



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

Contents for May 2011

Sunday Services	1
Women's Pot Luck	1
New Member Sunday	1
Note of Thanks	1
CUUL School	1
Letter from Sharon	2
Empty Bowls Project	2
Ten Ways Jesus Showed Love	2
North Hatley Events	3
Letter from Jackie Webster	4
Spirituality and Healthy Aging	4
Mothers' Day Poem	5
CUC ACM	5
UNICAMP	5



Sunday Services

- May 1** Debi Skidmore *Beltane*
- May 8** *The End* A short reading play written by Sue Steen and directed by Malcolm Miller. After the play, there will be a conversation between the congregation and the participants about the script.
- May 15** Samira Farhoud *Observationa on "Arab Spring"*
Haifa Miller will be the service leader.
- May 22** TBA CUC ACM is this week as well
- May 29** Susan Machum *In Search of Food Justice*
- Jun 5** TBA



Women's Pot Luck

The next monthly women's pot luck dinner will be held May 27th, 2011. We gather at 6 PM and eat at 6:30 PM. Marilyn Fraser will host the evening at 874 York Street. Discussion topic is still to be determined and will be circulated at a later date. For more information contact Joan Brewer at 455-5169 or jebrewer@rogers.com



New Member Sunday



Irma Rigby, Judi Day, Roger Boudreau, Allison Gorrill, Glenna Hanley (membership chair), Rhonda Connell, Alyssa Sankey, and Jeff Frooman



Note of Thanks

I would like to thank everyone for their support over the past few months. Things are still very stressful and unpredictable, but it appears as though things may be slowly getting better. It means so much to have friends that are willing to help out with meals, housecleaning, and a nice phone call or email. I want to give a special thank you to Haifa who has coordinated everything for us. Haifa is like a mother to me, and her kindness is truly remarkable.

Heidi O'Donnell



CUUL School

Canadian Unitarian Universalist Leadership School

When: Thursday July 14 (1 p.m.)
- Sunday July 17 (2 p.m.)

Where: Mount St. Vincent University, Halifax, NS

Cost: \$549 for 1st Registrant from a Congregation and \$499 for subsequent Registrant(s). Please note, it is strongly recommended that the congregation pay for a por-

tion of the registration fees. The minimum recommended amount is \$299 for the first registrant and \$249 for subsequent registrant(s). This suggestion helps ensure congregational commitment to the participant and participant commitment to the congregation.

Registration & Payment: June 24th, 2011

The cost includes meals from dinner on Thursday through to lunch on Sunday, accommodation and program materials. It does NOT include participant travel.

editor's note: Additional details upon request



Sheila Moore reads Story for All Ages

Letter from Sharon

Mary Oliver wrote....

“To live in this world
You must be able to do three things

To love what is mortal
to hold it against your bones
knowing your life depends on it.

And when the time comes,
To let it go, let it go”

Sharon and John van Abbema have loved being in the south for winter. We have cherished our time in South Carolina with our American friends at the beach front and at All Souls Waccamaw Unitarian Church. The time has now come, that we must let go of our life in the south. The time comes to let it go. We look forward with enthusiasm to being back mid-May at the Unitarian Fellowship of Fredericton with our Canadian friends.

Empty Bowls Project

The Empty Bowls project - is an international grassroots project to increase awareness of hunger and related issues around food insecurity. A special bowl received in 2009 from the Calgary Unitarian Church will be used to collect donations during the after-service time each Sunday April 10 - May 15th. Half the donations collected will go to the Fredericton Food Bank. The other half will go to the Empty Bowl Lunch at the CUC ACM being hosted by the First Unitarian Congregation of Toronto where it will be divided between a local charity in Toronto and a national or international charity. The bowl used to collect the donations will be exchanged for a bowl from another congregation attending the event. Please donate generously. An income tax receipt will be issued for identified donations. Joan Brewer

Ten Ways Jesus Showed Love

editor's note: the following was received from Larry Lacey. The precise genealogy is difficult to tell, but I believe it was adapted from Stephen Post's "Why Good Things Happen to Good People" (Broadway Books, 2007).

Whether you believe in Jesus (as do Christians and Moslems) or not these comments may be useful to us all. Jesus expressed his great love for people in ten dramatic ways. The gospels show us his immense compassion for the suffering, his attentive listening presence, and his energetic celebration of the lives around him. Here are ten ways Jesus demonstrated agape – the Greek word for unconditional, self-sacrificing love and what we can learn from him.

1. The Way of Compassion Jesus is depicted in the gospels as a healer who responded to the needs of the suffering even on the Sabbath and was roundly criticized for this by the authorities. He responded to those who would otherwise have been stoned to death. Compassion was perfectly captured in his parable of the Good Samaritan, a man who responded immediately and directly to a wounded man bleeding by the side of the road. Nothing could make him act in a way contrary to compassion – not a busy schedule or social stigma, as in the case of the Samaritan woman most others would not talk to. Jesus just did what compassion requires, whenever and wherever.

2. The Way of Attentive Listening In interacting with others, Jesus was extraordinarily attentive, showing a humble willingness to respond in depth to what others had spoken. In his many healings, people cry out to him in need. Simply by listening and a touch, he offered them hope and wholeness. He listened carefully to his enemies

and responded to them thoughtfully. He had immense patience with his disciples even when he had every reason to be impatient.

3. The Way of “Carefrontation” Jesus was a master of caring confrontation. He practiced nonviolent resistance to evil, and it was his teaching and example that would inspire Gandhi and the great African-American Christian leaders of the civil rights movement. Jesus asked Peter to put down his sword; he said that those who live by the sword die by it. But he also confronted spiritual hypocrites and the many money-changers who had set up shop in the Temple. He was constantly challenging people to think and act lovingly, and this meant that he had often to take the risk of confrontation when he saw destructive attitudes and behaviors around him.

4. The Way of Generativity Jesus didn’t just help people. He inspired others to do so, and encouraged helping behaviors. Jesus devoted much of his time to making everyday people like James and Peter, ordinary fishermen, into paradigms of agape love. His life can best be understood as a light that has passed the power of agape love down through the ages, from generation to generation, through the church and beyond.

5. The Way of Celebration There are so many times in the New Testament when Jesus celebrates. He attended a wedding feast, he was regularly criticized for drinking a bit of wine with his disciples, and he fed the five thousand. Jesus said that he came that we might have life, “and have it more abundantly” (1 John 10:10).

6. The Way of Humor There are innumerable moments when Jesus expressed humor. The British theologian C.K. Chesterton, in his classic work, *Orthodoxy*, concluded that mirth was “the hidden virtue of Jesus.” C.S. Lewis wrote that “joy is the serious business of heaven.” The Quaker theologian Elton Trueblood, a chaplain at both Harvard and Stanford Universities, wrote *The Humor of Christ* in 1964 to “challenge the conventionalized picture of a Christ who never laughed.”

7. The Way of Creativity The parables of Jesus are works of creative brilliance. The great stories of agape love are three: The Good Samaritan, the Prodigal Son, and the Widow’s Mite. The first describes the power of compassionate response to echo down through the ages; the second captures the unconditional love of a father even after he has been insulted by his son in every way imaginable; the third shows how much it means when someone who has almost nothing gives a small contribution. Jesus loved people through improvising stories galore, for he was a literary genius. He was also creative in resolving ethical disputes, offering Solomonic resolutions. He had an unusually free creative mind.

8. The Way of Reverence Jesus had immense reverence for nature and spent much time in quiet natural settings or on the sea. He constantly showed reverence for the hearth,

for the everyday life of the family. While no religious leader had yet bestowed equal status on children, Jesus welcomed them and made them prototypes for those who would enter the Kingdom of Heaven. He respected women in ways that were unheard of at the time. He respected the downtrodden, the blind, the lepers. His respect for life was universal.

9. The Way of Loyalty Jesus was loyal to Peter after Peter denied him. Even when rejected he was loyal, as in his lament over Jerusalem (Matthew 23:37). He was loyal to the will of God when, before his death, he prayed, “Lord, let this cup pass from my lips; nevertheless, not as I would but as you will.” And there was never anyone, however maimed or ill or rejected, whom he did not affirm in loyalty long after everyone else had negated them.

10. The Way of Forgiveness Jesus of Nazareth brought forgiveness into the Western world. The great prayer of Christianity states: “Forgive us our trespasses as we forgive those who trespass against us.” Jesus asked men ready to throw stones to forgive a woman who had committed adultery. He always taught forbearance and recommended that we avoid judging one another because we all have faults. As he died on the cross, his last words were, “Father, forgive them, for they know not what they do.”



North Hatley Events

Hear ye! Hear ye! You are all invited to:

The WOW of Worship. One day only! Saturday June 4, from 9 am to 5 pm, at UUEstrie, 201 Main, North Hatley QC.

A one-day workshop on the art of worship: How to make UU worship beautiful and effective, every time. For worship leaders, worship committees, lay leaders, and anyone interested in deepening their understanding and skill in creating good worship services that touch the soul and keep ‘em coming back for more. Special guest facilitator: the Reverend Allison Barrett, from Hamilton Ontario. Lunch provided, with a \$10 registration cost for lunch.

The number one function of church is worship; we all seek to provide a regular, usually weekly, worship. It behooves us to do it as well as we can. No more weak and wobbly; moving and exciting from now on!

Billets available for Friday and Saturday night for those who would like. Child care provided on Saturday. This event is sponsored by UUEstrie and the Canadian Unitarian Council.

Registration: Rachel Garber: rachel@uuestrie.ca; Billets: Mary Lynn Ross: 819-842-4177

Note: a complete supper is also available in the church on the Friday night, June 3, as we are holding a gala com-

munity supper fund-raiser at \$20/plate, \$10/child, 6:30 to 8:30 pm. Reservations/tickets in advance.

A second good excuse to visit North Hatley for a day this summer: Our annual picnic Sunday, on Sunday, July 10, 2011. You are all invited to join us on that day. Sunshine guaranteed. (But we do have a rain plan.)

Coffee and snacks served from 9:30 am at UUEstrie, 201 Main, North Hatley. Worship service in the church at 10 am, featuring the Reverend Ken MacLean, minister emeritus of Cedar Lane Unitarian Church in suburban Washington DC, current minister at the Unitarian Church of the Desert in California. Ken MacLean has been a regular and well-loved summer minister in North Hatley since 1965!! A special music programme is being planned for this service.

Picnic lunch with intergenerational games and music at a nearby farm of a member of UUEstrie, to follow the worship service, 11:30 am till 4 pm. Bring your own picnic lunch, or plan to share.

We look forward to catching up with our UU cousins. Do put us on your calendar and get your car pools organized.

Keith Baxter, for UUEstrie



Letter from Jackie Webster

Dear Folks - Two subjects. First, a very warm Thank You for your kind comments about the journalism award. It meant a great deal coming from the Fellowship. My attendance record does not reflect my interest. I have a conflict on Sunday mornings I have not yet resolved, but my heart is there. I well remember how badly the Fellowship was needed when our kids were small. Those of us who were new parents faced a crisis we had not anticipated. How to provide a spiritual venue for our children without the threat of hellfire and damnation lurking nearby. Somehow we came together. Given what a life saver the Fellowship turned out to be, those of us involved in those halcyon days should be a greater presence than we are. I shall try to do better. Not all of us are recalcitrant though; some keep the faith. I salute them. Again a humble thank you for your very kind words.

Now to subject number 2. You spoke of contributions to tUFF. If it could be of any use, here is a tongue-in-cheek commentary on gardening which might amuse you. You are welcome to use it. Cheers, jw.

ON GARDENING

Just the other day I marveled again at that beautiful expanse of lawn that surrounds the Fellowship. But the first warm exultant response was quickly followed by another, less exultant. That lovely lawn and its accentuating shrubs does not get that way all by itself. It takes a lot of work, and not just work: Gardening. This is when it starts. Have you noticed the frantic activity that has already started.

Burning leaves almost obscure the sun. There is much digging and kneeling and harrowing.

That's the way I find it: Harrowing.

Still it gets to you. I came right home and got out the seed catalogue. But remembrance of summers past prevented me from doing more than riffling through the leaves.

Of the seed catalogue that is. Those from the trees lie just where they fell.

Whatever happened to that old fashioned gardening where you simply poked a hole in the dirt and dropped in a seed. Something always came up. Maybe it was just a weed but it was something.. Nobody ever thought of fertilizers then. All we ever put on our strawberries was sugar and cream.

Not the way it is now. Soil has to be tested. mine contains nitrogen, phosphorus, potassium, calcium, various mineral elements - rusted bottle tops, nails, broken glass and a few old pennies. If any of those elements is missing you build it up with fertilizer, or mulch your garden with shredded five dollar bills. It adds up to the same thing.

The minute that seed shoots above the ground, unless its a dandelion or skunk cabbage. the pests arrive. They are all recent arrivals too. When I was young, the only repellent we used was citronella and we put it on ourselves.

Now there are over a thousand varieties of bugs the seed catalogues never mention. I played host to a freeloading horde of caterpillars, cutworms, cankerworms, beetles, slugs, weevils, aphids, potato bugs, thrips and nematodes.

Our fruit trees had borers. The lilacs had oyster shell scale. The phlox had rust. The corn had smut and our white birch had anemia. About the only virus my garden didn't come down with was the common cold.

No two pests take the same treatment. One bug's poison is another bug's meat. Chewing insets aren't affected by fungicides. Sucking insects thrive on contact spray and nematodes laugh their heads off at DDT.

The dandelions flourished though. Every year.

When I came home from the Fellowship, I decided I would not be outdone by my neighbors with all their smoking piles of leaves. I headed for my little garden plot and set fire to the seed catalogue.



Spirituality and Healthy Aging

The Dr. Everett Chalmers Hospital's Spiritual and Religious Care Department sponsors an annual Spiritual Conference and this year it will be held on May 31, 2011. The overall theme of the conference is Spirituality and Healthy Aging. It is open to anyone who would like to attend. The keynote speaker is Dr. Bill Randall who teaches gerontology at St. Thomas University. His presentation is about

narrative care and spiritual aging. Daphne Noonan from York Manor will speak in the afternoon giving practical applications for Dr. Randall's presentation. The fee is \$40 if registered prior to May 21st and \$50 if registered after May 21st. Cost for students is \$10. To register phone 452-5408 or email spiritual.religiouscare@horizonmb.ca

Objectives of Dr. Randall's presentation:

- To identify the key developmental task of later life
- To appreciate how aging can be a process of spiritual growth and not just physical decline
- To explore in depth the implications of thinking our lives as stories
- To become familiar with core concept of narrative gerontology and narrative care
- To understand the factors behind narrative foreclosure (vs narrative openness) in later life
- To become conversant with a range of strategies for practicing narrative care with older adults



Her Last Mother's Day, 1995

My mind goes back to Mother's Day,
sixteen years ago, this year.

The only wish my mother had,
To go to church and say a prayer.

She needed help to get that wish,
as she was an invalid.
The wheel chair ramp was newly built,
Dad and I, our job we did.

She was so happy there in church.
It even made me shed a tear.
I told a very dear old friend,
"I know my mother's death is near".

"If upon my mother's grave,
I do not ever shed a tear,
It's just because they're all let out
for my mother, oh so dear".

My mother told me as a child,
she was so sad on Mother's Day.
While other children's rose was red.
On the alter a white one she'd lay.

Her mother died when she was born.
She did not have a chance to give
a red rose to her loving mother,
or talk to her about how to live.

My mother lost her first-born child.
It must be everyone's nightmare.
She never ever forgot the pain,
even after fifty years.

I gave my mother a red rose that year,
when a darling child, so dear,
gave me a green one, so sincere.
This rose told me that God was near.

Whether the rose is red, white or green,
made of plastic, silk or real,
Given as a loving symbol,
See how good it makes one feel.

This Mother's Day let us all reflect
on our lives and why we're here.
Let's help each other through life's journey,
and always hold our mothers dear.

Written by, Judi Day, Fredericton
Original poem composed Mother's Day, 1996
Revised annually and distributed



CUC ACM

Come Celebrate Our 50th Anniversary!

Hundreds of UUs from across Canada have already registered to attend the CUC ACM (Canadian Unitarian Council Annual Conference and Meeting) and it's not too late to join them! If you've never been to an ACM before, this is your golden opportunity to experience an event that will stimulate your mind, cradle your soul and tickle your funny bone.

It's all happening on the Victoria Day weekend (May 20-23) in downtown Toronto at a university residence with a difference - it was previously a hotel, so every room has comfortable queen or king size beds and features its own private bathroom - all at the unbeatable daily rate of \$99!

Saturday morning, David Foot, author of the bestselling book *Boom, Bust and Echo*, will deliver the keynote address. This will be followed by 55 concurrent sessions on a wide range of interesting topics, a display area with unusual products to purchase, a cabaret featuring some of southern Ontario's most talented UU entertainers, and opportunities to schmooze with UUs from across Canada and around the world. Sunday morning, join 1,000 or so other UUs for an uplifting service of worship at the University of Toronto's iconic Convocation Hall.

Wrap it all up by taking a boat tour in Toronto's harbour or wandering the historic Distillery District with other UUs. You might even decide to come early, or stay after the conference to visit one of Toronto's many award-winning museums, take in a concert, attend the opera, or go to one of many Broadway-style shows in one of the city's large theatres.

You can register for the full weekend or just one day by going to www.cuc.ca. If you don't have internet access, perhaps ask one of your fellow congregants for help. Or, register in person at the conference venue. As hosts, all

of us at the First Unitarian Congregation of Toronto very much hope to see you at the ACM.

❁

UNICAMP

www.unicampofontario.ca

CHILDREN'S CAMPS Just a reminder that there is still space in children's camps that run the first three weeks of July. Please check our website at www.unicampofontario.ca if you've not visited Unicamp before.

FAMILIES AND INDIVIDUALS - Unicamp is the perfect place for families to meet and August is our month for families and individuals

If you are coming to Toronto for CUC's ACM, why not include a visit to Unicamp. We will be open the week after the conference.

Make this a summer to remember and experience your Unitarian Universalist Camp and Conference Centre in southern Ontario. This beautiful camp belongs to all Unitarians and like-minded people.

Please contact Wanda Gordon, Administrative Manager for Unicamp for information, questions and to register. admin@unicampofontario.ca or 519-822-6353.



Do you work on Sunday mornings?

Are you home sick?

Can't find a ride to church?

Just want to read Unitarian Universalism words 24/7?

**The Church of the Larger Fellowship
can help!**

www.clfuu.org

Quest, CLF's worship publication
available online

words for you to read, print, listen to and be inspired by
contributions written by renowned UU ministers



Feel like making a donation?

Your financial contributions support the many ministries of the Church of the Larger Fellowship (CLF), serving UU individuals and small groups all over the world. The CLF is supported by its membership and gifts from readers like you. www.clfuu.org/giving, clf@clfuu.org, 617-948-6165

This space wants your material!