

# THE NOR'WESTER

The Newsletter of the Unitarian Fellowship of Northwest Toronto

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**March 7th @ 10:30 a.m.**

**“You’re Welcome”**

*David Roman*



Our humanity can be defined by our connectedness to each other, to the world around us and to our understanding of how those things impact us both individually and collectively. When we gather in workplaces, social gatherings and places of worship, how we accept and welcome other proves our worth. The LGBT community is one of the last to find itself embraced by church organizations. Being welcoming alone is not enough. We must find ways actively to invite all into our midst.

David Roman is an active public speaker, most often focusing on social justice issues and speaking against prejudice of all kinds. This is David’s second time addressing our congregation. He once studied for the Lutheran ministry but was denied ordination after coming out of the closet to his bishop.

**March 14th @ 10:30 a.m.**

**TBA**

Unfortunately, our speaker for today had to cancel. As soon as the Sunday Services Committee has found a new speaker we will send out an email. Or you can check the website - [www.ufnwt.com](http://www.ufnwt.com).

**March 21st at 10:30 a.m.**

**“Medical Politics in Canada”**

*Helke Ferrie*

Helke Ferrie will share with us how medical politics in Canada affects our health and what we can do about it. She will provide several examples from various areas of medicine.



Helke is the owner/director of KOS Publishing Inc., which publishes many books that expose medical corruption. She has a masters degree in physical anthropology. Her areas of interest are in the evolution of disease and the application of Complexity Theory to biological evolution. After becoming seriously ill in

the 1990s, with Myasthenia gravis, Helke quickly learned that standard medicine was not concerned with causation, nor was she offered anything more than symptom control treatments. Helke Ferrie is author of many books dealing with the politics of medicine. As Hippocrates taught 2500 years ago: “Each disease has a natural cause and nothing happens without a natural cause.”

## Congregational Lunch

Help celebrate the start of spring and join us for a congregational lunch following the March 21st service. All are welcome!

**March 28th at 10:30 a.m.**

**“The Ties That Bind: The Duty to Protect Canadian Citizens Abroad”**

*Audrey Abroad*

Audrey will address the legal, political and ethical issues surrounding the state’s responsibility to assist Canadian citizens abroad. Some examples she will share with us that have provoked controversy in recent years include the evacuation of dual citizens of Canada and Lebanon seeking evacuation in 2006 following the Israeli-Hezbollah conflict; the refusal of the Canadian government to issue passports to Canadian citizens stranded in Sudan and Kenya; and the selective support extended by the Canadian government to citizens detained in violation of fundamental human rights by other states. The case of Omar Khadr, who remains in Guantanamo Bay, stands in contrast to Brenda Martin, a Canadian citizen rescued from a Mexican jail.

Audrey is a law professor at the University of Toronto. She researches, teaches and writes in the fields of migration, citizenship and human rights. Audrey has been involved in the Omar Khadr case, most recently as counsel to Human Rights Watch as intervener in the recent appeal before the Supreme Court of Canada.



## March Update

Featured program for 2010 - every Friday in August there will be a weekly drum circle followed either by storytelling or dancing! 2010 brochures are available at your congregation's Welcome Table.

Looking for somewhere to have your church picnic or board retreat? Why not at Unicamp? Contact [admin@unicampofontario.ca](mailto:admin@unicampofontario.ca) to make your reservation today.

In July, Unicamp offers week-long camps for children ages 7-13 and youth 13-15, as well as Counselor in Training and Leader in Training programs. In August there are 3 weeks for families to come to camp as well as weekend programs such as Sacred Circle Dance and Magic of Music.

If you've never been to Unicamp, 2010 is the year for you to discover and experience the magic yourself. Contact [admin@unicampofontario.ca](mailto:admin@unicampofontario.ca) or telephone 519-822-6353 to make your reservation. Or find out more at [www.unicampofontario.ca](http://www.unicampofontario.ca).



### **Let's Get Our Beautiful Building Ready For Our 50th Anniversary!!**



Do you want to have some fun and help the Fellowship while you're at it? Helen and her Ad Hoc Building Committee (Dave, Joanne, Dee and Marilyn) need your help in tidying and cleaning Fellowship House. We've set aside 2 Saturdays in March - the 20th and 27th, times to be announced.



Maybe you could take down the bulletin boards (they're so cluttered and do we really need so many?). Maybe you could wash the inside of a few windows (we'll have to pay someone to do the outsides). Or you might even feel up to moving some furniture around. **Have you noticed that Dave and Helen and Bob Long already started that in the kitchen?**



However you think you could help, wear your old clothes, as it's going to be pretty dirty work. Come when you can and stay for as long as you can, which sure doesn't have to be all day.



While you're thinking about this, do you have any painting equipment you could share with us? We're going to have a painting bee in April?



Phone or email Helen if you can help in any way.



**COME OUT AND HAVE SOME FUN!!**





## Around the House



### **CALLING ALL BOOKIES!**

Please note there will be no Book Club Meeting in March.

### **FOUND SET OF KEYS**

A set of keys was found in one of the easy chairs by the door at Fellowship House. A Chrysler car key is one of the keys on the ring. Please contact the church office to claim.

### **OUT OF THE COLD**

Please continue to bring in your donations for the Out of the Cold program. Items they are especially in need of are: mens gently used clothes in larger sizes, travel-size toiletries, toothbrushes, disposable razors, unused socks and underwear.

### **CAMEO**

Please join us at our next CAMEO lunch on **Thursday, March 25th at 11:30 a.m.** Enjoy lunch and then stay to learn about *brain fitness!* As we all know, our brain function declines as we get older and it is just as important to exercise our brain as it is the rest of our body. Candace Moller, a representative from Alegro Scarlett Heights Residence, will explain how *brain fitness* can improve concentration & memory retention and slow down the brain's natural function decline. You will have a chance to sign up for this complimentary *brain fitness* program and receive a complimentary lunch. An article was recently featured in The Globe & Mail about the importance of this program.

Please RSVP to Grace by March 22nd (ufnwt@bellnet.ca). Cost for lunch is \$5.00. Why not bring a friend? Hope to see you there! ☺

### *Give it a Moment's Thought . . .*

You don't have to climb the whole staircase at once. Just take the first step.

~ Martin Luther King



## **50th Anniversary Celebration Weekend**

*Celebrating Our Past,  
Sharing Our Future*

June 19th & 20th, 2010

Watch for your invitation to arrive soon!