

## Dates to Remember...

### April 2017

- Apr. 14 (Fri.) **UCN Bridge Group** – 7:00 p.m. At home of Theresa Pothier
- Apr. 16 **Rev. Jennifer Brooks, UU Fairfax** – Easter Sermon, April 5, 2015 (YouTube presentation)
- Apr. 16 **Special Easter Coffee Hour**
- Apr. 21 (Fri.) **UCN Film Night**– 7:00 p.m. Mustang
- Apr. 23 **Saving Thundering Waters** – Ed Smith
- Apr. 23 **May Newsletter Submission Deadline**  
– riseingcarol@gmail.com
- Apr. 28 (Fri.) **UCN Pub Night** – 6:30 - 8:30 p.m., Cat’s Caboose billiards room. Topic: Challenges to our second principle, “Justice, equity and compassion in human relations”
- Apr. 30 **Women at the Heart of Change** – Frank Fohr and Celine de Grosbois (Development and Peace)

### May 2017

- May 7 **Your Body Language Shapes Who You Are (TED talk)** –Amy Cuddy
- May 14 **My Experience of White Male Privilege: Unearned Benefits** – David Jordan
- May 15 (Mon.) **UCN Book Club** – 7:30 p.m., at the home of Roy and Penny Blake. The book is a collection of stories by Ted Chiang.
- May 21 **A Guerilla Gardener in South Central LA**  
– Karen Stovell
- May 21 **June Newsletter Submission Deadline**  
– riseingcarol@gmail.com
- May 28 **Chocolate Communion** – Julianne Momirov

### **FRAGRANCE-FREE POLICY**

The Unitarian Congregation of Niagara is a fragrance-free zone. Fragrance may be distressful and threaten the well-being of those around you. In order to make this a safe and welcoming environment for everyone who comes here, we ask that you refrain from wearing fragrances. Your understanding and co-operation is appreciated.

# Unitarian Congregation of Niagara



**“Lessons I’ve Learned While Volunteering (so far)”**

– Marty Mako

**April 9, 2017**

223 Church St., St. Catharines, Ontario  
www.unitarian-stcatharines.org 905-687-8433

Lay Chaplains: **905-687-8433**

laychaplainsucn@gmail.com

Karen Stovell Doreen M. Peever

***Order of Service***  
**Sunday, April 9, 2017**

Service Leader:	Marie Belliveau
Guest Speaker:	Marty Mako
Musician:	Theresa Pothier

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Prelude                      Piano selection – Theresa Pothier

Announcements

Welcome:

**Welcome to all visitors, those with familiar faces and the not so familiar faces that may be new or returning to our gathering. All of our visitors add to and brighten this assembly.**

Opening Words:

**We gather together at this time and place to affirm our liberal religious values.**

**Here we believe it is possible to have joy without hysteria.**

**We believe it is possible to have morality without inquisitions.**

**We believe it is possible to have community without conformity.**

**We believe it is possible to have religion without madness.**

**We believe it is possible to have worship without idolatry.**

**And here we believe it is possible to have love without perfection.**

by Roger Fritts

Chalice Lighting:

**As the earth provides sustenance for its creatures**

**As the fellowship provides a refuge for its members**

**So the chalice denotes the faith that is our sustenance and refuge**

**As the fire has drawn the ancients to their gods**

**As the flame soars towards the heavens**

**So the spirit of our congregation lights the chalice of our community together.**

Joys and Concerns:    **This is the moment that we share our joys and concerns with each other to brighten the day or to lighten the load of sorrows for each other. Come forward to the microphone if you wish to share or just come forward and drop a stone in the water or light a candle to privately acknowledge your joy and concern.**

Hymn:    **#63 – Spring Has Now Unwrapped the Flowers**

Offertory:    If you are a new visitor to our gathering, please be our guest and let the plate pass you by. This congregation operates on the monies donated by our members and friends, please give with your hearts.

Reading:    **"Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness.** Concerning all acts of initiative (and creation), there is one elementary truth the ignorance of which kills countless ideas and splendid plans: that the moment one definitely commits oneself, then providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance which no man could have dreamed would come his way. Whatever you can do or dream you can do begin it. Boldness has genius, power and magic in it. BEGIN IT NOW!" – Johann Wolfgang von Goethe

Speaker:    **Marty Mako – “Lessons I’ve Learned  
While Volunteering (so far)”**

**Discussion and Comments**

## **Marty Mako: Biography**

Marty works as a Health Promoter for Niagara Region Public Health. He is dedicated to making Niagara a healthier place for everyone to live, learn, work and play. At home Marty tries to be a role model for his healthy message by staying active with his wife (and baby girl arriving in February), running marathons, reading, writing and volunteering.

Marty's community involvement started back in high school, when he was awarded the Rotary Medal from his graduating class for embodying Rotary's motto 'service above self'. More recently he received Rotary's Paul Harris Award, given to a local citizen in recognition of outstanding community service.

Marty has a passion for global citizenship, having volunteered in East Africa with Free the Children in rural Kenya, building schools, working with educators and mentoring local elementary school children.

He has also joined teams of volunteers from across Canada to support Habitat for Humanity, building homes for families in need in Santiago, Chile, Chiang Mai, Thailand and South Florida.

Using his health promotion skills Marty travelled to rural Honduras as part of a medical mission, teaching children the importance of hand washing and brushing their teeth.

Another summer he decided to stay in Canada, choosing to volunteer in our far north and work with aboriginal youth in the Northwest Territories. He designed and implemented a project called Photovoice, empowering high risk youth to explore their Yellowknife community from behind the lens of a camera. By focusing on their strengths and giving them a voice through photography, these young people learned that they can be the change in their communities.

But Marty also believes it is important to give where you live, and

volunteers locally with the United Way, Big Brothers/Big Sisters, Out of the Cold, a guest Niagara Voices columnist for the St. Catharines Standard, and being an animal lover, walk dogs at the humane society.

If there is a consistent theme to Marty's volunteer work, both locally and globally, it is a dedication to improving the lives of children and youth, here in Niagara and around the world. He recognizes that our most at-risk youth need positive and inspiring role models in their lives, mentors who are willing to invest the time and energy needed to ensure they reach their full potential. Marty has had a number of positive mentors in his own life, and he feels it is now his turn to give back.

Please join me in welcoming Marty as he shares his thoughts and reflections on how we can make the world a better place, and being the change.

Hymn:                   **#123 – Spirit of Life**

Closing Words:    by Gary Kowalski

**Go in peace, speak the truth, give thanks each day.  
Respect the earth and her creatures, for they are alive like you.  
Care for your body; it is a wondrous gift.  
Live simply. Be of service.  
Be guided by your faith and not your fear.  
Go lightly on your path. Walk in a sacred manner.**

Postlude:                   (Please remain seated.)

*If you are able, please stack your own chair  
before getting coffee.*

Please join us for conversation and refreshments after the service. This is a good opportunity to chat with our Guest Speaker.

Have a Great Week!