



BELONG WITH HEART. THRIVE IN SPIRIT. ACT IN SERVICE

# SUMMER

*at*

## North Shore Unitarian Church

### Sunday Morning Walks during July & August

We're not having Sunday Services during July & August, but we invite you to participate in our Sunday Summer Walks which will begin at 10:30am most Sundays. See additional details on page 3 and [on our blog](#).



**Board of Trustees.** If you need to reach a Board Member over the summer, contact Board President [Barrie Forbes](#) (604-220-7644) or Vice President [Rebecca Lindley](#) (604-935-5951).

**Cares & Concerns.** Our Cares and Concerns (C&C) Team is available to provide support to congregants throughout the summer. Contact C&C Chair [Leslie Gibbons](#) (604-619-2481) for assistance. If you can't reach her, contact [Julia Covell](#) (604-988-8039).

**Building-Related Emergencies.** For any emergencies relating to the building and grounds, contact the Chair of the Building & Grounds Team, [Brian Welwood](#) (604-988-1135).

**Facility Rentals or Rite of Passage Services.** Contact [Dianne Hicks](#) (604-831-4145) to schedule rentals or rite of passage services during the summer.



### Church Office

Church Office hours will vary over the summer, so we suggest phoning the office at 604-926-1621 before coming to the church, to make sure someone is there to assist you.

### Janni Kretlow, Church Administrator

Janni will be available by phone and email Monday through Friday from 7am to 2pm throughout most of the summer: 604-926-1621, [info@northshoreunitarians.ca](mailto:info@northshoreunitarians.ca).

She will be on vacation the **first week in August**, and possibly another week during the summer. Watch the online [Church Calendar](#) for updates on her away days.

### Alison Nixon, Music Director

Alison is on an unpaid Summer Break during July & August, but will be available again in September. You may be able to reach her by email over the summer: [alisonnixon@hotmail.com](mailto:alisonnixon@hotmail.com)

## From Our Board President



Barrie Forbes

[president@northshoreunitarians.ca](mailto:president@northshoreunitarians.ca)

**M**any are asking why I've accepted the challenge of being NSUC's President this coming year. The simple reason is... I care. I care deeply.

I care about the people who have helped me hone my thoughts and values for the past 30 years.

I care about the messages we deliver every week through Sunday services, small groups, programs, choir, volunteer opportunities and many other activities.

I care about the opportunities we've traditionally created to have respectful dialogue about important issues of the day.

I care about being part of a community that helps me live life with depth, meaning and purpose, and that respects all 8 principles that we espouse.

Last year, I spoke with a long-time member who recounted an experience at our church. At a congregational meeting people were discussing the issue of abortion. Tempers flared as there were conflicting points of view. The meeting was going nowhere until Rod Stewart (a leader in our congregation and the Executive Director of the Pacific Northwest District of the UUA) got up and said something like: "This must stop. We are Uni-

tarians. We will discuss this issue with respect for each other's views." The congregation fell silent, reflected, and proceeded to discuss the issue respectfully to come to a resolution all could support.

Sound familiar? Where was our Rod Stewart when we needed him these past few years? Blame our current problems on the pandemic, blame them on your neighbour, blame them on society itself, but the fact is we must be able to discuss contentious issues openly, honestly, and respectfully if we are to create a more inclusive and tolerant world. We don't have to think alike to love alike.

With that in mind, your Board will work tirelessly this year, taking every opportunity to be open, transparent *and* listen intently. We'll dialogue with each other and congregants without fear of recriminations. We'll hear what others have to say so we can learn and grow together. That's how we will change hearts and minds for the betterment of all.

At our May 28 AGM Rebecca Lindley and I spoke about how we see NSUC operating in the coming year. Read it [HERE](#) and see Rebecca's column on page 3.

Sunday services will be lay led for at least a year. This spring, the new team has delivered several varied and moving services. Check them out [on YouTube](#). And remember, you don't have to agree with everything that was said in the services. Afterwards over coffee you can ask questions and discuss things. This attitude has already made for some warm and engaging experiences. For example, I overheard a youth disagreeing with an adult about

something a presenter in our pulpit had said. The youth and congregation had a productive conversation. Something may have shifted for them. Their conversation showed how we can behave with each other... "out of the mouths of babes."

Although there will not be any formal services this summer, Brian and Kay Welwood will co-ordinate congregational walks most Sundays. These walks on the North Shore will give everyone an opportunity to gather in community and connect with friends.

On July 30<sup>th</sup> the Board is hosting a Sunday Brunch. This will give us a chance to gather, talk with each other, share thoughts and ideas, and express concerns.

In the fall your Board will host town hall meetings to discuss important issues about our future and gather input. We will communicate Board activities and decisions through the eBulletin, newsletters, and in announcements as part of the services. The Board has already held a retreat and several meetings. Our next meeting will be on August 29<sup>th</sup>, and on the second Tuesday of each month starting in September. Feel free to attend Board meetings in person or on Zoom, and read your eBulletins for details and Zoom links.

Your Board looks forward to a peaceful and enriching year. In the interim, to chat with me please call 604-220-7644 or email me at [barrie.forbes@gmail.com](mailto:barrie.forbes@gmail.com) to set up a time to meet. I believe face-to-face discussions among all of us will be key to our future.

Have a safe and happy summer. We look forward to seeing you at planned events, on summer walks, and especially in the fall.

### Updates from our Sunday Services Team

Sunday services have been invigorating this spring!

Early in 2023, when it became clear that NSUC would soon be lay-led, a Sunday Service Task Force was initiated. This group met monthly starting in March and has been responsible for most of the recent services.

The Team members will not surprise you – ALL of them have been part of Sunday services in the past, either as an SSA (Sunday Service Associate), or in summer services, or some of the Wednesday evening services organized by Kathryn Nicholson last fall.

The current team is: Bruce Grierson, Sue Forbes, Leslie Gibbons, Dennis



Cooper, Alison Nixon, Kerry Burke, and Rebecca Lindley. There are several youth who are also willing to be part of the team!

The group is meeting for a retreat and fall-planning session at the end of June. We are VERY OPEN to HELP and INPUT... so if you have ideas or suggestions for services (speakers, formats, inspirational sources, etc.) we'd be de-

lighted to chat! Please connect with us, in person, by email or phone. Everything is up for 'play' – how we run services, format, rituals, duration, the concept of Spirit Zones, etc.

As a team, we are optimistic, open-minded, and determined to make services here at North Shore a beacon of inspiration, connection and community. ~ Rebecca Lindley

### Summer Walks at 10:30am most Sundays in July & August

With no Sunday services this summer, let's connect with each other in the great outdoors. Kay and Brian Welwood are coordinating walks on Sundays, but can't lead them all — so let them know if you can lead any of the walks listed here.

All walks begin at 10:30am and are about 45 minutes to an hour round trip. The walks are mostly level or have only gentle elevation gains. We suggest that walkers either bring their own snacks and drinks, or find a nearby coffee shop for those who'd like to chat afterward.

To lead a walk, contact Kay or Brian or the [Church Office](#).

Watch the eBulletin each week to see leaders, locations, and additional details, but here's the general plan:

**July 9<sup>th</sup>:** Meet at the flagpole @ Grand Boulevard between 13th and 15th Streets in North Vancouver; walk the central pathway.

**July 16<sup>th</sup>:** Meet in the parking lot of Gleneagles Community Centre; proceed to trailhead for Ocean View Walk in West Vancouver.

**July 23<sup>rd</sup>:** Meet at the playground in Cates Park; walk the Malcolm Lowry Trail to Little Cates Park and back



**August 13<sup>th</sup>:** Meet under the Q sign at Lonsdale Quay; walk west on the Spirit Trail to Lower McKay Creek and back

**August 20<sup>th</sup>:** Meet at John Lawson Park playground in West Vancouver; walk the West Van Seawall to Dundarave Beach and back.

**August 27<sup>th</sup>:** Meet at the Wild Bird Trust building in Maplewood Flats Conservation Area; hike the trail circuit.



## One Person Really Can Make a Difference

Our Environmental Action Team was formed in late 2020 to offer educational programming on the climate emergency and to promote action on environmental concerns. As wildfires, heat waves, and floods continue to dominate the headlines, media reports can seem overwhelming. How can one person make a difference for the planet? We've found renewed inspiration in [this TED talk](#) from a marine biologist who co-edited the book of essays *All We Can Save*.



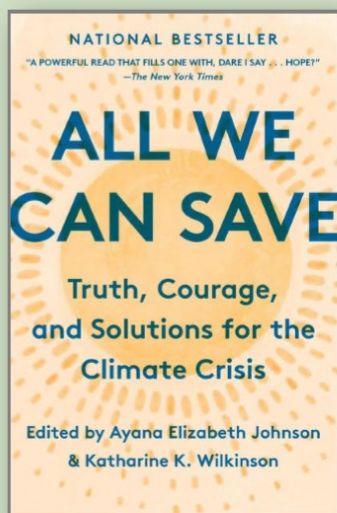
## This Fall

In September, we'll host an open meeting after church during a coffee hour to review our Team's mission and brainstorm plans for the coming year. A few examples of our collective action since we came together:

- Creating our NSUC butterfly garden from a patch of grass.
- Participating in an eco-challenge to reduce plastic in our lives.
- Attending protest rallies together.
- Submitting advocacy letters to regulatory bodies and elected officials.

We hope to reconnect with speakers from the non-profits we've supported with our Outreach donations and to explore volunteer opportunities with groups working to reduce food waste and strengthen food security for at-risk populations.

~ Marcia Stephenson, Chair



## All We Can Save Discussion Group

We're currently hosting a bimonthly Saturday Zoom series to discuss essays from the anthology *All We Can Save*. We'll convene 6 more sessions in the fall to finish up the remaining chapters. It's not too late to join the book club.

We're offering a Zoom Q & A intro/review session open to everyone on **Saturday, July 8<sup>th</sup> at noon**. Contact the [Church Office](#) or Marcia Stephenson for the link, or to receive monthly email updates about recommended resources, EA Team initiatives, and options for community action.

Find out more about the *Circles* discussion approach here: <https://www.allwecansave.earth/circles>.



### Music Play Lists from our Music Director

Several weeks ago, I received a call from a congregant who is in recovery from surgery. She felt that listening to music from our church services would help her during this time of healing, and asked if could put together a list of music that we have produced over the last few years. After a chat about her wellness, healing and life in general, I agreed to put together a play list and settled down for a musical walk down memory lane.

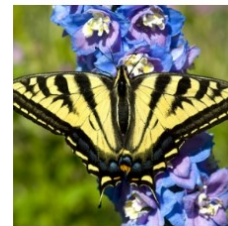
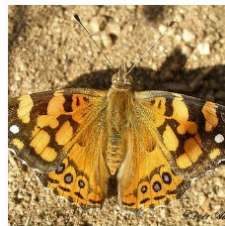
I see three categories of music that we do regularly at church:

1. Hymns from our hymnals.
2. Ritual chants.
3. Anthems.

To see the playlists I put together for each of these three categories, visit our new web page: [Music Play Lists](#). Use the clickable links to hear any that interest you.

Thank you for creating the living Chalice for us to pour these songs into.

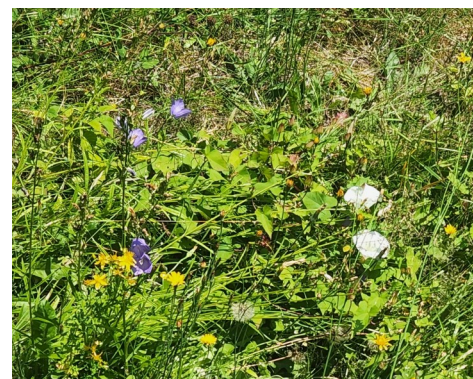
In gratitude and love,  
~ Alison Nixon, Music Director



### Butterfly Garden Updates

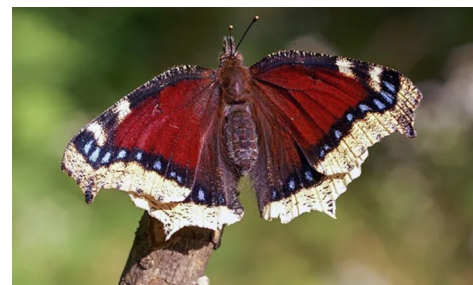
Our Butterfly Garden (part of the [David Suzuki Foundation's Butterflyway Project](#)) survived the winter and is thriving this spring! Tom Fullerton, our custodian, has been keeping an eye on it and watering it as needed. Tom has moved some things from the butterfly garden to other areas of the property, and trimmed back the overgrown blackberry vines in the main lawn beside the red alder trees. He hopes to acquire some bushes to fill in along this area, possibly relocating a rhododendron there that is too crowded in its current spot.

Tom has marked off an area of the side lawn using stakes and tape to keep people off of it to improve water absorption (and ultimately prevent basement flooding). He's intentionally letting the lawn and wild flowers grow there — which our pollinators are already enjoying! (Here's a picture Janni took from the office window).



Tom has seen several butterflies on our property (for the first time in the 11-years he has worked here!), and a hummingbird who seemed interested in our butterfly garden. He also spotted some caterpillars on site, which he thinks will grow into Mourning Cloak Butterflies (see images below). All of these are good indicators that we're making our grounds more bee and butterfly friendly, which was our goal.

We encourage people to enjoy the garden and watch for butterflies, but please do not add or remove any plantings to the garden without checking with Tom Fullerton or Jean Prescott first. (Contact them through the [Church Office](#)).



Images of a Mourning Cloak (*nymphalis antiopa*) caterpillar and butterfly (found online)



## Hire-A-Member Directory

Have you seen the new Hire-A-Member Directory on our website? ([www.northshoreunitarians.ca/hire-a-member](http://www.northshoreunitarians.ca/hire-a-member)). Here, we list businesses and services offered by staff and congregants. Pet sitting, piano lessons, piano tuning, real estate, and a variety of other services are already listed there — but there's plenty of room to add additional contacts! If you would like to offer your service to the congregation on this page, please contact [Janni in the Church Office](#). There is no charge for adding your listing to this Directory.

## Cronies

The Cronies will meet once each month during the summer, having a fun relaxing time while chatting about our activities:

- **July 27<sup>th</sup> at 12:30pm**, we will meet at June Scott's home. Please call June at 604-988-4446 if you are coming.
- **August 24<sup>th</sup> at noon**, we'll meet at the Westerleigh for lunch with Nora Coates. Please call her at 604-925-6111 to reserve a spot.



Have a wonderful summer everyone. We will return to the second and fourth Thursdays in September. Looking forward to seeing you soon. Call [Joanna Vaughan](#) if you need a ride (604-904-9535) or take a free taxi as part of our taxi club. (Sign up for the Taxi Club with [Janni](#) or [Leslie Gibbons](#)).  
~Joanna Vaughan, Coordinator



## Summer Church Office Closures

Our Church Office will be closed on the following dates:

- June 30<sup>th</sup>**: Canada Day observed
- July 31<sup>st</sup>-Aug. 4<sup>th</sup>**: Janni's vacation
- August 7<sup>th</sup>**: BC Day



## Our Church Administrator Elected to the AUUA Board

Our Church Administrator, [Janni Kretlow](#), was asked to join the Board of the AUUA (the Association of Unitarian Universalist Administrators, the professional group to which she has belonged to for the past 8 or so years). Janni helped plan the AUUA's 2022 and 2023 "Pro Days" event (an annual 2-day professional development event for UU Administrators) — and was then invited to join the Board. She was officially voted in at the AUUA's AGM on June 6<sup>th</sup>. Janni flew to Pittsburgh to participate in a 3-day Board Retreat the third week in June, where she met the other 7 Board members in person and participated in the planning that will shape the AUUA's activities and goals for the coming year. The AUUA includes Administrators from across North America and has about 300 members. So it's quite an honour for Janni to be included in their leadership!



## Grocery Receipt Program

Please continue to save grocery receipts from **City Market at Park Royal** and **IGA Dundarave**, and leave them in the folder on the bulletin Board in the stairwell. When receipts total \$5,000, Tom Fullerton exchanges them for a gift card, and convert it into cash for the church. ~ [Janni Kretlow](#)



## Recent Outreach Collections

Each Sunday, 100% of our offering plate collections, unless otherwise marked, are given to the monthly Outreach Recipient. In memory of Dani (Maiken) Cooper, we collected donations January through May in support of local mental health agencies. We collected a total of \$8,881.59, which was equally divided (\$2,960.53 each) between [Coast Mental Health](#), [Family Smart](#), and [The North and West Vancouver branch of the Canadian Mental Health Association](#).

## Summer Outreach

Again this summer, we are collecting donations for the [Indian Residential School Survivors Society](#) (IRSSS). All Outreach funds collected June through August will be donated to them (except June 11<sup>th</sup> — see the “Pivot” article below). The IRSSS offers programs and services to support Indian Residential School Survivors, their families, and their loved ones. To contribute, please send your cash, cheque, eTransfer or credit card donation to NSUC clearly marked “Outreach” or “IRSSS” so we apply the funds correctly.

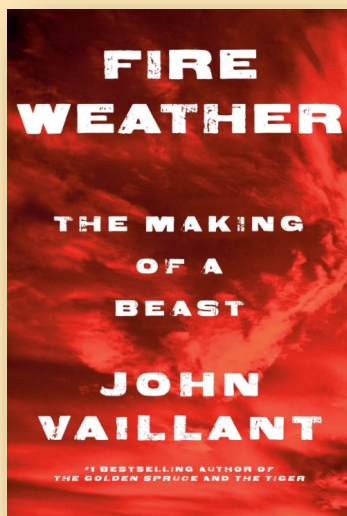


**INDIAN RESIDENTIAL SCHOOL SURVIVORS SOCIETY**



## NSUC’s June 3<sup>rd</sup> Choir Concert a Success!

Thirty-seven choir members (most from NSUC’s Vox Lumina choir) performed *Adiemus* by Karl Jenkins to a full house on Saturday, June 3<sup>rd</sup>. Proceeds beyond expenses totaled \$985 and will be donated to [Family Smart](#) in memory of Dani (Maiken) Cooper (along with money raised through the sale of *Fire Weather* books — see article below).



## “Fire Weather: The Making of a Beast” by John Vaillant

We were honoured to have author John Vaillant as our guest speaker on Sunday, May 28<sup>th</sup>. We sold signed, hardback copies of his latest book *Fire Weather* following that service. At the time of this writing, we still have several signed copies of his book for sale in the Church Office (\$35) during office hours. Book purchase income will be added to the Choir Concert proceeds for [Family Smart](#), in memory of Dani (Maiken) Cooper.

**PIVOT**  
LEGAL SOCIETY

## June 11<sup>th</sup> Outreach: Pivot Legal Society

On June 11<sup>th</sup>, our guest speaker in the pulpit was Meenakshi Mannoe of [Pivot Legal Society](#). The offering plate from that service (\$485) was donated to Pivot Legal Society to aid in their work representing and defending the interests of marginalized communities affected by poverty and social exclusion.



Unitarian Universalist congregations affirm and promote these 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.



Watch past services on our YouTube channel:

1. Go to our YouTube Channel: https://www.youtube.com/@NorthShoreUnitarian/videos
2. Click on the video you want to watch. (If you don't see it listed, click on the "Live" Tab or check with the Church Office.)
3. Enjoy!



North Shore Unitarians
370 Mathers Avenue,
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Phone: 604-926-1621
Website: northshoreunitarians.ca
Email: info@northshoreunitarians.ca
Facebook: https://www.facebook.com/NorthShoreUUCanada/

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



Most Mondays-Thursdays
7am to 2pm
(Janni works from home on Fridays but is still available by phone and email those days).

STAFF AND BOARD OF TRUSTEES

- Affiliated Community Minister: Rev. Arthur Berman
Lay Chaplain: Barb Moore
Sunday Facilities Coordinator: Annabelle Coward
Music Director: Alison Nixon
Accompanist: Catherine Tseng
Church Administrator: Janni Kretlow
Facility Rental Coordinator: Dianne Hicks
Financial Administrator: Anna Biesiada-Panas
Custodian: Tom Fullerton
Board of Trustees:

- Barrie Forbes, President
Rebecca Lindley, Vice President
Brian Funt, Treasurer
Leslie Gibbons, Secretary
Elain Duvall, Member at Large
Marga Hanna, Member at Large
Barb Kroon, Member at Large
Liz Moffitt, Member at Large
Brian Welwood, Member at Large



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