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Sunday Service 11 a.m.

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celebrating the Coming of Age and Bridging of youth members, and the growth and vitality of our children and junior youth.

June 20 Sharon van Abbema *Lay Chaplaincy .. What is it all about?*

June 27 *Seasonal Wrap-up and Pot Luck Picnic*



News from Children's RE

June Food Bank Drive

This month we would like to invite members of the congregation to help us gather food to support our local food banks. With summer stock low and more families having financial difficulties, the food banks need our help now more than ever. Some of the items in demand are canned beans & fruit, tuna, peanut butter, soup, pasta, coffee, sugar, flour, and items for kids' lunches such as jello, puddings, etc. There will be a white laundry basket in the library for donations. Thank you for your generosity!

Sunday Services

June 6 Glenn Turner *To Endeavor in the Face of the Impossible* Reverend Glenn Turner, who served as our District Minister when we part of the North-West District of the UUA, will be our guest minister for this service. His sermon, entitled "To Endeavour in the Face of the Impossible," is inspired by a novel by Margaret Drabble who believed that happiness was a by-product of our efforts to live our lives with devotion and depth. Turner writes: 'She commented in an interview that she liked "fairly happy endings," and in the novel I read, her characters "go in for continued effort" when things are less than "happy." When I watch friends and family struggle with the issues that arise in life, I realize again and again that though we may wish we/they were happy, what we all deal with may have little to do with "happiness" per se. It has everything to do with how we meet those issues.'

June 13 Elisabeth Elder-Gomes and the N.B. Youth *Moving On Up: multi-generational service* As we approach the end of our "church year" and prepare for UFF's Annual General Meeting, we also want to recognize the changes in the lives of our young people. At this multi-generational services, we will be cel-



Vegetable Garden

With the help of Malcolm, Sylvia, and Tony, we planted a vegetable garden in the yard just above the May pole. We planted a variety of vegetables and had a lot of fun working together. We encourage you to join us after the service each week to see how our veggies are doing. We may need your help to identify weeds!

Used Greeting Cards

We are looking for donations of used greeting cards for a future fund-raiser. We will transform the cards into gift tags which will be available for purchase. We will be supporting "Right To Play" which helps improve the lives of children in disadvantaged areas through sports and play.



Vitality, Volunteerism and Vision

June is our month to shine. In the annual cycle of our fellowship, it is when we change over from one year to another. This is an opportunity for volunteers to try their hand at some new challenges and to help revitalize the spirit of our Unitarian community. The Annual General Meeting (AGM) will take place at the Fellowship, June 20, 2010 right after the Sunday service.

Heads of our various committees will have a chance to tell their story on last year's activities in their annual reports. These reports are due in to George DeMille by June 10, 2010, so that they may be collated in time for the AGM.

The Nominating Committee has been busily calling members to volunteer for the various positions on the Board and as Committee Chairpersons. We need more volunteers to help with the various committees. If you would like to have a greater participation in the direction of this fellowship, please let us know. We are always looking for new talent to help revitalize our programs. Your input will always be welcomed and appreciated.

We look forward to your attendance at the annual meeting. We need your input and your vote. We need your vision to give us guidance. Also, we need a quorum, to prevent us having to do it over again in the fall. Please plan to attend. Your presence is important.

Thank you to all who have given so much time to the Fellowship. Your efforts have not gone unnoticed. May we have as smooth, as diverse, and as active a Fellowship in the upcoming year.

John van Abbema



We're Going to Be 50!

The Unitarian Fellowship of Fredericton will turn fifty this fall. As part of the celebration of this momentous occasion a very special program is being planned for the weekend of September 11-12. Rev Charles Eddis (minister emeritus of the Montreal Unitarian Church) will be leading an anniversary service Sunday morning. Old timers among us will recall that he also celebrated our twenty-fifth anniversary with us. On Saturday there will be a gala dinner for the Unitarian community both past and present. We

hope that many of the ex-members of TUFF will choose to reconnect with us, however briefly, for this celebration.

To mark the anniversary year we are planning also to arrange visits by some of those ministers who have had an association with TUFF in the past. The Sunday Service Committee has arranged for Rev Glenn Turner to do the service on June 6. For many years when TUFF was a part of the North-East District of the UUA Rev Turner served as District Minister (think bishop). We have also made tentative arrangements with others - Rev Stephen Atkinson on August 22 and Rev Bill Main, probably also in August.

The members of the anniversary committee organizing the program are Nancy Beltrandi, George DeMille, Sheila Moore and Betty Ponder. If you have any suggestions on how we might further recognize this momentous occasion please speak to one of them.

George DeMille



Women's Pot Luck

The next monthly women's pot luck is planned for June 25th at 6 PM (we'll eat at about 6:30). Sharon van Abbema will host the pot luck at her home, 130 Cortland Street. The topic for discussion is undecided at this time. For more information contact Joan Brewer 455-5169 or jebrewer@rogers.com



Litha

Also known as: Alban Heruin (Druid), Alban Hefin (Caledonii), Summer Solstice, Midsummer, Midsummer Night, Midsummer Night's Eve, Gathering Day, and Feil-Sheathain (Pecti-Wita July 5)



Midsummer is the time when the sun reaches the peak of its power, the earth is green and holds the promise of a bountiful harvest. The Mother Goddess is viewed as heavily pregnant, and the God is at the apex of his manhood and is honored in his guise as the supreme sun.

But don't overlook the Celtic Sun Goddesses in your celebration. The Celts are one of several cultures known to also have female deities to represent the power of the

sun. The Celtic languages are some of the very few in which the names for the “sun” are feminine nouns, which attests to the one-time prominence of these Goddesses. A number of the myths surrounding these ladies of light have been preserved. Among the most well-known are Sul (Anglo-Celtic), Dia Griene (Scottish), the Princess of the Sun (Breton), and Grian and Brid (Irish).

Just as the Holly and Oak Kings battles for supremacy at Yule, this ever-repeating fight is reenacted at Midsummer, this time with the Holly King, as king of the waning year, victorious.

from “*Celtic Myth and Magick*” by Edain McCoy

A blessed Solstice Sabbat to our Pagan friends.



Northern Lights

Chalice Lighting Program

Some of us old-timers will recall that, when we were part of the North-East District of the UUA, we were invited, as individuals, to make occasional donations to a Chalice Lighters fund. The monies raised were used to support a particular enterprise in one of the NED congregations. At the recent annual conference of the Canadian Unitarian Council a similar program was launched for Canadian UU congregations. The initiative for such a program came from the UU Ministers of Canada association (UUMOC).

The idea is that individual Unitarians and Universalists will be asked to sign on as Northern Lights, undertaking to make a donation to the program twice a year. Suggested donation amounts range from \$25 to \$75. It is hope to enlist around 1000 Canadian UU's (about 20% of Canadian UU membership). If this goal can be achieved grants of as much as \$50,000 could be made for such purposes as:

- starting an emerging congregation
- beginning or extending professional religious leadership
- establishing a “home” for a congregation
- funding for growth as part of a comprehensive growth plan.

Membership in the Northern Lights program creates opportunities for participation in the larger Canadian Unitarian movement beyond one's own congregation.

Brochures are available at the fellowship for those who may be interested in supporting this program. For further information contact George DeMille.



Joint Picnic with Saint John

The annual picnic with the Unitarian Universalist Congregation of Saint John is scheduled for Sunday, July 11, 2010, at Oak Point Park, starting at 10am and lasting until 3pm—or until all the hot dogs have been eaten.

We gather late in the morning, have a worship service together, and then eat, after which we play, and laugh, and remember why we appreciate being connected to other U*Us.

TUFF is working on the shared worship service through Jennifer Loomer of the UUCSJ. Carlos Elder-Gomes will lead the service with his drumming, but Jennifer is looking for other participants. Please contact her 506-847-2925 if you have a song, a poem, a reading, a dance, or other element you wish to contribute to the service.

The rain date (to be determined beforehand) is the previous day, Saturday, July 10.

Bring a pot-luck picnic lunch, and contribute to the summer-fun activities with our fellow New Brunswick U*Us. This is an opportunity to share worship, general hilarity, and the sun-filled laziness of the beach. Oak Point Park is very well appointed with lots of space, useful buildings and various play areas.

TUFF is contributing its share of the costs of renting the space (whether we attend or not) and as well, each attendee must pay the entry fee of a few dollars (perhaps \$3? —call Jennifer 506-847-2925 for details).



Eknath Easwaran

I asked by phone message if I could refer to Eknath Easwaran and quotes from his Thought for the Day passages. I love this guy. His quotations from so many sources and commentary are wisdom and comfort to me. His views are Hindu in origin but Universal in our lives.

here is the email reply I want to share it with all in the fellowship.

Larry Lacey

Dear Lawrence,

Thank you for your message and your kind words. We are delighted to hear that you have found inspiration over the past ten years in Easwaran's Thought for the Day.

Please feel free to refer to our website in your church fellowship newsletter. There are many free resources on our website and we hope that you and the members of your church community avail themselves of any of it that they

find useful.

Joan Barnicle
Blue Mountain Center of Meditation

I suggest to visit his web site

<http://www.easwaran.org/page/141>

to read *Thought of the Day* from time to time. I suggest it will become rewarding to read his life, his path, his seemingly simple method of meditation, and about Blue Mountain retreat Nigiri press.

Larry Lacey

Easwaran's *Thought of the Day* AN EXAMPLE

Envy and wrath shorten the life.

~ Ecclesiasticus

All of us have a need to forgive, whether in large or small matters. All of us suffer little irritating pinpricks every day. It is not very effective to analyze these small wrongs and then forgive them one by one.

Much more effective is not to dwell on them at all. Whenever a stray bit of wrath arises and wants to talk over some incident from the past, don't invite that thought in.

When we can withdraw our attention completely from the past, it is not possible to get resentful; it is not possible to be oppressed by mistakes in our past, no matter who made them. All our attention is in the present, which makes every moment fresh, every relationship fresh.

Staleness and boredom vanish from our life.



OPAL

Invitation to AGM from OPAL Family Services

Annual General Meeting Thursday, June 24, 2010 6:30-9:30pm Stepping Stone Senior Centre 15 Saunders Street Fredericton, NB.

Volunteers Needed

TRENDS are not always popular, nor are they always good for the general population. The current Trends toward volunteering definitely follow these two rules. The number of individuals interested in volunteering is decreasing while the need for a helping hand only increases. OPAL Family Services is a volunteer based community organization that is feeling the strain of the difficulty of engaging volunteers. If you, anyone in your family, church group, service group or work place are interested or even curious about volunteering with OPAL Family Services PLEASE contact our office at 457-9520. Feel free to visit our website www.opalfamilyservices.ca and we welcome everyone to at least join our Facebook Page. Thank you so much for your time and consideration.

"We each have our own storms, but together the thunder seems less frightening"

Being a Volunteer

Age: 39 - Male

Diagnosis: Cerebral Palsy

Suggested Hours: Afternoons - Wed/Sat/Sun

General Location: Northside

Activities: Movies, Bowling, Skating, Going out for Coffee

Volunteer Requirements: Willing to be a friend and commit to 6 months

Additional Comments: Works during the day M-T-F

Age: 15 - Female

Diagnosis: Fetal Alcohol Syndrome

Suggested Hours: Sat/Sun

General Location: Hanwell

Activities: Bowling, Shopping, Crafts, Movies

Volunteer Requirements: to be a friend and commit to 6 months

Age: 14 - Female

Diagnosis: Fetal Alcohol Syndrome

Suggested Hours: Fri/Sat

General Location: Hanwell

Activities: Shopping, Girl Talk, Swimming, Crafts, Movies

Volunteer Requirements: To be a friend and commit to 6 months

Age: 26 - Male

Diagnosis: Autism

Suggested Hours: Evenings/weekends

General Location: McLeod Hill - Northside

Activities: Pool, Swimming, Painting

Volunteer Requirements: Be a friend and commit to 6 months

Additional Comments: Works during the day M-F

Trisha Mersereau

OPAL Family Services

457-9524



Message from Linda

I Was Just Wondering...

There is a line in a song that the church choir is learning that makes my voice break almost every time I sing it: "I weep for wonder wand'ring far alone". The song, "Sure on This Shining Night" by Morten Lauridsen, based on a James Agee poem, is quickly becoming a favourite. I believe that wonder and awe are important spiritual practices and the song reminds me of that. The Buddhist practice of mindfulness is about staying open to the life that is right

in front of us, rather than on the worries and cares of other days. Staying mindful and being open means we are more likely to see the miracles around us. Miracle comes from a Latin root, “mirarai”, which means “to wonder at”.

Thanks to my Thursday night practice and its reminders to wonder, I’ve A Cardinal’s nest near our back door 07 been paying closer attention to the miracles of my life; the flower in the garden, the birds outside my window, the smell of line-dried laundry and the tiny toes of the 3 month old that was in church this past Sunday are all worthy of wonder. So, too, are the congregational volunteers that make coffee, plan worship, make decisions, work with children and remember to lock doors. The people that plant gardens, serve meals, write letters, dance, march, bake casseroles, hold hands, hug and campaign are all miracles, and the work they do leaves me with a sense of awe. I’m even impressed by the difficult meetings and conversations – the ones where committed and caring people care enough and respect enough to share their ideas and opinions.

For me, taking the time to notice the large and small miracles that make up my life leaves me with a profound sense of connection. I know, in no uncertain terms, when I cultivate my “wonder practice” that I am part of the interdependent web and that knowledge serves to deepen my respect and commitment to our shared life. Congregations that understand the precious and sacred web of relationships – between members, with the Canadian and International Unitarian Universalist community, with the communities in which we live and work, and with the world in which we all live and serve – are part of my passion. At times, I get confused and cranky and then I most certainly forget to pay attention, and find myself on shaky ground. I can certainly understand the words of the Psalmist who wrote, “I will lift my eyes unto the hills, from whence comest my help”². Taking the long view, remembering to look up, being outside in a natural setting are all ways in which I “reset”, when my wonder tank is running low. But so too is spending time with people who are striving to be better than they were yesterday, who work to build a community based on principles that they will, certainly, fail to uphold.

Where, or when, do you wonder? I’m not sure the specifics really matter. But I do believe that it matters that you wonder. Without a sense that we are part of – and therefore serving on behalf of – a cause or purpose greater than we are, it is, I believe, too easy to get caught up in the details that rob us of the ability to find nourishment in the work we do. Without wonder, we run the risk of living a life that is all about “shoulds” and “to dos”. I’m not suggesting we throw away the plans and the budgets, nor am I suggesting we spend our days gazing off at the landscape. Rather I’m reminding us (myself really) that we need to take the time to breathe in, to inspire, so that we work with our best selves and in service to our highest values.

Have I told you how much I love our congregations and our communities and what we are trying to do? Have I told you how much you, in your tireless efforts on our behalf, impress me? I am so grateful to be part of our movement, and I believe so much in our potential – it is a wonder!

In faith and with affection,
Linda Thomson
Director of Congregational Services



Saint John the Baptist

The early Christian church chose Midsummer Day as the birth date of Saint John the Baptist (June 24th – it isn’t really “mid summer” but that’s the day traditionally celebrated as midsummer’s day).



Saint John has long been thought of as one of the greatest saints. It was he who told of the coming of Christ. He was given the name John the Baptist because he baptized people – including Jesus.

Saint John’s Day has been celebrated throughout many Christian countries for hundreds of years.

In Puerto Rico, for example, bonfires blaze the entire night of June 23rd. Between midnight and dawn, people swim in the sea in memory of the saint who baptized people in water.

In Quebec, Canada, the Fête de la Saint-Jean-Baptiste is also an important holiday which includes bonfires, fireworks, parades and carnivals.

So, to our Christian friends, une bonne Fête de la Saint-Jean.



Unitarians to South India

Please pass on this ‘travelling with Unitarians’ opportunity to your congregations. Thank you!

Beverly Carr
bgcarr@rogers.com

Like Water for Spices: A Unitarian Journey to South India, from the Bay of Bengal to the Arabian Sea. March 11 - 17, 2011. Experience fabulous temples, meditate in captivating locations, attend a Sunday service at the

Unitarian Christian Church in Chennai, visit an ashram in Pondicherry, cruise the backwaters of Kerala, learn about Tanjore painting, enjoy a Kerala cooking demonstration, and watch a Kathakali Dance presentation. Led by Rev. Wayne Walder. See all details at

www.nuuc.ca/Journeys/india2011.htm



CLF at UUA GA

Traveling to General Assembly this June (June 23 - 27, Minneapolis, MN)? The Church of the Larger Fellowship (CLF) will be there! The CLF is a unique congregation without walls. We are a congregation by mail, phone and cyber-space, offering spiritual inspiration and religious education on your life's journey. Here's where you can find the CLF at this year's General Assembly:

CLF Ingathering and reception for the Rev. Jane Rzepka (Wednesday, June 23, 6:45 pm) Minneapolis Convention Center, Room 101-I

CLF's Worship Service (Friday, June 25, 4:30 pm) with Reverends Gail Geisenhainer & Abhi Janamanchi preaching music with Sarah Dan Jones & friends from the UU Musicians Network Minneapolis Convention Center, Ballroom A

Come find us at Booth #817

UU Purchases to support the many ministries of the CLF

- * chalice pendants
- * chalice lapel pins
- * note cards
- * RE curricula
- * UniUniques products

Worship, Online community, and RE resources for

- * individuals
- * families
- * congregations

There's lots to talk about at the CLF Booth (#817)!

All proceeds from booth sales support the many ministries of the Church of the Larger Fellowship, serving UU individuals and small groups all over the world. The Church of the Larger Fellowship is supported by its membership.

Questions?

www.clfuu.org
617-948-6150

The Church of the Larger Fellowship's mission is to provide a ministry to isolated religious liberals, promote the understanding and growth of Unitarian Universalism and institute programs to that end. Learn more about the CLF at www.clfuu.org.



It's better to light a candle than curse the darkness

Editor's note: another in our series on aphorisms.

A version of this saying was used by John Kennedy, in his acceptance speech to the Democratic Convention, in Los Angeles in 1960:

"We are not here to curse the darkness; we are here to light a candle."

Who coined the phrase is unknown.

Darkness has long been a metaphor for ignorance or evil. The Bible contains hundreds of references to darkness, referring either to the period of ignorance before the realization of faith (i.e. prior to 'seeing the light'), death, or to the Devil (The Prince of Darkness). For example, in Romans 13:

13:11 And that, knowing the time, that now it is high time to awake out of sleep: for now is our salvation nearer than when we believed.

13:12 The night is far spent, the day is at hand: let us therefore cast off the works of darkness, and let us put on the armor of light.



This space wants your material!