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Sunday Service 11 a.m.

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## Sunday Services

Child care is available and all are welcome.

**September** Theme is Transformation / Be the Change

**September 6** To Be Determined: final informal summer service.

**September 13** Ingathering on the theme of Transformation, including a Water Communion. Please bring a small sample of water to add to our common bowl, followed by a special meeting of the membership to elect the 2015-2016 Board. A corn boil and potluck will start off our Fellowship year together. Bring a dish to share. Please contact Alyssa Sankey or Sarah Richard if you can help with hospitality that day.

**September 20** Sarah Richard and Najat McFarland: "UN International Day of Peace"

Each year the International Day of Peace is observed around the world on September 21. It was established in 1981 and first observed in September 1982. The UN General Assembly has declared this as a day devoted to strengthening the ideals of peace, both within and among all nations and peoples. The theme of this year's commemoration is "Partnerships for Peace – Dignity for All" which aims to highlight the importance of all segments of society to work together to strive for peace. The United Nations

invites all nations and people to honour a cessation of hostilities during the Day, and to otherwise commemorate the Day through education and public awareness on issues related to peace.

**September 27** Tony Fitzgerald: "Mabon, the Fall Equinox" Tony describes himself as "an atheist and a secular humanist who has found a religious home with the Unitarians." In some ways, and of late, he's wondered whether he might add "and a spiritual home with the Pagans." We'll look at various aspects of this turning of the wheel of the year, the Second Harvest, the meaning of life.

**October 4** Theme Sunday: *Empathy and Acceptance*. In honour of World Mental Health Day on October 10, Jo-Anne will talk about compassionate communication and inclusive language. She will also draw from Caring Congregations, a curriculum created to help congregations become more intentionally inclusive and supportive towards people with mental illness and their families, to honour the spiritual component in caring for people who are suffering, and to reduce prejudice by increasing understanding and acceptance.



## YAYAS-Bee

### A Group for Youth and Young Adults (12-25)

A warm welcome or welcome back from our summer hiatus to our youth and young adult members. We are a group of junior youth (12-14), youth (14-20) and younger young adult (about 18-25) folks and adult advisers who meet at the Fellowship or attend special events together. Last year, our group was called the YAYAJ (Youth and Young Adult Justice) group, and we explored race, religion, class, gender, orientation, language and other components of identity, privilege and intersectionality. This year, we are going to transform into the YAYAS-Bee group. YAYAS-Bee (you can sing it to the tune of Let it Be :-)) means Youth and Young Adult Spiritual Beings. We'll be talking about how we'll approach spiritual growth, sharing our thoughts about the meaning of life, finding ways to ground our social action in our deeper selves, becoming more involved in

worship and community at the Fellowship, and learning about UU identity. We'll also be hosting a mini-con for youth in October, and I hope we'll be doing a YAYA-led worship or two during the year. We'll also be doing some fund-raising to try to get some of you to Vancouver for CanUdle 2016. We have lots of things planned, and are always open to new ideas!

Our first meeting will be held on September 16, and after that we'll aim for the first and third Wednesday of most months, at the Fellowship. The after-school time seemed to work for most of you, so I'm going to suggest 3:30 to 5:00 again this year. No worries if you can't make it until 4 or so, or have to leave early, or have to miss a meeting... We're happy to see you whenever you can come!

Jo-Anne Elder-Gomes  
eldergomes@yahoo.com

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## Nominating Committee Report

On June 14th at TUFF AGM the outgoing Board was asked to form a Nominating Committee to prepare a slate of names of people who would agree to form the new Board. It was agreed that the names would be presented to the membership at a special meeting called for September 13, 2015 following the Sunday service.

The following people have agreed to let their name be presented to the membership for approval to serve on the Board for September 13, 2015 - June 30, 2016.

Glenna Hanley - *president*  
Myron Hedderon - *treasurer*  
Jo-Anne Elder-Gomes - *secretary*  
Alyssa Sankey - *member*  
Gail Moore - *member*  
Sheila Moore- *member*

Respectfully submitted by the Nominating Committee members: Gail Moore, Haifa Miller and Joan Brewer

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## Women's Pot Luck

The next Unitarian Fellowship women's pot luck will be held Friday, September 25th. Sheila Thompson will host the gathering at her home, 764 Prince Street. We gather at 6 PM and eat at 6:30 PM. The topic for discussion is "A *Moment of Truth*." Has there been an event, pivotal point or "aha" moment that has affected a change in your life? Share your story. For further information contact Joan Brewer at [jbrewer@rogers.com](mailto:jbrewer@rogers.com)

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## AGM Harmonicists



Photo by Glenna Hanley

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## September Theme: Transformation

September is a time of change. With our Ingathering on September 13, we will be starting a new Fellowship year, electing a new Board to govern us, working with new committee chairs and members who will shape our experiences as a community.

For many of us, the year follows a September-August cycle rather than a calendar year. We may be returning to school, starting new jobs, joining new groups, beginning activities that were suspended for the summer. Change can be difficult or invigorating, and is usually both. Our theme for this month is Transformation or Being the Change.

When asked to sum the Buddha's teachings up in one phrase, Suzuki Roshi simply said, "Everything changes." We also hear: "The only thing constant is change" (attributed to F. De la Rochefoucauld). These statements speak to the changes life brings us, external changes, or the things in life we cannot control. Another perspective on change invites us to "Be the change you want to see in the world." Gandhi's quotation is often used as a motivation for social action, but it also speaks to changing ourselves, to act according to our vision for a better world, and to create peace and compassion from the inside out.

How do you view the numerous changes in your life? Are they challenges to face on a path you've deliberately chosen? Are they sources of excitement and energy? Here are some other quotations about change and transformation

to reflect upon this month:

“No same man could walk through the same river twice, as the man and the river have since changed.”  
Heraclitus

“Life is a moving, breathing thing. We have to be willing to constantly evolve. Perfection is constant transformation.”  
Nia Peeples

“Personal transformation can and does have global effects. As we go, so goes the world, for the world is us. The revolution that will save the world is ultimately a personal one.”  
Marianne Williamson

“When we quit thinking primarily about ourselves and our own self-preservation, we undergo a truly heroic transformation of consciousness.”  
Joseph Campbell

“Changing is not just changing the things outside of us. First of all we need the right view that transcends all notions including of being and non-being, creator and creature, mind and spirit. That kind of insight is crucial for transformation and healing.”  
Thich Nhat Hanh

“Research has shown that it takes 31 days of conscious effort to make or break a habit. That means, if one practices something consistently for 31 days, on the 32<sup>nd</sup> day it does become a habit. Information has been internalised into behavioural change, which is called transformation.”  
Shiv Khera

Which of these quotations speak to you? What major transformations have you experienced in your life? At the time, were you aware of how significant the changes would be? Did they come about because of your desire to change the way you were living, or from the way you adapted changes that occurred in your life? Do you sense that you are in a period of rapid or of gradual change right now, in transition between two phases of your life or moving slowly towards a deep change in the way you approach your life?

I wish you all good things as you live the changes in your life and your being.

Blessèd be,  
Jo-Anne Elder-Gomes

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## Poem for The CanU Fall Issue 2015

Dear Poets

this is another call for submissions for The Canadian Unitarian due out in November.

First let me thank all those who have sent in submissions in the past but whose work was not selected. Let me affirm that this is not a judgment on your poem but simply a match for what would fit the newsletter, and since the

newsletter comes out three or four times a year this doesn't give us a lot of opportunity to publish all the potential talent within the Canadian Unitarian family.

However, we really do appreciate your work and the time it takes to write a well polished poem as well as the time it takes to send to us.

The theme this time is quite broad - freedom of expression on political opinion, democracy, negotiating fine lines with repressive governments. Also a poem on any theme would be welcome. Deadline: September 20th.

Thanks again for your time and consideration.

best regards  
Janet Vickers  
Poetry Editor  
poetry@cuc.ca

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## Public Presentation

KEEP HANDS OFF SENIORS' ASSETS  
(Savings and Investments in jeopardy)

Concerned Citizens  
754 New Maryland Hwy  
New Maryland Centre  
Are you a Senior?  
Do you care about a Senior?  
September 24, 2015 -7:00 PM  
Everyone Welcome

There will be a presentation by Cecile Cassista Executive Director of the Coalition for Seniors and Nursing Home Residents' Rights. Key persons in the provincial government have been invited including Premier Brian Gallant, Deputy Premier Horseman, Social Services Cathy Rogers, Health Minister Victor Boudreau, and Finance Minister Roger Melanson and NDP leader, Dominic Cardy also the media. Jeff Carr our local MLA, and David Coon will be present as will representatives from The People's Alliance. The Master of Ceremonies will be New Maryland Mayor, Judy Wilson-Shee who is excellent in this role.

The New Maryland Centre is a wonderful facility with total accessibility and ample free parking. It is just 4 km from exit 285 of the Trans-Canada., about 5 km straight out the highway 101 from Walmart.





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## The Stream: A Sufi Story

from Quest for Meaning

You can listen to the story here:

<http://www.questformeaning.org/quest-article/stream-sufi-story/>

A stream, from its course in the far-off mountains, passing through every kind and description of countryside, at last reached the sands of the desert. Just as it had crossed every other barrier, the stream tried to cross this one, but found that as fast as it ran into the sand, its waters disappeared.

It was convinced, however, that its destiny was to cross this desert, and yet there was no way. Now a hidden voice, coming from the desert itself, whispered: "The wind crosses the desert, and so can the stream."

The stream objected that the wind could fly, and this was why it could cross a desert.

"By hurtling in your own accustomed way you cannot get across. You will either disappear or become a marsh. You must allow the wind to carry you over to your destination."

But how could this happen?

"By allowing yourself to be absorbed in the wind."

This idea was not acceptable to the stream. After all, it had never been absorbed before. It did not want to lose its individuality. And, once having lost it, how was one to know that one's identity could ever be regained?

"The wind," said the sand, "performs this function. It takes up water, carries it over the desert, and then lets it fall again."

"How can I know that this is true?"

"It is so, and if you do not believe it, you cannot become more than a quagmire."

"But can I not remain the same stream that I am today?"

"You cannot in either case remain so," the whisper said. When it heard this, echoes began to arise in the thoughts of the stream. Dimly it remembered a state in which it—or some part of it?—had been held in the arms of a wind.

And the stream raised its vapour into the welcoming arms of the wind, which gently and easily bore it upwards and along, letting it fall softly as rain once they reached the roof of a mountain, many, many miles away, where it then became a river.



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## 2016 CUC ACM

**Be Bold!** Share your talents at the 2016 CUC Conference & AGM!

### Call for Proposals!

The CUC Conference Program Planning Committee invites proposals to facilitate workshop streams and multigenerational workshops on the theme of "Bolder Ways of Being."

The CUC National Conference, to be held May 20–22, 2016, at the University of British Columbia, in Vancouver, B.C., will bring together Canadian Unitarians and Universalists to meet, to worship, to talk, to learn, and to grow. The Conference will include workshop streams, multigenerational workshops, spiritual practice and networking sessions, as well as worship services, social gatherings, and meetings of related groups.

*Are you a dynamic facilitator? Do you have ideas for UUs to be bold and be known?*

Please go to:

<http://cuc.ca/be-bold-share-your-talents-at-the-2016-cuc-conference-agm> to submit your proposals. Deadline is September 30, 2015.



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## Address Change

Effective October 1, 2015, Geneviève Laloux is moving to St. Anne's Court. Her new address will be:

1-81 Duncan Lane  
Fredericton, NB E3B 9T1



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## Hearts and Hands Workshop

**Saturday, October 17**

In cooperation with the Canadian Unitarian Council, the Unitarian Fellowship of Fredericton will be hosting an "Atlantic Cluster" gathering on October 17, 2015.

This is a new kind of gathering, a small-scale gathering for part of a region. (As a reminder, the Canadian Unitarian Council has four regions: BC, Western, and Central as well as our Eastern region which stretches from Kingston on east.) Organizing an annual regional gathering for a full weekend is sometimes difficult, so the CUC has decided to organize some smaller gatherings as well as larger weekend events. This year UFF will be hosting a day-long cluster event for the Maritimes, and hope that UU members and

friends from Halifax, Saint John, and PEI will come to join us for the day or perhaps the weekend. Like all UU gatherings, we will spend time learning, playing, eating, sharing and worshipping together. We will also be having a mini-con for youth in the Maritimes or others who can come to Fredericton. Ministers and CUC staff will be attending.

The title of the event is "Hearts and Hands." Here is what is planned:

Friday, October 16, 7:30-9:00pm. Youth and adults will meet at the Fellowship for an informal gathering. Youth will be sleeping at the Fellowship on Friday and Saturday night, and we hope to have home hospitality for a few people travelling from a distance.

Saturday, October 17, 9:30am-4:30pm. Participants will choose from three programming streams: 1) Learning from the Truth and Reconciliation Report, 2) Training for Small Group Ministry Facilitators, and 3) Creating and Living with Congregational Covenants. (Details will be provided soon.)

Following the workshop stream on Saturday, our members may want to arrange to have dinner with some of our visitors. Visitors may also stay overnight and join us for our Sunday morning service, which will be led by one of the ministers attending.

Registration is expected to cost \$35 (early bird) / \$45 (regular) for adults and \$30 for youth. This money will be used to cover lunch for all on Saturday, all Saturday meals and Sunday breakfast for the youth, and materials.

Any profit will be divided between the UFF and the CUC, but any shortfall will be covered by the CUC. Online registration will open in early September. We hope to have 35 adults and 8 youth or more attend on Saturday.

Sheila Moore and I have already done the initial planning with Linda Thomson. The main responsibilities which remain are: 1) deciding what kind of social gathering we want to have on Friday night, 2) providing lunch and snacks (through a combination of catering and home-made) on Saturday, and perhaps a Sunday potluck lunch, 3) inviting members to provide home hospitality, and 4) to support and promote the weekend program. We may also choose to do fundraising to cover registration for some adults and youth.

The youth group will be taking care of organizing the mini-con, focusing on preparing a youth-led worship service on Saturday evening. I am also looking for a few adults as overnight youth support volunteers.

Are you interested in volunteering for the gathering? Please let me know at [elder@yahoo.com](mailto:elder@yahoo.com).

For information on the CUC's Regional Fall Gatherings, please go to:

<http://cuc.ca/october-regional-fall-gatherings>  
Please note that the Central Region Networking Event (with a Junior Youth gathering) will be held the following weekend, Oct. 24, in Hamilton.

Jo-Anne Elder-Gomes  
[eldergomes@yahoo.com](mailto:eldergomes@yahoo.com)



# **SATURDAY OCT. 17**

## **HEARTS AND HANDS**

Join with members of other congregations for a day or a weekend, as we spend time learning, playing, eating, sharing and worshipping together. Topics will include: Learning from the Truth and Reconciliation report, Training for Small Group Ministry facilitators, creating and living with Congregational Covenants. A mini-youth con will also be offered.



The Canadian Unitarian Council is pleased to offer this event in cooperation with the Unitarian Fellowship of Fredericton

Atlantic Canada  
event

An opportunity to  
meet with others  
and to foster your  
'local' connections

Healthy  
congregations  
don't just happen

Mark your  
calendars now!

Registration  
opens August 1st

**THE UNITARIAN  
CONGREGATION OF  
FREDERICTON**

874 York St.  
Fredericton, NB

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

Friday, October 16, 7:30-9

Saturday, October 17,

9:30-4:30 and optional dinner

Sunday, October 18, 11 a.m.

This space wants your material!  
Please send articles to [touchstone@uff.ca](mailto:touchstone@uff.ca)