



The Newsletter of the Unitarian Fellowship of Fredericton

874 York Street, Fredericton, N.B., E3B 3R8

(506) 451-0919

Sunday Service 11 a.m.

Web Site: <http://www.uff.ca>

Email: [office@uff.ca](mailto:office@uff.ca)

## Contents for July 2010

Sunday Services .....	1
Women's Pot Luck .....	1
Joyful Noises .....	1
50th Anniversary Memory Book .....	1
Anniversary for the UFF .....	2
News from Children's RE .....	2
Unitarians to Walk .....	2
Pagan Moons .....	3
Take A Stand .....	3
In the Good Ole Summertime .....	3
Ramadan .....	4
Spiritual Day at the Labyrinth .....	4
Church of the Larger Fellowship .....	4



## Sunday Services

**July 4** *Impressions of the CUC Annual Conference & Meeting in Victoria*

**July 11** *Joint Picnic at Oak Point*

**July 18** Haifa Miller & Mary Louise Luck *Discussion on Religion: Our True Nature*

**July 25** *TBA*

**August 1** John van Abbema

**August 8** Tony Fitzgerald *Women in the Early Church* observations from "the Lost Apostle" Rena Pederson's Searching for the Truth About Junia.

**August 15** The Reverend Fred Cappucino *Child Haven*

**August 22** The Reverend Stephen Atkinson

**August 29** Gillian Steeves *An Alternative Philosophy to the Western Medical Model*

**September 5** *Ingathering and Water Ceremony*

**September 12** The Reverend Charles Eddis *tUFF's Fiftieth Anniversary Service of Celebration*



## Women's Pot Luck

The next monthly women's pot luck is planned for July 23rd. Diane Reid will host the pot luck at her home, 134 Woodmere Dr., Upper Kingsclear (please see directions below). Diane has invited people to come early and enjoy a swim or take a boat ride. The topic is fabulous experiences. Share one of your most fabulous happenings. For more information (or driving instructions) contact Joan Brewer at 455-5169 or [jebrewer@rogers.com](mailto:jebrewer@rogers.com)



## Joyful Noises

Hello everyone, I've sent this out to my OLD Joyful Noises email list hoping that some of them may still be around and interested in singing just one piece for the 50th anniversary service September 12. I'm also extending the invitation to anyone in the congregation who would like to join us.

I think it should be fun. We could probably sing just one piece (My vote is for "Take up the Song") so we could just practise that day at 10 a.m. If you are interested, please let me know. I'd love to have 10-12 singers to make it really sound like the good old days!

Linda



## 50th Anniversary Memory Book

As an anniversary project we are planning on compiling a collection of stories and memories of our Fellowship, new ones and old ones as well as photos and stories of our collection of artifacts.. Please send your submissions to John van Abbema at [jvanabb@rogers.com](mailto:jvanabb@rogers.com). Submissions should be in his hands by the end of July. The form that this book will take will be decided when all is assembled. It could be massive.

Betty



## TUFF Anniversary Party!

Come one, come all! The Fredericton Unitarian Fellowship will be 50 years old this October. To celebrate this milestone we will be holding a gala weekend of celebrations, September 11 and 12; and, we would like to see you there.

On Saturday, Sept 11<sup>th</sup>, you are invited to join us for a banquet at St. Anne's Court in Fredericton, from 8pm – 11pm. Your planning committee is lining up loquacious speakers and delightful musical entertainment for the evening. An elegant dinner, in fine dining style, will be created for your pleasure for the cost of \$10. Per person.

On Sunday, September 12<sup>th</sup>, we will hold a special anniversary service of celebration at the Fellowship. Reverend Charles Eddis, Minister Emeritus of the Unitarian Church of Montreal, will be our guest speaker. We will have a number of guest ministers in August leading up to this special service, including Fred Cappuccino of Child Haven fame on Aug 15<sup>th</sup> and Fredericton native, Stephen Atkinson, on Aug 22<sup>nd</sup>. Others have been invited to speak throughout the anniversary year.

Many of the original members of our Fellowship have already responded to our request for written reminiscences. These will be published in a memorial booklet for the occasion. The planning committee members are George DeMille, Betty Ponder, Sheila Moore, Nancy Beltrandi and John van Abbema. However, numerous others are helping us with the project to make this a memorable event. Stories, anecdotes, photos, and artifacts from earlier times are always welcome from anyone who wishes to make a contribution.

In Mid-August, we will be sending out invitations for the supper at Ste Anne's and you will have the opportunity to chose a meat or vegetarian dish and to RSVP us with your planned attendance. We will have more details for you at the end of summer. Mark your calendars now to take part in the upcoming events.

See you there!

John van Abbema  
jvanabb@rogers.com  
454-1551



## News from Children's RE

**Update on the Food Bank Drive** Emily and Sarah O'Donnell-Daigle and their friend Tanner delivered the food bank donations to the Oromocto Food Bank on June 30<sup>th</sup>. The donations filled a small wagon which the children also donated. A staff member gave the children a tour so they could see what happens to the donated food.

The children learned that donations of food, clothing, toys, and furniture are given to families in need. The children enjoyed their trip, and the Oromocto Food Bank was very grateful for the donation!



**Vegetable Garden** The children really enjoy watching the growth of the garden they planted in May. The rows of carrots, radishes, and squash are doing very well. Only one Bush bean sprouted so Rhonda, Lucy's mom, is going to help plant new rows. So far the mothers have been doing the weeding while the children play in the yard. The garden has provided many wonderful opportunities to work as a team and get to know one another better while we help create our own food.

**Ongoing Used Greeting Card Collection** We are still collecting donations of used greeting cards for a future fund-raiser. We welcome cards for any occasion. We would like to thank those of you who have already contributed and a special thank you to Sharon for making a beautiful collection box for us.

*In fellowship*  
Heidi O'Donnell



## Unitarians to Walk

Group of Unitarians to walk in Fredericton's first Pride Parade 3pm, Sunday August 8, 2010

A small group of Unitarians met in the library at the fellowship on Thursday, July 15, to discuss participation in Fredericton's Pride Parade, the initial event of Fredericton's Pride Week, August 8-15, 2010. The parade, Sunday, August 8 at 3pm, is a walking parade – no floats, no motorized vehicles, and no closing off of streets. The parade route will follow a short section of the south-side walking trail, beginning behind the Victoria Health Centre, and walking down-river to Officers' Square, for a festival celebrating 'Just Love.'

"We have expanded from being gay pride to being just

pride as we wanted to include everyone who values love,” says Debi Skidmore, co-chair of the Pride Committee, in her letter to TUFF inviting Unitarians to take part. Her letter goes on to describe the parade committee’s mandate which includes: “Love is worth standing up for.”

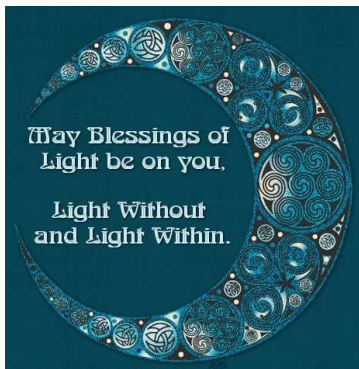
Unitarians planning on walking in the parade do not speak for TUFF; rather, they speak as individuals nurtured in the welcoming atmosphere at TUFF, who are glad to have a chance to support and celebrate, “all the diverse ways that we love.” In order to display some visible cohesion among the motley crew of Unitarian walkers, specific t-shirts will be available for sale. (Anybody can buy one, and more can be ordered.) In basic white, the front will sport a CUC chalice, and the back will read: Unitarians / for justice, which are the same words as those printed on our banner. Whether you wear a t-shirt, or a tartan tie, please feel free to swell the ranks of Unitarians marching in the parade.

Contact allison calvern for information, [acalvern@nbnet.nb.ca](mailto:acalvern@nbnet.nb.ca) / 459.1436. [For even more information, see: (a hideously long URL that no one wants to type in, see <http://uff.ca/News.html> and the link is near the bottom of the page) or eMail: [info@frederictonpride.com](mailto:info@frederictonpride.com)]



## Pagan Moons

July’s full moon (July 25th) is known as the Blessing Moon, although it’s also called the Meadow Moon. July was originally called Quintilus, but was later renamed in honor of Julius Caesar.



In late August (August 24th), we celebrate the beginning of the Corn Moon. This moon phase is also known as the Barley Moon, and carries on the associations of grain and rebirth that we saw back at Lammastide. August was originally known as Sextilis by the ancient Romans, but was later renamed for Augustus (Octavian) Caesar.



## Take A Stand

The First Unitarian Congregation of Toronto, in partnership with World Accord, invites you to help build schools and a community centre in the mountains of Honduras. This is a hands-on opportunity to make a difference in the lives of subsistence farmers and their families. Please join a two-week trip: beginning November 6, 2010, January 22,

February 12 or March 5, 2011. Construction and Spanish language skills are not required but would be welcomed. For more information contact Richard Kirsh (416-767-5837 or [richardkirsh@sympatico.ca](mailto:richardkirsh@sympatico.ca)) or see our poster on your congregation’s bulletin board.



## In the Good Ole Summertime

It seems as if many of us wait all year for it. Some of us pore over seed catalogues and others plan camping trips. Some dream of lazy afternoons in the hammock and others imagine the feel of spade in earth. It seems, from my perspective, that time has a different quality in the summer. Days unfurl at their own pace, and evening spent with friends on a patio can make it seem as if time has stood still. Some of our congregations stop meeting in the summer, but more and more of them continue with services, even those often have a different feel to them; a greater informality, more sermons by members, different kinds of childrens programs, lemonade instead of coffee are typical of the differences between “summer church” and “regular church”.

Whatever the change that summer brings to your personal or congregational schedule, I suggest it is a good time to have a look at your normal routines and ask if they still work. With the luxury of some space and permission to try something different we can ask ourselves if the way we usually do things still makes sense.

Its easier to spend time outside in the summer, but maybe we can be reminded of how much we enjoy it. Perhaps the leisurely dinners on patios can remind us of how important time with friends is. Perhaps the permission we give ourselves on a hot afternoon to take a nap in the shaded hammock reminds us of how important it is to give ourselves permission to “just be”. Looking for “treasures” in the shallows at the waters edge with a child can challenge us to find unprogrammed time with the children in our lives. Each of us stands to be reminded of something different in the summer days ahead of us my suggestion (meant for me just as surely as it is meant for any of you) is to remain receptive for the lessons.

I also encourage congregational committees to use the summer respite to ask, “What must we keep doing and what might we let go of or change?” It seems that often in congregations, good ideas get layered on good ideas and before too long the list of “things we absolutely have to do” is larger than the members can continue to do. It feels sometimes like the conveyor belt of tasks goes faster and faster and that the people trying to manage the various tasks are tired and resentful, and that they operate from a sense of obligation rather than from a willing heart. Obligation soon wears thin as a motivator and people get burnt out, or feel guilt and often, in time, withdraw. Sometimes

we end up doing things without the care and attention they really need, and the lack of care really begins to detract from the overall goals and mission of the committee and congregation. So perhaps before the autumn routine kicks in it would be wise to do a review and ask a few questions: What did we stop doing this summer? What did we really miss? What would happen if we didn't resume a particular activity? How was our summer routine better? What is our overall goal anyway? Spending time with these questions can help us as we develop manageable plans. Without the "pause" that summer offers, it might be hard to take

the good look I'm encouraging. I'm not suggesting that we not take our congregations seriously or that it is OK to be too casual about the work we do in support of our mission. I am suggesting that letting go of some things might actually enhance congregational life, by allowing us to focus on essentials. Perhaps the conversations about these questions and the true essentials should take place over lemonade in the shade of a tree!

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



## Ramadan

This year, Ramadan begins sundown on Tuesday, August 10 in Canada. Regional variations may occur by custom or sightings of the new crescent moon. Ramadan is the ninth month in the Islamic calendar.



It is a period of prayer, fasting, charity-giving and self-accountability for Muslims. The first verses of the Koran were revealed to the Prophet Muhammad, peace be upon him, during the last third of Ramadan, making this an especially holy period.



## Spiritual Day at the Labyrinth

Saturday, August 14, 2010. Gates open at 11am. At "Once Upon A Time", 1996 Route 107, Williamsburg, NB, E6B 1X2. See <http://uff.ca/News.html> for link to site with details.



## Church of the Larger Fellowship

The Church of the Larger Fellowship (CLF) is a UU congregation by mail and cyberspace, providing helpful online resources.

The CLF provides yet another UU connection for people in your congregation who

- \* do not have access to summer services at your church
- \* are housebound
- \* work on a Sunday morning
- \* may want additional UU resources
- \* are looking for UUism 24/7

When someone joins the CLF, what resources can the CLF provide?

- \* Quest, a monthly publication of sermons and other material
- \* Lifespan Religious Education resources
- \* A loan library including books, sermons, CDs, and more
- \* Online classes
- \* E-mail lists, cyber communities, and online covenant groups focusing on sharing ideas and spirituality
- \* Online worship and religious education resources for small groups and individuals
- \* Prison Ministry for incarcerated UUs
- \* Military Ministry

Questions?

Contact Beth Murray  
[bmurray@clfuu.org](mailto:bmurray@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](http://www.clfuu.org).

This space wants your material!