






Spirit Zones




Reflective



Embodied



Connective



Kinetic

Engage with Us!

Is there something that you're passionate about? Is there something you'd like to share with others in one of our Spirit Zones? Then we're looking for you! Each Sunday we'll have four Spirit Zones (give or take):

ZONE	EXAMPLES OF ACTIVITIES
An active Kinetic Zone	Games and activities that build community and relationships
A thoughtful Reflective Zone	Activities that involve the mind
An inward-focused Embodied Zone	Yoga, meditation, sacred dance
Outward-focused Connective Zone	Social action, governance and outreach activities

These all remain open to interpretation and await your ideas and passions. If you would like to volunteer to fill one of these Zones on a Sunday morning, please contact me.

~Laura McNaughton
Director of Engagement

Spirit Zones This Fall

This fall, we're "doing church" a different way. All ages will gather in the Sanctuary for the first part of the service. We'll sing the children out prior to the Reflection, so they can go downstairs for a snack and bio break. After the Reflection, adults and children will disperse into "Spirit Zones" for the second part of the service. Then, we'll gather in the Sanctuary for a few closing rituals followed by Coffee and Conversation downstairs.

Adults and children will interact, explore, and learn together using a variety of activities — all organized by our new Director of Engagement, Laura McNaughton.

This will be new to us (and experimental) so there may be some bumps along the way. But we look forward to trying this new way of exploring and learning in an intergenerational environment.

Contact Information for Laura McNaughton Our Director of Engagement

Reach Laura by email at laura@northshoreunitarians.ca or phone her in the Church Office (604-926-1621) Wednesdays, Thursdays, and Fridays from 8am to 1pm

From Our Minister



Rev. Ron Phares

rev.phares@northshoreunitarians.ca

Every breath is a miracle, an opportunity, an invitation. Applying intention to that invitation — that is to say, applied breathing — can yield ecstasy, ego-death, grounded centering, or simply another chance to keep on keeping on. Amazing!

And yet, it is easy to get distracted. It is easy to forget and get caught up in the latest crisis, be it global or in your household. It is easy to get distraught. It is easy to get waylaid by bodies, relationships, and institutions operating in ways unaccustomed and unasked for. But every breath... every breath is a miracle, an invitation to return, to remember grace, to remember all the goodness that arises at all times all around us without our control.

It is my hope that our congregation can be an echo of that respiration, that invitation. Our sanctuary, like a living lung, refreshes and inspires us, respiring us back into the world where we continue the spiritual exchange of life for life, breath for breath.

Ironically perhaps, it is also our breathing that calls us into particular care for how we gather. For this most fundamental of gifts is also the means of infectious transmission these days. And so, while breathing is an invitation, like all invitations, it is not unlimited. We will be wise together. To ensure health as best we can.

We want to make our sanctuary a safe space. That goes for biology as well as socially and spiritually. In order to grow in a good way, children need to feel safe. That actually never changes. Sure, the pressures of various necessities and emergencies can conjure their own creativity. But the world is full of such pressures.

May this community be a sanctuary from that dis-ease. May our sanctuary be a place where we are enabled to safely evolve and find resolve, surrounded by helping hands and willing spirits. Of course, like breathing, safety is an invitation that is not without some limits. And so we must be safe enough to feel we can take appropriate risks (and provide healing when we botch it up).

For instance, the journey we are about to embark on, in changing the format of our Sundays, is not without risk. It is not without distraction and some distress as we chose to operate in new ways in anticipation of the new day coming (and perhaps to beckon it into being). Risk and safety are not necessarily opposed however. In fact, in many ways they enable one another. Like a cycle. Like respiration.

Breathe in, breathe out. Safety, risk. Grace and limitation. Heartbreak and praise.

Indeed, it is this last pairing that I want to lean into thematically this year. There is a spiritual alchemy wherein specific heartbreak reveals all the beauty and love around us and thereby transforms into a connection with the world that is both deep and broad and suffused with meaning.

Heartbreak is praise. And connection. That too is a natural cycle we ignore at a cost only now coming to light. For as a culture, we do not do grief particularly well, if at all. And thus we find ourselves disconnected and doubling down on the paradigm of separation we were born into and perpetuate... unless... we recover our breath, that cycle of heartbreak and praise. So this year, I will be seeking out my heartbreak; in faith that it will lead me to the gratitude-making-meaning. Spiritual respiration, transformation, breath. Applied breathing. Applied grieving. Mercy in grace.

Every breath is a miracle, an opportunity, an invitation to connection. May our community be likewise. See you soon.

~ Rev. Ron Phares

“EVERY BREATH IS A MIRACLE,
AN OPPORTUNITY,
AN INVITATION TO CONNECTION.
MAY OUR COMMUNITY BE LIKEWISE.”

From Our Board President



Ryan Guenther, Board President
president@northshoreunitarians.ca

A lot has changed since the last time we all went to church, even virtually. The town of Lytton was destroyed, and the floods, fires and storms caused by climate change are too numerous to list. The war in Afghanistan has finally ended. And our province's plan to lift all covid restrictions has morphed into vaccine passports.

We'll be going back to in-person services (finally, hopefully for good), but those too have changed. Our new Director of Engagement is here, and will be helping Ron reimagine Sunday mornings. And by the end of the year, we may have another Principle.

Heraclitus said, "No man ever steps in the same river twice, for it's not the same river and he's not the same man."

As we return to in-person services, it's natural to wish that everything could just go back to the way it was, but it's worth remembering that that's a vain hope, because we are neither the same people, nor the same church.

"WE ARE NEITHER THE SAME PEOPLE, NOR THE SAME CHURCH. . .
WE ADAPT BECAUSE WE MUST."

Even as we physically gather again, we can't just stop allowing people to participate virtually. That shampoo isn't going back in the bottle. And doing a hybrid of live and virtual church is exponentially more challenging than doing either one separately. So we adapt, because we must.

We now have two audio boards, one for the sanctuary and one for the live stream, and thanks to a grant from the PNWD we'll be improving our lighting as well. We will also be hiring someone to assist with building and tech set-up and take-down on Sundays, because there simply aren't enough people with the necessary skills to do it every week with volunteers. Better to hire someone now, rather than after our entire production team burns out and quits.

The TV trolley now has a camera and microphone, so people joining meetings via Zoom can see and hear (almost) as well as those actually in the room.

Thanks to another grant, we'll finally be able to make our entire property physically accessible, with the addition of an elevator and accessible washroom.

All of these changes relate to the vaguest section of our Strategic Plan: identifying and removing barriers. If you can't climb the stairs, we still want you to come to church, and if you can't come to church we still want you to be able to participate.

~ Ryan Guenther
Board President

"ALL OF THESE CHANGES RELATE
TO THE VAGUEST SECTION
OF OUR STRATEGIC PLAN:
IDENTIFYING AND REMOVING BARRIERS.
IF YOU CAN'T CLIMB THE STAIRS,
WE STILL WANT YOU TO COME TO CHURCH,
AND IF YOU CAN'T COME TO CHURCH
WE STILL WANT YOU
TO BE ABLE TO PARTICIPATE."

Laura McNaughton, Director of Engagement, Arrives!

It is a pleasure to announce the arrival of Laura McNaughton, newly-hired Director of Engagement, in North Vancouver in early August and to welcome her and her canine friend, Barry, to the NSUC community.

After only one day of recuperation from travel, Laura began several days of orientation directed by Lynn Sabourin, former Director of Lifespan Learning, and at the same time began working with Rev. Ron to prepare for the new church year to start in September. One of Laura's first acts was to call together the Engagement Associates who are on board to assist with the content of the Spirit Zones, a part of the new Sunday morning format.

The NSUC community has embraced Laura by inviting her to several small events in their homes. Cindy Leitner coordinated the making of a quilted welcome sign and also put together a basket of treats delivered to Laura on her first day at the office. We look forward to a wholehearted, warm NSUC welcome of Laura when in-person Sunday services begin shortly.

A big thank you to Lynn for her generous support of Laura and to others who have helped her through these days of personal and professional transition. Welcome Laura!

~ Gail Lehman



Laura McNaughton
Director of Engagement
laura@northshoreunitarians.ca

A Note from Laura

I enjoy a challenge and this congregation has put a great challenge in front of me for this year: *Engagement*. I'm grateful for everyone who is working at making this year's Sunday morning offerings meaningful, multigenerational and engaging.

I'm looking forward to learning more about the people who make up this community. What do you need and want to build a more welcoming, inclusive and engaging community?

I know my role is as different for you as it is for me. I have a background in Religious Education and will easily take on supporting children, youth and families. But **engagement** means more. I am really excited about the possibilities inherent in building multigenerational community. And, I'm eager for work with adults of all ages — from those freshly bridged from youth group to those whose journey is taking them to the other side of the bridge. Wherever this engagement journey takes us, I know it will be a compelling and meaningful ride!

Church Office News



Our posted Church Office hours for the Fall are:

**Monday through Friday
8am to 1pm**

(although staff will sometimes be there longer than the posted hours).



Holiday Closures

Our Church Office will be closed on these stat holidays:

- September 6th (Labour Day)
- September 30th (National Day for Truth & Reconciliation)
- October 11th (Thanksgiving)
- November 11th (Remembrance Day)

PRODUCTION *team*



Join the NSUC Production Team this fall!

We will be continuing to broadcast live over YouTube this coming church year. Hurray but...

This Fall, the Production Team is looking for a few more folks to join on a Sunday or two — or even six — this fall. Learn how to use our camera! Learn how to switch on the fly between live broadcasting and recorded content! We also have a new sound board & equipment just installed this summer that feeds right into our camera and goes out on YouTube, so no more echoey sound for speakers and musicians alike. Want to be on the cutting edge for that?!

This would only be a few hours out of a week. Once you learn, it is a snap — we promise. The more of us on the Production team, the less of a commitment for everyone! Just send us an email at production@northshoreunitarians.ca and tell us what you are interested in.

So come on board and add to your resume: we do “Champagne Delivery on a Pabst Blue Ribbon Budget”!

~ Cynthia Becker Production Chair



Rev. Ron Invites You to Lunch!

I had so much fun with the “Lunch with the Minister” program last spring, that we’re going to do it again this fall. Sign up for a Friday to meet with me at 12:30pm. Bring-your-own brown bag lunch and we can eat at a distance in the sanctuary, outside as a picnic on sunny days, or over Zoom. These lunches are meant to be intimate and personal in a pastor-to-congregant kind of way and will be limited to one or

two (if friends, partners, or spouses) at a time. Let’s get to know each other! Sign up for a specific date [HERE](#) or phone the church office.

Beloved Building *Task Force*

\$100,000 Grant Received for Elevator & Upstairs Accessible Washroom

Our grant application for an elevator and washroom upstairs has been approved for \$100,000! I submitted the application a year ago on behalf of the Beloved Building Task Force and NSUC under the federal Enabling Accessibility Fund. Although the grant provides us with \$100,000, we’ll need to provide \$112,000 in addition; however, this will give us a badly needed elevator between floors plus an accessible washroom upstairs. These upgrades will benefit the numerous people in our community who find it either dangerous or impossible to navigate the stairs and hence miss out on the full range of our community’s activities.

The current building will be expanded outwards in the region of Janni’s current office to include the elevator, space to access the elevator, and new office space for Janni. Downstairs the elevator will open through the existing exterior wall at the bottom of the stairs. The accessible washroom will be located roughly in the existing file room next to Janni’s current office.

I’d particularly like to thank Mark Mayall for coming up with the innovative solution for the design for the washroom, elevator and new replacement office for Janni. See it [HERE](#) or contact the [Church Office](#).

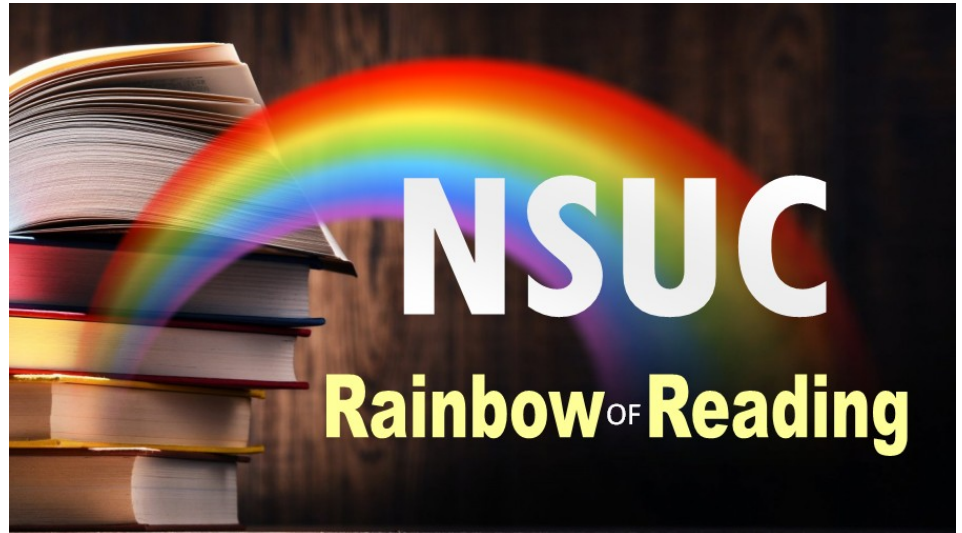
~ Brian Funt
Chair, Beloved Building Task Force

NSUC Rainbow of Reading

NSUC Rainbow of Reading

This Fall, three of our Teams will each feature a book, to be read consecutively. Each Team has supplied their choice (below).

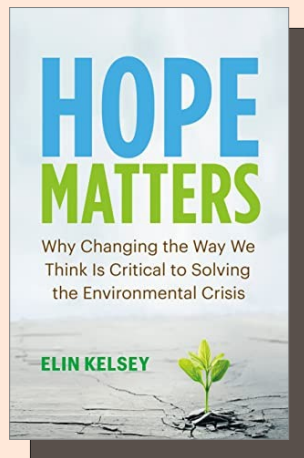
We will devote three months to each book beginning in late September. An added benefit of this approach is that the minister will know the issues, thoughts, puzzles, and practices with which many folks in the congregation will be engaging, and can preach with those in mind.



The Three Teams and their Sponsored Books

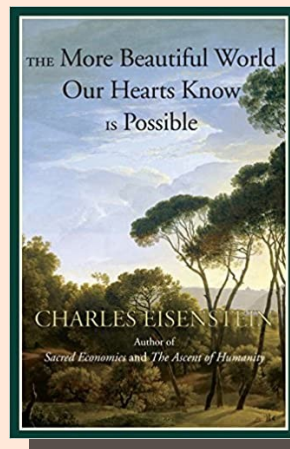
The Environmental Action Team's Book Choice:

Hope Matters by Elin Kelsey
(Theme speaker at Winter Eliot 2021)



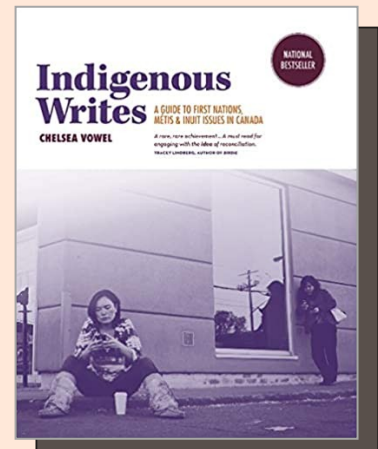
The Heart Mind Spirit Team's Book Choice:

The More Beautiful World Our Hearts Know is Possible
by Charles Eisenstein



The Justice Equity Diversity & Inclusion Team's Choice:

Indigenous Writes: A Guide to First Nations, Métis, and Inuit Issues in Canada
by Chelsea Vowel



To Participate in our Rainbow of Reading book groups, click [HERE](#).



Outreach

Each Sunday, 100% of our offering plate collections, unless otherwise marked, are given to the charity featured for a three-month term. June through August, we collected donations for the Indian Residential School Survivors Society. (See our next newsletter for the total amount collected).

For the months of September, October, and November, we will divide the amount collected equally among these registered charities: Seed-Change (formerly Unitarian Service Committee), Food Stash Foundation, and Quest Food Exchange.



Artarian News

Again this fall, we will display art both in the sanctuary as well as on the website. The September/October art show will feature the following artists: **Sylvia Bayley**, **Mumtaz Bandali**, **Riitta Peirone**, **Jaki el Reyes**, and **Carole Wilson**. In November/December the display will feature “**Tribute to Canadian Women Painters**” by **Marlene Lowden**. A portion of all sales of art is donated to North Shore Unitarian Church.

~ Beverly Grice, Artarian Chair



As we (hopefully) come together again, now is a good time to consider joining a Soul Matters group, where deep and meaningful connections are made in a small group of 6-8 people. Each month, group members receive a carefully curated packet of readings, exercises and questions focused on a theme. Groups then meet (in person or by Zoom) once a month to share their experiences and discoveries. This is done through a deep listening process modelled on the work of Parker J. Palmer.

This is our fifth year of offering this program at NSUC. Groups can become an important point of connection and mutual support to their members. We would love to start new groups and are inviting new participants and facilitators. Please contact Anne Mayall (778-686-3643) or the Church Office to join a group. ~ Anne Mayall
Soul Matters Coordinator

JEDI

Justice Equity Diversity Inclusion



Team

We Are Welcoming New Members to Our Team!

We meet via Zoom at 7:30pm on the first Tuesday of each month. Our Fall meeting dates are: September 7th, October 5th, and November 2nd.

To join us, please contact robyn.newton.mail@gmail.com.

See our JEDI Webpage!

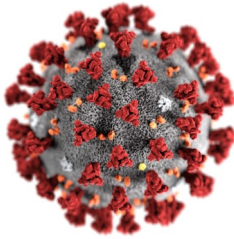
Our JEDI Team [webpage \(HERE\)](#) includes helpful info, such as:

- Upcoming meeting dates
- [Recommended books](#)
- [Articles of Interest](#)
- [Sources of Indigenous Voices](#)
- [Critical Race Theory](#)
- [and more!](#)



Grocery Receipt Program

City Market and IGA Dundarave participate in our Grocery Receipt Program. For each \$5,000 worth of receipts, these stores give us gift cards that Nora Coates converts into cash donations to the church. Since 1999, this program has earned over \$7,000 for the church! If you shop at these stores, put your receipts on the bulletin board in the stairwell. It results in “free money” for the church!



COVID-19 Updates

Please watch our [website \(HERE\)](#) and eBulletins for updates regarding our [Covid-19 Protocols](#). We will comply with all local, provincial, and federal health orders to help keep our staff and congregation safe.



Connections Team News

We look forward to seeing each other this Fall! Ruth Sherwood will have Ushers ready, and Susan Mitchell is arranging for Greeters. A group of 30 people or more have inquired about us in recent months; let's show them what a great group of people we are. We're planning a Starting Point session this fall for new people wanting to learn about Unitarianism. Please join us in engaging with these seekers.

~ Joanna Vaughan, Chair

Library News

Robyn Newton gave us *Policing Black Lives: State Violence in Canada from Slavery to the Present* by Robyn Maynard. We also added the following anonymous donations:

Soul Work: Anti-Racist Theologies in Dialogue edited by Marjorie Bowers-Wheatley and Nancy Palmer-Jones; *Life Abundant: Rethinking Theology and Economy for a Planet in Peril* by Sallie McFague; *Blue Future: Protecting Water for People and the Planet Forever* by Maude Barlow; *Interfaith Leadership: A Primer* by Eboo Patel; *Becoming: A Spiritual Guide for Navigating Adulthood* by Kayla Parker, ed.; *Dark Nights of the Soul: A Guide to Finding Your Way Through Life's Ordeals* by Thomas Moore.

For the children's collection we received respectively from Maisy Elspeth and Shelly Hrdtitschka: *Gracefully Grayson* by Ami Polonsky, and *Ghost's Journey: A Refuge Story* by Robin Stevenson. The following book was donated anonymously: *All Are Welcome* by Alexandra Penfold and Suzanne Kaufman. We thank all the donors.

The Library Team is looking for a new leader. Please contact Nicole if you are interested.

~ Nicole Hostinsky, Librarian



Circles of Light Are Back!

This small group ministry program is a low investment, high yield way to connect with your source, your world, and your fellow congregants in mutual support and reflection. Read more about this program [HERE](#). Sign up for it [HERE](#), even if you've participated in Circles of Light groups in the past. [Anne Mayall](#) (our Circles of Light Coordinator) will arrange the groups based on the preferences you indicate on the registration form, and let you know the date, time, and location of your group (whether in person or by Zoom), and will answer specific questions you may have.



Lunch Bunch

Life as yet has not returned to normal, yet the Lunch

Bunch gathered 4 times during the summer. We were under the trees mostly, and happy to see each other face to face. In September, we will continue to meet on the second and fourth Thursdays, 12:30 to 2pm with much anticipation to interact and catch up.

~ Joanna Vaughan



From Our Environmental Action Team

There is no lack of information on the climate emergency. Extreme heat, wildfires, flash floods and drought made the summer of '21 a record-breaker.

The Environmental Team welcomes everyone at NSUC to join us in mutual support as we share our concerns for the future, help each other make sense of the headlines, and get involved in advocacy for the planet.

The early August release of the IPCC's AR6 Report [Climate Change 2021: The Physical Science Basis \(HERE\)](#) brought the calculations behind rising global temperatures to the top of the news. At Newsletter deadline, the September election is causing a surge in appeals for funds, for support, and for action. [The 2021 UN Climate Change Conference, aka COP26 \(info HERE\)](#), is scheduled for November 1-12 in Glasgow, Scotland—seen by many as a “last chance” to limit global warming to 1.5 C.

Since January, the EA Team has held informational Open Meetings on the fourth Wednesday of every month—originally on Zoom, followed by gatherings on the church lawn in July & August. Those 7:15 pm Zoom meetings will continue as drop-in Q & A sessions. We'll also sponsor programming in Spirit Zones on Sunday mornings once or twice a month...watch your Friday eBulletin for updates.

Please join us in a common read of Elin Kelsey's *Hope Matters: Why Changing the Way We Think is Critical to Solving the Environmental Crisis*, described in the Rainbow of Reading article on page 6 of this newsletter. Kelsey will be offering an update of her 2020 book as the theme speaker at Winter Eliot.

It's going to be a busy Fall, with many opportunities for civic engagement and public witness. If you'd like to receive a twice-monthly message with links to info sources and a range of options for action, contact the church office to be added to our EA Team email list.

~ Marcia Stephenson, Chair of Environmental Action Team



Circle Dinners & Lunches

Assuming in-person gatherings are allowed by provincial health rulings, we will continue our Circle Lunch & Dinner program this fall. Circle meals are rich opportunities to share a meal and stimulating conversation with members and friends of our congregation. Volunteers offer to host two to six guests.

Hosts often prepare the entrée, but this is not expected. Guests offer to bring a menu item that will complement the meal. Food sensitivities are noted. Circle Dinners take place on the last Saturday of each month, unless there is a holiday or church event scheduled. Circle lunches are on the third Thursday of each month in the Fireside Room, and are open to all (hosted by our Seniors' Group).

Love the idea of Circle Dinners but can't host? **You are always welcome!** Want to be a guest, but don't drive? **We'll arrange a car-pool!**

Contact [Joy Silver](#), our Circle Dinner Coordinator, to sign up or for more info.



Please contact [Joy Silver](#) (home 604-941-2606 or cell 604-329-8073) if you're aware of any Cares & Concerns needs within the congregation.

The 8th Principle

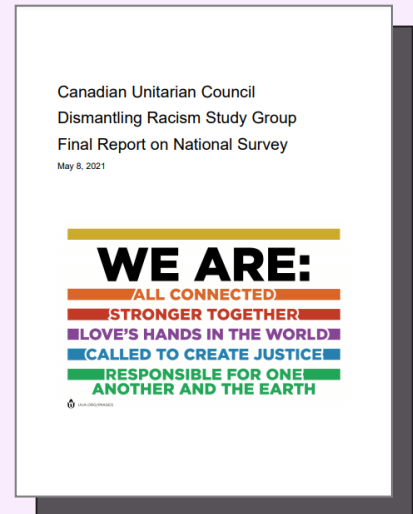
of UNITARIAN
UNIVERSALISM

What is the 8th Principle and what does it have to do with me?

This fall, NSUC will send 4 delegates to a virtual CUC meeting to vote on whether or not Canadian Unitarians should add an 8th Principle committing us to "responsibly dismantle racism". Join our JEDI (Justice, Equity, Diversity & Inclusion) Team for an informal Zoom

meeting at 7pm on Monday, September 13th. We will hear a presentation from Catherine Strickland, member of CUC's Dismantling Racism Study Group, about how we got here, followed by questions from the audience. Register [HERE](#). Contact [Robyn Newton](#) with questions.

Whether or not you are able to attend this information meeting, it is strongly recommended that you familiarize yourself with the CUC's report on Dismantling Racism [HERE](#).



ComUUnites

& Mental Health Matters

The CUC (Canadian Unitarian Council) knows that Mental health lies on a continuum from health to issues requiring professional support, and that approximately 20% of Canadians will experience a mental health-related challenge in their lifetime. People in our congregations can be directly and indirectly affected by mental health struggles.

How can we provide a supportive and welcoming community while also respecting appropriate and respectful boundaries in our congregational roles? At 2pm (PT) on November 6th, join the Canadian

Unitarian Council (CUC) for a day-long workshop considering these and other questions. More information and registration [HERE](#).





Serving with Spirit Leadership Workshop

8:30am - 4:30 pm
Saturday, October 2nd

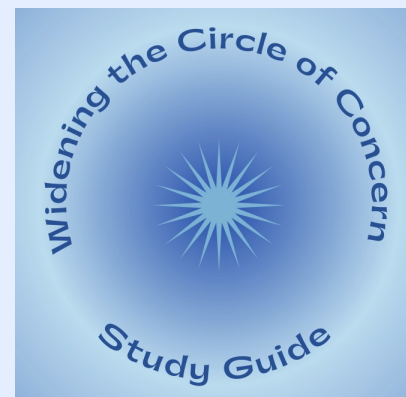
Join Unitarians from across Canada (on Zoom) and possibly in person (locally) as we identify leadership gifts and welcoming ways to express them, find creative expression for UU values, and build skills so that our structures reflect our UU principles.

The morning plenary session is designed to empower lay leaders as the key to shared congregational ministry and to affirm leadership as a spiritual practice accessible to everyone. All are welcome to identify and explore ways to implement their gifts as leaders, regardless of role.

Afternoon workshops will explore six different topics in two 90-minute sessions; participants will choose two:

- Approaches to Family Ministry
- Governance, Meetings & Policies
- Supporting each other in our climate justice work
- “Alternative” Worship
- Living into Sociocracy through the Art of Hosting
- Handling Hard Conversations

More info and registration is available [HERE](#) or at our [Church Office](#). Registration deadline is September 26th.



Widening the Circle of Concern: Leading Transformation for UUs in Canada

Join the Canadian Unitarian Council (CUC) and Canadian UUs as we broaden our understanding of social justice and its implementation within our communities.

Our congregation is invited to send a team of lay leaders and religious professionals to engage in learning an adapted Canadian version of the UUA's study guide: **Widening the Circle of Concern**.

Participants (those who have a demonstrated commitment to anti-racism, social justice, and are interested in changing systems in the congregations) will become facilitators as the program runs in Canadian UU communities in 2022 and beyond.

More information and registration [HERE](#) or in our Church Office. Registration deadline is October 7th.



Want to learn more about the Canadian Unitarian Council (CUC)?

Sign up for the Canadian Unitarian Council's eNews at <https://cuc.ca/about-cuc/communications->



**Winter Eliot “Hope Matters”
Why Changing the Way We Think
is Critical to Solving the Environmental Crisis
December 28, 2021 to January 1, 2022
Speaker Elin Kelsey**

On Site at Seabeck. Details & Registration [HERE](#).

In this program, our speaker will draw on timely evidence from sources including leading science journals, the financial pages, and mindfulness practices to show why hope, and not fear and shame enable us to remain resilient and engage more effectively when the going gets tough.

ELIN KELSEY, PhD, is an award-winning author and Adjunct Faculty member of the University of Victoria School of Environmental Studies and Western Washington University’s partnership in the Redfish School of Change.



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[https://www.facebook.com/
NorthShoreUUCanada/](https://www.facebook.com/NorthShoreUUCanada/)

... meeting in Squamish
and Tsleil-Waututh
traditional territory

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We actively welcome
all genders
and sexual orientations
in our faith community.