

# Checking In: Elders' Newsletter - June, 2022

## June's Theme is Social Justice,



**The Seven Acts of Mercy by Pieter Brueghel the Younger (before 1625)**  
*From Wikimedia Commons*

The 3<sup>rd</sup> part of our new Mission statement says: **We are a socially engaged community that works collaboratively, compassionately, and urgently for a just society and for our life-sustaining planet.**

People often ask, "What is the difference between charity and justice?"

Charity is doing something for others that they are capable of doing for themselves. Biblical justice is more than charity; it is about a radical, selfless way of life. It means taking steps to advocate for the vulnerable and changing social structures to prevent injustice. It means taking action to make things right. **House of Hope Fiji - Oct.17, 2018**

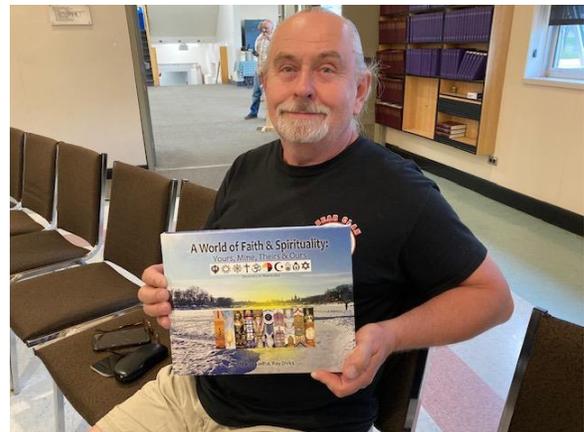
Sunday, June 12<sup>th</sup>, the service leaders, Adina Lyon, Debby Lake and Lynn Clark explored how our church has worked for social justice and what we might do next.

**It's not enough to be Compassionate.  
You must Act.**

His Holiness The Dalai Lam

## Gathering again in the Sanctuary

Sunday, June 12<sup>th</sup>, those who arrived at 603 Wellington were met by Paula with a cheery greeting behind her mask, a bottle of hand sanitizer and two colours of ribbon lanyards. The red lanyard was for those who prefer to keep socially distanced, while the green choice was for those who would welcome a fist bump, or a hug. A group of 5 choir members sang, sounding wonderful if a little echoey in the empty spaces. Hard-working volunteers are putting the finishing touches on the plan to re-open to in-person gathering while continuing to make our Sunday services available by the internet as well.



## **A World of Faith & Spirituality: Yours, Mine, Theirs & Ours Diversity in Manitoba**

*By Ray Dirks and Manju Lodha  
A project of the MHC Gallery, Canadian  
Mennonite University  
Primary sponsors: The Winnipeg Foundation,  
MHC Gallery, Blennerhassett Family Foundation*

The book includes stories of many faith communities, including First Unitarian Universalist Church of Winnipeg.



### BLOOM

by Emily Dickinson

Bloom — is Result — to meet a Flower  
And casually glance  
Would cause one scarcely to suspect  
The minor Circumstance  
Assisting in the Bright Affair  
So intricately done  
Then offered as a Butterfly  
To the Meridian —  
To pack the Bud — oppose the Worm —  
Obtain its right of Dew —  
Adjust the Heat — elude the Wind —  
Escape the prowling Bee  
Great Nature not to disappoint  
Awaiting Her that Day —  
To be a Flower, is profound  
Responsibility —



Two old ladies Dolly and Ruby were talking about their grandchildren.

Dolly said, "Each year I send each of my grandchildren a card with a generous cheque inside. I never hear from them neither receive a thank you message!"

Ruby replies. "I too send them a very generous cheque. I hear from them within a week after they receive it. In fact, they each pay me a personal visit."

"Wow! How come?" remarked Dolly

"Very simple solution, \*I don't sign the cheque.





## THE AMAZING FEAT OF

BY: HEATHER EMBERLEY

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**WINNIPEG FREE PRESS COMMUNITY REVIEW,**  
WEDNESDAY, JUN. 15, 2022

Early every morning, like clockwork, a living legend scurries around Crescentwood. He's a man on a mission and there's no stopping 85-year-old Dr. Art Chow. For 44 consecutive years he has trained daily for the Manitoba Marathon and hasn't missed one yet, raising a total of \$242,713 (as of last year) for Manitobans living with intellectual disabilities.

It was his friend's daughter, Katherine — the subject of her mother, Nicola Schaefer's book, *Does She Know She's There?* — who motivated him to support community living. Chow says "the first people I saw when I crossed the finish line that first race was Nicola and Katherine, and they've been cheering me on every year since."

Retired U of M chemistry professor Art Chow has trained for the Manitoba Marathon since its inception in 1979.

Also cheering him on is his wife of 59 years, Dr. Donna Chow, and their family, which includes three grandchildren. A native of Meaford, Ont., Chow attained a PhD in chemistry and taught at the University of Manitoba. It was at the U of M that he started running on his lunch hours to keep

fit with colleagues. This ultimately led to his passion for the original Association for Community Living in 1979.

A true Renaissance man, Chow has been participating in the Hart House Camera Club annual exhibition for over 60 years and has had more than 500 photographs accepted for display. The first photo competition he won garnered him a prize of four tickets to fly anywhere in the world. He chose Canada's north. His camera was busy in Churchill, Whale Cove, Rankin Inlet and Yellowknife. Since then he and his wife have visited 65 countries around the globe.

Besides participating in the 10 kilometre race at this year's anniversary, he will, like every year, also be volunteering by handing out race kits the night before the big race.

Training this year was tough with the snow, icy sidewalks and now potholes everywhere, but Chow never waived in his daily exercise routine, which includes counting calories.

He's also counting on supporters to help him reach his goal of \$10,000.

"That's a long way from the \$500 I raised my first year," he says. One of his favourite memories came when "a little girl donated her allowance of 25 cents. It's those moments that touch the heart," he says

**Update June 19<sup>th</sup>: Dr. Chow finished the 10K run in 1 hour, 8 min.!**

*Checking In is edited by Lynn Clark on behalf of the Pastoral Care Team of First UU Church of Winnipeg. Many thanks to Bonnie, Heather, Linda, Michael Gisela and Dianne for photos, stories and cartoons.*

Do you have a photo, a memory, a bit of news to share in the next Elders' Newsletter?

Send your stories, news, photos, poetry, and other ideas to [Lynn Clark](#)

***Gisela Meyer shares our monthly Elders Newsletter with her friends at Lakehead Unitarian Fellowship in Thunder Bay. Her friend, Dianne Potts gave Gisela permission to share this poem in the Elders' Newsletter. She wrote: "This was a tribute to both of my grandmothers – rarely did I see them not wearing an apron!" Thank you, Dianne and Gisela!***



## Gramma's Apron

by Dianne Potts, Oct 2, 2009

Love illuminates the room  
from the hook behind the kitchen door.  
A sense of Gramma's presence lingers in her  
apron long after she has gone.

I picture her wiping her hands on the checkered,  
as she turns to greet the  
knock at the door...  
her eyes and smile beaming...  
her voice dancing, "Look who's here!"

It beckons me closer to its sweet, and familiar  
comfort.

I am flooded by memories...  
Falling deeper into Gramma's bosom, warm and  
consoled.  
Such soothing, snuggly love oozed from that  
apron  
as it swallowed my salty tears,  
inhaled my sobs and hysterical laughter,

and embroiled me in the leftover fragrances of  
her culinary creations that tingled my nostrils  
and put me at ease.

The embroidered bib is now thin, loose and  
stretched,

Weakened by the decades of washing and  
hanging out to whip dry in  
the sun, wind and rain.

The tattered pocket still hangs down like a dog's  
tongue.

The sauce spotted skirt is peppered with purple,  
pickled beet stains.

It is a work of modern art.

A canvas that...

Cradled tomatoes from the garden,  
Shined crystal for the family turkey dinners,  
Swatted flies,

And wiped remnants of lunch from my giggling  
face before sending  
me off to explore.

I reach up and respectfully don Gramma's apron

—

My shield of armour  
that allows her wisdom and love to seep through  
my bones,  
my mind,  
my recollections...

You are here with me now, dear Gramma,  
guiding me.

I am in your loving embrace.

