone. If you can't come up with one we shall have some extra jokes on hand that you could use. If you prefer not to tell, just come and laugh!

Service Leader: Kevin and Keith
Coffee Convenor: PhyllisBaxter

March 6, 11:00 am
Dr. François de Médiçi
"Autumn Genius: The genius of Cèsar Franck"

Another in a series of programmes consisting of a talk (in French this time) and mini concert focused on composer/musicians who flourished in their later years. Followed by a light lunch. Free for seniors over 60; a small charge for others. Series produced by Pauline Farrugia.

Upstairs, in the Sanctuary
Service Leader: Pauline Farrugia
Musician: Tristan Longval-Gagné

Parent Potlucks?

Jane Gowman has suggested we start up monthly potlucks in Stoddard hall for young parents and their children. Sounds like it could be fun. If you're interested please contact Jane, or myself if you cannot reach her. These might start in February sometime. *Keith*

From Gabriella Brand

Dear Folks,

In a few weeks I will be going to India, specifically to the Khasi Hills where the Unitarian settlements are located. I can't remember if anyone (Rachel?) has been there.

I could come to talk to UU Estrie about my experiences there this summer, if you are interested, but in the meantime, I am wondering if UU Estrie would like to be connected in any way to these Unitarian churches, orphanages or schools?.

Of course there is a UU partner church program, but I am not talking about anything as involved as a partnership, I am really talking more about some kind of friendly gesture.

Perhaps you would like to send along a candle or maple sugar or something. Let me know if there is something you would like me to bring in the name of the congregation. Or perhaps someone knows someone in the Khasi Hills who needs a special greeting.

I will be leaving February 28th.
My thoughts to all of you.

Love and peace, Gabriella

Gabriella Brand is one of several top travel writers whose work is featured in the new travel anthology *Chance Encounters: Travel Tales from Around the World*.

Gabriella's essay "Shortcut" details a 800 mile walking pilgrimage on Japan's rural island, Shikoku, and how strangers brought her surprising gifts.

Published by: www.WorldTravelerPress.com



Violinists at service of Jan 25. - Heather Lewis



Minister's Reflection - Carole's Column

*"I woke up this morning,
as the blues singers like
to boast...."*

- Billy Collins, former US
poet laureate.

How would you complete the line above? For me, well, I woke up this morning to the thousand and one small tasks of transitioning from my ongoing ministry here at UU Estrie, including newsletter columns, flurries of last minute emails and phone calls, outreach planning meetings and launching a Student Hospitality chili supper for the night before I drive up to begin five whole weeks with the Unitarian congregation in Montreal as their "sabbatical minister." Needless to say, in order to "hit the ground running" when I get there, this entire month has been spent "meeting" with them about another thousand and one details - filling my calendar with their many meeting dates, coordinating worship with themes, musicians, service leaders, arranging housing and keys and parking. Oh, and I still have yet to fill a month's worth of suitcases - books as well as clothing.

Officially, I'll be away from UU Estrie in Montreal from Feb. 1 to March 6. This "leave of absence" from you that calls for so much planning - and represents a sacrifice on everyone's part - brings welcome relief to the UU Estrie annual budget. It also comes with countless benefits - as I bring back to you whatever new insights and ideas I've gleaned from my time away. And yes, I'll bring them your greetings, and return to you with theirs. Meanwhile....

LOVE is February's theme. No big surprise. In our theme-based ministry calendar, you might be tempted to ask - how creative is that? As if the whole month revolves around the grand chocolate and roses cultural holiday on the 14th. Think symbolic: as the song goes, either "Love makes the world go round - or if not, it should. At the heart of all faith traditions is this universal theme of love. And not just the kind on Valentine's cards.

What calls for creative thinking - at least a whole month's worth - is how we use that word "love", discerning all it really stands for. Here's my take on the theme of Love a couple months ago in our Opening to the Spirit Friday column in the Sherbrooke Record:

Verb or noun, is there in any language a more burdened word than "love"? Used freely like common currency, it can mean anything from liking or mild attraction to wild passion or eternal bonds. Can any word have equal value, applied to pizza, people, or abstract principles? More and more, I fear it is perceived as a commodity to be acquired, rather than an energy to be shared.

What Albert Einstein said of miracles I think applies as well to love: "There are only two ways you can live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." We get to choose. Our entire orientation to life may hinge on the one choice - to love and connect, or withdraw and isolate. And if Augustine was right, that God is Love and those who abide in love abide in God, then it runs like a golden thread through all creation. Why not love it back? As if it were our very nature, our reason for being, the gift we give each other that infuses our finite existence with meaning. Love not tied to any person or circumstance, but pervasive as sunlight, we are here to bask in and absorb it, then shine it forth into every corner of the known world.

At times in my life, I've misunderstood or misused the word, for my own ends, on my own terms, often influenced by cultural currents. Now I want to speak it wisely and generously, often enough that those closest to me know how deeply I treasure their presence in my life. Life is too short to do otherwise than love.

These lines of poet Mary Oliver challenge me, "To live in this world you must learn to do three things: to love what is mortal, to hold it close to you, knowing it will not last, and when the times comes, to let it go."

What do you love more than anything else in this life? Others in your life, or perhaps life itself? Is there such a thing as un-conditional love? Have you ever loved in that way, or experienced yourself loved beyond anything you might do to deserve it? So much in our culture revolves around the theme of love - especially

romantic love; what other kinds of love are there? I invite you to spend the month ahead thinking of love, immersing yourself in this theme and all its variations. You might choose to spend time reading greeting card messages - in both languages - or listening to love songs and really noticing the meanings behind the words!

And as I leave you for the next five weeks, know that I LOVE you! I love UU Estrie and our ministry together. I love all the myriad details and projects, meetings and emails and concerns we share that make up our life together. I'll be thinking of you, looking forward to my first Sunday back - ready to "hit the ground running" here at home. And all the while, as the song goes, "I wish you LOVE" - a whole month of it!

- Rev. Carole



President's Message

Remember December 7? That was when we had an active and well attended meeting - 18 members and a good number of good friends. It was our Special Meeting of Members and Town Hall Wrap-up/Information Session - and we covered a lot of ground. The following week, the board of trustees reviewed the ground and set several balls rolling, based on the many suggestions and good discussion during those meetings.

I am grateful to this good community for all of the concern and good will and great energy we are showing. I see us working together to set long-term goals. In so doing, we are also working on showing the respect and love that is inherent in our UU principles. The idea of focusing on principles, not personalities, for example. Showing courtesy. Being a good listener - an expression of respect. And democratic process - which to me, means that decisions are made together, transparently, respecting our bylaws.

BOARD RETREAT

Surfing this wave of energy, the board of trustees (and Lin Jensen, too) met with Rev. Linda Thomson on January 17 for an all-day

orientation session. Rev. Linda is the Canadian Unitarian Council's resource person for congregations in our region. We looked at how many committees we have. We reviewed the many UU groups we are affiliated with or receive support from. We looked at best practices for building community and working together as a board. And so on. Some of this good stuff was shared with the congregation at the January 18th service, when Rev. Linda spoke about "Building a Community of Faith." I hope you can listen to it soon as an [audio file is available](#) on our website, www.uuestrie.ca.

Love from Rachel Garber, President

Caring Corner

UU Estrie's caring team consists of Reverend Carole, Joyce Booth, and Mary Lynn Ross - with personalized cards for all occasions on request created by Heather Lewis. Especially in February during your minister's leave of absence to do ministry in Montreal, members on this team can be called upon or emailed for pastoral support in times of crisis or celebration.

In the coming month, you are also always welcome to contact me, Rev. Carole, by email at revcarole@uuestrie.ca. I will respond as quickly as possible, and we can arrange for either a phone call or visit on my return. Here's wishing us all a safe, healthy, crisis-free five weeks!

Again, let us hold in our hearts the joys and sorrows of this community - those known to us, and those unknown that are very much a part of our shared life together. We miss those who are away, enjoying warmer climes - and wish them safe travels. We wish those who are experiencing loss to remember that we care. Please let us know of any needs and how we can be of support.

I bid you all remember that winter though beautiful is long and cold, and can be challenging in many ways: we may suffer isolation, illness, depression, and stresses of countless kinds. Let us care for one another. Drawing together in loving community helps, as does remembering those we don't see and reaching out to share our warmth. Blessings and love

- Rev. Carole

CUC Month

February is 'CUC (Canadian Unitarian Council) month. At least one Sunday is devoted to thinking in concert with UUs from across Canada. Three current initiatives at the national level:

- Four social justice resolutions for debate and decision;
- A revised mission statement for the CUC, for our consideration,
- A revised visionary description of Canadian UUism, for us to try on, emanating from an energetic cadre of young adult UU leaders. (*see box*)

Locally, we celebrate **Sharing Our Faith Sunday**, Feb 22 this year, taking up a special collection for the Sharing Our Faith Fund of the CUC, which makes grants for projects such as our current outreach ministry. Please plan to donate to the plate that day.

On that same Sunday, Feb 22, we shall collectively hear and respond to proposals for 4 resolutions of social witness. These resolutions are posted in full and abridged form at our meetinghouse. Another Sunday we shall hear and respond to proposals for the nature of Canadian Unitarian Universalism, and revisions of CUC statements.

The CUC Annual Conference and Meeting will take place in May, 14-17, at Algonquin College in Ottawa. All are welcome to register. UUEstrie must appoint 2 delegates for the General Meeting.

Have you heard a good one lately?

Write it down! Save it! Practice telling it! And bring it to the fellowship on Sunday March 1st. For we shall celebrate that Sunday with humour (the cousin of 'amour') as our weekly food for the soul.

Don't forget! **Sunday March 1, 2015: Bring-a-Joke Sunday at UUEstrie!**

And if you really don't remember or can't find a joke to bring, fear not: we shall have extra jokes on hand for you if you like. And if you prefer not to tell a joke, well that's all right too. Just come and (we hope) laugh with us.

CUC revised Mission Statement:

The Canadian Unitarian Council supports Unitarian Universalist Communities in Canada. Together we increase love and justice by nurturing spiritual growth, interdependence and social responsibility.
Slogan: Increasing love and justice

Here is how a healthy group of next-generation Canadian UUs see and describe the health and soul of Canadian Unitarian Universalism: it is
"Theologically Alive; Spiritually Grounded; Embodying Our Principles; Boldly Inclusive; Extending beyond Congregations; and Deeply Connected. Canadian Unitarian Universalism is dynamic, transformative and joyful."



Two Heathers - Lewis snapped Davis.

Special thanks

We tend to think of winter as our quiet "down" time, but this past month has been busier than usual. In addition to our regular Sunday services - for which we thank our hard-working creative Programme team and speakers, the twice-weekly Balancing Act exercise class resumed on Jan. 5. Besides the usual meetings of Board, Programme, and Newsletter committees, planning has proceeded for the coming months on the RE Children's Program, special events, and multiple meetings held by various working groups dealing with Investments, Building and Grounds, Parsonage, Fundraising. Apologies if we've missed anyone! Many of the folks on those hard-working committees wear several hats for us, and if truth were known, actually have lives with demands if not beyond, at least other than, what they do for UU Estrie. THANK YOU ALL - each and everyone - for your dedication to helping shape the present, as well as both immediate and long-range future of UU Estrie.

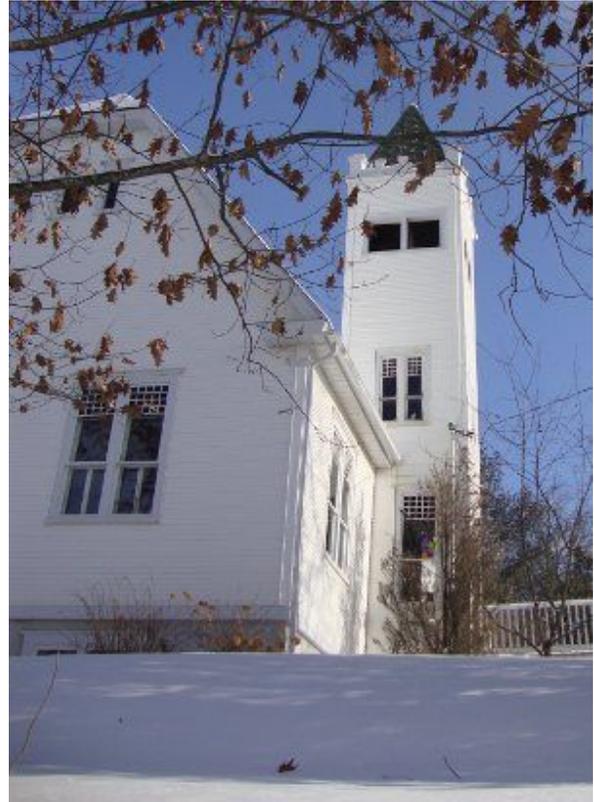
We especially thank Rachel Garber and others who organized, as well as the entire Board, and Lin Jensen who participated in the day-long Board Leadership Orientation on January 17 with Linda Thomson from the CUC.

Thanks to David Turner for the highly successful outreach to seniors in the village with his popular Balancing Act. With an average attendance of a dozen or more, and everyone throwing a toonie or so in the basket each time, this programme covers its own heating costs and generates a welcome bonus besides!

Thanks to Keith Baxter and Ann Rothfels for organizing and the Townships Tellers and others for presenting us with an inspiring and entertaining morning of fabulous fables and tall tales. Thanks also to all who contributed to the Potluck with food and fellowship.

Huge thanks to the Student Hospitality Supper team, who together have helped UU Estrie take our turn hosting area university students with our now-famous chili and cornbread, brownies and ice cream menu on the last Friday of this month at St. George's church in Lennoxville. The illustrious team for this time includes: Rachel Garber, Joyce Booth,

Camille Bouskela, Kevin and Lin Jensen, Gudrun Brand, David Turner, Heather Lewis, Keith Baxter and Rev. Carole. As this newsletter goes to press, we are counting on a repeat of a successful dinner, a great turn-out and a fun evening with our student guests.



Be like water,

which benefits the ten thousand things
And does not contend.
It pools where humans disdain to dwell,
Close to the Tao.

Live in a good place.
Keep your mind deep.
Treat others well.
Stand by your word.
Make fair rules.
Do the right thing.
Work when it's time.

Only do not contend,
And you will not go wrong.

- Lao Tsu

Newsletter published by: Unitarian Universalist Church of North Hatley l'Eglise unitarienne universaliste de North Hatley	
Address:	201 rue Main North Hatley QC J0B 2C0, Canada
Telephone:	(819) 842-4146
E-mail address:	info@uuestrie.ca
Church Website:	http://www.uuestrie.ca
Minister:	The Reverend Carole Martignacco revcarole@uuestrie.ca cmartignacco@gmail.com 819-212-7150 (cell) 819-842-1387 (home)
President:	Rachel Garber rachel@uuestrie.ca
Lay Chaplains:	Jane Pankovitch Keith Baxter
Ceremonies Coordinator:	ceremonies@uuestrie.ca
Children's Program:	Rh�ea Merson re@uuestrie.ca
Editor:	Lin Jensen newsletter@uuestrie.ca

Minister's Office Hours
Note: our minister is on leave for February, but can be reached by email.
 Wednesday , 2:30 – 4:30 pm
 & Friday 10:30 – 12:30
 Please respect the Minister's sabbath, Sunday afternoon and Monday.
 For emergency pastoral care, phone:
 1. Rev. Carole
 2. Joyce Booth
 3. Mary Lynn Ross

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/>

Calendar and Schedule

- SUN 1 10:30AM SERVICE: AYURVEDA
- FRI 6 11:00AM GENIE EN GRIS
- SUN 8 10:30AM SERVICE: IMBOLC
- SAT 14 7:30PM WORKS IN PROGRESS
- SUN 15 10:30AM SERVICE: SPIRIT OF PLAY
- TUE 17 1:30PM BOARD MEETING
- SUN 22 10:30AM SERVICE: CUC SUNDAY
- SUN 1 10:30AM SERVICE: BRING A JOKE

Board of Trustees

You have elected this board to take care of business. The Board generally meets on the **third Tuesday** of each month at 1:30pm, but check for changes. Please discuss your hopes and concerns with any member:

- | | |
|----------------|-----------------|
| Rachel Garber | President |
| Heather Lewis | Vice-President |
| Joey Marosi | Secretary |
| Keith Baxter | Treasurer |
| Mary-Lynn Ross | Member at large |
| Debra Foug ere | Member at large |

This is your newsletter !!!

Next issue of Newsletter is March 2015

Deadline: February 20.

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.

10% More
<p><i>Our budget is a bit short. Beefing up our annual pledges could be part of the solution. Could you give just 10% more than usual? Please? Could you possibly let our finance committee (Joyce Booth and Keith Baxter) know how much you could top up your 2014-2015 pledge? The fiscal year ends April 30, but if you could let us know your intentions by February 17, that would be wonderful! At least two people have already stepped up to the plate. Your help would be very much appreciated.</i></p>