

# NANAIMO UNITARIAN NEWS

First Unitarian Fellowship of Nanaimo (FUFON)

[www.ufon.ca](http://www.ufon.ca)

595 Townsite Rd. Nanaimo BC, V9S 1K9 Tel. 250-755-1215

Minister: the Rev. Karen Fraser Gitlitz [FUFON-minister@shawbiz.ca](mailto:FUFON-minister@shawbiz.ca)

October 2011 Edition

## Sunday Services in October

Services start at 11:00am

All are welcome

See inside for more details and bios

### October 2

*Living the Singing Tradition*

### October 9

*The Welcome Table*

### October 16

*Forgiveness*

### October 23

*How to Boil a Frog*

### October 30

*Embodied Prayer –*

*Sacred Voice, Sacred Movement*

## Welcome All to Autumn

Thanks so much for the opportunity to work with FUFON! Here's the October newsletter, and much thanks goes out to Ilse Holling for all her wonderful work and support on the newsletters for many years. I hope I can continue the good work she and so many at FUFON are doing!

Crystal Ironside

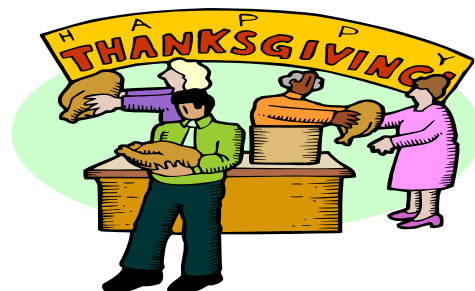
*a.k.a. newsmaster (thanks Ilse ☺)*

## What We Believe

Unitarian Universalism has no creed. Instead, we teach people an attitude towards life and living.

We do not believe that anyone really knows the right answers to life's big questions. Instead we like to look at what all people of good will *can* agree upon. We have a set of guiding principles in which we affirm and promote:

*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 within 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*



Deadline for submissions: 15th of the month; publication date: 4th Sunday of the month.



# Sunday Speakers for October

October 2, 2011 Service

## Living the Singing Tradition (a little riff on the title of our hymnal :-)

Do you have any favourite Unitarian hymns? And if so, why are they your favourites? (Sometimes it's simply because we like the tune!). Behind every "good hymn" is often a story that connects us to a time, a place, and a circumstance. Join our choir director, Leah Hokanson, and members of the congregation, as we share our experiences, and the hymns that hold their memory.

### Biography

**Leah Hokanson**, in addition to being a pianist, vocalist, conductor, and teacher, founded the Lulu Performing Arts Society on Gabriola Island in the Fall of 2005, and has served as its Artistic Director ever since. She had the great privilege of starting the FUFON choir program two years ago, and has happily watched it grow to over 20 members.



October 9, 2011 Service

## The Welcome Table

Rev. Karen Fraser Gitlitz

Thanksgiving invites us to pause and give thanks for the simple blessings of food on the table and companions in our lives. As we prepare our feast to celebrate the harvest, let's take a look at who is sitting beside us at the table.



October 16, 2011 Service

## Forgiveness

Rev. Karen Fraser Gitlitz

When people talk about love or compassion they are often using these words as shorthand for a variety of practices and actions. Any time we are in relationship with one another, whether we are friends, family members or co-workers, we need ways to heal past hurts and mend breaks and rifts.

What does forgiveness require of us, and what does it offer in return?

And what do we do when the person we can't forgive is ourselves?





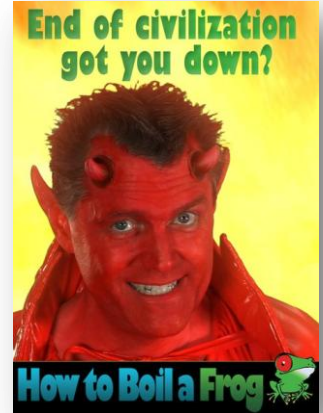
# Sunday Speakers for October

October 23 , 2011 Service

[How to Boil a Frog](#) with Special Guest Speaker Jon Cooksey

How to Boil a Frog is an eco-comedy that gives an overview of the Big Mess We're In - environment, energy, economic - and lays out a set of personal solutions that will make your life better and save civilization as a by-product. HTBAF chronicles Jon Cooksey's personal, 3 year adventure as a filmmaker, activist and, above all, a father driven to make sure his daughter would have a future beyond living on a raft with the last polar bear. It mixes humour, facts and a sprinkling of experts (in tiny doses) to show how climate change is just one symptom of an even messier problem: overshoot.

"Overshoot means too many people using up too little planet, so in the end, we either need fewer people, more planets, or we're going to have to use less stuff. Or all three. I dib Mars." With its Everyman approach in the style of "Supersize Me", interviews with scientists, journalists and energy experts, HTBAF takes the kind of information that makes most people want to jump off a bridge and makes it into entertainment that just might save your life, and everybody else's too.



The film will be shown  
at Pacific Gardens  
October 22<sup>nd</sup>  
(see announcement in  
this newsletter.



October 30 Service

[Embodied Prayer - Sacred Voice, Sacred Movement](#) with guest speakers Missy and Andre Nobels.

In this Service, Dancer Missy Nobels and Singer-Songwriter Andre Nobels will lead us through an exploration of the "sacred" as that which is unique to a single use, person, or purpose. Join us and together we will celebrate our uniqueness through simple seated movement and sound in a collective prayer of unity.

## Biography

Missy Nobels is inspired to create community through dance. Her post graduate studies focused on the integration of body and spirit through Gabrielle Roth's 5 Rhythms ecstatic dance practice followed by certification as a Nia Instructor. She has taught community classes for over 12 years and is passionate about sharing embodied prayers.

Andre Nobels is a multi-talented singer songwriter and sound healer dedicated to the power of heart resonance as a direct connection to the unified field of truth and unconditional love. His voice acts as a divine bridge to heaven on earth, deep into the present moment of love, joy and sacred space.

The pair has travelled extensively, developing their gifts, performing, offering workshops and connecting with ancient wisdom and emerging thought leaders and communities. throughout the world. Some of their work experience includes offerings at Hollyhock, Esalen, Shalom Mountain NY, and with John Perkins, Richard Yensen & Donna Dryer, Barbara Marx Hubbard, and Donny Epstein's Transformational Gate.



# Consultations and Contemplations

*A message from your consulting minister*

*Rev. Karen Fraser Gitlitz*

In Open Source software development, all the details of the behind-the-scenes code used to create the software are released to the public. Anyone with the education and skill to work with the code and a desire to improve the software can get involved in the design and update process. It is a collaborative enterprise, tapping into the creativity and wisdom of the people who use the program.



On September 4<sup>th</sup> I spoke about Unitarian congregations as a sort of Open Source experiment in religion, drawing on the work of Landon Whitsitt in *Open Source Church: Making Room for the Wisdom of All*.

In some ways, Unitarian congregations are very Open Source. We don't have a test of membership, for example: it is up to each person to decide whether they are in sympathy with our principles and make a commitment.

Like Open Source design processes, when we are at our best we make room for competing agendas. People join the project (Fellowship) for different reasons, often holding opposing views on the kinds of topics that some religions want to set in stone (the existence of God, for example). Not only do we not try to force a common answer on everyone, we often think that these questions, while extremely important to us personally, are not the *most* important questions. More often, we place the most emphasis on the question of how we live our life, asking ourselves and each other how we treat our neighbours, how we respond to injustice, and what we are doing to preserve our environment. Our personal beliefs are important for their motivational power, for the ways in which they sustain us and for the way they provide a framework for our actions.

But what about the writing of the code? We have some basic process rules about how we are going to treat each other in community. Our principles and sources are a sort of shorthand framework for the values we share and the breadth of human experience that we want to include in our deliberations—everything from personal experience, to wisdom from the world religious traditions, to science and humanism (see the “what we believe” section of our website, [www.ufon.ca](http://www.ufon.ca) for the full list). As with Open Source software, the best results happen when we have clear processes that make room for all voices.

But the actual writing of the code happens as we participate in the activities of the congregation. When we give shape to our values in worship, promoting tolerance and multiculturalism; or when we bring people together at a potluck for progressives, encouraging new habits of living; or when we make our way through a difficult conversation at an annual meeting, growing in our capacity to speak respectfully in the face of differing opinions; in these moments, we are the code and we are writing the meaning of Unitarianism in Nanaimo.

Yours in faith,  
Karen



## President's Corner

Welcome to our new newsletter! I'm thrilled to be able to bring you an October message. It will be short, but I hope you will find our board news of interest.

First, a small group has now come forward to try and work out voluntary supervision for our weather shelter. We, and especially Karen, have put together a proposal for the next season, contingent on adequate funding and volunteer supervision. (You will have received a package describing this project and telling you about the vote which was held to support it yesterday.)

In a wonderful spirit of open discussion and problem-solving, those attending our AGM September 25 modified the original shelter resolution for the meeting. The resolution now passed gives this new task force two weeks to see how it might be able to work out the necessary voluntary supervision for the shelter. If the group succeeds, and I have every confidence it will, the shelter will be enabled to open at the beginning of November on our lower level for another season. (However, its opening also depends on us receiving adequate funding, and that is still a concern.)

It's good that we may be able to open the shelter again, but even better from my perspective is the renewed spirit of openness, co-operation and invention our meeting indicated. There are many strengths in this congregation, and they emerge most clearly when we need them.

Second, we are now moving forward on measures that we hope will better support and assist committees. There will be another joint **board-committee chair potluck and meeting October 18**, this time to focus on mission and how we are doing, what would be helpful for committees, at this point in our transition in governance.

Third, in our board retreat September 22, we began thinking about options we could bring to and develop with the congregation on expanding professional ministry and redeveloping our building. We are also looking for options suggested by members and friends. But because these are complex, and critical, congregational decisions, we have some work yet to do before particular options are presented to open the discussions. Nevertheless, that work is now on the way.

On September 25, we showed how effective we can be as a group in grappling with big issues, disagreeing on them at some points, and yet able to come to consensus. These are achievements built on the strengths of open and respectful dialogue. So I'm now looking forward to similar discussions on the options for creating the kind of professional ministry we want here at FUFON, as well as eventually, our kind of building. So if you have ideas on these that are bubbling up, buttonhole a board member; we need your input. Good policy depends on it!

*May Partridge, President  
Concurrent Boards, Fellowship and Foundation*





# Introducing Monthly Themes



Last spring at the annual meeting of the Canadian Unitarian Council, our national association of congregations, I heard Unitarian minister Robert Latham speaking about the purpose of religious institutions. Latham observed that in his experience it is very helpful for Unitarians to understand the common purposes behind the varied manifestations of religion across time and place. Wildly different rituals and theologies have risen out of very basic human needs and longings, such as the desire to understand the meaning of our lives, or celebrate the birth of a baby, or grieve the loss of a loved one.

When we seek the wisdom of one or another of the world's religions, or when we ask what science has to tell us about the origins of the universe, Latham suggests that we are responding to these common human desires in our own particular way.

Within the past decade, there has been a growing movement in some of our North American UU congregations to ensure that we are touching on the important "big themes" of life—the major reasons for which religious institutions developed, to use Robert Latham's language. Not to try to force one or more answers on members - as if that could ever succeed! - but to explore the range and depth of these topics and to deepen our own understanding.

To use the specialists' language, there is an interest in developing spiritual growth and theological literacy. Spirituality in this context meaning the development of the practices that help us feel connected to ourselves, the people around us, and the cosmos, while theology refers to the practice of thinking analytically about religious topics. (Using the word theology does not imply a belief in god).

For those who prefer not to use religious language, the metaphor of Open Source might be more helpful: by investigating these major life themes from a variety of angles we hope to become better programmers, with a deeper understanding of the human condition (or code) and a better understanding of the way we shape (write) meaning.

Thematic programming began in All Souls, Tulsa, one of our larger Unitarian Universalist congregations. The program has been redesigned for a congregation of FUFON's size and the content has been adapted for our context, here on the west coast of BC.

Our Monthly Themes will show up in three places: each month between November and June a theme will be introduced in the newsletter. This theme will be explored in one of the Sunday services and also in the monthly Chalice Circle meeting.

The list of themes will be posted on our Facebook site mid-October and published in the November newsletter.

**If you have any questions or comments about Monthly Themes, contact Karen Fraser Gitlitz at [FUFON-minister@shawbiz.ca](mailto:FUFON-minister@shawbiz.ca) or get in touch with one of the members of the Sunday Services committee. We want to hear from you!**



# LAUNCHING TWO FALL CHALICE CIRCLES!



In keeping with expressed interest in having more choices of when and where the Chalice Circles are held, we are delighted to announce that this Fall we will be able to offer two different Chalice Circles, one to take place at FUFON, and the other to take place at Pacific Gardens Co-housing.

Our facilitator team has expanded to include: Karen Fraser Gitlitz, our consulting minister, Patricia Hofstrand, Anne Morrison, Reinie Heydemann, Bill Woolverton and Kari Fetherston.

The Facilitator orientation takes place in October and the planning is well under way to build upon and enrich the Chalice Circle experiences from last year's learnings.

The Circles meet once a month for 8 months, from November 2011 through June 2012.

## **CHALICE CIRCLE #1:**

Will meet at FUFON, the third Friday of every month, commencing in November, and will run from 2-3:30 PM. The Circle facilitator team will include Reinie Heydemann, Patricia Hofstrand, and Anne Morrison. The first meeting takes place November 18<sup>th</sup>.

## **CHALICE CIRCLE #2:**

Will meet at Pacific Gardens, date, time and starting date to be confirmed. Bill Woolverton and Kari Fetherston will be the Facilitator Team, assisted by Karen Fraser Gitlitz.

The Circles provide a wonderful format to create a safe and supportive community within which people can explore the personal meaning that different discussion topics bring up. Usually people emerge feeling re-vitalized and renewed through the discussion and insights that emerge. And Chalice Circles are a great way to get to know people better!

Last year, we created the following Mission Statement as well as guiding principles of how we would connect together:

*“ Our Chalice Circle is a caring and safe spiritual community. We co-create a sacred space for sharing personal truths and supporting one another's growth. Together, we celebrate each person's gifts and the renewal that we experience in each other's presence.”*

The discussions are guided and facilitated so that individuals have the space to share what they would like to from their own experience, without inviting others to comment on what they share. We start with a check-in; followed by readings related to the topic; then a period of silence; followed by each person reflecting on what the topic means to them; and ending with a closing reading

**SIGNING UP:** To ensure a spot is reserved for you to participate in the Circles, you need to register! Please let Bill or Kari know if you would like to be part of the Pacific Gardens Circle  
To register for the FUFON Circle, please let Anne, Patricia or Reinie know of your interest.

The groups are limited to no more than 8 people in one group. To ensure your spot, register early!



Rev. Karen Fraser Gitlitz  
*My Door is Open*

**Karen is available for meetings and visits by appointment, and also during her office hours:**

Wednesday, October 12, 2-4pm  
Wednesday, October 19, 2-4pm

### Karen's Travel Dates

Thursday, October 6  
(Vancouver, Lower Mainland Ministers Meeting)

Friday/Saturday, October 21 and 22  
(Kelowna, BC Region Fall Gathering)

Sunday, October 23 through  
Wednesday, October 26  
(Tacoma, Pacific Northwest District Ministers Meeting)

### **Come Build a School in Central America!**

The First Unitarian Congregation of Toronto, in partnership with World Accord, invites you to help build a school this year in the mountains of Honduras.

This is a hands-on opportunity to make a difference in the lives of subsistence farmers and their families. Please join a two-week trip: beginning January 14, February 11 or March 10, 2012. Construction and Spanish language skills are *not* required but would be welcomed. Over 100 UUs from 22 congregations have travelled to Central America as part of this project over the last 14 years.

For more information e-mail [Richard Kirsh](mailto:Richard.Kirsh@worldaccord.org), phone him at (416) 767-5837

# MEMBERSHIP MATTERS



Henry Ford wrote “**Coming together is a beginning, staying together is progress and working together is success**”.

A fitting quote to depict our FUFON fellowship and relateable thoughts to consider when launching into the fall 2011 season. Fitting, in the recognition of our accomplishments through resourcefulness, hard work and dedicated commitment in cooperative friendship and amity.

The Membership Committee and the congregation are grateful to Gloria Jorg and Gil Fargen for their service as committee members these past years. They contributed valuable input and vitality to meetings, committee structures and Sunday services. Gil and Gloria have now decided to move on to other pursuits.

We are fortunate in welcoming Ilse Holling, our former newsletter editor, to our Membership Committee and know she will add life and innovativeness to our group.

Another welcome is extended Crystal Ironside who will create and circulate FUFON newsletters commencing October.

Here's to progressive, convivial forthcoming days at FUFON.

**Lise, Joan, Ilse and Mary**





# Kids' Zone



Help us  
welcome  
Debra!



We are delighted to be introducing our new Children's Religious Exploration Facilitator, Debra Librock.

Having come originally from Ontario, Debra has lived in Nanaimo and area for over 30 years. Debra completed her Bachelor of Education at Vancouver Island University and worked in School District #68 for 5 years. Since that time, she has worked for a variety of non-profit organizations in the social service field, among them the Canadian Mental Health Association and the 7-10 Club of Nanaimo.

Debra has been searching for a 'spiritual home' for some time and is enjoying learning about the values and principles of the Unitarian church. She likes to go with walking with her daughter and dog, is an avid mystery reader and is learning how to do Tai Chi. Her long term goals are to become a writer of children and adult fiction.

She is very appreciative of the warm welcome from the members of the Unitarian Fellowship and looks forward to spending time with the group, children and grownups alike.

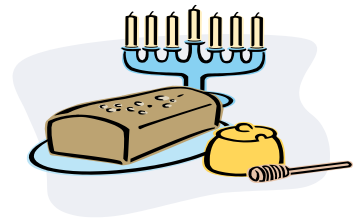
This coming month in Children's Religious Exploration, we are planning to investigate a few different themes. We want to continue to explore the first Unitarian principle of *the inherent worth and dignity of each person, or in everyday kid language, that everyone is important.*



October being upon us, activities around Thanksgiving will also be part of the agenda.

We will talk about what it means to be thankful, what we have to be thankful about and how Thanksgiving began.

In the Jewish tradition, it is also the time of Yom Kippur, the most holy day of all to Jewish people



Finding out what Yom Kippur is about, the traditions undertaken on this day and how the values relate to all of us is what we seek to learn.

In addition to discussion, we will explore these topics by reading and responding to related stories, activities, creating art and playing games. We look forward to sharing with the larger group our pine cone turkeys, Yom Kippur slippers and other interesting things we have discovered!



## **BC Region: October 21-23 – Kelowna 'Building Community, Coming Home'**

Hosted by Unitarian Fellowship of Kelowna and  
Unitarian Fellowship of Kamloops

3 program streams: The Power of Music;  
Canvasses, Campaigns and Congregational  
Stewardship; and Homelessness in B.C.

For more information, visit [www.cuc.ca](http://www.cuc.ca)



### **Adult/Young Adult OWL Training for Facilitators**

Unitarian Church of Calgary  
November 11-13

*Don't pass on this rare opportunity for  
an Adult facilitators training. This  
program is a great community-builder.  
Contact Rev. Antonia for more  
information, [antonia@cuc.ca](mailto:antonia@cuc.ca).*

Stay Tuned

### **Lay Chaplaincy**

trainings are in the works for Edmonton (November) and Vancouver (TBA).

### **High School OWL Training**

We are hoping to announce an Owl Training in Vancouver soon.

### **Worship Leaders' Training** First Unitarian Church of Victoria December 3

*For budding leaders still learning  
the ropes or experienced leaders  
wanting to get better, this  
workshop will explore how to put  
together and carry out a good  
service, with practical tools and  
useful foundations.*

*Worship teams are welcome!  
Contact [antonia@cuc.ca](mailto:antonia@cuc.ca)*



## Join UUs from all over B.C. at the Fall Gathering October 21-23 Take the Bus from Vancouver to Kelowna



The CUC B.C. Regional Fall Gathering host committee is offering a bus from Vancouver to Kelowna.

The cost is **\$77 per person return**. (If more than 30 people take the bus, the price could come down.)

Hurry as the deadline for booking the bus is **October 4<sup>th</sup>**.

If you want to use this service, please e-mail Dennis Bullen in Kamloops, or call (250) 374-5169, as soon as possible.

We will arrange **3 pick-up spots in the Vancouver area** (e.g. Tsawassen ferry terminal, the Vancouver church and a Coquitlam location such as Lougheed Mall. Final locations will be determined once we know who has signed up for this service.

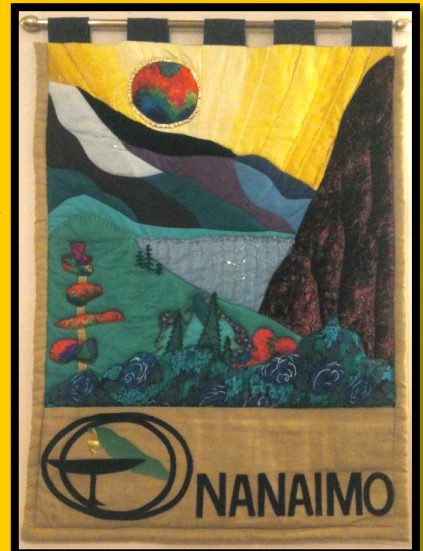
### First Unitarian Fellowship of Nanaimo is on Facebook!

We are excited to be able to meet & share current online information about events, programs, people in our Fellowship, and of Unitarianism.

We look forward to discussions on the page as well and your participation is welcomed.

Go to [www.facebook.com](http://www.facebook.com), open an account if you wish, and enter First Unitarian Fellowship of Nanaimo

**Click Like too please!**





## “How To Boil A Frog”

**Special Screening of Eco-Comedy Film at  
Pacific Gardens 7 pm, October 22<sup>nd</sup>**

Jon Cooksey, North Shore Unitarian, activist and film writer will be our Sunday speaker on October 23rd. Jon wrote the script for the Gemini-nominated documentary, How to Boil a Frog, an environmental film that manages to be inspiring, educational and fun, all at the same time - a very Unitarian combination!

**On Saturday, Oct. 22nd, Jon will screen the film for us in the dining hall of Pacific Gardens Cohousing Community, 347 Seventh Street, starting at 7 pm.**

**Admission is free, and all are welcome.**

How to Boil a Frog is an eco-comedy that mixes humor, facts and a sprinkling of experts. The film chronicles Jon's personal, three-year adventure as a filmmaker, activist and, above all, a father, driven to make sure his daughter will have a future beyond living on a raft with the last polar bear. Be sure to attend this special screening and find out how you can make your life better and save civilization too!

**Saving civilization with comedy!**



**How to Boil a Frog**  
make friends / make fun / make trouble  
FOXES BAR ENTERTAINMENT, LTD. presents the world's first ECO-COMEDY  
Original Score by ANDREW RICHARD POWELL / Editor DAVID GAFFE / Director of Photography PATRICK WILLIAMS  
Produced by JON COOKEY / SHELLEY GILLEN / TIM WOODS / ANDREW  
Written & Directed by JON COOKEY  
www.howtoboilfrog.com



## Canadian Unitarians For Social Justice



*On the search for justice, equity, and compassion in human relations and democracy in our institutions. Witnesses for the interdependent web of all existence of which we are a part. Honouring the worth and dignity of every person and the free and responsible search for truth and meaning. Dreaming of a world at peace, where everyone has enough. How do we work with these ideals?*

CUSJ is joining with other groups who also care about the threats we face today and who share our vision of a more equal and democratic society. To see what we are doing, please visit [www.cusj.org](http://www.cusj.org). There you will see the issues we have been researching, the positions we have taken, and links to other groups with whom we are cooperating. We have shared your stories about working for affordable housing. There are issue discussion pages for your congregation with many sources of information. There are links to action campaigns.

Right now The Elizabeth Fry Society and the John Howard Society are leading a campaign against the new Omnibus Crime Bill. The Canadian Council of Refugees and the Canadian Civil Liberties Association are leading a campaign against the Refugee Bill. It allows our government to imprison people for a year or more without legal representation or any of the human rights we expect people to have in Canada. Greenpeace and the Council of Canadians are leading a campaign against the expansion of the tar sands.

Join us. Join our discussion list and get to know us. Read and share our newsletter. Check out our T-shirts. Start a chapter. Use our website to stimulate discussion about social action in your congregation. I look forward to hearing your views. It is always a challenge to find the truth, and a right way to engage all these important issues. Write me at [president@cusj.org](mailto:president@cusj.org).

**In Faith, Rev. Frances Deverell**



## Announcement

The Sunday Service Committee would like to hear from you if you have a comment or a concern about any of our Services.

The SSC, which includes our Minister, has a mandate to provide a meaningful worship experience for the Fellowship. The Committee has responsibility for planning and organizing the formal services for the year, giving attention to seasons and celebrations, variety of topics, speakers and types of presentations that reflect the diversity and values of the congregation.

Our services are as diverse as the members of our Congregation, and we understand that those in attendance will not always share the same opinion about a Service. *Some of us will find spiritual guidance, joy, intellectual stimulation, new challenges, support, comfort, or the opportunity to celebrate, depending on the Service.* At times, some of us may not share the views expressed or feel some degree of discomfort.

If you have an opinion or a suggestion that you would like the Sunday Service Committee to know about, please complete a Feedback Form and place it in the Suggestion Box located on the table at the entrance. One of our Committee members will be responsible for ensuring that your ideas are shared with the Committee for their consideration, and any necessary follow-up will be provided.

Joyce Hedges  
for the Sunday Service Committee

## Ten Reasons Why We Love Our Healthcare System



Ten Canadian Unitarian Universalist ministers speak about their experiences with the Canadian healthcare system. Ministers from Halifax to Vancouver speak about their enthusiasm and concern for our public health.

Brian Kiely of Edmonton speaks as a parent of young children while Phillip Hewett of Vancouver gives a moving testimony of the care provided to his wife during her final stages of life. This five minute video concludes with a statement passed unanimously at a meeting of the Unitarian Universalist Ministers of Canada at a meeting in Toronto in May, 2011.

The current federal-provincial healthcare accord expires in 2014 and discussions are already taking place about what will be included in the next accord. Now is an important time to let our voices be heard. Notice of this video and its contents have been sent to the Minister of Health and the loyal opposition health critic. The statement adopted by the clergy includes a call for expanding our healthcare system to include “dental care, vision care, a pharmaceutical program, and a full range of mental health services.”

We encourage you to view this video and let your Member of Parliament and Provincial representative know your thoughts.

Link:

<http://www.youtube.com/watch?v=j22UbkuRePs>

Or go to YouTube and put “Canada Unitarian Healthcare” in their search engine.



## Circle Dinners Are Here Again!

The first Circle Dinner is being offered by Buzz and Ilse Holling for 6 guests in their home on **Thursday, November 3<sup>rd</sup>, 2011**

The Hollings will provide the main course and guests bring along complimentary side dishes, like a salad, veggies, and appetizer and dessert.

**This dinner's main course will be a juicy pork roast.**

Anyone who signs up for a circle dinner commits him/herself to host another dinner of their choosing at a time of their choosing. Please talk to Ilse or Buzz as soon as possible if you are interested. Seating will be handled strictly on a first come first serve basis.

Come share a meal with us!



**Note: the Hollings will be very disappointed if nobody wants to be their guests!  
Great food, friends and fun.**

## **Spaghetti Night Returns!**

**Friday, October 7<sup>th</sup> at the Hall  
Doors open at 5:30 – Dinner at 6:00pm**



By popular demand, we will have our first Spaghetti Night on Friday, Oct. 7<sup>th</sup>. The next one is planned for January 2012, so don't miss this popular event spearheaded by the SIN group.

Spaghetti Night is a family friendly opportunity to fellowship with each other over a casual, fun, and delicious meal. Our very own Lise Smith and a helper will cook up a storm for you, providing spaghetti with two sauces, meat or vegetarian, plus garlic bread.

You are asked to bring along a salad or dessert for everyone to share. Please do not bring bread or buns as these are provided.

Following dinner, Mary Foster has kindly agreed to present the ever popular Beetles game. Please plan to stay around and have fun playing the game and enjoying each others company.

**A donation for dinner is greatly appreciated.**



## Our Light Shines

Our member Karina Strong, and performer at VestaFire Entertainment, Nanaimo, and her daughter Jenna are heading to Thailand and Burma in January 2012. Together with a select international team they will be teaching circus and performing fire shows for children in Burmese refugee camps, orphanages and hospitals. For more information visit <http://web.vestafireentertainment.ca/2011/08/29/vestafire-joins-spark-circus>.



*The First Unitarian Fellowship of Nanaimo  
& Child Haven International invite you to...*

# Sojourn to India

- Meet humanitarians **Fred and Bonnie Cappuccino**, founders of **Child Haven International** and members of **The Order of Canada**. Learn about Child Haven's work through Fred's video presentation and talk at 2 pm.
- Shop for **Exotic and Handmade Items** at the Bazaar
- Light refreshments available
- All are welcome - admission is free

*Inspired by the ideals and philosophy of **Mahatma Gandhi**, Child Haven International assists over 1,000 children and women in developing countries who are in need of education, shelter, food, health care, clothing, and emotional and moral support.*



**Saturday, Oct. 29<sup>th</sup> 2011 ~ 1:00 to 3:00 pm**  
**at the First Unitarian Fellowship of Nanaimo**  
**595 Townsite Road, Nanaimo**

-----  
[www.ufon.ca](http://www.ufon.ca) ----- [www.childhaven.ca](http://www.childhaven.ca)  
-----