



Our Sunday Services for February

February 3: Freedom With The "Other"

Often ideas like black and white, red and yellow, in race relations, confine people to ideologies instead of trying to handle fear and equality. We are brown, off white, and subtle colours of beige. Freedom comes from knowing not projecting.

Speaker: Rev. Wayne Walder

Music: Spirit Choir

February 10: Democracy and Fake News

Does what we want to hear endanger the freedom we have to hear it?

Speaker: Rev. Wayne Walder

Music: Susanne and Friends

February 17: Work for Freedom

How do we change our concept of freedom to include everyone?

Speaker: Rev. Wayne Walder

Music: Sam S/Jenn

February 24: A Lifetime of Social Justice Activism

Join four members of SEA, (the Social and Environmental Action Committee) on their personal explorations of a lifetime of social justice activism.

Speaker: Heather J., Nancy V., Peter M., and Kim K.

Music: Mississauga UU



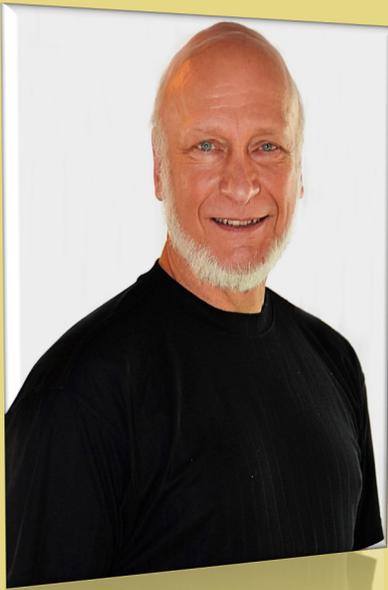
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FREEDOM



Ministerial Musing—

Freedom



By Reverend Wayne Walder

CBC Radio recently had a program about how millennials feel burnt out. It was very nicely done, including a piece by Anne Helen Petersen from Missoula Montana who writes for BuzzFeed and has written a book about millennial burnout. I believe she accurately expressed her feelings. Yet at the same time, I felt myself annoyed by her characterization of this experience.

Our theme this month is freedom. Freedom in the 21st century

feels as though it is more about community than individuality. Freedom feels as though it is about a subtle understanding of our role as humans, together, in a quickly changing world.

Our world is changing, even though that might be hidden for us behind financial affluence. It is filled with refugees, changing power politics and climate change. If we do not act freely together, I wonder if we can handle these dangerous changes.

I realized I was annoyed at the CBC program because it spoke yet again, about seeing a very small segment of the world through an individual and personal lens. We have seen the world through the lens of our individual freedom for decades and while this has been liberating in our past, I was annoyed because I fear that our personal freedom in the future may hinge on the freedom we can only build together.

Music

By Susanne Maziarz, Music Director at Neighbourhood

Musical For Freedom

Ever wonder about the title in capitals at the bottom right hand corner of the hymnal? That is the name of the hymn tune—the music of the hymn has a separate name from the lyrics. There is a long tradition of writing new lyrics for old tunes and we have many examples in our own *Singing the Living Tradition*. For example the tune *Finlandia* in STLT #318 *We Would Be One* is sung in Christian churches as *Be Still My Soul*.

This freedom to change lyrics gave power to a unifying force in the struggle for civil rights in 60's USA. The hymns sung in black churches became a unifying force, people from different towns knew the same tunes. Songs like *Keep Your Eyes on the Prize*, and *We Shall Overcome* originally had theological references but were turned into Freedom Songs with a change to the lyrics. At Sunday service on February 3rd The Spirit Choir will be singing one of those Freedom Songs, STLT #153 *Oh, I Woke Up This Morning*. In this song, the lyric 'my mind stayed on Jesus' has been changed to 'my mind stayed on freedom'.

Creative call:

Be a hymn writer! I'm looking for new lyrics to STLT #108-*My Life Flows On* on the theme of the month for March.

March's theme is our 7th principle: to affirm and promote respect for the interdependent web of all existence of which we are a part.

New verses will be sung at Sunday service on March 31st. Send the lyrics in to music@nuuc.ca

Quote

Art, freedom and creativity will change society faster than politics.

Victor Pinchuk

Quote

We, the People, recognize that we have responsibilities as well as rights; that our destinies are bound together; that a freedom which only asks what's in it for me, a freedom without a commitment to others, a freedom without love or charity or duty or patriotism, is unworthy of our founding ideals, and those who died in their defence. Barack Obama

Movie

Cloud Atlas, 2012, Star studded cast, 75 award nominations. Characters play different roles across different generations through six connected stories. They show how lives are intertwined and freedom is never an individual act.

Quote

I would like to be remembered as a person who wanted to be free... so other people would be also free.

Rosa Parks

Internet

What Soccer Can Teach Us About Freedom, Marc Bamuthi Joseph, <http://tinyurl.com/y92jdoo6>

A highly inspirational five minute TED talk about how freedom feels, in our body. Marc Bamuthi Joseph teaches this feeling to children through art.

Spiritual Questions

In his book "Sapiens", by Yuval Noah Harari, Yuval suggests we need to do two things to evolve more fully. One is "know yourself"; the other is "join a community". Why do you think he might say this?

Often "Spiritual Practice", can feel like "one more thing to do". The late poet Mary Oliver used to take a time, everyday, to be quiet and to pay attention. Nothing more. Most times she would walk in the woods, or write, enjoying how words convey meaning. Do you have the freedom to do that?

Quote

My story is a freedom song of struggle. It is about finding one's purpose, how to overcome fear and to stand up for causes bigger than one's self.

> Coretta Scott King

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

> Viktor E. Frankl

Spirit In Action For February

Silent Retreat in Toronto

February 15th to 17th

Our annual retreat for insight, peace and healing. See Rev. Wayne Walder for details or call the office at 416-686-6809.

SEA Book Club Launch

Meeting 7pm on the last Thursday of each month from February - July, 2019. **First meeting 7pm Thursday, February 28, 2019** in the Wright Room at NUUC. Gillian Hegge, Helen Armstrong and Dina Waik will help create space for reflection on social inequity and climate change through the books we read. Fiction and Non-Fiction starting with Yuval Harari's *21 Lessons for the 21st Century*.

Neighbourhood Winter Potluck

Friday 1st March at 6.30 pm

A chance to all get together just for the fun of it! All are welcome to our community potluck dinner. **Friday, March 1st at 6:30pm**

Sunday 24th February

A Lifetime of Social Justice Activism

Join four members of SEA, (the Social and Environmental Action Committee) on their personal explorations of a lifetime of social justice activism. Reflections on Indigenous rights, environmental justice, gender equality, and poverty will shape this conversation on how we can all work to build a different kind of life rooted in justice, inclusion and freedom for all.

Heather Johnson: International and Community Development/ Social Justice specialist with a diverse 20 year career working in the global south. Works with indigenous communities to promote human rights.

Kim Knutson: White mountain woman of mixed ancestry who has been involved in speaking, singing, praying for the Water and Grandmother Earth as well as Water Protecting and Water Walking.

Nancy Vander Plaats: A grandmother and retired legal community worker who has been involved in feminism, anti-war, anti-poverty and other social justice issues from a young age.

Peter Marmorek: Grew up Jewish and learned from the social justice traditions that inform that culture. He taught high school for over thirty years where he created environmental clubs, anti-homophobia groups, Muslim Student Association actions.