



# The Flaming Chalice

December 2024

## Unitarian Fellowship of Sarnia & Port Huron

Lochiel Kiwanis Centre, 180 College Ave. N. Sarnia, Ontario [uusarnia.com](http://uusarnia.com)

*A loving community of spiritual explorers who stand on the side of love and justice*

### December Services

In-person & via Zoom

<https://us02web.zoom.us/j/83101536641>

#### December 1: "Why Can't I Be Right?" – Rev. Meg Roberts

One of the things that impairs me deeply connecting with others is when I act as if I'm right. I may believe people have a right to their own views, but in practice, I react as though I believe I'm right and others are wrong. So it is, at times, in our communities - one-on-one, in small groups, within whole congregations, and within the larger world.

**This will also be 'Soup Sunday'!**

#### December 8: "The Aching Beauty of Gros Morne" – Mary Abma

Artist Mary Abma has been developing a new series of works based on her time spent in Gros Morne National Park. In this talk, Mary will share photographs of the the diverse and majestic beauty of one of Canada's most beautiful parks. She will also share how this unique and storied place has provided inspiration for her artwork.

#### December 15: "The Physician Associates Option" – Jim Ferguson

Healthcare in Canada is in a state of crisis. Physician Associates in the U.S. work in partnership with physicians to provide quality healthcare. Jim will discuss how the PA model could benefit Canadians and take some of the stress off the Canadian healthcare system.

#### December 22: Steve Lane – "Holiday Cabaret" – Steve Lane

Please join us to enjoy some of the musical talents of our membership for what has become an "Annual Holiday Cabaret" tradition. Members and friends are invited to sing, dance, do a skit or regale us with their musical instrument of choice. Please contact Steve Lane if you wish to participate. Hope to see you there!

#### December 29: "Burning Bowl" – Sharon MacKay

As we move beyond this present year to begin anew, we contemplate and bid farewell to that which has not served us well. Join us for the Burning Bowl Ceremony in which we symbolically release the old year and welcome the new.

### Theme—Deep Connection



*We believe faith is a journey  
we travel throughout our lives.  
A faith understood as a set of  
belief statements is fixed. But  
when faith means a journey,  
beliefs can change; values can  
deepen; understanding can  
broaden.*

*Judith A. Frediani*

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## More Info for December 1, 2024: Why Can't I Be Right?

**Speaker:** Rev. Meg Roberts

**Blurb:** One of the things that impairs me deeply connecting with others is when I act as if I'm right. I may believe people have a right to their own views, but in practice, I react as though I believe I'm right and others are wrong. So it is, at times, in our communities - one-on-one, in small groups, within whole congregations, and within the larger world. What core beliefs do I need to give up to foster healthy relationships amongst and within Unitarian Universalist communities? What values and practices will help me weave this into my daily life, and develop deeper and deeper compassion for myself and others?

**Bio:** Rev. Meg Roberts has served congregations in various parts of Canada during the last 22 years: Edmonton, Montreal, Calgary, Vancouver Island, and now with Beacon in New Westminster and the Tri-cities area in BC. She also does community ministry using interactive theatre techniques with groups who want to deal with challenging social and organizational issues, and find practical solutions.



## More Info for December 8, 2024: The Aching Beauty of Gros Morne, NFL



**It took 485 million years** for Mother Nature to create Gros Morne National Park, a place unlike any other on earth. A UNESCO World Heritage Site covering 1,805 square kilometres, the park is a never-ending series of wonders and delights, and a demonstration of the spectacularly raw and enigmatic beauty of the physical world. Photo kindly shared by Mary Abma.

## Reflection by President Tracy Jutras

This month's theme is "The practice of Deep Connection."

Naz Beheshti, the former executive assistant to Steve Jobs, said it best: "The more deeply we give of ourselves as listeners, the more deeply the other person will be willing to share and connect with us. It is in that place of greater connection and vulnerability that true collaboration takes place." I also believe this applies to our relationship with nature as well.

Most of us will experience moments of deep connection with people and nature throughout our lives. The hardest part is living in this state on a daily basis, and I hope our Fellowship gives that nourishment you need to help you along your journey towards whatever life you want to unfold for yourself.

Turning towards the recent election in the U.S., I just want to say that as *Unitarian Universalists*, we have a deep and abiding knowledge that the universe is built on Love, and that Love makes us strong. Remember the U.S. has existed for 248 years. They've got this and we've got each other. We are not alone.

Please listen to the song "I am not alone" by Aly Halpert & Anat Hochberg. It's a feel-good song. The link is below.

<https://www.youtube.com/watch?v=S9h4LRklq7o>

In closing, I wish you a Blessed Winter Solstice and Happy Holidays with your family and friends.

*In Fellowship, Tracy Jutras*



### Winter Solstice Blessings

May the longest night and the shortest day, bring rest to your mind and soul, I pray.

May you find guidance and may you find peace, as the cycle of light will slowly increase.

Embrace the magic that the darkness bears, breathe deep in the chill and swift in the air.

May you always be blessed with the light from within, and may well-being be yours as the new cycle begins.

Author Unknown



## Quotes on 'Deep Connection' To Ponder

One windy day in summer many summers ago, a hawk hurtled straight down at me. Ten feet above my head, she spread her wings and stopped in mid-dive. I heard the woosh of her wings against the sound of the wind and the exhalation of my own breath. Three things collided in an instant: wind, hawk, breath. There was no separation. We were connected. Joined by air. In the flash of that sacred moment, I understood what it is to be alive, to be connected, to be aware of that connection, to be grateful for it. To breathe is to take in the wind of all breath. To exhale slowly is to open myself and glide over everything I feel.

— **Richard Wagamese, *Embers***

Connection is the energy that exists between people when they feel seen, heard, and valued.

— **Brené Brown**

If you understand the strands of your creative DNA, you begin to see how they mutate into common threads in your work. You begin to see the “story” that you’re trying to tell; why you do the things you do (both positive and self destructive); where you are strong and where you are weak (which prevents a lot of false starts), and how you see the world and function in it.

— **Twyla Tharp, *The Creative habit: Learn it and use it for life***

Our interdependence is not just a scientific truth but a spiritual one.

— **Fiona Heath**

In Ojibwe and Cree culture, leadership didn't mean power; it meant caring.

— **Tanya Talaga**



What kind of ancestors do we want to be? With every action or inaction, we help decide how the future will unfold. What principles and commitments do we want to adopt for a democracy that doesn't yet exist? How will we cast our votes for a society we won't live to see?” — **Astra Taylor, *Democracy May Not Exist, but We'll Miss It When It's Gone***

Everything is interwoven, and the web is holy...

— **Marcus Aurelius**

When a system is whole and healthy, when it is based on relationships of interdependence and cooperation that further resilience, diversity, abundance, sustainability, creativity and freedom, it exhibits what humans call ‘justice’.

— **Starhawk**

How, exactly, are we connected to the earth, the more-than-human-world, in our lives and in our actions? And in light of this connection, how are we to carry out our lives on a changing earth? These are the questions we are called to answer in this kairos, this graced moment of opportune crisis. I have come to believe that opening ourselves to such inquiry and participating daily in the process of discovery it implies is our most urgent work as humans in the new millennium. And not because engaging these questions will make us happier, or smarter, or make more of our moments feel enchanted, though it will certainly do all of these things. It is urgent because an intimate awareness of the continuity between our lives and the rest of life is the only thing that will truly conserve the earth - this wonderful earth that we rightly love.

— **Lyanda Lynn Haupt**

## Fellowship Happenings



### Sunday, December 1st is Soup Sunday!

Three volunteers have offered to provide soup.

Plan to stay after the service to enjoy a delicious lunch and wonderful conversation.

Suggested donation is \$5 per individual or \$10 per family.

All proceeds to The Inn of the Good Shepherd.

### Sunday, December 22: Holiday Cabaret

Members and friends are invited to sing, dance, do a skit or regale us with their musical instrument of choice. Please contact Steve Lane if you wish to participate.

(519) 912-7034

[stevelane02@gmail.com](mailto:stevelane02@gmail.com)



### 'JANUARY PUB NIGHT'

Your Executive Team met on November 27<sup>th</sup>, 2024. It was agreed that rather than arranging separate Men's and Women's gatherings for the busy month of December, we would offer a 'Pub Night' in January open to all.

The tentative date is Saturday, January 25, 2025. Stay tuned for details!

## Canadian Unitarian Council Updates

### Upcoming CUC Events:

Information about all the upcoming CUC events can be found on our [events calendar](#) on the [CUC website](#).

#### Connect and Deepen

**[Dec. 21: Reflecting](#)** 4:00 pm ET

Connect & Deepen is an online community for adults interested in meaningful reflection, conversation, and shared ideas for living our values. This is a welcoming space that encourages spiritual as well as philosophical exploration, with an eye to putting these explorations into action.

#### Congregational Conversations

**[December 4 - Challenges of Being a Congregational Leader](#)** 1:00 pm ET

The more you do, the more complicated your congregational experience and relationships can become – and we don't always notice it happening until it becomes a problem. Join us for a conversation about some of the unique challenges of congregational leadership.

**[December 7 - Success Stories](#)** 1:00 pm ET

To close the calendar year, let's celebrate our successes, large and small. We will highlight a few stories and invite you to share yours.

#### Fundraising: Imagining Session

**[December 4](#)** 8:00 pm ET

In recognizing the need to think differently about resourcing our national organization, we are hopeful that people with vision, ideas or expertise in the area of fundraising will come together, share ideas that inspire each other and determine what the next steps might be.

Do we have fundraising ideas we can implement now? Would there be value in having a professional fundraiser (or perhaps there's even someone in our midst who might volunteer)? How can we expand the revenue streams that support our national organization?

**Let's get the conversation going. Everyone is welcome bring your thoughts, ideas and willingness to join us on [Zoom](#).**



## Unitarian Universalist Association—Post-Election Message

### 'Love Will Not Die Here Today': UU Minister Delivers Powerful Post-Election Message of Resistance

UU World 11/15/2024



In a November 10 sermon titled “The Love of Liberty,” Rev. Dr. Daniel Kanter called on Unitarian Universalists to uphold freedom and progressive values.

Rev. Kanter wrote three sermons for three scenarios, and none of them made it with him to the First Unitarian Church of Dallas pulpit the Sunday after the General Election. He said to the congregants before him: “I choose no one of them because they didn’t adequately describe the stages of grief and hope and shame and failure and challenge I’ve been through since Tuesday [Nov 5]. I hoped our progressive values would finally be affirmed above the tide with

care and concern for the most vulnerable and historically oppressed and marginalized,” Kanter said.

What he delivered instead was a 23-minute sermon entitled “The Love of Liberty,” which is described on the congregation’s website as a “Post-Election Message of Love and Resistance.”

Kanter called on Unitarian Universalists to uphold freedom and progressive values. “We will not stop speaking the truth or pointing to the truth, or putting a spotlight on the abuse of the vulnerable. We do not stop even when we are in danger because love does not die here today, friends. And freedom will not die here either”.



Congregants start to rise to give Rev. Dr. Kanter a standing ovation.

To view sermon go to [https://www.youtube.com/watch?v=tq4tW-y\\_x\\_Q&t=1363s](https://www.youtube.com/watch?v=tq4tW-y_x_Q&t=1363s).



**Vision**

***As a spiritual community,  
We embrace diversity,  
We explore openly,  
We stand on the side of love and justice.  
Community ... Spirituality ... Service***



**Other UU links:**

**Canadian Unitarian Council <https://cuc.ca/>**

**Unitarian Universalist Association's UUWorld <http://www.uuworld.org/>**

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