



The Newsletter of the Unitarian Fellowship of Fredericton

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Sunday Service 11 a.m.

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Contents for August 2011

Sunday Services	1
Books and More Books	1
Women's Pot Luck	1
LeaderFull Congregations - ERG	1
My Cathedral	2
Seven Steps	2
Volunteer Opportunity	3
Ten Simple Soul Exercises	3
Desideratum	5
Church of the Larger Fellowship	5
Ramadan	5



Sunday Services

Jul 31 Haifa Miller *Aya from Israel*

Aug 7 Janet Crawford *Small Group Ministry*

Aug 14 Maxine Kaufman-Lacusta *Refusing to be Enemies* The author is a Quaker, based in Vancouver, who lived in Jerusalem for seven years and has written widely on non-violent activism in Israel/Palestine. She will talk about her book "Refusing to be Enemies: Palestinian and Israeli Non-violent Resistance to the Israeli Occupation".

Aug 21 Susan Steen *Religion and Science*

Aug 28 Josephine Savarese *In Search of the Muse*

Sep 4 *End of Summer Corn Boil*

Sep 11 *Welcome Back and Water Ceremony*



Books and More Books

All of us have collections of favourite books on our shelves. These we hang onto for a few years till they are moved eventually on to the University Women's sale table. Why not share these favourites and make a few dollars for TUFF as well. We have set up a table for just this purpose. The books that you bring in may now be borrowed and enjoyed by other readers for the small sum of \$2.00 (dropped into

the wooden box). Because we have very confidence that you will continue to donate your good books we ask that you write the month and year of your contribution on the front page. This will enable us to move long time holdings to the University Women's sale table or elsewhere at some future date. If you have any questions Nancy and Gail are also part of the book committee.

We are looking forward to some great reading.



Women's Pot Luck

The next monthly women's pot luck dinner will be held August 26th.. We gather at 6 PM and eat at 6:30 PM. Heidi O'Donnell will host the evening at 874 York Street. Discussion topic to be circulated at a later time. For more information contact Joan Brewer at 455-5169 or jbrewer@rogers.com



From the July Gathering



LeaderFULL Congregations

- Eastern Regional Gathering

The Unitarian Fellowship of Fredericton will have the honour of being the host congregation to the 2011 Eastern Regional Gathering. This will be a fantastic opportunity for our members and friends to partake in a denominational gathering without having to travel. Meet and greet fellow Unitarians, Universalists and U*Us and CUC representatives from the Eastern Region. The Eastern region encompasses Fellowships and Churches from Kingston, Ontario, East. Rumour has it that the First Ottawa Church is planning to charter a bus. Let's hope this comes to pass and the more the merrier.

The dates will be October 14 through 16 and the gathering will take place at the Hugh John Flemming Forestry Centre, at 1350 Regent St. (opposite the Regent Mall).

Plans are well underway, but much remains to be done. As the date draws near, we will have need of volunteers to help

with the registration and other organizational logistics.

In addition to the Regional Gathering, there will be a “Youth-Con” taking place in the Fellowship building for the weekend and a Basic Training for Lay Chaplains at the Forestry Centre. The Sunday service for the 16th will be combined with the Regional Gathering and held in the Irving Theatre of the Forestry Complex. There will be no regular service at 874 York Street, the Youth will be having their own service.

For the Gathering, Friday evening will see a “Meet&Greet” with CUC staff and an Ingathering service. Saturday starts with a Plenary Session and Keynote Address then breaks into two session streams. One stream will concentrate on “Lay Leadership as a Spiritual Practice” and will look at how, properly done, serving in leadership roles can be spiritually fulfilling and uplifting rather than draining. A leadership role in this context can be anything from working on a committee through to President of the Board and the skills should be applicable to any role in which you find yourself working with other people. The second stream concentrates on “Weaving our Worship”. Here you should be able to find skills to help in constructing meaningful Worship Services and, building on that, useful skills for any public presentation or speaking activity.

Saturday evening after dinner will see the Youth join the Gathering to conduct an Intergenerational Service and following that we’ll see what talented individuals show up at these gatherings with an “open mike” night.

Practice time has been set aside for those participants of the Gathering who want to participate in a choir for the Sunday Worship Service and for many attendees the choir is a highlight of U*U gatherings. Sunday morning should see a variety of spiritual and meditative groups with Worship Service at 11 followed by Lunch and Farewells.

We should have a full programme in the near future with session titles and the names of speakers and facilitators. We hope you will be enthusiastic and looking forward to this event.

The core Local Host Committee consists of: allison calvern, Tom Hanley, Sheila Moore, John van Abbema, and Tony Fitzgerald. We have already approached some members with respect to working with specific sub-committees and organizational teams and will be approaching others as we go. If you would like to help, please approach any of the committee members. We will be asking people who can, to provide home hospitality for those who need this service.

While showing its age in places, the Forestry Centre is a beautiful facility and has very low rates for its conference facilities. Among the amenities is a conference residence in which rooms with en suite water closets are available for \$35 single occupancy or \$50 double occupancy. Granted, residents have to provide their own toiletries and towels and there will be no room service. For people who prefer

something more luxurious, the Fredericton Inn and City Motel are an easy walk from the Centre.



My Cathedral

I don't need a great cathedral,
with windows of stained glass.
I find God here in my garden,
among the clover and the grass.

I don't need a great cathedral
With a pulpit built of oak.
As the walls of my cathedral
Are the spruce trees of my droke.

I don't need a great cathedral,
With a preacher loud and clear.
For nature has good sermons,
Which I am tuned to hear.

I don't need a great cathedral,
With a choir a thousand strong.
My song birds are my choristers.
They thrill me all day long.

I don't need a great cathedral,
Where strangers fill the pews.
So few of them are friends of mine,
That I have naught to lose.

My cathedral has a carpet
That nature did supply
And overhead a canopy
God's mural in the sky.

As I sit in my cathedral,
I worship God my way.
For peace of mind and happiness,
I'm thankful every day.

Louise Sparkes
Mother of Judi Day



Editor's note: received from Larry Lacey

This may be of use, at least in parts, to those who are interested in keeping a healthy relationship but obviously less useful to those who believe winning a disagreement is best.

Seven Steps to Improving Relationships

by Rabbi Brad Hirschfield

Conflict is an inevitable part of life, but it need not always be painful. In fact, we all have within us the ability to sustain relationships even when we deeply disagree. When we reach our breaking point (as we all do), and need to walk away, we can do so in ways that make it more likely that

we will come back together.

Here are seven ancient Talmudic steps to follow when confronted with a conflict. They create conversation—not denigration—and encourage us to talk about what matters most in ways that hurt the least.

1 *Give Yourself a Break*

Sometimes you need some distance—some time to cool off and reflect. But it should be just that, i.e., a limited amount of time after which you and the person with whom you are fighting agree to come back together and revisit the issues. A time out can be a great thing, as long as its design is to bring you back together.

2 *Respect the Other Person's Dignity*

The one whom you are in conflict with should never lose their value as a human being. No matter how right you think you are and how wrong they may be, don't deny their dignity; you will do more harm than good.

3 *Experience Radical Empathy*

We must do everything in our power to identify with the other person and their position before fighting for our own. Simply saying that we understand their point of view is not enough—be able to argue it well and present it as if you shared it yourself.

4 *Acknowledge Your Partner's Wisdom*

Before we can be their teacher, we must first become their student. We must accept that no matter how wrong someone is about one thing, they are unlikely to be wrong about everything. Nobody is smart enough to be 100 percent right or dumb enough to 100 percent wrong.

5 *Know That Conflict Hurts Everyone*

Appreciate that even when we are doing everything right in handling our relationships, we all pay a price when a conflict unfolds. Being right should not insulate us from feeling the pain that is a part of the conflict in which we are engaged.

6 *Look First to Yourself*

Even when we are right, we should always ask how we participate in creating and perpetuating the conflict. We all play the blame game sometimes, but it's important to point a thumb back at ourselves before a finger at the other person.

7 *Remember, Being Right Is Not Enough*

Remind ourselves that the only real justification for conflict with those about whom we care is that it addresses an issue, which is central to sustaining the relationship over time. If it's just about being right, then it probably isn't worth it.



Volunteer Opportunity

Who Can Do Volunteer Work?

ANYBODY CAN!

Horizon Health is looking for Volunteers for Oromocto Public Hospital. Please feel free to copy and paste the attached advertisement into your church bulletins and/or forward to anybody you know who would like to Make a Difference and Volunteer!

Why Volunteer?

- * Enrich the lives of others
- * Feel a sense of accomplishment and personal satisfaction
- * Put your talents and experience to work for a good cause
- * Become part of a friendly, caring team

YOU CAN MAKE A DIFFERENCE!

There is no better exercise for your heart, than reaching down and helping to lift someone up.

VOLUNTEERING IS A WAY TO GROW

Volunteer Resources at the Oromocto Public Hospital is currently in need of volunteers for Recreational Therapy programs such as; Bowling, Bingo, Trivia and special events, along with volunteers to help in the Auxiliary Gift Shop.

Horizon Health Network

OROMOCTO PUBLIC HOSPITAL
103 WINNEBAGO STREET
Oromocto N.B.
E2V 1C6

If you are friendly, outgoing and have spare time on your hands, why not make a difference in your community by volunteering at our hospital. Applications packages are available from the registration desk in the main lobby of the hospital or for more information contact Tracey Fraser at:
Phone: 506 - 357- 4714
Alternate Phone: 506 - 452- 5322
Email: tracey.fraser@horizonnb.ca



Ten Simple Soul Exercises

By Rabbi Brian

Editor's note: received from Larry Lacey

Rabbi Brian is the author of "How to Find Out What (the) God (of Your Understanding) Wants from You." He is a teacher and the Chief Religious Officer of Religion-Outside-The-Box. For more information visit his website. <http://www.rotb.org/>

The mission of this group is to provide a place to learn about ancient places and their history. Biblical studies may

accompany archaeological discussions as they pertain to the Bible. Please refrain from any negativity as this should be place of positive reinforcement of our love for our Lord, Jesus Christ! May we all become God's ambassadors and embrace our differences through love and understanding. Thank you!

Our spiritual life is like singing. Most of us can sing, but few of us do it in public. Even fewer can do it in public without embarrassment! Try these simple, soulful, spiritual workouts to help develop your religious voice so that you can—to use the words of the Psalms—“sing a new song to God.”

1 _____, *Therefore I Am*

French philosopher Rene Descartes wrote, “I think, therefore I am.” But what if thinking isn't the reason for your existence? What word or phrase might you substitute for “I think”? Here are a few ideas:

- I complain, therefore I am.
- I have stuff, therefore I am.
- I improve on things, therefore I am.
- My parents procreated, therefore I am.
- I create, therefore I am.
- God loves me, therefore I am.

Every version gives a very different perspective on life. Meditate on what you would put in the blank and see what you discover.

2 *Spend Time 'Not Doing'*

Parkinson's Law (named after 20th-century British historian Cyril Northcote Parkinson) states, “Work expands so as to fill the time available for its completion.” That's just the way it is.

Paradoxically for adults, it takes work and planning in order to successfully rest. Can you spend five minutes today not doing? How about 10 minutes? Or a half hour?

3 *Take a 'Universe Job Survey'*

I saw the following quote: “Many people want to serve God, but only as advisors.” If we aren't here to advise God, what is our job? Here's a way to think about answering that question: Imagine for a moment that the universe was your employer. Based on the way you actually live your life—not on how you wish you did how would you answer the following questions on The Universe's Job Survey: What is your job title? What department do you work in? How high-ranking are you in your department? Do you have a job description? Does your job have fixed hours or benefits?

4 *Create Your Own Holy Day*

Rather than commemorate a truly significant religious or secular event, many of our culture's holidays are invented and exist primarily for commercial purposes. If you could invent a holiday what would it be?

Bob, my brother-in-law, advocates “Creativity Day.” Larry, my friend the retired minister and sociology professor, likes the idea of an “International Day of Contrition.” I would have everyone celebrate “Faith Day.” What “holy day” do you think should be observed?

5 *Give Yourself Advice*

If you could go back in time to when you were half your current age, what advice would you want to give yourself? Might you tell yourself:

- to have more faith?
- to love more freely?
- to be less anxious?

And, if you were to take that advice today, how might that change your current outlook?

6 *Try New Words*

For the rest of the day, see if you can substitute the verb “get” for “have.” For example, if you were going to say, “I have to check my email,” say instead, “I get to check my email.” It's amazing how the little change of one word can affect our attitude.

7 *Read an Email from God*

Imagine you open your in-box and find an email with the subject line: An email from God. What do you imagine the message would contain?

Praise? Condemnation? An answer to a question that you've been asking? Advice? A forwarded joke? What about your response? What would you write back? How would you sign it?

8 *Surprise Yourself*

Imagine that at half the age you currently are, you fell asleep. And imagine that you slept right through (like Washington Irving's story of Rip Van Winkle) until today. What five things about your own life and the world would be most surprising to you?

Would you be surprised by where you live? Would you be surprised by your wealth? Would you be surprised by your state of mind? Would you be surprised by technology? Would you be surprised by world politics?

9 *Change It Up*

If the only constant is change—as paradoxical as that might seem it would behoove us all to learn how to deal gracefully with it.

For the rest of the day, change your cell phone ringtone or put your watch on the opposite wrist. (Really, do this.)

Now, each time your phone rings or you look at an empty patch of skin instead of finding out the time, notice how you react. Your reaction to this change is going to inform you about your natural, pre-wired response to change.

Change is just change. It isn't inherently good or bad. It's just different.

See if over the course of the day you can learn from yourself and accept both change as well as your reactions to it.

10 *Have a Talk with God*

If you were in a couples' counseling with God, what complaints, grievances, grudges, etc., would you have about your recent relationship with God? In other words, what is it that you have not said to God that you know deep in your heart you want to say about your relationship as of late?

It might be something that you haven't felt particularly safe saying or just something you haven't had the opportunity to say. Or it might just be something you've said before that bears repeating.

See if you can come up with at least seven sentences. (There is no one who can't do this—those claiming to have no relationship with God can use that as a wonderful starting point.)



Desideratum

to live not as one who knows but as one who wonders	to touch not as one who possesses but as one who cherishes
to exist not as one who is but as one who yearns to be	to hope not as one who awaits but as one who creates
to journey not as one who leads but as one who seeks	to relate not as one who controls but as one who empowers
to speak not as one who answers but as one who questions	to pray not as one who recites but as one who overflows

With permission
<http://trappistine.org/english/desideratum.html>
 Submitted by Sharon van Abbema

This space wants your material!



Church of the Larger Fellowship



The Church of the Larger Fellowship (CLF) is now offering a free UU iPhone and Droid app that allows you to light a chalice, share joys & concerns, and read *Quest*, CLF's monthly worship publication.

For more information, go to www.clfuu.org, or call 617-948-6150.



Ramadan

In Canada, Ramadan begins on August 1st (strictly speaking, sunset on July 31st) this year. This is the ninth month in the Islamic calendar and is a period of prayer, fasting, charity-giving and self-accountability. 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.