

The Olinda Outpost

Monthly Newsletter of the [Unitarian Universalist Church of Olinda](#)
2953 Olinda Side Road, Ruthven, Ontario, N0P 2G0
Toni Janik & Bobbye Baylis, Editors



R.E. Class and Service held at 10:30
(followed by refreshments)

Sunday Services April 2020

Date	Speaker	Title	Musician(s)
Mar. 29	Rev. Rod Solano-Quesnel	<i>*Apart Together - even while we're away from each other, our community can stay connected... and we may become even closer yet.</i>	
Apr. 5	Rev. Rod Solano-Quesnel	<i>*Wuthering - when expectations suddenly change, a new way of thinking about the future can emerge.</i>	
Apr. 12	Rev. Rod Solano-Quesnel	<i>We Have the Technology! - since before the internet, the telephone and telegraph allowed fast communication over vast distances. Even post mail can bring people together around the world. Whether lo- or hi-tech, connection prevails.</i>	Toni Janik
Apr. 19	Bill Baylis	<i>The Overview Effect - a profound experience often reported when Earth is seen from space.</i>	Lorie Lyons
Apr. 26	Rev. Rod Solano-Quesnel	<i>Essential - the tricky question of what meets our most basic needs leads to the deeper question of what those needs are.</i>	Baylis/ Stone Trio

*There will be no services at the church on March 29 and April 5 due to the requirement for Social Distancing due to COVID-19.

A decision on the rest of April is pending; you will receive updates via email and/or telephone. The website, uuOlinda.org, will be kept up-to-date regarding services and meetings. Rev. Rod is publishing his reflections on the website. You can access them by going to UUOlinda.org and clicking on the appropriate Recent Post (upper right-hand corner.) His reflections are also being mailed to those who prefer to read written materials, thanks to Helen Moore.

From The Board

“This church was founded on the faith that love is a more positive force for good than fear.”

I have started with this quote, one that we say every Sunday service ... one whose essence I have come to seek out quite often over the last month. In the professional work that I do, I have worked with the concept of fear and its impact on people. While doing so, two definitions of fear have risen to the top:

Arguing successfully for my limitations; and Focusing energy to alter results.

In like manner, my work has taken me into a deep exploration of the concept of love, again with one definition impacting both my life and my work: Living only vibrant energy.

In stepping into the position of President of the Board at the same time as COVID-19 made its impact known in the world, I have drawn on these definitions in how I live with the current unknowns.

As a board, we met on Thursday, March 12 and made decisions that allowed for quick responses to occur to the ever changing world and local landscape that COVID-19 was presenting. In a joint letter sent out on March 17 by the Board and Rev Rod, the additional following actions were highlighted:

ALL scheduled face to face committee meetings – CANCELLED until further notice;

Poor Boy Luncheon scheduled for March 25, 2020 - CANCELLED;

Social Responsibility Film scheduled for May 3, 2020 – DELAYED until further notice;

Annual aUuction scheduled for April 18, 2020 – CANCELLED until further notice.

Following the Sunday service on March 15, the executive of the board met and implemented deferring in person services and meetings for the next three weeks. As of today, we now know that in-person services will be postponed until such time as social distancing is lifted by the various levels of government.

Since that time, Rev Rod and I have been in constant contact developing levels of response to the ever changing impact of COVID-19. In doing so, the board, the executive committee, and Rev Rod are working from a base belief and a division of labor:

BELIEF: As the greater responses against COVID-19 requires more withdrawal of normal everyday activities and connections, we will strive to create new and additional means with which to maintain connection and sustainability for the church and its members; and

DIVISION OF LABOR: While Rev Rod will take the lead on all Pastoral elements related to Olinda UU, the board will continue to move forward in its governance of the church and community.

As we know, none of us have ever lived through a World Pandemic before, however, as we step into celebrating 140 years of existence this year, we do know that this church and its historical foundation has carried on through two world wars and the last world pandemic. As such, with that foundational energy behind us, there is every reason to believe that we will grow from finding our way through this current life changing event.

The executive of the board met in “virtual reality” via ZOOM, Tuesday March 24 with the plan being for the full board to meet TUESDAY March 31 in the same manner. Now that preliminary processes are in place, these meetings will focus on becoming creative in the way that the church and community can reach out to support all of us through the current changes. We will continue to use all means to stay in contact with each of you in the days and weeks ahead.

I am choosing to end this message in the same way that we end each service:

“We close now, the flame lit within us.

With heart and mind and voice and hand, we know we are not alone.”

Respectfully

Stephen Brennan, Olinda UU Church Board President

Clergy Connection

The past couple of weeks have been characterized by “being apart together”, as many of us take responsibility to physically isolate, yet working together as a community to reduce the harm that COVID-19 represents, as well as to keep our social and spiritual connections healthy. This represents a challenging time, not just for our physical health, but also for our mental, social, and economic health. It is times like these that call us to be empowered by a community like ours.

One way that we can continue to connect is through new **virtual worship experiences**, as we expect that in-person gathering are unlikely through April. You can access last week’s – and future – alternative services on our homepage at uuolin-da.org and see worship materials there every week. I am also e-mailing these to our members in the form of a PDF document with some interactive options, such as links to related media that include hymn performances and deeper explorations of some of the topics I bring up. Some worship material will also be mailed by post to those of you who need it that way.

I am still pursuing the possibility of **video options** and will update as soon as it is clearer what is feasible, possibly through a YouTube channel accessible to everyone who is online (no need to open an account). There is also a possibility to have a more interactive experience through the videoconferencing platform Zoom – this would require some teamwork to make the technology as accessible as possible.

This is a time when we can explore innovative ways of staying together, from traditional post mail, telephone, and internet – we are looking for ways to include as many of us as possible. Our Board, its Executive, and other Committees, will be meeting through videoconferencing. We have already had a couple trial runs and it is extremely helpful.

This same format will be used for the **Canadian Unitarian Council’s Annual General Meeting**, which is set to **go online on May 15!** We have until **April 1** to select **two delegates** to attend by videoconferencing. There is no fee to attend, no travel is involved – and coaching is available! The larger **Conference in Halifax has been cancelled**, but the smaller, shorter meeting will still involve significant space for deliberation and connection with our denomination nationwide.

Please beware of telephone and internet scams – no one from the church should be asking you for money, other than through official channels like this newsletter or post mail from our finance and membership committees.

If you see an e-mail that looks like it’s from someone you know but looks “off” in its style or its request, do contact them through *another* means, like phone, or a *new* e-mail from an address that you know to be authentic. Also beware of any talk about gift cards, or vague requests for “a favour”, especially if it’s made to sound “urgent”. When in doubt, ask someone who you trust. Let us take care of each other!

May you stay healthy, wholesome, and safe. In solidarity,
--Rod

Important Dates

It is unlikely that there will be any face-to-face meetings in April. If that should change, a revised schedule will be published.

Mar. 31 7 pm
Board of Trustees Meeting
Using Zoom Software

Apr. 1
Deadline for Selection of 2
Delegates to CUC AGM

Apr. 18 Cancelled!
Goods & Services aUction

Apr. 21
May Newsletter Reports
Due

Membership and Publicity

During this time of temporary changes to keep us all safe, the membership and publicity committee have been connecting virtually. A huge virtual hug and thanks go out to Helen Moore for her diligence in working to ensure that those without computer access will receive the weekly inspirational services by Rev. Rod and the monthly newsletter by snail mail (Canadian Postal Service). Thank you, Helen; this is so important, to keep our members and friends connected to our church family.

It is our hope to reschedule the Poor Boy luncheon later in the year once it is appropriate to gather in person. We know that many of you were looking forward to this social fund-raising event.

Our UU Church of Olinda third annual Bakeless Bake Sale will be held during the month of May. This event is a fund-raiser and, unlike a traditional bake sale, No Baking is Required. Easy. Simply figure out how much you would have spent on baking supplies, ADD how much you would have spent buying tasty treats at the bake sale and put that money in an donation envelope, with your name, labelled Bakeless Bake Sale, in the collection plate OR mail a cheque to our treasurer. Your donation is eligible for a tax receipt.

To honour those that have gone before us we have started working on a “Memorial List.” This will be an internal church document and will be included in the annual report. Toni will be creating the document with as many of the following details as possible: First and Last Name, Maiden Name, Date of Birth and Date of Passing. If you would like to contribute/ assist with this important historical document, please connect or send information to Toni.

During this time even if we can't meet face to face to share each other's company there are other ways to connect. I offer you these simple pantry dish recipes you will find on the following page.

Stay well!

Toni Janik

Membership and Publicity Trustee



Bakeless Bake Sale

May 2020

“No Baking Required”

More details coming

Membership and Publicity - Continued

Simple Pantry Vegetable Soup

The beauty of this soup is you use whatever you have on hand. If you don't have an ingredient or 2 or 3—just substitute with what you have and like. or omit altogether.

Ingredients:

4 cups vegetable or chicken broth

Seasoning: Salt, Pepper, Parsley, Garlic and Italian Seasoning to taste

1 Carrot—Diced

1 Stalk Celery—Diced

1 half small onion diced

1/2 cup Frozen Corn or canned corn or 1/2 cup frozen mixed vegetables

1 can diced tomatoes

Handful of fresh spinach or 1/2 pkg frozen spinach

1 can of navy or kidney or pinto or romano beans

1/4 cup small dry pasta

Method:

Put all but pasta in the soup pot, bring to a boil, reduce to simmer until vegetables are tender. Add pasta and cook until pasta is *al dente*. Enjoy!



Three Bean Salad

Ingredients:

3 cans of beans - I used yellow beans, green beans and chickpeas. (You could easily substitute with kidney beans, romano beans or black beans)

1 medium red onion sliced or 3 green onions, 1/2 diced pepper, 1/2 cup sugar, 1 tsp celery seed, 1/2 tsp salt, 1/4 tsp black pepper, 1/2 cup vinegar, 1/4 cup oil, 1 tablespoon soy sauce, one tablespoon Worcestershire sauce.

In a large bowl, combine all ingredients. Cover and chill overnight.

Financial Reports

From the Treasurer:

During this time that we do not have Sunday Services at church, our expenses continue, as they do each summer. Donors have different patterns of donating with some giving weekly, monthly, annually or intermittently.

If you are willing and able to donate during this time, please send a cheque for the church expenses to:

Unitarian Universalist Church of Olinda
2953 Olinda Side Road
Ruthven, ON NOP 2G0

or to my home address at:

UU Church
290 Lester Drive
Essex, ON N8M 3G9

Thanks.

Helen Moore

From the Finance Trustee:

The annual aUUction is cancelled for this year. The uncertainty in scheduling makes it too difficult to coordinate the efforts of our cooks, etc. We will make sure next year's aUUction will be extra special!

Bobbye Bayis

Bakeless Bake Sale

This year we are having our third annual Bakeless Bake sale. Drop your envelope off in the offertory plate any week in May or mail your cheque to our treasurer, Helen Moore. Just write Bake Sale on the envelope with your name and it is eligible for a tax receipt.

More about this venture the "Bakeless Bake Sale" on page 10 of our newsletter.



Social Responsibility Committee Report

As Steve Brennan mentioned in his report, our planned May 3 Film, *Defying the Nazis, the Sharps' War*, is on hold. Once the re-opening dates are clear, we will reschedule this film for after church. This film is the true story of Waitskill and Martha Sharp, Unitarian ministers, and their efforts during the Second World War to save people in Czechoslovakia from the Nazis.

Since we are so limited in our ability to physically get together, this is a great time to phone each other. Especially those living alone will appreciate a chat. Call your UU friends and find out how they are doing. It can be a wonderful opportunity to share tips on interesting activities. I for one have been made aware of new authors and new operas (see Bill's report.)

Those of you that get this by email will also receive the latest Telephone Tree. You might want to use this as a suggestion regarding those who would appreciate a call.

See you **soon** (hopefully!),
Bobbye Baylis, Secretary

Update From Property

Welcome members, congregants, and friends. It is my distinct duty, as the newly appointed 'Property Chairperson', to confirm ... that we still have a church!

As the assembling of people has been discouraged, *and recently even prohibited*, brought on by the unreal pandemic situation, we've missed a couple of Sunday services. As Rev Rod is exhibiting great technological skills, soon we'll be able to meet, I understand, with the required adequate social distancing, and ponder thought-provoking talks, in the comfort of our own homes.

The church building is taking this 'temporary shut-down' to come alive too ... by encouraging upgrades to its levels of technology, convenience, and even cleanliness. We're investigating several new improvements ... a programmable thermostat for the sanctuary, and the Minister's office – to raise the temperature automatically prior to our Sunday morning services, the possibility of a 'modern' dishwasher – to assist the kitchen volunteers after Coffee Hour, and more importantly after our group 'Pot-Luck', 'International' and 'Soup' mid-day dinners – eliminating the loading of well-used dishes into laundry baskets, carted to residence dishwashers, and the return trip. While discussing food preparation, the actual purchasing of the church's own barbecue has come up. It would allow our keen cooks to bypass the shuttling of their personal BBQ several times in the summer.

To better utilize our beautiful property, plans have been re-kindled to convert our lonely garage building in the rear yard, into a glorious Pavilion, that can perform as a 'tropical' shelter during the long hot summer days ... remember these ... by opening the walls on to our majestic memorial and gardens ... We all should be able to take advantage of Olinda's timeless pastoral assets. Just think, our own annual Church Picnic, at the church!

While these ideas have not occurred yet, our experienced Property Committee members, Richard Stevenson, Laurie Hylton, and John Upcott, led by yours truly, are up to these improvement challenges, as well as the routine annual maintenance to keep our 'Little White Church in the County', sublime and inviting.

These changes will be for you, all of us. We want therefore to hear your comments, and any other upgrades that will make our church more welcoming.

Stuart Miller, Property Chair

Free music and learning during Covid-19 confinement

Dark clouds often have a silver lining, and even the massive disruption to our lives caused by orders to stay at home to slow the spread of the Covid-19 virus offers some positive possibilities. There are so many wonderful entertainment and learning programs available that we never have time to watch on TV or our computers, perhaps now is the time to catch up on some of them!

For the past two weeks, the Metropolitan Opera company in New York has been streaming HD performances of operas that they recorded for the encore performances in movie theatres. These are great recordings with top-notch performers and they are free! Most have been starting at 8:30 pm but you can start screening them in their entirety at anytime over the following 23 hours, and they cost nothing! Check the website <https://www.metopera.org>, go to the nightly opera stream for the opera being performed that day, click on the box "Watch Now". (You can avoid the on-demand stream that may want you to subscribe.)

Other performances by European opera companies can be streamed from <https://www.operavision.eu/en> and from <https://www.staatsoper-berlin.de/en/staatsoper/news/our-daily-video-on-demand-programme.142/>. A modern performance *Rotterdam Philharmonic - Beethoven 9* of the final movement to Beethoven's famous 9th symphony is impressive because the instrumentalists are all recording from separate homes or art galleries. You get an idea of how much goes into a performance (even though the choir is not shown), and it is amazing how well the split-second coordination all comes together.

A wealth of information on practically any topic is also ready for viewing on [Wikipedia](#), [YouTube](#), and [Ted Talks](#). Just Google your favorite topic and jump in! For a more structured program, the OER (On-line Educational Resource) library is a rich source that students (children) and parents (or teachers) can collaborate on, or that individuals can follow on their own. I strongly recommend the BigHistory-Project, which presents the history of Earth since its formation almost 5 billion years ago in a set of 8 well presented interactive lessons, and which prepares the participant for the following series, the WorldHistoryProject. A good place to start is <https://www.bighistoryproject.com/home>.

Finally, many science museums have interactive lessons and talks on line. Check out [Ingenium](#), Canada's Museums of Science and Innovation in Ottawa, with its many fun online science activities that you can do at home, and the [Exploratorium](#) in San Francisco. You can spend hours on virtual tours of the [Smithsonian Museum of Natural History](#). For topics about space and astronomy, try the www.nasa.gov site.

This barely scratches the surface. Let me know your favorite web sites and we can share them in future newsletters!

Caring Committee Report

As the world faces unique circumstances, may the month of April bring with it much peace, love, joy, and passion into your lives.

The committee is working hard to keep in touch with those amongst us that are isolated, with a visit either by e-mails or friendly phone calls. Thus far all is well.

Due to the isolation in the retirement homes, residents are restricted with their regular activities, therefore heard through the grape vine, our very own Carabel Ringrose was asked to play the piano for the Southgate Resident St. Patrick's Day celebration. She had her music brought in from home and provided some entertainment with a bit of help from Buster. Also heard John Haynes had his paintings on display at the Leamington Gallery; glad to hear he is continuing his passion. Hopefully Peter and Joyse have settled in their new home, congratulations to you both.

I would like to close with this thought: Imagine if Dr. Seuss were alive today, he writes

"The buildings were big and people would smile
And travel they would mile by mile.
But sick they become, in numbers it grew
Businesses worried, communities too.
Things stopped for a bit, the world slowed things down.
If in fact they now had less reason to frown.
Families now gathered, what game shall we play?
Pass me the blue crayon, give Mommy the grey.
Dad's home guys! He'll read us a book
Then all of us together will cook.
The lungs of the planet caught a small break,
Less travel meant less pollution to make.
People did realize they'd all be ok,
They don't need so much to get through the day.
Maybe this virus that caused so much stress,
Showed the whole world that more can mean less."

Stay safe All!

Submitted by: Linda Upcott

Caring Committee Members

Eunice Goyette
June Blacker
Leona Crowder
Linda Upcott

Bakeless Bake Sale May 2020

A BAKELESS BAKE SALE

*A bit of news we have today,
A bakeless bake sale is on the way,
On those busy days, now who would bake
Pies or cookies or even a cake.
You'd be surprised, if you counted the cost,
Of materials, heat and time you lost
Cookies for sale is extra work
Yet nobody really wants to shirk.
So we thought of a plan that is grand
And feel quite certain you will understand.
In an envelope, please put the price
Of a pie or cake or something nice.
Without fuss or bother you have done your part,
We are sure you'll give with a willing heart.
This is the end of our little tale,
Wishing success to our bakeless bake sale.*

Drop your envelope in the offertory plate any week in May (hopefully) or mail your cheque to the Treasurer now. (See Page 6 for address.) Just write Bake Sale on the information line on the cheque. This donation is eligible for a tax receipt.