



Our Sunday Services for April

April 1 : *Easter*

Easter is and has been, celebrated by many cultures. Let's listen to a few stories from those cultures and consider how our human condition of needing to begin again, is reflected in them.

Speaker: Rev. Wayne Walder

Music : Chris Hale and Miranda Stone

April 8: *Ethics of Power*

Are we afraid of using power? Does fear of power make us susceptible to being abused by power? Can we find a way to use power without too much of our own ego?

Speaker Rev. Wayne Walder

Music: Sharlene and Susanne Maziarz,

April 15: *The Power of Words*

In addition to conducting ceremonies acknowledging life events, the Lay Chaplains are spearheading Conflict Resolution at NUUC this year. In this service we will explore the power of communication: How do we speak our truths? How our choice of words have the power to heal or to hurt.

Speakers: Chaplains Committee

Music: Susanne Maziarz and Friends

April 22: *The Untapped Power of Our Faith*

For over 400 years we have offered the world a liberal faith. Let us tell you a few stories from our history and encourage you to begin creating some new ones.

Speaker: Rev. Wayne Walder (Bring A Friend)

Music: Spirit Choir

April 29: *The Power of Leadership*

Leadership requires the use of power, and the best leaders share it. How is this possible if power is a corrupting influence?

Speaker: Rev. Wayne Walder

Music: Susanne Maziarz and Friends

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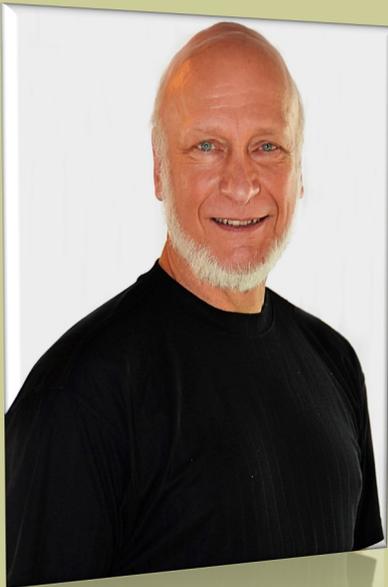
POWER



NEIGHBOURHOOD
Unitarian Universalist Congregation

Ministerial Musing

POWER



*By Reverend Wayne
Walder*

So...how much power do you have? Funny question isn't it? You might think I mean how much health, or how much money, or how much ego do you have? You might think I mean how much strength, or how much political clout, or how many strings do you hold over others? It is a funny question because power is not something you can add up, like money. You cannot count it nor can you hold it. Sometimes we have a lot

of power, as the Prime Minister might have in his own cabinet. But if at other times that same Prime Minister might be snubbed in India and China, his power is useless. Power is contextual.

What I mean is that power needs context to be effective. Power needs to use money, race, sex or physical strength to be effective. It needs a vehicle, a form of privilege, or access to something special in order for it to work. Power can even use notoriety, popularity and sincerity. The High School students from the Florida shooting for example, are using sincerity and earnestness to help them focus emotion, (their power), to change U.S. public opinion about gun ownership.

Power is not bad, it is not good either: it is simply a tool we can use at the right time, to get what we want. Humans have been doing this throughout history. If what we want is selfish, power can be destructive. If we are generous, it can be life affirming.

In a reflective place like Neighbourhood, where we are trying to be more conscious and kind in our actions, I wonder if we can take power more seriously.

Music

By Susanne Maziarz, Music Director at Neighbourhood

Want to Sing for Justice?

In September's theme brochure on Boldness, I speculated on the possibility of starting a protest choir. I was inspired by Jamie Kilpatrick, the pianist at the UU congregation in Richmond, VA who had started her own Justice choir there. They peacefully protested the march of hate in Charlottesville, VA and have attended many other political and social events. Bringing attention in a peaceful and unifying way to issues in our community and country that offend and hurt is one of the powers of music. I am always moved and inspired seeing people come together in harmony and unity through song. We all have our own ways to make the world a better place. Mine is through music.

If you are interested or have skills or knowledge around civil disobedience and protest and singing, consider becoming a part of the Justice Choir. We will begin in the fall, meet bi-weekly to learn songs, and show up to sing and draw attention to the issues that matter the most to us. I would love to hear your ideas and suggestions, please write to me at music@nuuc.ca if a Protest Choir stimulates you. The group will be made up of NUUC members, Common Thread Community Chorus members, as well as anyone from the community who has this calling. Let's start talking.

Internet

The Power Of Collective Action And Choice. Philosopher Renata Salecl · <http://tinyurl.com/pr5zant>

A cutting edge talk about what Joni Mitchell called the "Crazy of too much choice". Renata goes further and reminds us as long as we are interested in our personal choices, we can easily forget that making a better world requires us to make many choices together. She writes, Could individual choices be distracting us from something bigger—our power as social thinkers? Begin listening at 11:00 minutes if you are rushed.

Families Growing Together

By Margaret Evans, Director of Lifespan Learning

Healthy Powerful Children

Power dynamics in families are hard. Parents are parents, but kids also need some power in order to build up their own individuality. How do families support healthy power in children?

Children are also learning about power in schools. I recently watched a video about *Roots of Empathy*, in which a group of 9 and 10-year olds learn about caring and kindness in society by engaging with a baby. They see that babies need extra attention and support because they are vulnerable. When they treat a baby with love and respect, they treat others that way, others who might be different from themselves. They also learn about their own emotions and their impact on others. Teaching children healthy ways to engage with their power is important.

What are some ways that you can promote healthy powerful children in your homes? Teaching children emotional intelligence is one of the most effective ways to allow children to understand their own reactions and the reactions of others to power.

Learn about the world-wide success of this Canadian program by exploring Roots of Empathy, at rootsofempathy.org

Movies

Mandela and DeKlerk Full length feather film starring Michael Caine and Sidney Poitier Watch for free on YouTube. The 1997 film, reviews three decades of Mandela's life, focuses on the negotiations between de Klerk and Mandela to give blacks the vote, end apartheid, and transform the racist nation into a rainbow democracy.



COVER IMAGE - A mandala based on aboriginal Australian dot painting. It is all about the power of positive thinking.

By Lauren Renzetti

We can do this by being more conscious about how we use power. For example, how do you use the power of being male or female? How do you use the power of money, race, privilege, education, or personality? What makes the power you use "unconscious"? Is it fear, is it greed, is it recognition?

The next time you or I use our power, I wonder if we can simply notice that we are using it. It is simple but not easy to do. Can we notice when we use money, strength, sexuality, etc. to get our way? Can we notice where we use it, in groups, work, or family. Can we notice our state of mind, fearful, greedy, or aggressive. And then can we notice the effect our power has on others.

If we want to coax enlightenment from within us, don't we need to notice when we are using a powerful energy that changes us and the people around us?

I respectfully ask you to reflect on your use of power for this month. Try it as a meditation. Don't tell anyone you are doing a little research on your own power. Try the Spiritual Exercises and please tell me your story!

Spiritual Practices

Take a moment and remember a time when someone used their power over you. How did they do it? How did they try to make their power effective, through strength, sex, race, money? What did you do? Can you tell someone the story?

Take a moment and try to remember how power feels just before you use it at work or at home, just after you use it. Did it feel better before you used it?

Try a moving meditation. While walking, try to feel how walking feels, the power of it, the rhythm of it. When you feel a strong emotion (anger, for example) try to reflect on its power,. Finally, notice how you feel when you have inside information about something. Do you want to tell everyone? Why?

Spirit In Action For April

Circles of Trust

Circles of Trust are a trained groups of fellow congregants who are now offering an unusual support service to our congregation. They are using a Quaker spiritual practice from the 16th century to help people listen to their lives. In a one a half hour session, about 8 people listen to a personal life question from a fellow congregant. They ask simple but insightful questions that do not criticize or support. The questions hope to deepen the understanding of the question so the focus person can find their own answer.

This blend of psychology and spirituality is quietly amazing. There are openings in April and May for anyone who wishes to explore one of their life questions.

Neighbourhood Live

Sunday 8th April

Majd Sukar, clarinetist, plays with artists of The Canadian Arabic Orchestra. This orchestra is a professional not-for-profit organization dedicated to connecting audiences with classical Arabic music while celebrating the freedom and diversity of Canada's cultural landscape. The repertoire covers all parts of the Arab world and spans a time period that goes back to early Andalusia – sometimes with a Western Classical and Jazz twist. They help Canadians get in touch with the cultural roots of Arabic music.

- Senior/Student \$12 Adults: \$15 At the door: \$20
- Tickets on sale after Sunday service or contact Susanne at music@nuuc.ca

Bring A Friend

We Need More of Us

Sunday 22nd April

How wonderful that spring is here, a season budding with new life.

Welcome to April at Neighbourhood - united in love, fueled by community, committed to social justice, peace and equality for all.

“Here lies the power of the liberal way: not in making the whole world Unitarian, but in helping ourselves and others to see some of the possibilities inherent in viewpoints other than one's own; in encouraging the free interchange of ideas; in welcoming fresh approaches to the problems of life; in urging the fullest, most vigorous use of critical self-examination”. (Adlai Stevenson)

We need more of us who think and feel this way. On Sunday April 22 we will have music with our lively choir, stories about our liberal faith, refreshments and more.

Plan to come and BRING A FRIEND to meet us.

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. Leo F. Buscaglia