



BELONG WITH HEART. THRIVE IN SPIRIT. ACT IN SERVICE

Spirit Zones



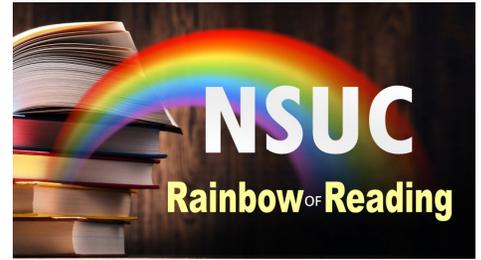
Thank you for coming along on this Spirit Zones adventure! Many have been pleasantly surprised to be enjoying themselves (see testimonials on page 8). These small, less formal sessions are chances to connect and deepen relationships in this multigenerational experience where all ages are welcome. Our children learn our values and beliefs by seeing them in action. It's often said that we deepen our understanding of a topic by teaching or mentoring. We all have stories to tell, things we can teach and things to learn whether we're 8 or 98.

There is so much wisdom, knowledge, creativity, and talent in this congregation that ought to be shared. If you have an idea for a Spirit Zone activity, if you have an idea for improving our Sunday morning experience, please let me know. Email me (laura@northshoreunitarians.ca) or call me at the church on Wednesdays or Thursdays 8am to 1pm.

I appreciate all the informal feedback I've received about Spirit Zones. I like hearing from folks who weren't initially excited about the new format but have found Spirit Zones really meaningful. I like hearing that folks are having trouble deciding which one to attend. And, I appreciate that there are things that might be changed and improved.

In January, I'll begin an evaluation of Spirit Zones. The most important questions will be "What have you gained from our new Sunday morning experience?" and "What have you lost with the change in our Sunday morning experience?" My plan is to present my findings and make any needed shifts in Spirit Zones in February. Feel free to start mulling your responses to those questions now. I look forward to reading them.

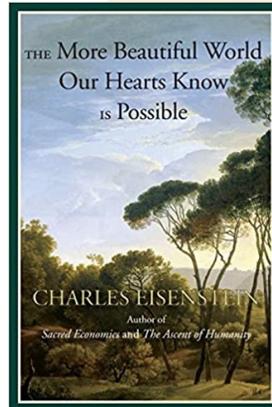
~ Laura McNaughton, Director of Congregational Life



Rainbow of Reading

This church year, we're doing three "common reads" as a church, and meeting monthly to discuss them in small groups.

In the fall, we read *Hope Matters* by Elin Kelsey.



January through March, we're reading *The More Beautiful World Our Hearts Know is Possible* by Charles Eisenstein (selected by our Heart Mind Spirit Team).

April through June, we will read *Indigenous Writes* by Chelsea Vowel.

For more information about our Rainbow of Reading program, or to join a discussion group, visit our website here: <https://north-shore-unitarians.squarespace.com/config/pages> or contact our [Church Office](#).

You're Invited

Join us for Spirit Zones on Sunday mornings! We begin each service in the Sanctuary at 10:30am, and break for Spirit Zones at about 11:15am. Stay afterwards for coffee and bagels, if you can! (See our current Covid protocols on our [website](#)).



Rev. Ron Phares

rev.phares@northshoreunitarians.ca

Honest ritual.
Trusted relationship.
Reflective space.
Beautiful sound.
Earnest justice. Abundant fun.

That is my answer. I wonder what your answer might be. What is the question? Well, before I present it, I'll share how I came to it.

You see, I think we find ourselves in a place where it is both possible and necessary that we grow our community in the hopes of making an impact - on the world, the particular lives of those who we reach, and on ourselves as well. And as I was contemplating the mechanics of how we go about doing that, I imagined myself in conversation with an interested someone. What would I tell them? What would I tell them that would pique their interest and illuminate their need?

Of course, this is another way of asking, "what does the world need?" And maybe this is a way of wondering about what it is that I

need. At any rate, in this imagined conversation (after much thought — but one can hit the pause button in imagined conversations), I expressed that at NSUC we engage in honest ritual, build trusted relationships, create space for reflection, make beautiful sounds, pursue justice in earnest, and make merry.

So the question is: **What is it that we do? What are we for?**

And for me, the answer is this: We engage in honest ritual, tapping into the truths of myth and experience in order to reveal our connectedness. We build trusted relationships where we can bring our whole selves and be welcomed and encouraged. We create space for self-reflection and transformation. We make beautiful sounds that saturate our bodies and souls with meaning. And where else do adults gather together to sing anyway? Also, we do our best to do better in the world and to make the world do

better. And we laugh. A lot. We smile and joke with each others up and down the age spec-

trum. We are known.

That sounds good. And it is good. True, it's been hard to make merry of late, what with a pandemic on and other factors. We've yet to have a party. But when I see you together on Sundays, the light in your eyes is there, the joyful smiles and shared confidences. The fun is abundant still. And we will ramp up the scale of it as soon as we

are able.

So that is my answer. It's an answer I invite you to consider. It's an answer I welcome you to share, to refine. Maybe it is your answer too. Maybe you have your own answer.

So tell me, what do we do? What are we for? I would love to hear your thoughts. Maybe we can chat about them over lunch (sign up [HERE](#) or by contacting the [Church Office](#)).

FundFest



FundFest Organizers Needed!

We need several volunteers to help organize our 2022 FundFest auction. If you can help as part of the team, please contact the [Church Office](#).

Prior to covid, this fundraising auction was held each spring; it was a major source of the income we need to run our church. Congregants offered all sorts of goods and services (including LOTS of parties!) to be auctioned, and received a tax receipt for their donations. Buyers had fun participating in these wonderful events!

From Our Board President



Ryan Guenther, Board President
president@northshoreunitarians.ca

The last few weeks have been a lesson in perspective. After most of a year, Buildings and Grounds has a chair again (actually co-chairs—thanks Paul Symons and Brian Welwood). The CUC has adopted a new principle for the first time in 35 years. And the term “atmospheric river” has gone from novel to terrifying to commonplace.

Which of these changes is most impactful depends entirely on perspective. The 8th Principle will have far-reaching effects on Unitarianism, hopefully making us more attractive and relevant to younger generations. And obviously, climate change is an existential threat, making a strong case to be named the Fifth Horseman of the Apocalypse.

But from a practical standpoint, it's very important to have someone to call when the sewer system is overloaded and the toilets at the church won't flush. Particularly for me, as someone who doesn't want to get those calls.

It probably also says something that the discovery of a new covid variant amounts to little more than a reminder to buy more masks.

The impact of the 8th Principle is as yet unknown. Will it become a defining, coastal principle like number one and number seven, or will it be a flyover principle like numbers two through six?

From the most pragmatic perspective, what it means is that we could really use an Outreach Team. Even just as a statement of intent, the 8th Principle could act as a lighthouse to people who

care about the Wet'su-wet'en land defenders and residential schools and the plight of refugees. But only if they hear about it.

In order to guide people into our harbour, we need someone to build the light-

house. Just like we need Buildings and Grounds to keep our church from turning into a literal harbour.

The overall goal of our Strategic Plan was “to increase Visibility and Relevance in the community.” We have an opportunity to become more relevant, if we can become more visible. If you have any interest or aptitude for media and/or social media, please talk to Rev. Ron or me.

~Ryan Guenther
Board President

“THE OVERALL GOAL OF OUR STRATEGIC PLAN WAS “TO INCREASE VISIBILITY AND RELEVANCE IN THE COMMUNITY. WE HAVE AN OPPORTUNITY TO BECOME MORE RELEVANT, IF WE CAN BECOME MORE VISIBLE.”

The 8th Principle

of UNITARIAN
UNIVERSALISM

CUC Adopts 8th Principle

At the Canadian Unitarian Council's Special Meeting on November 27th, Canadian Unitarian Universalists voted to approve adding an 8th Principle to the current [seven Principles](#). The new principle states:

“We, the member congregations of the Canadian Unitarian Council, covenant to affirm and promote: Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions”.

95% of 104 delegates at the Special Meeting voted in favour of the motion.



Cut off Date/Time for 2021 Donations

Need your donation to appear on your 2021 Tax Receipt? Then please get your payment to us by the following date and time:

Payment Method	Cut-off Date & Time
Cash or Cheque	9am on Tuesday, Dec. 21st
eTransfer or Text Giving	Noon on Friday, Dec. 31 st

Contact Janni soon, if you have questions about the cut-off times for other payment methods.



On rare occasions, church services and other events may be cancelled due to snow, loss of electricity, or other emergency situations. Staff will likely work from home when it snows. See our website for more info: <https://www.northshoreunitarians.ca/snow>



Holiday Office Closures

- December 24th to January 3rd for winter holidays (returning to regular hours January 4th).
- Monday, February 21st for the Family Day stat holiday.



Marge

Anna

Welcome to Our New Financial Administrator!

In September, Marge Zieroth (our Financial Administrator for the past seven years) announced her retirement at the end of 2021. She has done an excellent job — and we will miss her, although we will continue to see her in Sunday services and at Artarian events.

We are pleased to welcome to NSUC Anna Biesiada-Panas, a local, highly-qualified CPA with extensive experience (including prior work at churches). Anna will begin with us as a contractor in January. We look forward to a smooth transition.

Thank you, Marge, for taking such good care of our Church Finances for all these years! Welcome aboard, Anna!

~ Janni Kretlow (Supervisor)



Connections Team News

We are back to Connecting with others at last. To see and share ourselves face-to-face makes such a difference. Spirit Zones have been well received and we thank many of you for heading up these groups. Trying to choose which one

to go to can be difficult! We welcome the new faces coming to check us out, as well as two new members, Pam and Ken Screpnek. Do say hello when you can. The future will show us the way to being the community we want to be; let's all help each other make it happen.

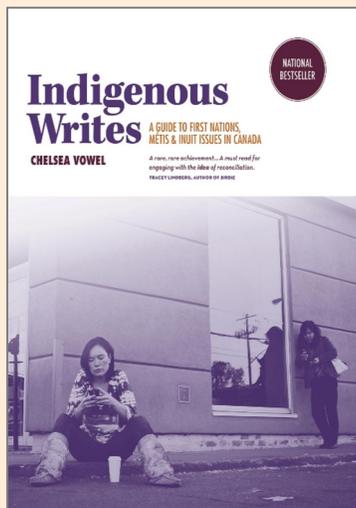
~ Joanna Vaughan, Chair



Milestones

This brief ritual in our services is simple yet powerful. It is a lovely way to learn about one another and connect. Fill in our online announcements form ([HERE](#)) with your name, your milestone and when you'd like it shared with the congregation during a Sunday Service, or contact me by phone or [email](#).

~ Laura McNaughton, Director of Engagement



Indigenous Writes

Indigenous Writes, by Chelsea Vowel, is the book our JEDI Team selected for our Rainbow of Reading program. Vowel discusses culture and identity; myth-busting; state violence; and land, learning, law and treaties — along with wider social beliefs about these issues. We will read this book in the spring of 2022. JEDI has two copies of this book to lend out, and to donate to the Church Library at the end of the year. Contact [Robyn](#) to borrow one of these books.

JEDI

Justice Equity Diversity Inclusion



JEDI Team Updates

Many congregants would like us to focus on Indigenous rights and reconciliation. In November, a Spirit Zone focused on justice for Indigenous children who were apprehended from their families. Our young people taught us about what happened in residential schools, we enjoyed some Bannock, and we wrote to the Prime Minister asking him to halt his appeal of the 2016 decision of the Canadian Human Rights Commission. We pulled together a list of useful resources about this issue which are posted on the JEDI web page.

On November 21st, we introduced free on-line bystander intervention training by Hollaback – to teach us how to be good allies of BIPOC and other marginalized people.

We will be scheduling future events on Indigenous rights, exploring ways to support the efforts of the Tsleil-Waututh Nation to protect Burrard Inlet, and advocating for safe drinking water in Indigenous communities. We hope to offer the Kairos Blanket exercise again, and bring in an Indigenous speaker for at least one Sunday service.

To receive e-mail updates on social justice & JEDI news, email robyn.newton.mail@gmail.com, with “JEDI mailing list” in the subject line.

Statement
from our

JEDITeam
Co-Chairs

A Message to the Congregation about the 8th Principle

While some of us felt relief and optimism with the outcome of our congregational vote on the 8th Principle on November 21st, we realize that a number of congregants have concerns about the adoption of this Principle. As Co-Chairs of the Justice, Equity, Diversity and Inclusion Team, we want to assure those members that we have been listening

and we have heard your concerns. You have told us you want an approach to anti-racism that unites us, rather than divides us. You want an approach that does not involve blaming or shaming people who have enjoyed privilege that they may have inherited but did not ask for. You want an approach that continues to welcome diverse views and opinions, in an atmosphere of respect and curiosity, not judgment. As we move forward, the JEDI team will do our best to address these concerns.

For the record, we do not believe in “kicking people out” because their values or beliefs are different from ours. We think that being accountable is making a promise we really try to keep, and helping each other stay on track. Making mistakes is inevitable and will happen for all of us – we will apologize and strive to do better – and begin again in love. Let us all move forward in this spirit.

~ Robyn Newton and Jacky Coates
Co-Chairs of the JEDI Team



Inward Bound

The Heart Mind Spirit Team has recently added a new program to our offerings: Inward Bound. It is designed to enrich our quest for spiritual meaning to provide sustenance and support as we continue to face the challenges of the Covid-19 pandemic. Inward Bound is facilitated by [Leslie Gibbons](#). All are invited to the once-per-month Saturday morning meeting. Each session will have a specific theme of common interest. Look for times and dates in the eBulletin.



Mindful Weight Loss

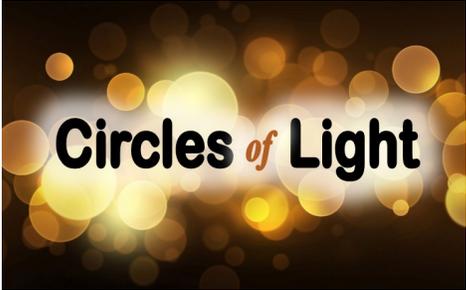
[Janni Kretlow](#) is offering another Mindful Weight Loss series as a Heart Mind Spirit program. This group will provide support and motivation for those wishing to drop a few pounds while focusing on Mindfulness. These 10 weekly sessions will be held on Zoom from 5-6pm Tuesday nights from January 11th to March 15th. Info & registration at: <https://nsuc.breezechms.com/form/802f36>

Heart Mind Spirit Team

The HMS Team has had two recent additions to its membership: Leslie Gibbons and Hans Krebs, whom we heartily welcome. Our remaining team members are Pat Brand and ElJean Wilson.
~Marga Hanna, Chair



Soul Matters



Soul Matters & Circles of Light

The "Soul Matters" program continues to be sponsored by Heart Mind Spirit Team. It provides rich and meaningful material for in-depth discussion among members of the various established groups. The "Circles of Light" program offers a lighter version of these groups. To join either of these groups, contact coordinator [Anne Mayall](#) or the [Church Office](#).

News from Your Library

Before her retirement, Lynn Sabourin donated the following books for our library, which are now ready to borrow:

Bullying is a Pain in the Brain, by Trevor Romain and Steve Mark; *This Book is Anti-Racist: 20 Lessons on How to Wake Up, Take Action, and Do the Work* by Tiffany Jewell and Aurelia Durand; *At the Broken Places: A Mother and Trans Son Pick Up the Pieces* by Mary Collins and Donald Collins; *Stories for Boys Who Dare to Be Different: True Tales of Amazing Boys Who Changed the World Without Killing Dragons* by Ben Brooks; *The Garden of Time* by Jill Hammer and Zoë Cohen; *Let's Talk About Race* by Julius Lester and Karen Barbour; *Emily's Idea* by Christine Evans and Marta Alvarez Miguéns; *I Am Every Good Thing* by Derrick Barnes and Gordon C. James; *Love is Powerful* by Heather Dean Brewer and LeUyen Pham; *Anne Frank and the Remembering Tree* by Sandy Eisenberg Sasso and Erika Steiskal.

Library news





Outreach

Each Sunday, 100% of our offering plate collections, unless otherwise marked, are given to the Outreach Recipient. During the summer, we collected \$3,980 for the Indian Residential School Survivors Society. For the Fall months, we collected a total of \$4,407.90 and divided it equally among these registered charities (\$1,469.30 each):

SeedChange (formerly Unitarian Service Committee), Food Stash Foundation, and Quest Food Exchange. In December, we will collect for the Red Cross Flood Relief in BC. In January, we will collect for the Pastoral Discretionary Fund. February is yet to be determined.



Artarian News

The December art show in the sanctuary and on our website features **Marlene Lowden's** show titled "Blind Contour Homage: Celebrating Canadian Women artists". In January & February we will feature **artists from the Artarian Team**. A portion of all sales of art is donated to NSUC

Watch for opening events with upcoming art shows in the sanctuary with the artist present, and Spirit Zones featuring an art tour of the Sanctuary displays. (Dates & times for these events will be included in the weekly eBulletin).

~ Beverly Grice, Artarian Chair



Christmas Hampers

Thank you to everyone who donated items for the Christmas hampers! This year we sponsored three senior women and a single mother and her family.



Building & Grounds

New B&G Chairs!

A HUGE thank you to Paul Symons and Brian Welwood, who have agreed to take on the roles of Co-Chairs for the Building & Grounds Team! Paul will take care of issues that arise October to May, and Brian will handle June to September.

Grocery Receipt Program



City Market at Park Royal 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 \$8,000 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!



Lunch Bunch

To be with our friends at least twice a month is our goal. Come

to church at 12:30 on the 2nd and 4th Thursdays of the month to update us on the last couple of weeks; no topic is too small to share. May the winter season allow you to, "Stop by the Woods on a Snowy Evening" as Robert Frost would say.

~ 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/>.



Spirit Play Zone Report

Spirit Play stories in the Spirit Play Zone each Sunday morning at 11:15am are proving to be an engaging and, deeply affecting experience for the participants. Each story is about one of our Unitarian Principles or Sources. The story is told with objects that symbolize the story elements. After the story the participants are invited to wonder what the most important parts of the story were, and could any part of the story be left out . . . etc.

Testimonials from Participants:

"I've never seen our seven principles so easy to remember after I've seen this way of presenting them."
~Dennis Cooper

"I recently had the pleasure of attending a Spirit Play focusing on the sixth UU Principle (justice, liberty and peace for all). Having tried to engage children at least once and failing dismally (as I couldn't settle them or capture their attention), I was entranced with what a skilled teacher was able to do. I, among a half dozen adults in the room, was fully engaged at the gentle pace, dramatic props and theatrical voice of the presentation. Joy asked questions that challenged even the seniors among us. It was magical theatre."
~Julia Covell

"When I decided to join Joy for her Spirit Play about the Sixth Unitarian Principal, I was expecting to hear a personal story . . . I was unaware that the 'Spirit Plays' were actually children's stories that focused on teaching and exploring the Unitarian Principals and Sources for the young, but could easily be appreciated by all ages. Joy thoroughly explained the reason behind the way the stories are presented and the actions that were used to allow the children to learn in a captivating arena. I thoroughly enjoyed it and learned quite a few things. If you have a chance, I recommend you attend one of Joy's story presentations. It was a heartwarming experience."
~Ken Screpnek

"That story about our seven principles was so good, I'm going to bring my friends to see it."
~Dani Cooper



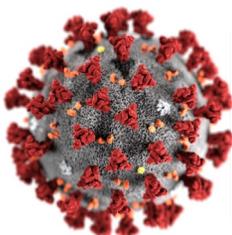
Care & Concerns Team

This fall, we organized the Callers' Lists and checked in with congregants who may need our care and support. Children have been sending birthday cards to our self-identified seniors who signed up for this program. (If you're a senior who would enjoy receiving a birthday card each year, please let [Joy](#) or the [Church Office](#) know).

Ken Screpnek is willing to do grocery or prescription pick-up runs in a pinch; and to drive members on the North Shore to and from Sunday Services.

Please call one of our Team members if you feel the need of support, or you know of someone who might appreciate a call of support.

~Joy Silver, Chair



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.



From Our Environmental Action Team

Rising global temperatures grabbed headlines this Fall: during the federal election campaigns, the UN COP26 meetings in Glasgow, and climate-driven catastrophic flooding in BC.

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

We host drop-in Zoom Meetings open to all at 7:15 pm on the fourth Wednesday of every month (except December.) We're also sponsoring monthly Spirit Zones featuring guest speakers or discussions on specific environmental topics. Watch your Friday eBulletin for updates and join us online or in-person.

Curious about our Butterfly Garden project under wraps near the church entrance? Find out more at our info sessions and help Jean Prescott & Co prepare the ground for planting next March.

~ Marcia Stephenson, Chair



Circle Meals

Fully vaccinated folks participated in potluck meals in September and November at different people's homes.

Joy Silver (our Circle Meal Coordinator) will organize new groups of congregants to engage in conversation and break bread together on the last Saturday of each month. Contact Joy (604-941-2606) with questions or to participate in a circle meals as a host or guest. ~Joy Silver, Coordinator

E-UPDATES



eBulletin

To receive our church's weekly newsletter (eBulletin), click [HERE](#) or contact our [Church Office](#).

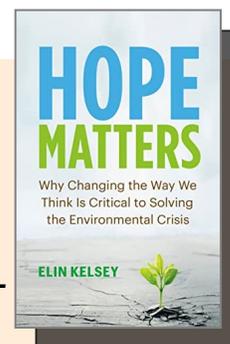
EA Team News

To receive twice-monthly updates from our Environmental Action Team (with links to info and a range of options for action), contact the [Church Office](#).

Environmental Action Team's Book & Outreach Selections This Past Fall

Our EA Team kicked off the Rainbow of Reading Book Club this Fall, engaging 40 people in a common read of Elin Kelsey's *Hope Matters: Why Changing the Way We Think is Critical to Solving the Environmental Crisis*. Kelsey will offer an update on her book as theme speaker at Winter Eliot December 28th to January 1st.

We linked the environmental focus of the Book Club to a campaign to raise awareness about the three non-profits we selected to receive Outreach donations in the Fall Term: SeedChange, Food Stash, and Quest Food Exchange. Barb Kroon researched food waste as a driver of carbon emissions, publishing her findings online in the GreenTips column and on a bulletin board display in the lower hall. Carla Pellegrini of Food Stash spoke to 20 people in an October Spirit Zone, explaining how her organization redirects food that might otherwise be discarded to kitchens feeding needy people.





**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**

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.

On Site at Seabeck, with cross-border covid tests provided by/at Eliot.
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.



North Shore Unitarians
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... meeting in Squamish
and Tsleil-Waututh
traditional territory

**OFFICE
HOURS**
Monday-Friday
8am to 2pm

STAFF AND BOARD OF TRUSTEES

- Minister:** [Rev. Ron Phares](#)
Affiliated Community Minister: [Rev. Arthur Berman](#)
Lay Chaplains: [Lindsay Hindle](#) & [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
Board of Trustees:
[Ryan Guenther](#), President
Sonya Wachowski, Vice President
[Brian Funt](#), Treasurer
[Yette Gram](#), Secretary
Kit To, Member at Large
Lynda Fownes, Member at Large
Paul Symons, Member at Large
John Duffy, Member at Large
Catarina Gomes, Member at Large



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