



## UNITARIAN CONGREGATION OF NIAGARA

A church for people  
with enquiring minds

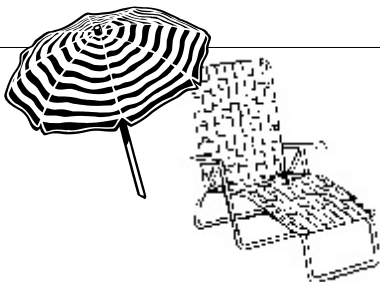
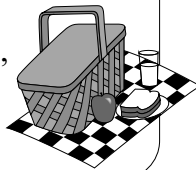
### June 2007

**Annual Pot Luck Picnic**  
will be held on **June 3<sup>rd</sup>** at  
**Queenston Heights, Pavilion 1**

As usual please bring your own plate and cutlery as well as a folding chair (for round the circle visiting after the picnic).

This year in order to alleviate the load of the Social Committee we are asking that you also bring your own soft drink. Plastic cups, straws, ice and napkins will be provided.

Thank you in advance,  
*Joan Rothman*  
*Andrea Gravelle*



Have a safe and relaxing summer!

**Unitarian Congregation of Niagara**  
www.unitarian-stcatharines.org

### Who are we?

#### Luke

Luke Kwiatkowski was born in Kitimat, British Columbia but grew up in Niagara-on-the-Lake in the old town. He found it a very enjoyable place to grow up in with the Niagara River at his doorstep and all the historical and cultural aspects of the city. Presently, he is studying in the Horticultural Technician's Program at Niagara College. This program is so diverse that it seems one could work in any aspect of horticulture. When I asked Luke to give me a description of the courses he would be taking, he came out with this: plant science (botany), landscape design and materials, identification of plants, entomology, pest management, organic horticulture, arboriculture, nursery management, parks maintenance and management and ecology. On the sly, Sarah told me that he has an A average. Congratulations to you, Luke. You seem to have an exciting future ahead of you.

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**CU\*UL**  
Canadian Unitarian\* Universalist  
Leadership School  
McMaster University, Hamilton, ON

**July 19 - 22, 2007**

(See brochure and registration form  
posted on bulletin board)



**Unitarian Congregation  
of Niagara**  
223 Church St.  
St. Catharines, ON L2R 3E8  
Tel: 905-687-8433  
[www.unitarian-stcatharines.org](http://www.unitarian-stcatharines.org)

**2007/2008**

**PRESIDENT:** Fred Bolton

**VICE PRESIDENT:**  
Philip Curtis

**PAST PRESIDENT:**  
Marie Belliveau

**CHAPLAINS:**  
Doreen M. Peever  
John Mayer

**SECRETARY:**  
Anita Miecznikowski

**TREASURER:** Carl Beckett

**MEMBER AT LARGE:**  
Sarah Nyman

**PROGRAM:**  
Julianne Momirov

**RELIGIOUS EDUCATION:**  
Lisa Laughton

**MEMBERSHIP:**  
Jim Glassford

**PROPERTY:**  
Peter Skelton

**DENOMINATIONAL AFFAIRS:**  
Erica Cronin

**NEWSLETTER:**  
Sofia Vuorinen

**COMMUNICATION:**  
Luke Kwiatkowski

**SOCIAL JUSTICE:**  
Michael Petrocci

**SOCIAL:** Joan Rothman

**WEBSITE:** Phil Curtis

**LAY CHAPLAINCY:**  
Pamela Spear-Wilson

**TRUSTEES:**  
Andrea Gravelle  
Don Herne  
James Wilson

**RENTAL:** John Northover

**PASTORAL CARE:**  
Jennie Leach

## Luke . . . continued

Luke has completed his first year and is currently working at the Niagara College campus on Glendale Avenue. Upon working there for four months, he will resume studying for one more year. His duties include maintaining the campus grounds, working in the nursery as well as the greenhouse, which is fully operational and open for business seven days a week.

Upon graduation, he hopes to find work locally in one of these places: Parks Canada, a city or region parks department, the Conservation Authority, or Brock University campus. After gaining more experience, he would like to operate his own small business. He envisions it to be on the smaller side of the scale, primarily residential maintenance, design and installation. In the winters, he would like to continue to further his education, working part time on a University degree and travel to some warmer climes.

How did he become involved with the Unitarian Congregation here? Sarah Nyman and himself went around the city exploring different churches until they lucked out one Sunday, when they encountered Dr. John Mayer performing the water ceremony. They were hooked and came back the next week and continued to attend the services for a year, when Sarah and Luke both decided to become members. They both serve on the board. Sarah is a member-at-large and Luke is our Communications representative. They help each other and share these positions. Luke and Sarah both like to cycle on the trails of the Bruce Trail and Shorthills. Luke also has a mountain bike. Once a week he works at the Buttery in Niagara-on-the-Lake. Your future looks very exciting.

– Sofia Vuorinen

## Bed and Breakfast in Toronto

with Unitarians for the 19th Annual  
Toronto Beaches International  
Jazz Festival July 26-29, 2007

*FREE street festival of  
Jazz, Rhythm & Blues, Samba, Latin 50 live bands  
Outdoor music, entertainment, fun for the whole family.  
The members of Neighbourhood UU Congregation  
that live close to, or in,  
the Beaches are opening their doors  
as a fundraiser for the congregation.*

Please contact Jon Whitehead  
416-691-1397 or [joncwhitehead@hotmail.com](mailto:joncwhitehead@hotmail.com)  
for further information. Check out [www.beachesjazz.com](http://www.beachesjazz.com) and  
[www.beachesbia.com](http://www.beachesbia.com) and [www.nuuc.ca](http://www.nuuc.ca)

## Unitarians For Enrichment

### NEWS

On Sunday April 29th, seventeen of us attended Doreen Peever's workshop **Planning Your Own Memorial Service**, and in spite of its subject matter, this was a truly wonderful workshop.

There's something extremely comforting to know that Doreen is there, ready to confirm that our final passage will be personal, thoughtful, reflective and extremely respectful. Although most of us do not intend to leave this world just yet, there isn't anything more definite, and we all discovered that planning one's departure is a generous, worthwhile endeavour. Not only is it one less job for your executor (you do have one, right?) it also ensures that you will be remembered in the way you are most comfortable. Some say that funerals are for those who are left behind, but if it's *your* funeral, why not have a say in what happens. It'll be the last time you do...

(We will offer this workshop again in the next session.)



## Think Green!

Spring, as usual, will litter the garden as well as the pavement with good intentions, but it also provides the opportunity to reach a higher plane with planned conservation.



An article by Christina Duvander under "Green Corner" in the Montreal newsletter triggered my interest and will certainly interest those members of our congregation who are both avid gardeners and conservationists.

One of the biggest concerns nowadays, the author notes, is the shortage of water. Lawns, therefore, should, if possible, be reduced in size and substitution made by planting shrubs and flowers. Shrubs and flowers, well munched, conserve water. If you must have a lawn, eliminate fertilizers (they encourage growth). At one time I had nearly an acre of lawn and could in no way keep it watered, and never even tried, and both of us survived! Then, when the rain returned, as it inevitably did, the lawn greened and blossomed.

Another consideration is the choice of plants. There are highly drought-tolerant plants, such as grasses and cacti, that can be most attractive. When transplanting, states Christina, soak plants ahead of time, then fill the hole with water, let drain, insert plant, backfill, water thoroughly and top with 4-7 cm thick mulch. Avoid watering the whole bed, instead hand-water only those in need. Then give a good soaking.

Collect rainwater in covered barrels and buckets, adding a few drops of oil or dish detergent to discourage breeding of mosquitoes. Water before sun is up, avoid waste, and consider ground cover, such as periwinkle, instead of grass.

Planning ahead will save money, effort, sanity and the environment.

*Erika Cronin*

## In Living Colour!

Home is your refuge. To have a pleasant environment is crucial in today's hectic world. To make this happen, colour can be applied throughout your house to relax you and make it an enjoyable place to be. To start, look at colour combinations of carpets, fabrics, or paintings. Choose a colour out of these combinations to be your main colour, the wall colour. Find paint chips close to this colour and stick them on the wall of your desired area. Look at the colour chips in day, night, sunny and overcast light. Check-mark each favourite colour chip over the course of a week. Buy a small can of the paint and colour in an area of at least two square meters. See if you can live with the colour before investing too much time and money. If it's not right for you, try a different hue.

Try to avoid too many beiges, whites and greys. As beautiful as earth tones look, they can become boring after a very short period of time. If these are to be the base colours, be sure to add many textures and at least one other

colour (non-earth tone) to break up the monotony.

Colour impacts our lives significantly and can take our main place of residence from a house to a home. Don't be afraid to experiment with colour. It can make you significantly happier.

Joan Wilson  
905 984 5168  
[joan-wilson@hotmail.com](mailto:joan-wilson@hotmail.com)



### George Carlin's Views on Aging

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than 10 years old, you're so excited about aging that you think in fractions.

"How old are you?" "I'm four **and a half!**" You're never thirty-six and a half. You're four and a half, going on five! That's the key.

You get into your teens, now they can't hold you back. You jump to the next number, or even a few ahead.

"How old are you?" "I'm **gonna be 16!**" You could be 13, but hey, you're gonna be 16! And then the greatest day of your life . . . you **become 21**. Even the words sound like a ceremony. **YOU BECOME 21. YESSSS!!!**

But then you **turn 30**. Oooohh, what happened there? Makes you sound like bad milk! He **TURNED**; we had to throw him out. There's no fun now, you're just a sour-dumpling. What's wrong? What's changed?

You **BECOME 21**, you **TURN**

30, then you're **PUSHING 40**. Whoa! Put on the brakes, it's all slipping away. Before you know it, you **REACH 50** and your dreams are gone.

**But wait!!!** You **MAKE it** to 60. You didn't think you would!

So you **BECOME 21**, **TURN 30**, **PUSH 40**, **REACH 50** and **MAKE it** to 60 .

You've built up so much speed that you **HIT 70!** After that it's a day-by-day thing; you **HIT Wednesday!**

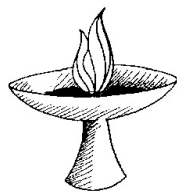
You **get into** your 80's and every day is a complete cycle; you **HIT lunch**; you **TURN 4:30**; you **REACH bedtime**. And it doesn't end there. Into the 90s, you start going backwards; "I **Was JUST 92.**"

Then a strange thing happens. If you make it over 100, you become a little kid again. "I'm 100 and a half!" May you all make it to a healthy 100 and a half!!

### HOW TO STAY YOUNG

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctors worry about them. That is why you pay "them.."

2. Keep only cheerful friends. The grouches pull you down.



3. Keep learning. Learn more about the computer, crafts, music, art, stock, gardening, whatever. Never let the brain idle. "An idle mind is the devil's workshop." And the devil's name is Alzheimer's.

4. Enjoy the simple things.

5. Laugh often, long and loud. Laugh until you gasp for breath.

6. The tears happen. Endure, grieve, and move on. The only person, who is with us our entire life, is ourselves. Be **ALIVE** while you are alive.

7. Surround yourself with what you love, whether it's family, pets, keep sakes, music, plants, hobbies, what ever! Your home is your refuge.

8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.

9. Don't take guilt trips. Take a trip to the mall, even to the next county; to a foreign country but **NOT** to where the guilt is.

10. Tell the people you love that you love them, at every opportunity.

### AND ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

Share this with someone. We all need to live life to its fullest each day!!

### Unitarian Congregation of Niagara

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