



**North Shore Unitarian Church**

*Belong with heart. Thrive in spirit. Act in service.*

370 Mathers Avenue,  
West Vancouver, V7S 1H3 BC  
Tel: 604.926.1621 [www.nsuc.ca](http://www.nsuc.ca)

## Heart, Mind, Spirit Adult Education Programs

Our goal is to facilitate the spiritual growth of our church community and its members by enabling each individual to explore and question our spiritual, intellectual and religious heritage.

Here is an overview of some upcoming workshops and presentations:

Rev. Stephen Atkinson and Lynn Sabourin will offer a “New UU” program on Monday evenings starting September 27 at 7:30 in the Fireside Area. This program is an opportunity for people new to NSUC to learn more about our community. Joining with others who are relatively new helps people become connected; it can make the community feel more like your own. And we have fun, too.

Attending is an excellent way to consider what place you want this congregation to take in your life and how you'd like to be a part of it, especially if you're considering becoming a Unitarian Universalist. However, all those who are curious are welcome, whether or not you are considering membership. Attending New UU is a requirement for church membership if you have not been a Unitarian Universalist in the past, and it's helpful as a refresher course for those returning.

Lynn Sabourin, our Membership Director as well as our Director of Religious Education, joins Rev. Atkinson to talk about the history of Unitarian Universalism and of North Shore Unitarian Church in particular. We'll discuss our principles and sources, and ways in which people of various backgrounds and beliefs create our diverse and open church. There will be lots of time for your questions and for you to share your new experiences.

Even members or long-time friends are welcome to be reminded about basics, perhaps to learn something new, and also to get to know those who are currently interested in our congregation.

Don Gayton and Beth McLin will be leading a series of Tuesday evening discussions on the Ethics of Food. A variety of topics and approaches will be featured at these monthly sessions, everything from sharing comments after watching DVD's to studying books and listening to presentations from community members. Ethical Eating is a topic for congregational study and inquiry from the Unitarian Universalist Association for 2008-2012. The first meeting of this series will be on Tuesday evening, October 19, in the Fireside Area.



Watch for more details about these programs and sign up on the church bulletin board at the foot of the stairs. You may also call the church office at 604-926-1621 to register.