

Unitarian Church of Montreal Église unitarienne de Montréal



Newsletter

April / avril 2008

Worship Calendar

Services start at 10:30 am, unless otherwise noted

April 6

Food for the Soul

Rev. Diane Rollert



Please bring non-perishable food for the NDG Food Depot.

Please join us in Phoenix Hall after the service to enjoy a dégustation of Quebec-grown vegetables brought to you by our Green Sanctuary Team.

April 13

In Fourteen Words – More or Less

Rev. Diane Rollert

All are invited to our final Crafting Our Future event, “The Flight of the Phoenix”, following the service. Come for lunch, music and fun activities to celebrate who we are and where we are going.

April 20

Hearing the Trees Breathe

Intergenerational Service

April 27

10:30 *Let's Improv! - Jazz and UU Theology*

Rev. Carole Martignacco

Carole will be our guest this Sunday. Several years ago, she served as an intern minister here and at the Lakeshore Unitarian Universalist Congregation. She is currently the minister of the Unitarian Universalist Church of North Hatley.

12:30 Célébration en français

Les 12 étapes : cheminement spirituel

Célébration en français animée par Rosanne Baatz

Education religieuse

From the Minister's Study

Not too long ago, I found a jar of beans in my mailbox, attractively packaged with a colourful cloth on top and tied with a red ribbon. Attached was this note from Catherine Forbes and family:

A Bottle of Beans

When the girls, my husband Ogden and I came back to Vancouver, I struggled with the best way to express our thanks to the Montreal UU church for being our surrogate spiritual home for our 3+ month stay in Montreal. What came to mind was a contribution to your new program – “Soup after Service on Sunday.”

Isabella, Olivia and I decided on Bean Soup – it's our favourite. We painstakingly poured layers of different types of beans into a clear jar. When we had finished, it was evident that care had been taken to display the ingredients of a delicious bean soup and we felt the effect was beautiful.

I imagined the neatly ordered different colours and shapes symbolized the way that the different religious and ethnic backgrounds of a UU congregation work together in complementary ways to create something wonderful and harmonious.

And, it was also clear that the bottle had to be handled with extreme care so as not to upset the beautiful pattern. So, it was decided, Ogden would hand-carry the precious parcel back to Montreal and present it to the congregation.

When Ogden phoned from Montreal the first thing I asked about was the beans – did they make it safely, and most importantly, were they still ordered in their neat rows? The hesitation in his voice told me all I needed to know. When I asked him to describe what it looked like, it became clear the beans had experienced numerous acrobatic manoeuvres on their way to Montreal.

And to my clear disappointment about the bean mix-up, my loving husband was quick to point out that even within the different backgrounds of Unitarians, they are all completely separate individuals interacting with each other in their own unique ways. When I stopped laughing at this attempt to get himself out of the doghouse, I realized it was true and this bottle of beans was far more representative of the individualistic UU community I came to cherish in Montreal.

And so, we send you this bottle of beans – with love.

Happy soup,

Catherine, Ogden, Isabella and Olivia

I'm still waiting for the right day to make the soup. In the meantime, the bottle of beans sitting on my desk reminds me daily of the wisdom and challenge of the two metaphors in Catherine's note: Out of our differences we strive to create something harmonious while living with our unique individuality. That's us in a nutshell (or a soup bowl).



In faith,

Diane

P.S. More recently, the good news has come that the Forbes family will be returning permanently to the Montreal area this summer. Perhaps we'll all share this gift of soup together come the fall.



Memorial Flowers

April 6: Paula Daniels
and Henri Kersten

April 13: Norman Sirota

April 20: Jeff Browman

April 27: Paul and Maria
Fiala

President's Message

Crafting our Future: The Phoenix takes flight

On Sunday, April 13, I invite you to participate in a congregation-wide event introducing our new mission statement. By engaging in small group activity, we'll start to articulate next steps to put our words into action.

The small team that has been coordinating the Crafting Our Future process over the last church year is looking forward to seeing you that day. In the meantime, let me review how we arrived at this point.

In March 2007, when 19 members of our congregation participated in the Dreams & Dollars weekend workshop, the #1 priority action we identified was to articulate our mission as a congregation. And so the "Crafting Our Future" process was started.

What do we mean by mission? It's a description of who we are, what we do and what we want to accomplish. Why do we need to articulate this? A clearly articulated mission serves as a touchstone, or compass, as we determine how we should focus our resources, including the physical building resources, staff, volunteer time, funds, etc. in order to accomplish what we have identified as our primary purposes.

The well-attended congregation-wide event on May 27, 2007 provided a clear picture of what we value about our congregation and how we envision it in five years time. The 10 random small groups articulated very similar priorities: a desire for deep connections and caring for each other, a diversity of people reflecting the diversity of the city and our neighbourhood, a welcoming atmosphere that supports integration of newcomers and members, a strong appreciation for our physical space and a desire to see it well-used, visible and welcom-

ing; visible and active social justice; strong intergenerational activity; and strong music ministry.

In September, a second event asked the question "What can our congregation offer to the world?" Participants used words and collages to express the responses. We see ourselves as a safe harbour, as a place where we can bridge differences of almost every kind.

Following these two events, the Crafting Our Future team met to review all the answers and to draft some trial mission statements. These were shared at the Global Café on Feb. 10 where participants provided their gut reactions and responses. The team then met again and distilled all that we had heard into a clear, memorable and inspiring, mission.

Plan to attend on Sunday, April 13, as we celebrate who we are and what we want to be – for each other and for the wider community. We encourage all ages, members and friends to attend.

Share-the-plate generosity continues

In February the designated recipient was l'Abri en Ville whose superb work was highlighted in the February 24 Sunday service. A total of \$1350 from the Sunday offering and designated donations will go to them

In March, the designated charity was the Old Brewery Mission. The work done by this well-known organization is vital and varied. I encourage you to visit their website. www.oldbrewerymission.ca

Alison Hall

514-636-8406

ar.hall@sympatico.ca

Entre Nous

Rev. Diane Rollert has been awarded the 2008 Dana McLean Greeley Award from the Unitarian Universalist United Nations Office for her sermon "A Month Behind and Never Too Late," which she delivered to our congregation this past November. Each year the UU-UNO selects an outstanding sermon or address that promotes the development of a peaceful and just world. Diane will preach the sermon at the Unitarian Universalist General Assembly in Florida this June. The sermon will be posted on the UU-UNO website soon, and also can be found on the UCM website

Roseann Millin is at home with health problems. We are sure she would appreciate receiving cards or letters, but please do not call as she is resting a lot.

A Memorial Service, conducted by Reverend Diane Rollert, to celebrate the life of Jeff Browman will be held Saturday, 19 April at 2:00 pm. There will be a reception in Phoenix Hall after the service.

CUC Job Opening

Hello everyone,

The role of nurse at our national youth conference (CanUUdle) is a critical one. Please consider applying, as it is still open.

If you are a registered nurse, paramedic, firefighter or someone who has First Aid and CPR Training, we need you to help out at our youth conference May 16-19, 2008 in Ottawa!

Come and help create a safe community by putting your skills to use AND being in community with some amazing youth and adults from all across Canada. A small honorarium of \$200 has been allocated to this role. You are required to stay on site with CanUUdle community and will be with the CanUUdle participants from start to finish.

You will experience some amazing group building and see youth empowered, both in spiritual deepening and in social responsibility!

Please consider this opportunity, or pass this along to someone who might be interested?

Thanks,

Sylvia Bass West

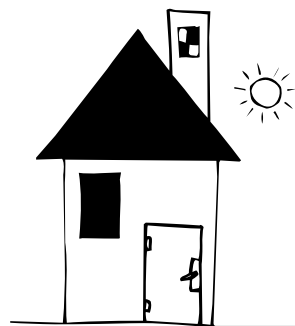
Director of Lifespan Learning

Canadian Unitarian Council - Conseil Unitarien du Canada

Could You Host a S.O.U.L. Singer in June?

A wonderfully talented group of musicians will be joining us on June 15 to share their gift of music. Singers of United Lands is a quartet of singers who tour North America each year to promote multicultural exchange. This year's singers are from Brazil, Czech Republic, Rep. of Georgia and Zimbabwe. You can learn more about them at their website: www.singersofunitelands.org.

Housing for four singers (2 men and 2 women) and one female manager is needed from June 13-18. Single rooms are preferred, and food should be provided, though prepared meals are not required. If you have an extra room and would like to be part of this opportunity for cultural and musical exchange, please contact Mickey van Riel at orangeblue@videotron.ca or by phone at 514-637-3347.



News from the Archives

Our Hidden Treasure

The treasure I refer to is not hidden physically, but I think it may be hidden from the view of many of our members. Our Heritage Library is located in the bookshelves at both ends of the Thomas Room. It is a valuable collection of books on Unitarianism and Universalism, and the Canadian Unitarian and Universalist movements, probably the most extensive such collection anywhere in Canada.

This wonderful collection is based on donations by Cary and Angus Cameron, and Nancy and Charles Eddis. Angus Cameron was minister of this church from 1941-1959, and Charles Eddis we all know. Ray Drennan worked hard to see about housing these donations, and he added to the collection. Over the course of two years, Ann Vickers did the first cataloguing, helped by Karen Bassett.

Alice Robinette continued this work until she, too, left.

The Heritage Committee was formed to ensure that this work continued after Ray and Ann left. It was decided to buy a computer programme suitable for a small library. Frank Greene has set up this programme, and he and Carol have entered the books into this catalogue. Carol is continuing to work at this, and at organizing the library, with the help of a student from the John Abbott Information and Library Technologies programme, Akram Rahmani.

As soon as we have the Library up and running, we will publicize it on the internet so that those doing research will know what is available. The Heritage Library functions like a "rare book collection"—it is a non-circulating collection and materials may be used only with permission and supervision of one of the committee.

Activities

Book Discussion Group

Date: Wednesday, April 16

Time: 7:30 pm

Location: Thomas Room

Contact: Kathy Douglas, 514-488-9608

There are at least two books in Everything is Illuminated. Alex, a Ukrainian translator and travel guide, writes one narrative in hilarious broken English about his client Jonathan, a young American who has come to Ukraine to search for the history of his family. Meanwhile Jonathan writes his visionary novel about life on his ancestors' shtetl. Author Jonathan Safran Foer chops up the two works and splices them together to produce a brilliant, disturbing counterpoint of comedy and tragedy.

Carmina Choir

Dates: Tuesdays

Time: 7:30 pm

Contact: Brian Brice, 514-843-6497

Do you hear the people sing?

Are you longing to join in?

Come to CARMINA Choir

And sing with all your soul and heart's desire.

Carmina is looking for voices, particularly male, to join them. No audition. The ability to read music is not necessary. Solo possibilities, if desired. Bring a sense of humour and good will—with a black binder if possible.

First Friday Social

Date: April 4

Time: 6:00 pm

Location: Phoenix Hall

Contact: Kirstin McKeown, 514-344-9232, caitlin@openface.ca

First Fridays are relaxed gatherings centred around a potluck meal. Bring a dish or food to share.

Scrabble and Bridge games after supper.

Midday Meal with Music

Date: Wednesday, April 16

Times: 10:00 am Scrabble and Bridge;

12:30 pm Lunch; 1:30 pm Music

Contact: Ruth di Giovanni., 514-934-4956

Please call Ruth at 514-934-4956 by Sunday, April 13, to reserve a seat.

Parts in Peace Choir

Dates: Mondays

Time: 7:30 pm

Location: Sanctuary or Children's Chapel

Contact: Sandra Hunt, 514-484-5559

The Unitarian church of Montreal's newly designated Sunday Service Choir commits to sing once a month in the 10:30 am Sunday service. The group loves to sing in parts from both Unitarian song books.

As Sandra will be away on April 7 and 14, please contact Kirstin McKeown to find out if there will be choir practice on those evenings. 514-344-9232 caitlin@openface.ca

Play Group

Dates: Tuesdays and Thursdays

Time: 10:00 am–noon

Location: Nursery

Contact: Melani Litwack, 514-488-9884

We welcome children under five on Tuesdays and Thursdays on a drop-in basis accompanied by a (grand)parent or caregiver. Pack a snack for your child(ren). Coffee is provided. Open to all, whether church members or not. No charge but a donation of \$2/day per family is suggested.

Prisoners of Conscience

Date: April 20 (3rd Sunday of each month)

Time: After worship service

Location: Phoenix Hall

Contact: Geneviève Patterson, delmaspatterson@mediamonitors.org

Please find our table and sign a letter, as recommended by Amnesty International, protesting the incarceration of prisoners of conscience.

Rainbow Soul Matters

Date: Tuesday, April 29

Time: 7:30 pm

Location: Youth Group Room

Come and share your spiritual journey with other LGBT persons. Theme for this evening - "Finding Spiritual Nourishment".

Religious Explorations Group

Date: Sunday, April 6

Time: 12:30 pm

Location: Children's Chapel

Contact: Christine Rourke 514-761-0669

Topic: Such words as god, sacred, spirituality, reverence, sanctuary, mean nothing to many. Why are they so important to others?

Sacred Texts Discussion Group

Date: Sunday, April 13

Time: 11:45 (15 minutes after the service) until 1:00

Location: Thomas Room

Contact: Brian McGill, mail@brianmcgill.org or 450-672-6900

Grab a cup of coffee and come join us.

Seeking the Sacred in Stories

Led by Rev. Diane Rollert

Monthly Brown Bag Lunch Group

Date: Tuesday, April 08

Time: Noon to 1:00 pm

Location: Former Ministers' Room

Come join our small group for lunch and lively discussions as we search for meaning in the short stories we read. This month's story, "Watch the Animals" by Alice Dark Elliot, is available from the office. Future meeting: May 13, 2008.

Social and Environmental Concerns

Date: Sunday, April 20

Time: 12:15 pm

Location: Thomas Room

Contact: Mary-Louise Engels: 514-487-2665, mlengels@sympatico.ca

Soul Time Mid-week Worship Service

Come and join us at 7:30 pm in the Children's Chapel on April 10, May 8 and June 12.

Tai Ji: Active Relaxation

There will be no Tai Ji during the month of April.

Walking Group

Date/time: Saturdays, 10:00 am

Contact: Diana Kleins, 514-747-9375 or Krystyna Matula, 514-287-0814

For those who enjoy nature and companionship, join us for walks in and around Montreal at a moderate pace and in a pleasant, informal atmosphere. A stop for refreshments after a nearby coffee shop to plan the next week's meeting place/walk completes the morning.

Young Adult Group

There will not be a meeting in April, but please keep May 11 free for our next meeting. However, why not join us April 13 for the Crafting Our Future activities?

Contact: Kirstin McKeown, 514-344-9232, caitlin@openface.ca

Special Events

Jazz & Justice

Date: Saturday, April 5

Time: 8:00 pm

Location: UCM

Cost: Tickets are \$25, students \$10.

Montreal jazz pianist and composer Lorraine Desmarais performs the final concert in the 2008 Jazz & Justice series. This concert is presented in cooperation with Equiterre.

The distinguished career of Lorraine Desmarais was launched after she received the Yamaha Award at the Montreal International Jazz Festival in 1984. She has been winning awards ever since, including the Oscar Peterson Award (2002) and the Artistic Creation Award from the Quebec Council for Arts and Letters. She has recorded seven albums as a solo performer and musical director.

The second concert, featuring pianist/composer John Roney performing with the thrilling Silver Birch String Quartet, ranged through a remarkable repertoire and was a big hit. Ask anyone who was there!

Even if you couldn't make it to the earlier concerts, be sure to enjoy the virtuosity of jazz piano star Lorraine Desmarais. Proceeds are shared equally with Montreal City Mission, L'Abri en Ville, and Equiterre. For details, go to www.jazzjustice.com.

And remember: Tell your friends!

Book Launch

Date: Sunday, April 13

Time: 2-4 pm

Location: Bayview Center, 27 Lakeshore Rd., Pointe-Claire.

Book launch of Stephanie Lilly's first-ever published book, entitled *Conquering the Mountain, My Approach To Staying Positive Despite Adversity*, to take place with book-signing at

Bayview Center. Royalties from the sale of this book will be donated to the Multiple Sclerosis Society of Canada to help in research to find a cure for MS.

For more information, you can call Stephanie at 514-426-5697.

World Federalists Lecture

Date: Friday, April 25

Time: 7:30 pm

Location: Phoenix Hall, UCM

"Canadian and UN Peacekeeping: Proud Past, Absent Present, Strong Future?"

Guest Speaker: Dr. Walter Dorn, Professor at the Canadian Forces College and the Royal Military College and Chair of the Canadian Pugwash Group.

The talk will be in English, questions and discussion in French or English. The meeting is sponsored by the Montreal Branch of the World Federalists. All are welcome. Light refreshments will be served. Voluntary contributions will be appreciated.

For information, call Carol Greene, 514 426-4170, cgreene@sympatico.ca.



The UCM SECC invites UCM members and the NDG community

...to a bilingual presentation by transportation expert Richard Bergeron.

Date: Thursday, April 17, 2008

Time: 7:00 to 9:00 pm

Location: Unitarian Church of Montreal

This non-partisan event will give those in attendance the opportunity to learn how other countries have responded to the challenge of sustainable transportation, and how we in Montreal can learn from their initiatives. Whether one is talking about climate change, air quality, urban renewal, or economic and social development, transportation is a key consideration.

These days, we are all aware that we need an inspired plan to keep Montreal beautiful, vibrant and sustainable, making alternative modes of transportation a hot topic. What are the trends? Can the successes of others be an example for Montreal? Richard Bergeron will propose several lines of action to help Montrealers implement sustainable transportation and enhance our quality of life.

Information: Cym Gomery 514 369-8933



Religious Education

Update on the Junior Youth Program:

The Junior Youth Group, grades 4-8, is now meeting EVERY WEEK so join me (Ivy O'Reilly), and the rest of us if you haven't already done so!

As part of our theme for the year, "A Multitude of Beliefs: Honouring and Celebrating Our Own Diversity", our class is planning to make a documentary. The film will be about what people here at the UCM actually believe who we are as a congregation, and the traditions we celebrate that are special to us.

The filming will take place during coffee hour downstairs in the Junior Youth classroom for all those who wish to participate. Students will be asking you questions about your spiritual and religious beliefs as well as some of the traditions you feel are special to you. So give some thought to your answers. There will be release forms for you to sign, so please note that if you are a parent and would like your child to participate, there will be forms for them as well.

Please take a moment to share your thoughts with us if you can. This is a truly inspirational and fabulous project we are putting together. The students are very excited about it and hope you will be too. They will be working very hard learning to use Windows Movie-Maker to edit and design the movie. We began filming on March 2 and will finish around the end of May. Our goal is to learn more about who we are at the UCM and what makes us so special. Who knows, we may even use the film to inspire others!

Sincerely,

Ivy O'Reilly
514-250-7727
irishivy@gmail.com

A few thoughts on RE from a parent:

Religious Education should offer a safe, welcoming, interesting and challenging environment. Parents will keep bringing their children back when such an important connection takes place every week. And, at the UCM, parents keep bringing their children back! A congregation eventually dwindles when there is no renewal with younger members and young families. The UCM is alive and thriving: A very compelling tribute to the importance this community accords to Religious Education, to the volunteers who have overseen it, and especially to its creative and dynamic director.

It is no longer possible to allow inertia to keep us home on a Sunday morning, thanks to the seven- and five-year-old daughters who can't wait for "Sunday School" throughout the week, every week. Bravo to Rita, Bridget, and Martin. Thank you for all that you bring to our daughters' lives.

Over the last months, I feel I have had two Ministers. Diane has been a special gift to this congregation and to this city. And Sarah has also been offering her special ministry to us all during children's time. Paraphrased from memory: Look out there at the grown-ups, children. Some believe there is a god, some believe there isn't, some really don't know, and they're not fighting with each other. Any time I think of the Red Sox or the Yankees, I smile at Sarah's beautiful and eloquent description of what draws Unitarians to one another.

Sarah, I barely know you, but I know enough to understand how much I will miss you as you and your family pursue opportunities in Arizona. Best wishes from a very grateful dad.

--Bob Barnes

In Celebration Of Trees

Mark Your Calendars For The Earth Day Celebration April 20th!

Hi all!

Thank you so much for the outpourings of good wishes to me and my whole family regarding our upcoming move to Arizona. It has been (and is!) such a treat to work here at the UCM with all of you! I am going to miss you all so much.

You have probably already figured out that we are now in the middle of our Earth Centered unit down in the Religious Education classrooms. The Earth Centered group at our church is quite varied and diverse! So we have been exploring First Nations, Pagan and Green traditions.

We have drummed and walked labyrinths. We have celebrated the equinox and the coming of Ostara. We have planted seeds and brainstormed ways to reduce our collective footprint upon the earth.

It has been a wonderful month so far!

This whole unit will culminate with the Intergenerational service on April 20th which will be entitled "Hearing the Trees Breathe: An Earth Day Celebration". As you can probably tell, this will be a special service in honour of trees.

It will also be a bit of a smorgasbord! Different classrooms of children and different adults from across the congregation will bring pieces to share about trees and their importance in our lives – spiritually as well as practically.

So, if you have a poem, song, reading or story about trees that you think would fit in perfectly with this service, or if you would like to participate in any other way, please contact Sarah Marx McGill at: sarahmarx@yahoo.com or 450 672-6900.

Thank you for your participation!

Sincerely,

Sarah Marx McGill

Annual Conference And Meeting In Ottawa This Year Has Lots Of Children's And Family Events!

Those of you who have already attended one of the Canadian Unitarian Council's annual conferences and meetings know how fun these events can be! I attended my first ACM last year and was blown away by the quality of the workshops and by the general camaraderie and joie de vivre all around me. It was a bit like summer camp for adults! And I met lots of wonderful Unitarians from all over Canada, too.

For any of you who have never attended an ACM before, this could be a great year to do it!

The meeting is in Ottawa this year so it is an easy drive. And there are lots of children's and youth events planned. Susan McKeown, the Director of Religious Education in Ottawa, is fabulous! So I can only imagine the children's programs will be too.

The ACM is from May 16-19, and you can get more information, including a registration form, at www.cuc.ca/conference/2008. Early bird registration is before April 1 (and the CUC is requesting early registration for as many children and families as possible), so be sure to check it out now!

Tribute To A Great Teacher

I'm not sure how many of you know Martin Vera. I am guessing that many of you remember him when he was a young child in our RE programs himself. Nowadays he is known as the "Martin Monster" to my children. And they mean this in the very best possible sense!

You see, Martin runs the Nursery Room at our church and has done so for the past several years. He has an amazing touch with young children. Whether it is a crying baby or a somewhat hesitant and shy toddler, Martin makes them all feel welcome and safe.

My own younger son was eager to come and stay with Martin on Sundays when the idea of any other babysitter still caused floods of tears. We used to ride to church to the accompaniment of an ongoing chant - "Martin, Martin, Martin, Martin".

I think a lot of this enthusiasm on the part of his young charges comes from Martin's own enthusiasm and sense of adventure. He and the children come up with all kinds of hide and seek, climbing and tag games each Sunday. And they play them with joy, vigour and glee. The most recent game (as my children tell it) involves Martin as a silly monster who chases the children around the Nursery – thus his new moniker at my house!

Martin instinctively understands the need for two- and three-year olds to MOVE! And he facilitates this happening in a fun, gentle and caring way.

Martin has also proved to be equally talented at training new sitters to help him in the Nursery Room – and we have been lucky this year to have Sam Gyetvay assisting Martin in that space.

Martin's parents tell me that when Martin himself was little there was another young man who helped to run the Nursery at the UCM. They think Martin was inspired by this young man to become one of the nursery babysitters himself when he grew older. If this is the case, I can only imagine all the wonderful new young sitters that Martin is inspiring right now!

Thank you, Martin!

Sarah Marx McGill

Wish List

Thanks to everyone who has donated computers, printers and scanners to RE. I think we now have enough pieces to make one working whole!

The one thing we still need is some kind of a computer desk or table to put it all

on. So if anyone has a computer table to donate, please contact Shawn Dohring at dohrings@yahoo.com.

Thank you!

The RE Team

Job Posting: Wanted DRE Candidates

Are you interested in leading our Religious Education program as the new (DRE) Director of Religious Education? Do you know someone who would be a good candidate?

Our DRE search committee is taking applications for this position. Our goal is to complete interviews of candidates in April and to select the next DRE by mid-May. For more information or to apply for this position, please contact the chair of the RE committee, Shawn Dohring, at dohrings@yahoo.com or phone 514-461-1388.

We've had such amazing momentum and energy in the RE program this year. It is our plan to do everything possible so that the program will continue to grow and flourish!

Newsletter Deadline Reminder

The deadline for newsletter submissions is now the second-to-last **Wednesday** of the month at **8:00 pm**.

Thank you for your cooperation.

Green Corner

All waste contributes to global warming and climate change, whether incinerated or trucked to the landfill site. In the Montreal area we have run out of space for all our garbage and some hard decisions need to be made in the near future re our waste disposal methods. Household waste accounts for 40% of all garbage generated in Canada and, of this, 20% stems from packaging. Over 17 million Canadians have access to recycling programs, mainly in urban centres. Take a good look at the packaging when shopping, whether for toys, personal items, computers, clothes or food. By choosing wisely, i.e. items with less plastic wrapping, cardboard and the unnecessarily inflated sizes of boxes, large amounts of petroleum can be avoided in landfills, and numerous trees saved.

What we can do:

- Buy food that comes without packaging
- Shop in bulk and take our own containers to the store
- Use glass jars as much as possible: they are reusable and recyclable and will not leach toxins into food, drinks or the environment.
- If buying plastic containers look for the #1, 2, or 5 on the bottom of the container. #6 is not recyclable in our area.
- Avoid foam trays - unfortunately not recyclable anywhere in Quebec (so why are they even permitted here?)
- When buying items in plastic bottles look for the # at the bottom and pick the one with the least amount of plastic with equal content and let us hope it is your favourite brand.
- Ask questions in stores: is it possible to stop using foam trays?

Can the shrink-wrap be altered or reduced?

- Take your own shopping bags to the store—it will reduce the extensive use of plastic bags clogging lakes and sewers on a large scale—at present Canadians use 17 million such bags every week!
- If you use a commodity or resource carefully and without extravagance you will never be in need.

Nouvelles du comité francophone

Voici quelques dates à retenir pour nos activités en français :

Jeudi, 3 avril, de midi à 14 h, conférence: Les questions de justice sociale dans le contexte de l'ALNA (les femmes massacrées de Ciudad Juarés), prononcée par Marie-France Labrecque de l'Université Laval, à la Salle Louis-Laberge A et B, 2e étage de l'édifice FTQ, 565 Crémazie est, Montréal. L'invitation vient de Geneviève Patterson.

Dimanche, le 13 avril à midi, rencontre du comité francophone dans la salle Channing pour préparer nos activités en français. Cette réunion est ouverte aux intéressés.

Dimanche, le 27 avril à 12h30, la célébration en français. Les participants qui assistent aussi au service anglais sont invités à casser la croûte avec nous au Phoenix Hall vers midi, afin de combler le petit creux à l'estomac avant la célébration en français. Le thème, Les 12 étapes : cheminement spirituel, sera animé par Rosanne Baatz.

Dimanche, le 27 avril à 12h30, les enfants sont invités à participer au programme d'éducation religieuse en français, animé par Chantal Bourdon, dans la salle des Former Ministers.

Pour avoir plus d'information sur l'UUisme en français, visitez notre site-web www.uuqc.ca.

APRIL 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 am Play Group 7:30 pm Carmina Choir	2	3 10:00 am Play Group 7:00 pm Spiritual Autobiography	4 6:00 pm First Friday Social	5 10:00 am Walking Group 8:00 pm Jazz & Justice Concert
6 10:30 Worship 12:30 am Religious Explorations Group	7 7:30 pm Parts in Peace Choir	8 10:00 am Play Group 12:00 pm Seeking the Sacred in Stories 7:30 pm Carmina Choir	9	10 10:00 am Play Group 7:30 pm Soul Time Worship Service	11 10:00 am Walking Group	12 10:00 am Walking Group
13 10:30 Worship 11:45 am Sacred Texts Discussion Group 12:00 pm Crafting Our Future 12:00 pm Comité franco-phone	14 7:30 pm Parts in Peace Choir	15 10:00 am Play Group 7:30 pm Carmina Choir	16 10:00 am Midday Meal with Music 7:30 pm Book Discussion Group 8:00 pm Newsletter deadline	17 10:00 am Play Group 7:00 pm SECC presentation 7:00 pm Spiritual Autobiography	18 10:00 am Walking Group 2:00 pm Jeff Browman Memorial Service	19 10:00 am Walking Group 2:00 pm Jeff Browman Memorial Service
20 EARTH DAY 10:30 Worship 11:45 am Prisoners of Conscience 12:15 pm Social and Env. Concerns	21 7:30 pm Parts in Peace Choir	22 10:00 am Play Group 7:30 pm Carmina Choir	23	24 10:00 am Play Group	25 10:00 am Walking Group	26 10:00 am Walking Group
27 10:30 Worship 12:00 pm Education religieuse en français 12:30 pm Célébration en français	28 7:30 pm Parts in Peace Choir	29 10:00 am Play Group 7:30 pm Carmina Choir 7:30 pm Rainbow Soul Matters	30			

Crafting Our Future

Phoenix Takes Flight

Celebrating who we are and where we are going.

Sunday, April 13, 10:30am to 2:00pm

Food!

We'll share delicious food
— both savoury and sweet.
To help with this hospitality
please contact
Rita Izzì 514-509-0586

Music!

Celebrate with song,
with a little help from our
choir and others...

All ages!

This is a multi-generational event!
If you would like nursery care for
the very young, please contact
Rita Izzì 514-509-0586

BE INSPIRED by a proposed
Mission statement that speaks to
the heart of who we are and what
we want to do and will help us
prioritize and direct our energies
and resources for the future.

PUT WORDS INTO ACTION
as we start to map out ways to act
on the mission we have articulated.

Plan to attend!



Fundraiser to fight hunger



Unitarian Church
of Montreal

le samedi 3 mai 2008

Saturday, May 3, 2008

12 h à 15 h

Église unitarienne de Montréal

5035, de Maisonneuve Ouest (métro Vendôme)



Congregation
Dorshei Emet

le dimanche 4 mai 2008

Sunday, May 4, 2008

11 h à 14 h

Congregation Dorshei Emet

18 Cleve Road, Hampstead



Évènement pour combattre la faim

Billets: 20 \$

- Choisissez un bol offert par un céramiste du Québec
- Savourez une soupe végétarienne (cachère), du pain et des fruits
- Divertissement musical
- Enfants (moins de 12 ans) 5 \$ - repas seulement
- Billets en vente à la porte ou chez Coop la Maison Verte, 5785, Sherbrooke O.

Tickets: \$ 20

- Take home a ceramic bowl donated by a Quebec potter
- Savour a vegetarian soup (kosher), bread and fruit
- Enjoy musical entertainment
- Obtain a meal at \$ 5 for children under 12
- Buy tickets at the door or at Coop la Maison Verte, 5785 Sherbrooke West

BÉNÉFICIAIRES 100% des dons seront versés à: / **BENEFICIARIES** 100% of the proceeds go to:

Le café sur la rue du Groupe itinéraire • Dépôt alimentaire NDG • Le fonds de Dorshei Emet pour les paniers de la Hanoukka • Fondation Générations • Mazon Canada • Multi-café • Pavillon Patricia Mackenzie de la Mission Old Brewery • Santropol Roulant



Sheila Caplan 514-485-7674
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www.emptybowlsmontreal.org

Covenant/Vision Statement

We, Unitarians of Montreal, provide a sacred space where we embrace diversity and seek truth. We cultivate moral integrity and foster a spirit of caring, creativity, and celebration of life. We nurture spiritual search and practice, affirm the democratic process in human affairs, and visibly promote social justice, sustainability, and kinship with all of life in our neighbourhood, nation, and global community.



Adopted at the AGM on June 4, 2001

Unitarian Church of Montreal/ Église unitarienne de Montréal

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Mouvement universaliste au Québec:
Website: www.uuqc.ca

Key People at the UCM

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The UCM/EUM Newsletter is published 11 times a year by the Newsletter Collective.

May newsletter submissions

E-mail your submissions to news@ucmtl.ca or place them in the mailbox upstairs. Please note that if you host a regular event, the Newsletter Collective needs to know of any cancellations or changes.

Deadline: Wednesday, April 16 at 8:00 pm



If you have queries or comments before April 16, please send them to: ann.howell@gmail.com or florencestevens@videotron.ca

news@ucmtl.ca is for articles and notices only. It is not opened until after the deadline.

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