



L-R: Barrie, Sue, Leslie, John

Thank You, Volunteers!

At our June 18th service, we thanked our Sunday School teachers and helpers. We also thanked Malcolm Mallory for his many years of volunteering in a number of different capacities, and presented Service Awards. The Mary Segal Distinguished Service Award went to Barrie & Sue Forbes; Service Certificates were given to Leslie Gibbons and John Duffy.

Special thanks to these outstanding volunteers — as well as ALL who gave of their time and energy during this past year.

Step Up, Step Back

by Revs. Emily & Marcus

In Unitarian Universalist youth groups and conferences, there is a phrase often repeated, almost always a part of the community covenant: “Step up, step back.” The phrase is both an observation of the habits that emerge in groups, and an invitation to change. Generally, some people are more likely to *step up* to take on the work and the leadership and others are more likely to *hang back* and follow.

“Step up, step back” means just that — it is the dance we do in community of stepping forward to take space and stepping back to make space. While we all need to do both at times, healthy community encourages everyone to practice stepping out of our defaults. Those of us who default to the sidelines need to step up for

our own growth and health, and for the growth and health of the whole. And sometimes we who are likely to take the center stage need to step back for our own wellbeing, and perhaps even more importantly, so there is room for others to step up.

This phenomenon of participation is described in management fields as the Pareto Principle. Many refer to it as the 80/20 rule: 20% of the people in an organization often do 80% of the work.

Step-up-step-back is an essential tool for maintaining balance and wholeness in a community over time. When 20% of people are doing the majority of the work, it is not because these people are inherently better organized or more responsible (although this is often how our puritanically-rooted work-focused culture may explain it). The 80% of people

not doing the work are not lazy or self-centered. This distortion happens because there is often a lack of clear understanding in how leadership (and responsibility) is passed on. The most important role long-time leaders play in the life of the congregation is to create meaningful and joyful ways for newer people to move more and more towards the center. It is not just the responsibility of new people to come forward, it is also the responsibility of leaders to step back.

Sometimes, there needs to be space — a pause in programming or events — so that what is waiting to be born can step forward.

As we enter the summertime, we invite you to experiment with this concept: step up and step back. Marcus preached this past month about the challenge, and the im-

(continued next page)

Step Up, Step Back (continuation from page 1)

portance of saying no. When we say no, it allows us to say yes to what really matters, what really brings us alive. Discerning what is really important to you and what brings you alive takes time. It may require quiet reflection; it may require a conversation with a trusted friend you don't speak with very often.

In July, the congregation will not be holding Sunday services, so we invite you to use this time as a Sabbath. A Sabbath is an ancient religious practice in which we stop our normal routines of life and make space in our schedules as well as emotionally and spiritually, to listen deeply. A Sabbath means time set aside from professional work, and also from household work (tasks such as laundry, cooking, cleaning). In some traditions, people do not use electricity during a Sabbath, or even walk further than a certain distance. ***This summer we invite you to join us in a Common Practice and a Common Read:***

A Common Practice

We invite you this summer to create a Sabbath that is meaningful to you. Your Sabbath need not be a particular day of the week or last any particular amount of time. No particular rules or restrictions are necessary for your Sabbath. What's important is to give yourself a chance to slow down, to reconnect with yourself and what you love, and to open to what emerges in this precious fallow time.

In our experience, wonderful creativity, generative thinking and fresh perspectives often emerge from intentional rest. And if all that happens is you take a few deep, deep breathes, that is a "productive" Sabbath in itself.

Some possible ideas for how to have a Sabbath:

- Go outside. Get in the sunshine. Take your kids, or grandkids. Or take an elderly friend or family member. Focus on moving at their pace.
- Go offline. Set your cell phone and computer down for 24 hours, or 72 hours, or a week, if you can!
- Go on a solo adventure. Make some time, even an afternoon, to just be alone. Don't plan to do any specific activities or tasks, just wander and see what draws your eye, your attention, your heart.

Try a weekly Sabbath. Assign one day each week and plan to get absolutely nothing done, not even chores around the house.

In August or September, let us know how it goes. We'd love to hear from you!

We recognize doing nothing can be particularly challenging for some people — ourselves included. Please stretch a little and try a Sabbath, in some form, however brief.

A Common Read

If you are looking for something "to do," we recommend reading *Sabbath: Finding Rest, Renewal and Delight in our Busy Lives* by Wayne Muller. This book explores the Jewish tradition of Sabbath with a wide lens, using inspiration from Buddhist, Christian and secular sources to share how the wisdom of Sabbath spans across traditions and cultures. You can purchase it from Amazon by clicking [HERE](#).

SABBATH



FINDING REST,
RENEWAL, AND DELIGHT
IN OUR BUSY LIVES

For those interested in church leadership, we also recommend Erik Walker Wikstrom's book, *Serving with Grace*. This is a short but profound read about how the concepts of Sabbath apply to church life.

If you are interested in reading this book, please let our Church Administrator Janni (in the Church Office) know by July 14th. If there is enough interest, we will make a bulk order of this book and offer copies for purchase in August.

You can also order individual copies of this book (including an ebook version) for \$12 from the UUA [HERE](#).

August 6th, 10:30am:

"The Wonders of Music Therapy"

Speakers: Liz Moffitt & Kerry Burke

Description: Discover the depths of experience intentional music can reveal through stories from years in the field. Explore some of the strange and wonderful instruments used by Kerry in his work with children. Liz is Canada's only primary trainer in Guided Imagery and Music and will lead us into imagery through gorgeous classical music. Capilano University's Music Therapy Program turned 40 last year. Liz and Kerry met in the first class, and each ran the program for many years. Children are welcome to attend this service with their parents.

August 13th, 10:30am

"... And the Living is Easy"

Speaker: Rev. Marcus Hartlief

Associate: Rev. Emily Hartlief

Description: So many of us breathe a little more easily in the summertime. Where does this quality of ease come from? In this participatory and playful service, we'll experiment with practices for accessing more ease in our lives, whatever season it may be. Children are welcome to attend this service with their parents.

August 20th, 10:30am

"Theologians' Café: Sacred Spaces"

Presenter/Moderator: John Slattery

Description: What kinds of spaces do you call 'sacred'? Religious buildings come to mind, but what about other spaces such as forest glades or mountains? Perhaps it's a household shrine that you put together yourself. What makes these spaces 'sacred'? Children are welcome to attend this service with their parents.

August 27th, 10:30am

"Question Box"

Speaker: Rev. Emily Hartlief

Associate: Rev. Emily Hartlief

Description: Everyone has questions. Small questions such as: Where are my keys? What's for dinner? And big questions, such as: What is the meaning of life? Why do people suffer? How can I help heal the world? For this Sunday Service, Rev. Emily, instead of a traditional sermon, will collect your big questions and respond to as many as she can. Please send your big questions to Rev. Emily (emily@northshoreunitarians.ca) with "Question Box" in the subject line by Thursday, August 24th. Children are welcome to attend this service with their parents.

There are no
Sunday
services
in July

Our Seven UU Principles:

1. The inherent worth and dignity of every person;
2. Justice, equity and compassion in human relations;
3. Acceptance of one another and encouragement to spiritual growth in our congregations;
4. A free and responsible search for truth and meaning;
5. The right of conscience and the use of the democratic process within our congregations and in society at large;
6. The goal of world community with peace, liberty, and justice for all;
7. Respect for the interdependent web of all existence of which we are a part.

Our Mission

is to empower people to live with greater depth, meaning and purpose.

We welcome all to our caring community, foster spiritual growth free of dogma, and inspire actions in the service of life.

SUMMER

at

North Shore Unitarian Church



Sunday Services: We're taking July off — but please join us for Sunday Services in August. (More info on page 3).

Ministers: Emily and Marcus will be on summer break *and out of email contact* from June 20th to August 14th, but will be available by phone for Emergency Pastoral Care and member Rite of Passage services. (Emily 604-704-6749; Marcus 604-704-6740).

Lay Chaplains: Our Lay Chaplains will be available throughout the summer to perform Rite of Passage services such as weddings, memorials, child dedications, and other life transition events. Please contact the Church Office if you need their assistance (keep in mind that Janni will respond to phone/email messages on Mondays and Fridays only).

Board of Trustees: Lesley Giroday (President) and Marcia Stephenson (VP Congregational) will be available for church-related issues throughout most of the summer.

Church Office: Janni will work 10am-1pm on some Mondays and Fridays throughout the summer, and will check voice messages and emails on the Mondays/Fridays she is away. Her office days are shown on the Church Calendar.

Lynn Sabourin, Director of Lifespan Learning: Lynn will work limited days during the summer. Her out-of-office days are shown on the church calendar for July & August.

Cares & Concerns

Cares and Concerns volunteers make phone calls to those feeling out of touch, visit those who can't make it to church, and see people who are ill or in hospital. Sometimes, they even offer transportation to and from church, medical visits, and other appointments. They work to be aware of all those in the congregation who are in vulnerable situations, such as illness or reduced capabilities.

If over the summer you have need of assistance or help in such practical ways, two of our Cares and Concerns volunteers are on call to help: Joy Silver and Romney Copping. Call the person on this short list who you think may be the best suited to help you. Their phone numbers are in the church directory, and you can also contact them through the office. (Remember that office messages will be picked up only once or twice a week through July and August).

B&G

Building & Grounds



The crew that installed the beam for the AV screen (L-R): Jonathan Fountain, Bob Vaughan, Barrie Forbes, David Pratt, Paul Symons & Brian McConnell

We did it!

The screen and projector were in place for the AGM. Many thanks to John Biasucci for his visionary leadership and effective partnership in getting this wonderful project done. Thanks also to Mark Mayall and Jonathan Fountain for their architectural advice, David Pratt and Dave Ritchie for their professional input and equipment; Barrie Forbes, Bob Vaughan, Paul Symons, Jonathan Fountain and Brian McConnell for their hands-on work in this worthy project. We encourage you to step up and learn how to run it, and to help the Ministers with presentations.

Equipment Needed!

We need equipment donations to work with the new projector: HDMI cables of 3-5 metres in length, a working Blu-ray player, and a working DVD player, both with HDMI ports, and preferably with remotes. Contact Brian McConnell or the church office.

We thank these B&G heroes for tasks done in the last month:

- Roy Brand for installing door stops throughout the building.
- Stuart Browning, Roy and Brian for repairing a window in the ministers' office (\$175 saved).
- Barrie, Roy and Brian for solving three tenant issues: relocating earthquake kits to the north shed, raking and removing debris from the playground and removing RSB roof moss.
- Merrick Walsh for repairing a BBQ stand (a new one costs at least \$300).
- Barrie Forbes for cleaning driveway debris.
- Hans Krebs for supervising the AV system installer.
- Brian, Paul, Roy, Barrie, Marcus and Janni for taking the AV system training.
- Brian for setting up the sprinkling system for the John Cox Garden.

~ Brian McConnell, Chair of B&G

Clean-Up of Rod Stewart Storage Areas



Sat., July 8th / 9:30am–3:30pm
Sun., July 9th / 10am–3:30pm

Because the RS building is used during the week by the daycare, cleaning has to be done on the weekend. If you can spare an hour or more to help weed out stuff, sort, wash down shelves, and generally organize the materials in our storage areas, I would be most appreciative! There will be lots of coffee, tea, juice, goodies (and if you stay long enough, pizza for lunch). Please call Lynn at 604-926-1621 if you can help.

Outreach-Inreach

During May, we collected \$852 for McLaren Housing.

In August, 50% of our Outreach/Inreach collections will be given to Harvest Project, a community-based urban relief organization that provides support for local people experiencing challenging life circumstances. See their [web-site](#) for more info.





Thank You, Meike!

It has been a wonderful two years with Meike Schieb as our Youth Program Coordinator! Meike

brought fresh energy, enthusiasm and caring to her role working with our youth. It was with sadness that we accepted her resignation, but knowing that she had been working at another full time job, we understood her need to move on. In her new role, she will work with foreign students at UBC. We wish her all the best in her new job and hope that we might see her and Ravi at church sometime in the near future. Good luck Meike!

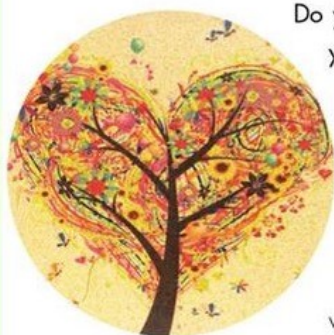


Switching from Monthly to Quarterly Newsletters

Beginning this fall, we're changing our newsletter cycle. Instead of publishing MONTHLY newsletters, we'll publish them QUARTERLY. Our plan is to rely more on our weekly eBulletin with links to our blog and website for longer articles and more information.

If you're not receiving our weekly eBulletins, please contact Janni (info@northshoreunitarians.ca) to request that you be added to the distribution list. It will be more important than ever that you receive our eBulletins, as they will be our main method of communicating with you. (For those without email access, a printed version of the most recent eBulletin is posted in the stairwell. Starting in the fall, we will also provide printouts of new blog postings and website changes in the stairwell so you can see paper printouts of the most recent updates). Our reason for this change is to keep you better informed of current happenings, and more efficiently allocating staff time.

Serving with Spirit: Nurturing UU Leaders



Do you wish that you experienced your participation in your congregation as an expression of ministry, not primarily an obligation to do your part?

We invite you to a weekend to explore where you find the "springs" which fill your life's well of energy, and how you can live out of that rich resource. There will be opportunities to connect with and be informed by other UUs; times to engage with others as we learn new and hone familiar strategies; and space to do deep reflection, identifying and strengthening the rich practice potential in your own life.

Two sessions of "Serving With Spirit" are offered:

EASTERN: July 21-23 in Waterloo, Ontario

<http://cuc.ca/event/serving-spirit-nuurturing-uu-leaders-eastern/>

WESTERN: August 18-20th in Edmonton, Alberta

<http://cuc.ca/event/serving-spirit-nuurturing-uu-leaders-western/>



Artarians

We will not be hanging any art in the church during July. Our NSUC Artarian committee artists will display a diverse show in August exhibiting various subjects, styles and mediums.

We invite NSUC artisans or crafters to participate in our Annual Craft Fair to be held on Sunday, November 12th before and after the service. Please contact Marguerite Mahy, Sharon Bowen, or the Church Office to book a free table and for more information.



From the Board of Trustees

During the last canvass, those of you who agreed to a conversation were asked 3 questions. The Canvass Committee recorded all comments and passed them on to the Board. You may be interested in what we learned from the responses to these 3 questions:

What keeps you coming back to NSUC?

- the sense of belonging was mentioned 43 times
 - Sunday services were mentioned 32 times
 - The Children and Youth RE programs were mentioned 11 times
 - The opportunity to deepen spirituality was mentioned 11 times
 - The music was mentioned 10 times.
- Other miscellaneous reasons were also cited.

What makes you proud to be a part of NSUC?

- the values and principles we subscribe to were mentioned 21 times
- the programs we offer were mentioned 9 times
- our social action activities were mentioned 7 times.

Many individual reasons were also given in response to this question.

Do you have any concerns or suggestions to make things better?

- Concerns included volunteer burnout, move to a new location, more social justice projects, a greying congregation, and more welcoming to newcomers.
- Suggestions were offered for improving the services and adding activities and programs.

Again, there were several miscellaneous suggestions.

This is valuable feedback! When the next canvass rolls around, please take the time to contribute your ideas to our vibrant and loving community. We appreciate your input!

~ Elain Duvall, Board V.P. Denominational



Cronies

We've picked great locations for our summer meetings!

July 13th we will meet at The Summerhill Retirement home of Betty McMillan on 15th and Lonsdale.

July 27th, Joanna Vaughan will entreat you to a lunch on my large back deck with Garden View, situated at 309 5th Street East of Lonsdale.

August 10th, your next treat is to eat around a lovely dining table at Nora Coates new apartment #308 at 725 22nd Street in West Vancouver.

August 24th will be in Hilda Pezaro's daughter's garden (947 22nd St, West Vancouver, phone [604-926-1482](tel:604-926-1482)) a spot you don't want to miss.

See you soon! Joanna 604-904-9535.

Ministerial REFLECTIONS Team

Our co-ministers, Emily and Marcus, have formed a small group to work with them on an ongoing and confidential basis. The team will act as a "sounding-board" for the co-ministers, and will meet every month or so to reflect on the progress of the church's overall ministry. The initial members of the team are: Liz Moffitt (chair), Judith Radford, Melissa Picher Kelly, Michael Watson, Rev. Emily Hartlief, Rev. Marcus Hartlief.

July 2017 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar events often change without notice. See our most up-to-date calendar on our website HERE. (Click on News & Events on the main menu).</p>						1 Canada Day
2 (No Sunday Services in July)	3 7:30pm Meditation Office Open 10-1	4	5	6 Trash pickup	7 Office Open 10-1	8 9:30am RE Clean-Up 11am Memorial for Frances Hodgkinson
9	10 7:30pm Meditation 10am RE Clean-Up Office Open 10-1	11	12	13 12:30pm Cronies (offsite)	14 Office Open 10-1	15
16	17 7:30pm Meditation Office Open 10-1	18	19	20 Trash pickup	21	22
23	24 7:30pm Meditation Office Open 10-1	25	26	27 12:30pm Cronies (offsite) Office Open 10-1	28	29
30 (No Sunday Services in July)	31 7:30pm Meditation					

August 2017 Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 Trash pickup	4	5 Lynn away
6 10:30am Sunday Service	7 BC Day—office closed 7:30pm Meditation	8	9	10 12:30pm Cronies (offsite)	11	12
Lynn away						
13 10:30am Sunday Service	14 7:30pm Meditation	15 Fall Newsletter Deadline	16	17 Trash pickup	18	19
Lynn away						
20 10:30am Sunday Service	21 7:30pm Meditation Office Open 10-1	22 2pm Memorial for Brett Enemark (at Unitarian Church of Vancouver)	23	24 12:30pm Cronies (offsite)	25 Office Open 10-1	26
Lynn away						
27 10:30am Sunday Service	28 9:30am HMS Mtg 7:30pm Meditation Office 8:30-3pm	29 9:30am Staff Retreat 	30 Office 8:30-3pm	31 Trash pickup Office 8:30-3pm	Calendar events often change without notice. See our most up-to-date calendar on our website HERE . (Click on News & Events on the main menu).	

28th Annual UU Men's Retreat: September 29th to October 1st



Join an amazing group of men for a weekend gathering this fall. Surrounded by the forest bordering beautiful Lake Sasamat

(about 30 minutes from Vancouver), this event is an opportunity to reflect on your quality of life, work with and learn from other men, discover more of yourself, and build relationships. More importantly, this is a chance to relax and have FUN in the company of strong, gentle, witty and wise men – all in a serene, inspiring, natural environment.

Since 1990 this event has been organized by and for Unitarian men who celebrate and welcome all traditions, backgrounds, orientations and faiths.

Much of our time is spent in both structured and informal discussion and conversation, but there is also opportunity to visit the private beach, walk the trail around the lake, or take on the local biking trails. We'll also enjoy campfires, opportunities for artistic and musical expression, story-telling and humour, as well as informative workshops celebrating our inherent expertise.

Registration and more info at <http://heyuu.ca/>. To reach the organizing committee, email admin@heyuu.ca.

Our Lay Chaplains perform Rite of Passage and Life Transition Ceremonies to mark important milestones. For more information contact us at 604-926-1621 / info@northshoreunitarians.ca.



North Shore Unitarians
370 Mathers Avenue,
West Vancouver, BC V7S 1H3
Phone: 604-926-1621
Website: northshoreunitarians.ca
Email: info@northshoreunitarians.ca

*... meeting in Squamish
and Tsleil-Waututh
traditional territory*

STAFF AND BOARD OF TRUSTEES

Co-Ministers: Revs. Emily & Marcus Hartlief

Affiliated Community Minister: The Reverend Arthur Berman

Lay Chaplains: Barbara Moore & Lindsay Hindle

Director of Lifespan Learning: Lynn Sabourin

Youth Program Coordinator: TBA

Children's Program Assistant: Cara Elrod (Sundays)

Music Director: Alison Nixon

Accompanist: Toby Aldren

Financial Administrator: Marge Zieroth

Church Administrator: Janni Kretlow

Custodian: Tom Fullerton

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Cindy Leitner, Member at Large
John Slattery, Member at Large



We actively welcome
all genders
and sexual orientations
in our faith community.