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Sunday Service 11 a.m.

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## Sunday Services - Calendar

Please note that our Sunday Services now begin at 10:30am, and a children's program is available at the same time. All are welcome!

**September Theme:** Invitation

**Sept 25:** *Church of the Larger Fellowship Worship Service.* Each week, the Church of the Larger Fellowship (the Unitarian Universalist Association's congregation without walls) presents a worship service online. Jo-Anne will talk about what the CLF is and does, and we will watch some excerpts from its worship services from its archives.

**October Theme:** Quest

**Oct 2:** Speaker: Heather Lunergan. *The Seeker.* Heather will discuss her ongoing journey through educational and spiritual awakening.

**Oct 9:** Speakers: Najat Abdou-McFarland and Myron Hedderson. On Thanksgiving Sunday, Najat and Myron will talk about the book *The Geography of Hope: A Tour of the World We Need*, by Chris Turner. In his quest for something beyond the fierce warnings and grim predictions about climate change and social inequality, the author discovers landmarks

that fill him with hope for the next generation and a sustainable, eco-friendly future.

**Oct 16:** Speaker: Rodger Wilkie. Service Leader: Heather Lunergan. Dr. Rodger Wilkie from St Thomas will return to talk about our monthly theme of "Quest." More details will be announced.

**Oct 23:** TBA

**Oct 30:** Interactive Theme Service: Quest. Throughout our life, are we on a quest for meaning? What path are we following, and what is our purpose? How do we learn about ourselves and construct the meaning of our lives? We will be exploring some ways of defining our personal and spiritual self and understanding our journeys and relationships.

Please fill out the congregational survey, which can be found on the table in the library. For suggestions and information about our services, please contact [Sunday\\_Services@UFF.ca](mailto:Sunday_Services@UFF.ca)



## Children's Religious Education Program

Sunday, Sept 25<sup>th</sup> to Sunday, Oct. 30<sup>th</sup> 2016

The children's program is a multi-age program. Our Facilitator is Naomi Frooman. Naomi has been our children's program leader for a year. She is available before the Sunday Service in the children's Religious Education Room upstairs at 10:15 am. While the children are in their RE program, parents or grand-parents are welcome to stay with them to help them get comfortable with the class.

Our Facilitator leads the children through the chalice lighting - open mind, loving heart, and helping hands. This is followed by a story on the theme of the week, and an opportunity to talk about the story. Then they have an activity, sometimes indoors other times outdoors. Indoor activity may include a craft or a game. After this it is snack time. Here are the children's themes for the next few weeks. All are welcome!

**Sept. 25<sup>th</sup>**

Theme: moral compass  
Title: "Right and Wrong"

**Oct. 2<sup>nd</sup>**

Theme: Fall  
Title: "Changes in Nature"

**Oct. 9<sup>th</sup>**

Theme: A thanksgiving quest  
Title: "Giving thanks for being ourselves"

**Oct. 16<sup>th</sup>**

Theme: Choice  
Title: "Choice: A story about a gift"

**Oct. 23<sup>rd</sup>**

Theme: UU principal 1  
Title: "Each person is important"

**Oct. 30<sup>th</sup>**

Theme: Halloween  
Title: "Tricks and Treats"

Haifa Miller,  
Chair Religious Education Committee  
email hmiller@nbnet.nb.ca



## Door Access Codes

The Building and Grounds Committee will be changing the codes for the main door and the office on October the 5<sup>th</sup>. If you need access to the Fellowship call Ken Moore at 450-9021 and learn the new code.



## Adult Programs

After a particularly busy month in September, we are looking forward to starting some of our programs for youth, young adults and adults this month.

**Oct. 13, 7:30:** Small group ministry. Our Circle Conversation will continue on Thursday, October 13 at the fellowship from 7:30-9:00 pm. The topic for this month will be "Quest." Please let Janet Crawford janetcra@nbnet.nb.ca know if you would like to join this small group.

**Oct. 20, 7:00:** Third Thursday. The Adult Program Committee will continue to offer "Third Thursday" evenings as an outreach and community-building exercise. These evenings would begin at 7:00 pm and offer either

a movie or a lecture (some live and some via technology) followed by a short discussion period. The movies or lectures will often, although not always, reflect the monthly theme of the Fellowship. Third Thursdays will begin on Oct. 20 and Heather Lunergan will host. Please watch for more details about the topic; details will be posted on our Facebook and Website.

**Oct. 26, 7:00:** Youth and Young Adults groups. Youth (14-18) and Young Adults (18-35) are invited to meet at the Fellowship on Wednesday, Oct. 26 from 7:00-8:00 pm for a quick check-in and planning meeting. We will be discussing activities both groups will be doing during the 2016-2017 year.

Do you have ideas about courses and activities you'll like to lead or take part in? Please fill out the congregational survey on the table in the library, or send your ideas to Anneke at Adult\_Programs@uff.ca.



## Caring Committee

**Help Needed:** The Unitarian Fellowship of Fredericton has always been a very caring community. To carry on that tradition, the caring committee needs your help.

Please let me know if you can help out with any of the below items.

Janet Crawford  
janetcra@nbnet.nb.ca  
454-0441 or text 506 474-3445

- Become a member of the caring committee
- Visit people in the hospital or at home.
- Commit to calling someone who lives alone and letting them have your number if they need help.
- Bake muffins or meals when needed
- Drive someone to church
- Drive people to Dr. appointments, etc.

**Helping others can be very rewarding. Often, we gain much more than we give.**

*Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.*

Leo Buscaglia



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## Women's Pot Luck

The next Unitarian Fellowship women's pot luck will be held Friday, October 28<sup>th</sup>. Deby Nash will host the gathering at her home, Apt 319 – 845 McLeod Ave. Parking behind the building. We gather at 6 PM and eat at 6:30 PM. The topic for discussion will be *Closed window, open door*. What are you doing less of that has brought more into your life? For further information, contact Joan Brewer at jebrewer@rogers.com



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## Reflection on October's Theme

### The Quest and Learning

Autumn is a time of beginnings and endings, the rise of the swan song of the earth before its winter silence. Vegetable gardens give us their last abundant harvests and trees put on a glorious display of colour before letting go of the last days of warmth. In the human cycle, autumn is often nearer to the beginning of projects than the end: school starts, September is a busy month that can, paradoxically, throw us off balance at the time of the Equinox. As autumn begins, we have a sense that we must fill ourselves up with the remaining light. And then, as the light fades, the veil between the worlds thins at the time of Samhain. This is a good time to look carefully at everything around us and beyond us, to follow new paths into the unknown, to unfold the beautiful patchwork of our identities and add new pieces to it. Many of us are seekers: what is your quest? What do you want to learn? What purpose and meaning are you discovering or uncovering as you travel through life?

**Quest for Meaning:** Learning by Reverend Wayne Walder

"We all learn. We have been doing it since we were born. From learning how to breathe, to learning how to love, we have been learning all our lives. We know how to learn, but we are not always sure what to learn. Knowing what to learn allows us to know what is necessary, important and sustaining. Knowing what to learn allows us to build upon what we already know so that we can develop wisdom and a depth of thought.

"Through media we are asked to learn about products and given more information than we could ever use. This can confuse us, making it difficult to know what we need to learn. As our lives are finite, we cannot learn everything, so we must choose what we want to learn. Look at this problem from a different point of view: imagine that you have only one year to live. (We are imagining so you don't have to get into the grief or the sadness.) Looking forward at the ending of your life, what would you want to learn?

"Would you choose how to love better? Would you choose how to listen to yourself and others? Would you learn how to build something? Would you learn how to make the world a better place?

"Can you push this inquiry further? What could you learn that would give you the feeling you have lived a meaningful life? I believe this is an important question because, one day, all of us will have one year to live. Learning how to be quiet inside; learning how to kindly offer the wisdom of a life; learning how to help without resentment or prejudice; learning how to teach respect for the planet and its people: these are learnings our culture has often forgotten.

"Deciding what to learn during our limited lives can give us the clarity to learn what we have always wanted to learn, how to be the best people we can be. And learning of this type is nothing short of subversive in a society that has forgotten its way." From the description of a series called *The Human Quest*: "Cultural systems are frequently dysfunctional in their interactions with larger environments, including natural ecosystems. Beyond all these developments, though, is the challenge presented to our understanding of self and its place in the world by the cognitive sciences. This challenge impinges immediately upon our understanding of the mind and spirituality."

### Spiritual Exploration

The Quest for Self, by Yanki Tauber

There's a passage in the book of Zechariah that describes an encounter between a human being and a flock of angels, in which the human is referred to as "a journeyer among the stationary ones."

"The Journeyer" is a most apt appellation for our restless race. Other creatures also move from place to place, but only man's migrations are motivated by the desire to be someplace other than where he is now. Unlike mice, maple trees and angels, who are content to be what and where they are, the human being is constantly on the go—forever striving to get somewhere, preferably somewhere where no one has been before...

"After all journeys are consummated, after all quests are realized, there remains one frontier which few have penetrated and fewer still have conquered: the frontier of self. We traverse the planet and beyond, we map the cosmos and the infrastructure of the atom, seeking some indication, some sign, of what it's all about; but how many of us have entered into the interior of our souls?

"Lech lecha, the opening words of the Divine call to Abraham which launches and defines Jewish history, literally means, "Go to yourself." "Go to yourself," G-d commanded the first Jew, "from your land, from your birthplace, and from your father's house, to the land that I will show you..." Then, in Abraham's 75th year, came the Divine command: "Go to yourself!" Now that you've completed your explorations and attained your goals, turn

inward and embark on a journey into the essence of your own being.

“A well-developed sense of direction can guide us through the most labyrinthal road system; a keen social sense can negotiate the most convoluted office politics; the data and learning patterns stored in our brain facilitate our pursuit of new fields of study. But when we seek a path to the core of self, the knowledge and skills of a lifetime are suddenly ineffectual.

“In our outward journeys, our knowledge, talents and personality are the tools with which we explore the world beyond us. But in seeking our true self, these very tools—which constitute an exterior, superimposed “self” of their own—conceal as much as they reveal, distort even as they illuminate.

“We employ these tools in our quest—we have no others. But if our journey is to lead us to the quintessence of self rather than some phantom thereof, it must be guided by He who created us in His image and sketched the blueprint of our souls in His Torah.”

### **Questions for Reflection:**

How would you describe your quest for your true self? Would you distinguish between two journeys, one outward and one inward? As you have grown and evolved, are you searching for different things than you were when you were younger? Do you believe in an essential self, a core of your being that is authentic and often hidden by levels of disguise? If so, what self has emerged as you search?



## **More about creating a covenant for our community**

Sometimes Unitarian Universalists are asked, “If you don’t need to all believe the same thing, what holds you together?” The answer lies in the tradition and practice of covenantal community. UU congregations, at their best, are communities where people come together with an explicit agreement regarding the ways they’ll communicate, engage and explore together.

Each Sunday you read on the back of the bulletin that we covenant as a congregation to follow “principles”. So what are Sheila and Joan talking about when they say they want to spend time developing a congregational covenant? How is a congregational covenant different from the principles and what is its value for our community? We think the words on the back of the Sunday bulletin represent our denominational covenant with other UUs and the world around us, while the Congregational Covenant is about how we will be with each other in this community. The value of the covenant is that it will specify actions and

behaviours of how we will be together in this community and remind us of constructive contributions when tensions or conflicts arise in our community.

This fall, in an effort to get you thinking about what our congregational covenant might look like, we have made available examples from other communities at two Sunday services. Please have a look at them below and get your creative juices flowing as to what ours might look like.

Rev. Linda Thomson will be with us in **November** to facilitate a workshop about congregational covenants. The hope is that we will leave the workshop with a covenant and a process for implementing it with our community.

### From the Unitarian Universalist Fellowship of Kamloops

#### **Covenant of Right Relations**

##### **We show each other respect**

- We listen mindfully with open minds and hearts
- We speak with compassion and acceptance
- We resolve conflict and disagreement through respectful dialogue
- We respect the responsibilities and commitments to serve undertaken by each volunteer

##### **We communicate understanding**

- We speak in “I” language, taking time to examine our own assumptions
- We remember that each of us has a voice worthy of being heard and come from our own unique life experiences
- We seek to understand and learn from other perspectives
- We choose the right time and place to communicate, especially about our differences

##### **We participate with trust and commitment**

- We practice focussing on the most respectful interpretation of others’ actions
- We choose to stay connected through difficult moments, trusting that we are each doing our best
- We make mindful realistic commitments and follow through
- We forgive ourselves and others when we are less than perfect and we try again

##### **We express encouragement and appreciation**

- We understand that everyone thrives better when they feel appreciated
- We look for opportunities to offer praise and thanks



- We make room for recreation and fun
- We act for the common good of our beloved community

From Rev. David Hutchinson,

a UU minister from Houlton, Maine.

### The Four Agreements

1. **Be Impeccable with your Word:** Speak with integrity. Say only what you mean. Avoid using the words to speak against yourself or to gossip about others. Use the power of your words in the direction of truth and love.
2. **Don't Take Anything Personally:** Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.
3. **Don't Make Assumptions:** Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.
4. **Always Do Your Best:** Your best is going to change from moment to moment; it will be different when you are healthy as opposed to when you are sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

A successful Fellowship offers sanctuary, safety, and trust; a place where we find acceptance, a place for spiritual growth and service to the community.

### Suggested Guidelines

1. Covenant is a practice that is applied each time two or more people in the group are present.
2. It is important to have a shared vocabulary.
3. It is important to have clear agreements.
4. It is important to have shared accountability.
5. We are developing a culture of higher group awareness.
6. Do not avoid conflict.
7. Everyone needs to feel like they are part of the group.
8. A successful group provides the dual role of support and challenge.

9. Do not be afraid to repeat yourself. Repeat as often as necessary.
10. Expect failure and success. What's important is to reflect upon one's shortcomings and then continue with one's best efforts.

The guidelines for right relationships -along with the seven principles and the four agreements, all connect with each other.

Submitted by: Sheila Moore and Joan Brewer,  
Ad Hoc Covenanting Committee

and a children's program is available at the same time. All are welcome!



## Yard, Book and Bake Sale

Saturday, October 15  
8 am - noon



### Doing your Fall Clean-Up? Downsizing?

This is your chance to bring books And other household goods to our fall Yard sale. Spread the word. Your friends May be downsizing too.

### We plan to have a yard sale!

Bring your yard sale items to the fellowship By October 11 if possible. They can be left In the fellowship vestibule. To let us know you are leaving something please contact:

Nancy Beltrandi

459-8004 or nahbeltrandi@gmail.com

Or Janet Crawford

454-0441 or janetcra@nbnet.nb.ca

### We plan to also have a bake sale!

Bring your baking On Friday, Oct. 14 between 4 and 7.

**Apple picking:** Johnny Appleseed Meet at the fellowship at 1 pm on Oct 3. Rain date Oct 4. To pick apples for pie making.

**Pie Making:** Tuesday, October 11 1 -4 at the fellowship. Come and peel. For more information contact:

Janet Crawford

454-0441 or janetcra@nbnet.nb.ca

Or Sheila Moore

450-9021 or smoore@nbnet.nb.ca

### HELP NEEDED

Call Janet Crawford, janetcra@nbnet.nb.ca 454-0441, if you can help on the day of the sale or earlier for pricing



## Eastern Region Fall Gathering

October 22<sup>nd</sup>: *Heart, Head and Hands - Unitarian Universalism*. A one day event with optional activities Saturday evening and Sunday morning worship, hosted by Lakeshore UU Congregation. Saturday's program takes place at Beaconsfield United Church, 202 Woodside Rd, Beaconsfield QC. Check the CUC website [cuc.ca](http://cuc.ca) for details and link to registration site. From the events tab, select the "Events" tab, then "Regional Fall Gatherings", then "Eastern Regional Fall Gathering" as shown in image below:



Dancers, Henry Whalen and Making Africa Proud.

Meals on Wheels helps seniors live in their own home later into their lives. Meals on Wheels also provides meals to people who are temporarily unable to make their own meals after operations such as joint replacement. The cost of providing these meals is reduced by using volunteer drivers to deliver the meals, however, funds must be raised to pay salaries of office staff and to help reduce the costs of meals to those clients who are paying for their meals.

Tickets are available from Tony Fitzgerald (the hazards of agreeing to serve on a Board).

You can also help by becoming a volunteer driver. Contact the office at 458-9482 for information on this.



## Taking Back the Night



Two Unitarian women taking back the night!



## Meals on Wheels Fall Fling

Thursday, October 6<sup>th</sup>, 2016  
7 pm to 9 pm  
Journey Wesleyan Church  
131 Duncan Lane  
Tickets: \$15.00



Entertainment will feature Moon Joyce as well as X-treme

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