



## Keep the Magic Alive

It's wonderful when you can find magic in your life – and the North Shore Unitarian Church is one place where we can find it. Through our annual stewardship contributions, we can *keep the NSUC magic alive*.

NSUC is a place where we gather together with fellow seekers of truth, purpose, meaning and fellowship. We often find the magic in interconnection and shared experience. Our rituals, stories, music and Sunday services bring us closer together in a common purpose that we don't often find in other parts of our lives.

At church we often find magic. . . and we want to keep NSUC alive as a place where we can think big thoughts and dream big dreams.

We are calling upon everyone: those who have heard the choir in full voice, those young people who have shared their deepest beliefs in their credo presentations, those who stand in witness of others' struggles, those who celebrate life's passages.

This is a crucial time in the life of North Shore Unitarian Church. The [annual stewardship campaign](#) is our opportunity to acknowledge and support this special community by contributing to its continued place in our lives. Please contribute to keep the magic alive.

~ Doug Sabourin,  
Stewardship Chair



## 2023 Stewardship Campaign Begins!

Each Fall, we launch the Stewardship Campaign for the coming year, asking NSUC Members and Friends to pledge their support in the coming year. We ask congregants to estimate the dollar amount that they plan on giving during the 2023 calendar year. We call this a Pledge. You can let us know your pledge one of three ways:

1. Fill out the [online pledge form](#).
2. Fill out [a paper pledge form](#) (available on the foyer table) and return it to the locked box on the foyer table.
3. Email the dollar amount to Janni in the Church Office at: [info@northshoreunitarians.ca](mailto:info@northshoreunitarians.ca) or [stewardship@northshoreunitarians.ca](mailto:stewardship@northshoreunitarians.ca).

When do you pay your pledge? That's up to you. You can pay your 2023 pledge early (i.e. this year) — or anytime next year. The money can be donated in one lump sum, or multiple smaller amounts using a variety of [payment methods](#).

Questions? Contact [Doug Sabourin](#) (the Stewardship Chairperson) or [Janni in the Church Office](#).



Rev. Ron Phares

**G**reetings NSUC.

Let's cut to the chase. Given the results of the vote on Sept 11<sup>th</sup>, you may be wondering why I am still here. I confess, sometimes I wonder about that too. The short answer is this: I feel a responsibility to be here, a responsibility to this congregation, to this tradition, and to the world.

The vote put us in a very difficult spot, with strong feelings on either side. I believe that the best bet to

congregational survival is for me to stay true, to stay with you, as we all learn and grow through this difficult period.

I am learning so much, about myself, about ministry, about you and what you need. I am taking this time to move from defensiveness to health. It's not always easy. But it is imperative. To help me, I am asking myself, upon what do I base

my spiritual and institutional sense of health? I am using that question as a guide. I would invite you to do the same. Upon what do you base your spiritual and institutional health?

This is a wonderful time to become reflective. What have you learned about yourself? About systems? About each other? About our tradition? I am in constant conversation with these questions myself.

I hope that we are soon able to move toward health together as a congregation. I believe that centering our covenanting process, focusing on the intentional relationship of small group ministry, and the clarifying scaffold of

trustworthy policies and procedures can further that move.

I am especially happy about a new team that has emerged from the

maelstrom, a healthy relations team; HearT. Their primary goal is to give us the tools needed for healthy relations in congregational life. Please avail yourself of their offerings in Spirit Zones and other programming. Staffed by folks with training in such matters, they will also be available to advise and mediate where requested and appropriate.

Lastly, I want you to know that I am available. I am listening. I am learning. This is an amazing enterprise that we are embarked on together. It is not without pain, evidently. Sometimes growth requires a difficult reckoning, discovery, admission, or relinquishment. I am all too familiar. But the heart remains open, the hand extended, amends available, and the future ever more compassionate. We can do this.

### Schedule a Friday Lunch with Rev. Ron



#### Lunch with Rev. Ron

Join our Minister for an informal, one-on-one lunch at the church or on Zoom. See the schedule [online](#) (or contact Janni in the Church Office for available dates). Sign up for a date that works for you, and then bring your brown-bagged lunch to the church at 12:30pm on that day. You can even bring a partner or friend, if you like.

This is a great opportunity to meet Rev. Ron, ask questions, or just get to know each other better in a casual setting.



### Healthy Relations Team (HeaRT)

Our new Healthy Relations Team (HeaRT) was formed to promote a healthy community by evolving our congregation's relationship with conflict and covenant. We believe conflict can be addressed and resolved constructively, in keeping with our [UU Principles](#), through direct, honest, and caring communication in an atmosphere of openness, trust and respect.

HeaRT is committed to the safety and wellbeing of all of our members, friends, and guests. Their work will include education, training, prevention; attending to trauma and impact; addressing conflicts through various means, following the Covenant of Healthy Relations; leadership and modeling. HeaRT will identify resources externally and internally to support healthy communication, conflict resolution, restorative practices and healing. They will work to center our covenant in how we do things, supporting the healing of trauma at the individual and collective levels. And they will offer support to members who experienced or witnessed harm by another member or members.

HeaRT plans to offer a Spirit Zone activity once a month on conflict, communication, deep listening and healing practices. Watch for these sessions in the coming months.

### Building & Supporting Community: A Few Requests from our Director of Congregational Life

- Do you have a yoga mat (or two), some big cushions and/or a rug you could donate to the Wonderdome? We're looking to make the space a bit more comfy!
- Would you be willing to 'float' on a Sunday morning? We need a few folks to make sure our young and elderly are safe during Spirit Zones.
- We're building a pool of volunteer and/or paid child care providers for congregational events. Are you or someone you know a good fit for this role?

Please get in touch with [Laura](#) if you have time, skills and/or stuff to donate. Thank you so much! This is how our community thrives.



### Do You Receive our Weekly eBulletin?

If you are not receiving our weekly eBulletin (which is sent out each Friday), you're missing out! Our eBulletin is the main way we communicate with our congregation about the coming weekend's service and Spirit Zones, as well as news and upcoming events. Subscribers also receive a Sunday Invitation and our quarterly Newsletters.

To subscribe to our eBulletin, Sunday Invitation, and Newsletter lists, contact [Janni in the Church Office](#), or fill out [this request](#).



### How to Find Our Church Calendar Online

Our Church Calendar is available online! From our Home Page at <https://www.northshoreunitarians.ca>, hover over **News & Events** on the main menu, and select **Calendar** from the drop down list. That'll take you to the [current month](#) of our calendar, but you can scroll forward or backward using the little arrows in the upper left corner. Click on an event to see more information about it.



In the last few weeks, two serendipitous and separate things happened. They both reinforced what I have felt instinctively about my work and the work of congregations. The first thing is that I attended a professional development workshop called Dimensions of Faith Formation. The second was the most recent newsletter email from Matt Meyer regarding his congregation's governance philosophy. Each of these delivered three straightforward statements that have profound implications for how I will be moving forward with religious education and congregational life this year and into the future.

From my participation in the Renaissance Module (personal development for religious educators) I took away these three points:

- Faith formation is all we do
- Unitarian Universalism is what we teach
- The congregation is the curriculum

What do these statements mean for me, my work and my philosophy of religious education? They mean that whatever we do as a congregation teaches us about Unitarian Universalism and how to be

### From Your Director of Congregational Life: What We Do Is Who We Are

Unitarian Universalists in our daily lives. All of what we do is religious education - the liturgy of our Sunday services, the organizations we give our money to, the injustices we choose to protest, the systems we choose to dismantle, the stories we tell ourselves and our youngsters. What we do is who we are.

Matt Meyer is a young(ish) itinerant preacher and percussionist based in Boston. He founded a new and vibrant UU community there called Sanctuary Boston. He has an email newsletter, to which I subscribe. In the most recent one he discussed the governance structure and philosophy of Sanctuary Boston. Again, with three concise points:

- No volunteering without joy
- No programs without leaders
- No committees without purpose

These points helped me put my congregational life work into focus. I want folks to be enthusiastic about volunteering and serving the congregation. It may not be super awesome fun *all* the time, but I want folks to be doing work they feel called to. I want people to be doing work that is meaningful and spirit filling.

There will likely be fewer programs and events this year, or perhaps just different ones, to make room for what moves folks to create. If you're interested and excited about leading a Spirit

Zone or a spiritual development program, awesome! I'm here to support that! I'm looking for a few folks to make the teams to support various areas of congregational life. Their work will be purpose and mission driven. Their work will be to create and execute programs they're excited about and to support others' enthusiasm. What we do is who we are.

I'm looking forward to a year in which we learn from one another and grow into solid relationships with each other and Unitarian Universalism.

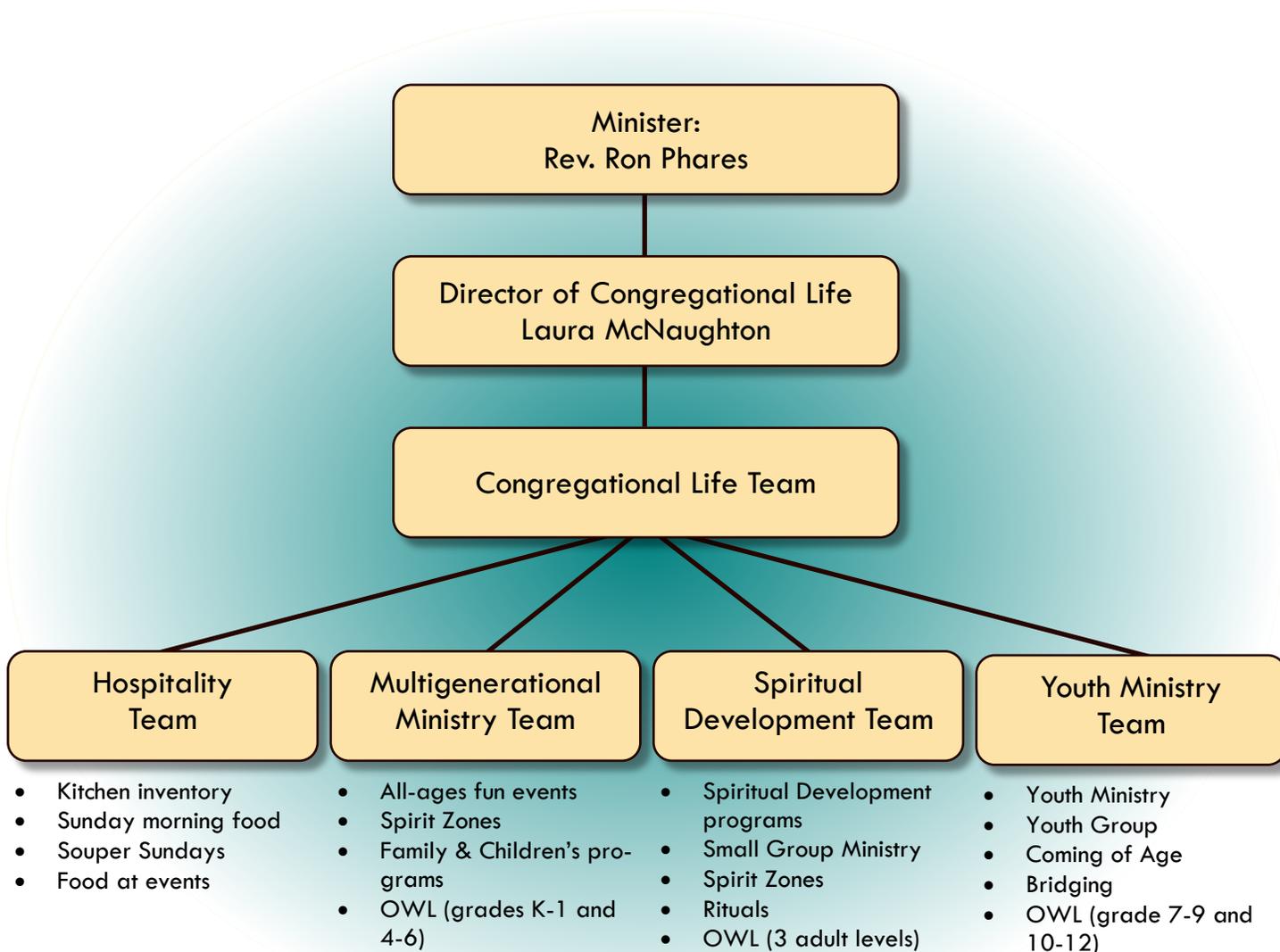
This will be a challenging year; a year of change and growth and uncertainty. A year like every year before and unlike any we've encountered to date. I am a bit of a weirdo in that I thrive in uncertainty. I love putting wheels in motion without knowing exactly what will occur. The trick, for me, to feel comfortable with change and uncertainty is trust - trusting that I've prepared as best I can, trusting that the folks who are with me are working towards the same ultimate goals.

Building the foundation of my religious education and congregational life work on the above-mentioned six points is the best way for me to prepare. I trust that we will find amazing and beautiful and unexpected delights on the other side of this year's uncertainty. I believe that what we do is who we are. I'm excited to see who we become.

~ Laura McNaughton  
Director of Congregational Life

**Congregational Life Team Structure**

I've been your Director of Congregational Life for a year. It's been a year of challenge, experimenting, learning and growing for all of us. I've been working with Rev. Ron to sort out how to structure the work I do and the teams that help get it done. This is what we've devised:



Each of the teams under the Congregational Life umbrella create and execute programs and events within their scope as long as there is enthusiasm and energy for them. Each team sends a representative to a larger Congregational Life meeting a few times a year. These big meetings will keep all the teams informed of what's going on and, maybe, create some synergies between them.

I hope this structure helps volunteers and leaders see themselves and the programs they're passionate about within the structure of the congregation.

~ Laura McNaughton, Director of Congregational Life



### Kindle Depth & Meaning with Fire Tenders

Fire Tenders is a small group ministry that seeks to ground personal intention in shared experience, reflection, and relationship building.

A personal intention held in community is a powerful medium of connection — to self, other people, and the world. This is your chance to cultivate a relationship with the world that is highly significant, deeply personal, and instructive.

Sessions will begin in November (dates & times TBD).

To participate, register [HERE](#) or sign up on the bulletin board in the stairwell. Contact [Laura](#) (our Director of Congregational Life) with questions.



### Music & Reflection

Hosted by one of our long-standing women's groups, Music & Reflection is offered on four Wednesdays (7-8:15pm) in our Sanctuary. Each gathering will focus on one of the following themes: how to live with depth, meaning, purpose and gratitude. These themes will be expanded through simple readings and music. Participants are welcome to share an anecdote, poem etc. of their own related to the topic. Everyone is welcome. Dates:

- October 19<sup>th</sup> - Depth
- November 2<sup>nd</sup> - Meaning
- November 23<sup>rd</sup> - Gratitude
- December 7<sup>th</sup> - Purpose

Contact [Kathryn Nicholson](#) if you need a ride or have questions.

## Nonviolent COMMUNICATION

Nonviolent Communication (NVC) is a skill, a practice and a consciousness that supports us to navigate conflict, repair relationships and speak our truth in ways that uphold our values as Unitarian Universalists. Catherine Strickland is offering a 6-week introduction to NVC, sponsored by [our JEDI Team](#). The course will take place on Sundays from 12:30-2:30pm starting November 6<sup>th</sup> and ending December 11<sup>th</sup> in room 304 of NSUC's Rod Stewart building.

Participation is limited to 14. Sign-up soon [online](#) or on the bulletin board in the stairwell. This series is offered as a fundraiser for NSUC on a gift economy basis (learn more about the gift economy and how it works at the [Necessary Trouble Collective's website](#)).

This series will be offered again in the spring in case the Fall dates don't work for you, or the workshop fills up.

### Empowerment & Expression

Community is built on connection and trust. Explore rupture and repair and how confident self-expression nurtures radical inclusion. These 2 remaining workshop sessions, sponsored by our JEDI Team and led by Sam Darling, are free (with donations welcome), but registration is required at [sam@samdarling.com](mailto:sam@samdarling.com). More info on our [Blog](#). Space is still available in these two Sunday workshops in our Sanctuary:

- 2-5pm November 20<sup>th</sup>
- 2-5pm December 18<sup>th</sup>



# Library news



## Library News

Ten books were donated and added to our church library and one was sponsored. Thank you!

Last Week (by Bill Richardson)

was sponsored anonymously. Ruth Sherwood donated: *The Coddling of the American Mind* (Greg Lukianoff), *Hope Matters* (Elin Kelsey), *The Power of Fun* (Catherine Price), *A Good War: Mobilizing Canada for the Climate Emergency* (Seth Klein), *The More Beautiful World Our Hearts Know is Possible* (Charles Eisenstein), and *Drawdown* (edited by Paul Hawken). Joy Silver donated: *Think Like a Commoner* (David Bollier), *The Web of Meaning* (Jeremy Lent), and *Unitarian Universalism: A Narrative History* (David Bumbaugh). Marcia Stephenson donated: *How Bad Are Bananas?* (Mike Berners-Lee).

Check out our selection of used books; it changes weekly.

~ Shelley Hrdlitschka, Librarian



## Artarian News

We display art in the Sanctuary Gallery and on the website on the [Monthly Art Show page](#). The show for October features [Ian Carter](#), who will attend the Sanctuary Spirit Zone on October 16<sup>th</sup>. The display artist for November and December will feature **Farahnaz Samari** and **Jacquie Conradi Robertson**. A portion of all sales of art is donated to North Shore Unitarian Church.

~ Beverly Grice, Artarian Chair



## Soul Matters

Soul Matters small groups meet monthly at church, by Zoom, or in members' homes to explore our

monthly themes through deep listening and sharing in each other's journeys. The Soul Matter program provides a beautifully curated companion packet to guide reflection and discussion. Learn more about Soul Matters [HERE](#). New groups are forming now, so if you're not yet in a group but would like to be, please email [Laura McNaughton](#).

## Holiday Office Closure



Our office will be closed on November 11<sup>th</sup> (Remembrance Day).



## Outreach

Each Sunday, 100% of our offering plate collections, unless otherwise marked, are given to the Outreach Recipient.

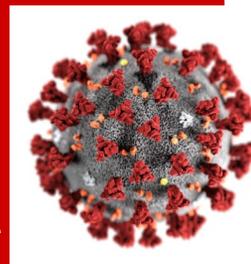
During June, July & August, we collected \$3,039 for the [Indian Residential School Survivors' Society](#).

This Fall (September, October, and November) our Outreach collection will be evenly divided between these four organizations: [The Edible Garden Project](#), [Food Stash](#), [SeedChange](#), and [Quest Food Exchange](#).

## COVID-19 Updates

Please watch our [website](#) and [eBulletins](#) for updates on our [Covid-19 Protocols](#).

We will continue to comply with local, provincial, and federal health orders to help keep our staff and congregation safe.



### Updates on our Butterfly Garden



Butterfly Ranger Jean Prescott and her friend Bree in the Butterfly Garden

Our Butterfly Garden project was a hands-on, multigenerational project. We altered a portion of our lawn to create a butterfly and bee-friendly garden as a part of the David Suzuki Butterfly Garden Project. With the support of the NSUC Board & congregants, and the teaching I received from the Dr. David Suzuki Foundation, we have created a full, blossoming garden. We laid down cardboard in early October 2021, and brought in soil to help it compost. Planting was done during the rainy May 15<sup>th</sup> weekend by a throng of wet and happy people of all ages.

The cool spring lasting through mid July helped root development so that when the sun finally shone in

earnest, plants grew with enthusiasm. Daycare attendees watched with fascination as pollinators went to work on the yarrow, sage, thyme and wild strawberries. With a range of blooming times, pollinators had something to feed on from cool spring into our unseasonable warm fall. Growing in this soil was not an issue, but tackling the many tiny red alder sprouts which inserted themselves everywhere required constant weeding.

Overall, the garden was a beautiful addition to the lawn area. It attracted many pollinators in bees, wasps, hoverflies and some butterflies, mostly Cabbage Whites. One Western Tiger Swallowtail was noted. As the winter arrives we will cease our watering and allow the plants to die back

with little clipping. Undisturbed, we hope a place for eggs and larva is provided so that next year we will see more butterflies throughout our season.

To be a part of the Butterfly Garden Team, or to pursue Butterfly Ranger training, please contact Ranger Jean through the [church office](#). ~ Jean Prescott

# JEDI

Justice Equity Diversity Inclusion



## Team

As our 2022-23 church year begins, JEDI will continue to advocate for Indigenous rights, and as part of embodying our 8<sup>th</sup> Principle will also focus on how we as a congregation can “widen our welcome” and practice “deep hospitality” to make everyone feel at home in our faith community. Later in the year, we plan to explore the interrelationships between social, economic and environmental justice issues. We invite you to Spirit Rooms starting in October to help us explore these topics. This is, indeed, spiritual work. Join us! Contact [Robyn Newton](#) to be part of our Team.

We will continue posting information about upcoming social advocacy opportunities in the weekly eBulletin. Contact [Robyn Newton](#) to be informed of upcoming social justice activities via email or WhatsApp.

~ Robyn Newton and Jacky Coates, Co-Chairs

# WELCOME Team

## The Connections Team Is now the Welcome Team

Welcome all to our new year! Our Team's name changed from the Connections Team to "The Welcome Team" which leaves no question about our purpose.

We know that there are people out there who would benefit from our church community. We must be ready for those who come to our door. We can *all* be responsive to new faces, and welcome those who are sitting alone or looking for information about us. Introducing new people to others in our community helps those people feel like one of us. Scheduling Ushers and Organizing Greeters are only two of our jobs.

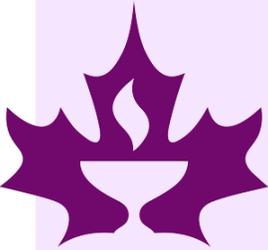
This Fall is a new beginning for many. Let us put out our welcome mat and prove to ourselves that time spent in our church is memorable and worth visiting often.

~ Joanna Vaughan  
Welcome Team Chair

## Cronies

The Cronies meet twice a month (at 12:30pm on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month). We serve tea to go along with our brown-bagged lunches. We always look forward to seeing and visiting with each other and catching up on each other's lives. You're invited to come too, and feel good about getting to know others in our community. Our remaining Fall dates are October 27<sup>th</sup>, and November 10<sup>th</sup> & 24<sup>th</sup>.

~ [Joanna Vaughan](#), Coordinator



## CUC eNews

Interested in knowing more about the Canadian Unitarian Council (CUC)?

Sign up for their eNews at <https://cuc.ca/about-cuc/communications-publications/>.



## Grocery Receipt Program

City Market at Park Royal and IGA Dundarave participate in our Grocery Receipt Program. For each \$5,000 worth of receipts, they give us gift cards that Nora Coates converts into donations to the church. Since 1999, this program has earned over \$8,000 for the church! If you shop at these stores, please save your receipts and put them in the folder on the bulletin board in the stairwell so Nora can convert them into free cash for the church.

## Circle Lunches & Dinners

Circle Meals are opportunities to enjoy conversation and food with different groups of people. Usually held on the last Saturday of the month, Circle Dinners generally have 6-8 people. Hosts provide space, beverages, and hospitality; guests bring potluck dishes tailored to the dietary needs of the participants. Similarly, Circle Lunches meet monthly in private homes. Contact the [Church Office](#) or [Joy Silver](#) for more info or to participate in a Circle Meal group.



## Interested in Joining Our Choir?

Our Music Director, Alison Nixon, invites you to contact her if you're interested in learning more about our church choir. The choir meets weekly for practices on Thursday evenings, with performances most Sundays September through June. For more info or to arrange a meeting, email Alison at [alisonnixon@hotmail.com](mailto:alisonnixon@hotmail.com).



# 8 Principles

Of Unitarian Universalism

Unitarian Universalist congregations affirm and promote eight Principles:

- The inherent worth and dignity of every person;
- Justice, equity, and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part;
- Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions.



**Did you know that you can watch past services on our YouTube channel?**

Here's how:

1. Go to our [YouTube Channel](https://www.youtube.com/user/NorthShoreUnitarian) at <https://www.youtube.com/user/NorthShoreUnitarian>.
2. Click on the video you want to watch.
3. To see older videos than those shown, click on "Videos" at the top of the screen.



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Facebook:  
<https://www.facebook.com/NorthShoreUUCanada/>

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

## STAFF AND BOARD OF TRUSTEES

**Minister:** [Rev. Ron Phares](#)

**Affiliated Community Minister:** [Rev. Arthur Berman](#)

**Lay Chaplain:** [Barb Moore](#)

**Director of Congregational Life:** [Laura McNaughton](#)

**Assistant to Director of Congregational Life:** [Cara Elrod](#)

**Music Director:** [Alison Nixon](#)

**Accompanist:** Catherine Tseng

**Church Administrator:** [Janni Kretlow](#)

**Financial Administrator:** Anna Biesiada-Panas

**Custodian:** Tom Fullerton

**Sunday Facilities Coordinator:** Annabelle Coward

**Board of Trustees:**

[Jonathan Fountain](#), President

Kit To, Vice President

[John Duffy](#), Secretary

[Brian Funt](#), Treasurer

Catarina Gomes, Member at Large

Marga Hanna, Member at Large

Alice McSherry, Member at Large



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