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## Sunday Services

**June 7** "*Challenging the Face of Power: the life of a social activist*" The Reverend George Feenstra.

**June 14** "*Presenting Walt Whitman, Poet, Transcendental Realist, Humanist*" The Reverend Anne Treadwell. Whitman was not only a poet but a friend of Emerson, our great Unitarian philosopher, himself a poet. The presentation will focus on Whitman's words, a fitting tribute to a writer in tune with U\*U thought, and far beyond most of us in his inspired expression of it.

**June 21** "*Rethinking Suburbia; a cautionary tale from our neighbours to the south*" Najat Abdou-McFarland will draw on two documentaries: End of Suburbia/End of the American Dream and Escape from Suburbia/Beyond the American Dream.

**June 28** "*Going Upstream*" The Reverend Kitsy Winthrop. A hopeful exploration of what lies be-

neath the current economic crises, and other dis-ease on this planet.

### July 5 "Congregational Picnic"



## Invitation from the Board President

On June 14th, we will be holding our Annual General Meeting after the Sunday service. I encourage all members of the Fellowship to attend this important meeting. We will have some transitions in volunteers to fill the various positions in our management structure, and some new faces will be presented for your consideration.

Come and get to know your new slate of officers. More importantly, come and support those who have agreed to take on the responsibilities of guiding us into our 50th year of existence. They will need your help, your encouragement and your offers of assistance throughout the year.

The Annual Meeting is also a time of renewing the bonds with your fellow Unitarians. It will be a time to review, confirm, and modify our course of action.

It is the time when your suggestions and comments may be voiced and heard.

Join us, volunteer if you can, and enjoy the ambiance of our vibrant community.

Sincerely,

John van Abbema, President of the Board



## Women's Pot Luck

The next women's pot luck dinner is planned for Friday, June 26th. at 6 pm. Diane Reid will host the gathering at her home in Kelly's Creek (directions to follow). Diane lives on the water and has suggested that if the weather is fine people might like to come at 5 pm and enjoy some swimming and/or canoeing or boating before supper. The show and tell topic is "Brushes with Greatness." "Greatness" is open to interpretation as each person sees fit. If no one comes to mind, please tell us who you'd \*like\* to

meet and what you'd say to her, him, or them if chance permitted! For more information contact Joan Brewer at jrjeb@nb.sympatico.ca or 455-5169



## Hospitality Committee

Betty Lou Daye has volunteered to chair the hospitality committee for 2009-10. She is looking for members who would like to be part of the committee to assist with various activities such as Sunday coffee, etc. The new committee assumes its responsibilities effective July 1.

The hospitality committee is one of many of the committees where the saying "many hands make light work" is a truism indeed. Please consider lending a hand and being a volunteer with this.

Many thanks,  
Betty Lou  
357-8256  
daye@nb.sympatico.ca



## Rainer Marie Rilke

Be patient toward all that is unsolved in your heart  
And try to love the questions themselves.  
Do not seek the answers that cannot be given you  
Because you would not be able to live them.  
And the point is to live everything.  
Live the questions now.  
Perhaps you will gradually, without noticing it,  
Live along some distant day into the answers.



## UFF's Magnolia Tree in bloom



In New Brunswick, May is the month for Magnolias and one of the sure signs of spring is the blossoming of the Magnolia bush in front of Tim Horton's coffee shop in downtown Fredericton and the Fellowship's Magnolia tree that grows next to the porch at the back of the house. The trick to growing Magnolias in Fredericton seems to be finding a good protected spot for them

and planting young stock so they will easily adapt to our climate. Our Magnolia tree was planted in the 1960s by the previous residence owners, Chet and Helen Campbell.

Their daughter, Janet Stevenson believes that UFF's magnolia is the largest and oldest in Fredericton, if not the province. Several years ago, congregation photographers took beautiful photos of the tree in bloom in 2005 and 2006, framed them and offered them for sale as a fundraiser to raise money for renovations. A number of the framed photos are still available. Contact Janet Crawford for more information.

### Some Interesting Facts About Magnolias

Local gardening expert Debby Peck says "the discovery of Magnolias by learned botanists was followed by the assigning of a name for the species. A trend back then and one that continues today in the scientific community was to immortalize a notable individual by giving his or her name to another living thing. Magnolias were named in 1703, by Charles Plumier, one of the first individuals to publish a botanical work about the American flora. He was studying a beautiful flowering tree from the island of Martinique at the time and decided to name it in honor of a highly regarded plant expert of the day, Pierre Magnol. Magnol was director of the botanical garden in Montpellier, France in the late 1600s. He is known for his great influence on the science of botany...indeed, his ideas for classifying the world of plants was incorporated into the work of Carolus Linnaeus."

Magnolia flowers come from the magnolia tree, which grows throughout eastern Asia, North America and Central America. The flowers are cup-like and fragrant, with between six and 12 petals apiece, and range in color from white to pink to purple.

Magnolia is an ancient genus. Having evolved before bees appeared, the flowers developed to encourage pollination by beetles. As a result, the carpets of Magnolia flowers are tough, to avoid damage by eating and crawling beetles. Fossilized specimens of *M. acuminata* have been found dating to 20 million years ago, and of plants identifiably belonging to the Magnoliaceae dating to 95 million years ago.

Herbalists have known about the plant's natural medicinal qualities for centuries. Through history Magnolia bark has been prescribed as a cure for headaches, fever, cold, and asthmatic reactions. It was a substitute for quinine to treat malaria and typhoid. It was sometimes chewed as an aid in smoking cessation. Magnolia has attracted the interest of the dental research community because magnolia bark extract inhibits many of the bacteria responsible for carries and periodontal disease. In addition, the constituent magnolol interferes with the action of glucosyl-transferase, an enzyme needed for the formation of bacterial plaque. The flower buds and petals are collected in early spring when the bud is not in blossom, then dried in the sun and cleared of debris for use in herbal preparations. In traditional Chinese medicine, magnolia flower has pungent and warm properties, and is associated with

the Lung and Stomach meridians.

Science is discovering two substances found in Magnolia bark – honokiol and magnolol – are powerful stress and anxiety relievers capable of providing the same benefits of pharmaceuticals without the drugged side effect. Japanese researchers have found anti-oxidant levels in magnolia bark to be one thousand times more powerful than vitamin E. An exciting breakthrough occurred at Atlanta’s Emory University School of Medicine, where a team of researchers led by Jack Arbiser, M.D., Ph.D, assistant professor of dermatology and a faculty member in the Winship Cancer Institute, found that honokiol extracted from seed cones of magnolia trees prevented the growth of new blood vessels in animal tumors, thereby slowing tumor growth by 50 percent. Although honokiol still needs to be tested in humans, Arbiser says he is hopeful that one day it may be used in combination with low doses of chemotherapy to eliminate, or at least control, tumors. “This is a very old field that’s been neglected in the last thirty or forty years and is now making a comeback,” says Arbiser. “We’re discovering that God is a better chemist than humans.”

Magnolia is a large genus of about 210 flowering plants species in the subclass Magnoliodeae of the family Magnoliaceae. Magnolias can be deciduous or evergreen, but all flower in the early spring. They are likewise prized by horticulturists who have hybridized them and planted them for show in some of the world’s most famous botanic gardens.

In parts of Japan the leaves of magnolia obovata are used for wrapping food and as cooking dishes.

Since antiquity, flower symbolism has been a significant part of cultures around the world. Flowers accompany us in every major event in life—birth, marriage, holidays, graduations, illness, and finally death. Although the legendary associations and religious meanings of flower symbolism have existed for centuries, the use of the symbolic meaning of flowers to represent emotions was developed to a high degree during Victorian times. Due to the strict protocol of the times, emotions, wishes and thoughts were not openly expressed between men and women. Instead, an elaborate language based on flower symbolism was developed. Gifts of either single flowers or bouquets conveyed clear messages to the recipient. The flower symbolism associated with the Magnolia is nobility, perseverance and love of nature. Magnolia is the official state flower of both Mississippi and Louisiana. The flower’s abundance in Mississippi is reflected in its state nickname, the “Magnolia State”. The magnolia is also the official state tree of Mississippi. According to Debby Peck “Magnolias are sturdy, rugged plants that have endured many catastrophic, geological events through time. They have deep tap roots to keep them anchored in the soil. They have thick and impenetrable bark that is resistant to fire. Their seedlings can survive in the shade of a mature forest, waiting patiently for the large trees around them to die and fall,

opening the canopy for the tiny, perseverant Magnolia to finally grow tall and strong. Recently, Magnolias have been adopted as a symbol of longevity and endurance by the regions of the United States that were most heavily damaged by hurricane Katrina, a fitting tribute to this amazing tree and to the people suffering from that natural catastrophe.”

Artists, photographers, poets and writers have recognized the beauty and grandeur of Magnolias in their works. One of the most famous is by photographer Imogen Cunningham whose concern for purity of an image and clarity of detail is evident her magnolia series. “Magnolia Blossom” of 1925.

The Fredericton Botanic Garden Association has planted a Memorial Magnolia Grove close to the west loop of the road above and to the south side of the Rose Garden. The grove will include a total of nine varieties of yellow, pink/purple and white magnolia cultivars.

In a 2006 talk at the fellowship Debby Peck said: “I’ll ask you to compare the strength of the church and the strength of your faith to the strength of the Magnolia—these amazing plants show marks of tolerance, perseverance, fortitude, incredible strength and the will to survive...”

Anne Leslie



## Happy Birthday Shirley

Shirley Weyman, in Windsor Court, will celebrate her birthday June 4th. If those who knew her, would like to remember her with a card, I am sure she would appreciate this kind of a gesture. Haifa and Sharon will visit with a ‘singing telegram’. Her friend David Dickson has arranged for flowers to be delivered. Shirley continues even now, to show her sense of humour and quick wit. It is good to be remembered.



## Lucky Dog

Mary and her husband Jim had a dog named ‘Lucky.’

Lucky was a real character. Whenever Mary and Jim had company come for a weekend visit they would warn their friends to not leave their luggage open because Lucky would help himself to whatever struck his fancy. Inevitably, someone would forget and something would come up missing. Mary or Jim would go to Lucky’s toy box in the basement and there the treasure would be, amid all of Lucky’s other favorite toys Lucky always stashed his finds in his toy box and he was very particular that his toys stay

in the box.

It happened that Mary found out she had breast cancer. Something told her she was going to die of this disease...in fact; she was just sure it was fatal.

She scheduled the double mastectomy, fear riding her shoulders. The night before she was to go to the hospital she cuddled with Lucky. A thought struck her...what would happen to Lucky? Although the three-year-old dog liked Jim, he was Mary's dog through and through. If I die, Lucky will be abandoned, Mary thought. He won't understand that I didn't want to leave him! The thought made her sadder than thinking of her own death.

The double mastectomy was harder on Mary than her doctors had anticipated and Mary was hospitalized for over two weeks. Jim took Lucky for his evening walk faithfully, but the little dog just drooped, whining and miserable.

Finally the day came for Mary to leave the hospital. When she arrived home, Mary was so exhausted she couldn't even make it up the steps to her bedroom. Jim made his wife comfortable on the couch and left her to nap.

Lucky stood watching Mary but he didn't come to her when she called. It made Mary sad but sleep soon overcame her and she dozed.



When Mary woke for a second she couldn't understand what was wrong. She couldn't move her head and her body felt heavy and hot. But panic soon gave way to laughter when Mary realized the problem. She was covered, literally blanketed, with every treasure Lucky owned! While she had slept, the sorrowing dog had

made trip after trip to the basement bringing his beloved mistress all his favorite things in life.

He had covered her with his love. Mary forgot about dying. Instead she and Lucky began living again, walking further and further together every day. It's been 12 years now and Mary is still cancer-free. Lucky He still steals treasures and stashes them in his toy box but Mary remains his greatest treasure. Remember...live every day to the fullest. Each minute is a blessing. And never forget...the people who make a difference in our lives are not the ones with the most credentials, the most money, or the most awards. They are the ones that care for us.

If you see someone without a smile today give them one of yours! Live simply. Love seriously. Care deeply. Speak kindly. Leave the rest to the Universe.

*This is a story off the Internet, don't know if it is true, but it is a fine story nonetheless. If you have space in the June issue....*

Anne

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## CUC's Third Annual Chapbook

The CUC's third annual chapbook will be available at the ACM in Thunder Bay, May 15 - 19, 2009. The cost is \$7 per book, or a special bulk deal for those at the conference of ten copies for \$50.

Jo-Anne Elder-Gomes says in the Foreword:



"The title of this collection, *The Moon That Follows You Home*, taken from a poem by Helen Iacovino, reminds me that we are not alone in our search. We are not only surrounded by goodness, there is not only light in darkness, there is something more: a constant presence that does not lead us away from ourselves but rather follows us, accompanying us closely and gently along our path. We are still, and always, on our way

home, to some place where (or some time when) our wholeness can be restored and celebrated. We are called to keep talking about our journey and keep walking that path, not by duty alone, but by our most essential humanity."

Contributors to the issue, besides our editors: Jo-Anne Elder-Gomes, Rev. Carole Martignacco, John J. Guiney Yallop, Diane Stevenson Schmolka, Keith Wilkinson and myself are - Belinda Betker, Rev. Audrey Brooks, Nathalie Brunet, Alex Campbell, Dan Coghlan,

Jennifer Getsinger, Barbara Harsanyi, Elaine Harvey, Sterling Haynes, Helen Iacovino, Franci Louann, Angela Simmons (cover photo), Cassy Welburn, and Alex Winstanley.

After the conference the book will be available through the CUC Website or the Toronto office (1.888.568.5723, or 416.489.4121)

best regards  
Janet Vickers  
poetry@cuc.ca

"In poetry, language is always a singer as well as a thinker; a lover as well as an engineer." Don McKay

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## Thanks

I would like to thank all of the members of TUFF who have supported me since my knee replacement surgery on May 19. I'll try to remember everyone but if I forget someone

please forgive me (pain meds LOL).

My first visitor was dear Margaret with a cute card and a tube of moisturizing cream that has saved me from gouging my dry swollen skin off.

Bless Sharon for coming by and spending an hour telling me what an inspiration I was to someone waiting for the same surgery.

Then poor Janet spent the time to come up to see me, only to find that I was temporarily "Indisposed". She left one of her adorable cards.

And then there was the food parade; Anne L., Haifa, Janet, Sheila, who all came by with food and visited with me this week. Some took shifts to babysit me while Sally had to go out. By Sunday afternoon I will also be enjoying food from Margaret. Thanks one and all for the phone calls, visits and food blended with love support and encouragement. I so appreciate the time and care of the TUFF Caring Committee and members at large.  
Sue Steen



## Baby Shower

All are invited to come together on July 11th, 2009, from 2 - 4 p.m. at the Unitarian Fellowship of Fredericton for a Baby Shower. Heidi and Eric Daigle are expecting their new baby in August. Husbands and children are also welcome. This is a time of celebration for Heidi and Eric and for our Fellowship community. For information please call Haifa Miller at 472-1509 or allison calvern at 459-1436. Please RSVP so we have an idea how many are coming.



## A Joyous Solstice Festival



Sunrise at Stonehenge

At twilight, the portals between the worlds open and faeries may enter our world. Mortals who welcome them are blessed with joy and wisdom.

Shakespeare immortalized this lesser fire Sabbat in his play, *A Midsummer Night's Dream*. Faeries are featured

in this comedy.

This year, the centre of the sun will be co-planar with the centre of the Earth and a perpendicular dropped from the Earth's axis of rotation to the plane of the ecliptic within minutes of 2:45AM on June 21'st. This is the moment of the Solstice and marks the end of the apparent motion of the Sun Northward and the beginning of the long march back into Winter when the memory of biting insects, heat, humidity and pollen will have receded to the point that we begin to look forward to Summer once more.



## First Ottawa Calls Minister

First Unitarian Congregation of Ottawa has called Rev. John Marsh as our settled minister.

At a vote taken after a congregational meeting this past Sunday, May 10, members issued Rev. Marsh a resounding call to ministry, voting 98.5 percent in favour. "Extremely pleased," Rev. Marsh accepted with enthusiasm.

The vote followed an active and engaging candidating week: a whirl of receptions, working breakfasts, potlucks, and question and answer sessions. Organized by the Search Committee for a Settled Minister, the events gave members of the congregation and staff opportunities to meet and greet the candidate. "The Search Committee thanks all the people who faithfully attended the various events to meet John, and also those who helped with food, set up, logistics, and communication to make the week a success," said co-chair Kent Swinburne.

Born in Norwell, Massachusetts, Rev. Marsh's interest in the ministry originated in childhood. After taking an undergraduate degree in English literature from U. Mass., John obtained an M. Divinity from Harvard in 1982; he was ordained the same year.

John's first parish ministry was in Edmonton, Alberta, where he worked to re-create a sense of worship in the congregation and reach out to the gay and lesbian community. Another achievement of his tenure there was to meet and marry his wife of twenty-two years, Alison, and start a family. John, Alison, and their three children are all Canadian citizens.

Rev. Marsh has served Unitarian Universalist congregations in professional positions since 1976, establishing children's programs in inner city churches in Boston and Los Angeles, sharing an exceptionally productive co-ministry in San Francisco, and providing skilled and steady interim ministries in Syracuse and Utica, New York. He is currently an interim minister at First Parish Church in Arlington, Massachusetts.

In the wider community, Rev. Marsh has partnered with Faithful Fools Street Ministry and Habitat for Humanity

on social justice projects in San Francisco, and was the founding chair on the board of directors of California People of Faith Working to End the Death Penalty. During a sabbatical, he made weekly visits to two men on death row in San Quentin.

Calling a minister is one of the most important events in congregational life. To make it possible, First Unitarian's Settled Minister Search Committee has worked for over a year. All of us at First Unitarian honour the Search Committee—Co-Chairs Kent Swinburne and Gwen Harman, Alastaire Henderson, Sue Williams, Donna Bowen-Willer, Charles Lanktree, Blair Erskine, and Margot Clarke—for completing their task with thoughtfulness, discernment, and good grace.

John and Alison expect to move to Ottawa this summer; they will be welcomed with open arms.



## CUC Appoints Executive Director

The Board of Trustees of the Canadian Unitarian Council is pleased to announce the appointment of Jennifer Dickson as its Executive Director, effective May 12, 2009.



### Jennifer Dickson

For the past five years Jennifer served as Executive Director for Pauktuutit, Canada's National Inuit women's organization, leading and supporting work on issues facing Canada's Arctic and encouraging Inuit women to participate effectively in their social development and economic life.

In the nineties, Jennifer founded Leslie Enterprises, an independent management consulting and project development firm, where she built and lead cooperative processes among private and public sector clients to develop practical, cost-efficient, results-based national and international initiatives. Prior to that, Jennifer held senior positions with the Government of Canada, the Province of Ontario and the Municipality of Metropolitan Toronto, focusing on intergovernmental and international issues.

Jennifer has four children and currently lives in the Ottawa area. She attends the Ottawa First congregation and is an active member of its choir. She is now looking for a home in Toronto. Jennifer continues to be actively committed to the well-being of all children and sits on the Board of Directors of the National Alliance for Children and Youth.

If you will be attending the upcoming Annual Conference & Meeting in Thunder Bay (May 15-18), please take the opportunity to welcome Jennifer into our fold.

At this time, the Board would also like to share its great appreciation to Linda Thomson for her hard work and

dedication as Acting Executive Director. Linda will play the "M.C." role at the ACM as planned, allowing Jennifer an opportunity to get familiarized and meet people. After the ACM, Linda will continue in her role as Associate Executive Director, helping Jennifer to transition into the organization, and as Regional Director for service delivery.

Please feel free to contact any member of the CUC Board should you have any questions or comments.

With great pleasure,  
Jean Pfeleiderer  
President, Canadian Unitarian Council



## A Blessed Trinity Sunday



*Trinità Chiesa San Gaudenzio Ivrea*  
Luca Rossetti

Trinity Sunday is the first Sunday after Pentecost, this year, June 7<sup>th</sup>. On this day, Christians ponder and celebrate the Trinity.



## A Credo

We believe....

- .. that many streams join to make a river,
- .. that the way to wisdom lies in an open ear and heart
- .. that goodness may be pursued for the sake of goodness
- .. and not from fear of punishment
- .. that knowing and not knowing are part of the same
- .. and ambiguity is permissible.

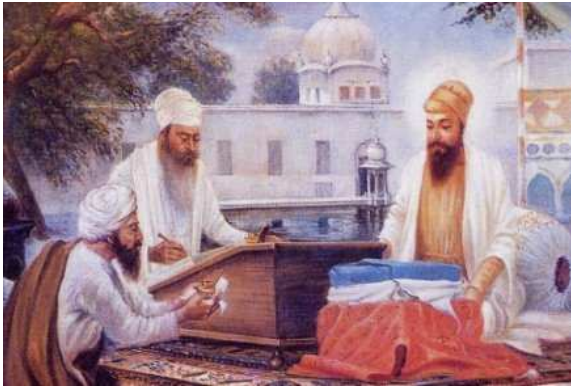
...Patrick Murfin

*Received from Sharon van Abbema with the covering note: Something I came across in the All Souls Waccamaw Unitarian Church newsletter that might be worth putting in Touchstone.*

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## The Martyrdom of Guru Arjan



*Guru Arjan, right, dictating the Adi Granth*

The 16<sup>th</sup> of June, will be a time to remember all Sikhs who have suffered for their faith. Guru Arjan was head of Sikhism as the fifth Guru for a quarter of a century starting in September, 1581. The construction of Amritsar was completed during his tenure as was the compilation of the works of the first four Gurus as the holy book the Adi Granth.

The Guru was tortured to death in 1606 with many reasons given including strong objections to the conversion of Muslims to Sikhism.

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## Taking Ourselves Lightly

*Editor's note: following is intended to be humourous. If you do not believe in humour, which is, of course, your right, please skip to the next article.*

**Why did the UU cross the road?**

*To support the chicken in its search for its own path.*

**What do you call a dead Unitarian Universalist?**


*All dressed up with no place to go.*

**Arguing with a UU is like wrestling with a pig. Pretty soon you realize the pig likes it.**

**How many UUs does it take to screw in a light bulb?**

*Twenty. Seven to form a committee to discuss the ecological implications of compact fluorescent vs. incandescent bulbs, six to form a committee to discuss labor practices, six on the aesthetics committee to discuss the exact tint and wattage, and one who goes ahead and does it without consulting anyone else.*

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## First Ottawa - Sanctuary Successful

April 24, 2009

### Shree Kumar Rai Legally in Canada After Two Years in Sanctuary

Ottawa, April 24 - The First Unitarian Congregation of Ottawa is pleased to announce that Shree Kumar Rai, a refugee from Nepal who has been in sanctuary at the church since February 27, 2007, has been legally admitted to Canada.

Mr. Rai has now met all of Citizenship and Immigration Canada's requirements for permanent entry as a skilled worker and has satisfied an outstanding deportation order issued by the Canada Border Services Agency. He will soon be joined here from Nepal by his wife Dikchhya and teen-age son Aditya, who he has not seen for more than 12 years.

The First Unitarian Congregation of Ottawa accepted Mr. Rai into sanctuary after a thorough review of his case. It was determined by the Congregation that the immigration system failed to recognize that Mr. Rai was a genuine refugee and that he would be in danger if he were forced to return to Nepal.

While churches have a centuries-old tradition of providing sanctuary to protect refugees and people who are oppressed or whose lives are threatened, this practice has no formal basis in Canadian law. However, more than a dozen refugees whose status was not legal have been granted sanctuary in Canadian churches in recent years. Many of them eventually gained legal status to remain in Canada.

While in sanctuary Shree was confined to the Unitarian church and its grounds on Cleary Ave. in Ottawa's west end. He helped with maintenance in the church, made sushi to help pay legal expenses and support his family in Nepal, and developed a promising talent as a painter. He is a skilled sushi chef and has been offered employment in a sushi restaurant in Ottawa.

Mr. Rai was a teacher and a storekeeper in Nepal. He fled to Canada during a civil war in Nepal when his life was in danger. Peace has now been restored in Nepal, the monarchy has been deposed, and the country's Maoists have been elected to power through a democratic election.

The First Unitarian Congregation would like to thank the Honourable Jason Kenney, the Minister of Citizenship, Immigration and Multiculturalism, and his officials for their help in resolving Mr. Rai's case.

# The Church of the Larger Fellowship



CLF

## Principles and Purposes Poetry Poster

Want a fun and attractive reminder  
of our UU Principles for your wall?  
Looking for a fun way for kids to learn  
what our Principles really mean?

The Church of the Larger Fellowship  
now offers a poster featuring the  
**Seven Principles**  
in limerick form!

Bright, colorful, and clever  
11" x 17" poster.  
They make great gifts.

All plants, beasts and people belong  
To a web that is silent but strong.  
Every choice that you make  
Leaves a trail in its wake,  
So remember you're part of the throng.



**\$8.00 plus postage**

To purchase this poster and others, contact  
the Church of the Larger Fellowship (CLF),  
[www.clfuu.org](http://www.clfuu.org) click on **CLF Shop**  
or call 617-948-6150.



Proceeds support  
the many ministries of the Church of the Larger Fellowship.