



Our Sunday Services for May

May 6: *The Arc of Change*

When change comes, either internally or externally, we have to resist, deny, adapt, or change. How can we be agile enough to choose how we handle change, and then follow through on that choice?

Speakers: Rev. Wayne Walder

May 13: *Milestones of Change in our Lives*

There are many milestones of change in a human life. Birth, love, loss, death, depression: all arise again and again. How do we accept change as the essence of the life force that sustains us?

Speaker: Rev. Wayne Walder

May 20: *Finding Gold in Life's Changes*

Discover deeper purpose as we transition through life stages. We explore the shifts of perspectives that lead us to spiritual connectedness through transformation.

Speaker: Rev. Ernie Christopher Emmanuel

May 27: *Truth Healing and Reconciliation from the Inside Out*

Transforming our world begins with transforming ourselves. Members of the Truth, Healing and Reconciliation small group share their experiences from the new Canadian Unitarian Council program aimed at developing more constructive relationships between Indigenous and non-Indigenous peoples on this land.

Speakers: Members of the Truth, Healing and Reconciliation Small Group with Rev. Wayne Walder

Visit us at www.nuuc.ca Call us at 416-686-6809

CHANGE



NEIGHBOURHOOD
Unitarian Universalist Congregation

Ministerial Musing—Change

By Reverend Wayne Walder



The I Ching is a book of wisdom that has been used for almost three thousand years. “I Ching” means “The Book of Changes” It uses a type of divination called cleromancy, which produces apparently random numbers. Six numbers between 6 and 9 generate six line figures called hexagrams, which have specific meanings that relate to your question. The I Ching’s interpretation of the hexagrams offers us guidance during times of change. It is a Taoist and Confucian tool that can be used any-

time because our ancestors noticed change everywhere, in the seasons, in people, even in the mountains. They knew change is part of life, part of growth, even when it includes worry and pain.

We all wonder (and I include myself) how we can live our lives avoiding the changes that might hurt us or our loved ones. We try to insulate ourselves from the changes that will hurt, while hoping our armour does not insulate us from beauty and love.

This tension with change means that we do not always know what to do when things change. When change comes we wonder, should we make an effort to hold fast and resist, or should we let go into the change?

Music

By Faith Walker, Member of Neighbourhood

My Journey With Our Spirit Choir

Sometimes one finds it hard to quantify change. But like the return of light after a long dark winter, one day we become aware of how far we have come.

I came to the Choir with a weak and hesitant voice, unable to read music or understand it from a musician’s point of view. I was welcomed just as I was (pewh!) Just recently, I noticed that I can hold notes much longer than I could at the start; I can read music more than I ever could before; and my voice is stronger. It is unlikely you’ll ever hear a big solo from me, but I know deep within that music and energy are intrinsically joined and when I sing I feel such a joy and reverence. So when you see me singing with a big smile that’s what I’m sending out to you.

Life, the one we have, is invariably filled with its challenges. What makes this journey worthwhile are our relationships, our ability to craft and find joy. I have experienced more of these transcendent moments in the Choir than anywhere else. And in finding so many of these moments there, I have found it easier to access them in all other areas of my life.

When I hear Wayne and others talk about practice, I realize with delight that Spirit Choir has been the place where I have learned again and again to practice. Practice joy, practice reverence, practice awe, practice comfort when things are tough and most of all practice living with a song in my soul.

We are blessed with a talented, patient Musical Director; we love you Susanne.

Internet Video

Small Ways to Change the World, Dave Isay Ted Talk, 20 minutes, <http://tinyurl.com/ychlwf7r>

Do you know about StoryCorps? Dave Isay opened the first StoryCorps booth in New York’s Grand Central Terminal in 2003 with the intention of creating a quiet place where a person could honour someone who mat-

Families Growing Together

By Margaret Evans, Director of Lifespan Learning

When Change Comes to Your Family

Change is hard. There are no two ways about it. Change in families can be even harder. Transitioning to school for the first time, or having a new sibling, or moving – such things can wreak havoc in a stable family dynamic.

The problem is, things change all the time. How has your family dealt with change? Perhaps you have dealt with a death in the family, or something less drastic like a new job that changes the routines in your household.

However the change has and will come into your life, *how* you handle the change can make or break the environment of your family.

Here are some ways that you can support your family: If your child is having a meltdown, before you discipline, ask yourself what might be the cause and have a conversation with them about what might be beneath their outburst. All of us can attest that we sometimes get in a funk without knowing why. Give everyone extra space to try again, after a bad episode. *Lilo and Stitch* is a great movie that talks about finding your family and working through trauma, family, hard work and love.

Movie

The Best Exotic Marigold Hotel

Seven British pensioners go to exotic India to stay in the majestic Marigold Hotel, believing their retirement is an ending of their productive lives. But things change and they begin living different lives than they ever imagined. . It is a fun and fabulous story about change.

We look for advice to help us and we can sometimes find it in seven laws (of spirituality), four noble truths, a mystery we can understand, or celebrities and gurus who tell us what to do.

The I Ching reminds us to stay open on our spiritual path. It reminds us that change is part of our lives. It reminds us that perspective helps. It reminds us to see the world clearly so we know when to dance and when to hide. It helps us remember that perception, seeing clearly, is the prerequisite for staying on the good side of change. Armouring ourselves to resist change or busying ourselves to overlook it offers no safety according to the I Ching. Finally, it reminds us that spiritual insight might be the best way of all to handle change.

As change comes into your life, see if you can simply notice it. Open the door to it, as the poet Rumi writes. Throw the coins of the I Ching to see if there is some sage advice in dealing with it honestly. Then tell us all about it.

Spiritual Questions To Consider

Change touches us all, but can we use change as vehicle for waking up? If you are working in construction and things change in a job or in the work, can that be the vehicle to wake up in? If you are a retired person feeling the limitations of an older body and mind, can that be the vehicle to wake up? If you do not have a partner and long for one, can that be your vehicle? When life changes enough to notice, can we use that to feel a bigger sense of self, or see a wider perspective? Can change give you the opportunity to find a peace, a space to rest, that lies in the middle of everything?

Spirit In Action For May

Welcome!

Joining Our Community

Sunday 6th May

On May 6 immediately after the service, we are having a conversation about how and why you might join the Neighbourhood community. We welcome your questions. As we consider the future of our community, we need as much support as we can get. A strong and self-supporting community can build the common good while its individuals grow the capacity to become better, more grounded and more perceptive people.

All change is not growth, as all movement is not forward. Ellen Glasgow □

When we are no longer able to change a situation - we are challenged to change ourselves.
Viktor E. Frankl

What Will We Do Next?

Town Hall

Sunday 27th May

On May 27, we will have an informational meeting about the future of our building. We will review the decisions we have already made about developing the building and begin to inform our community about the possible steps we can take, whether to secure our existing building or to move to a new one.

It is an important meeting that can help us all feel informed and connected to this process.



Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has. Margaret Mead