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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!

October Theme: Quest

Oct 30: Interactive Theme Service: Quest. Throughout our life, are we on a quest for meaning? What path are we following, and to what destination, if any? How do we learn about ourselves and construct the meaning of our lives? Through small group conversations and activities, we will be exploring some ways of understanding our personal journeys and relationships

November Theme: Covenant

Nov 6: Interactive Theme Service: Covenant Groups. Small Group Ministry encourages participants to form authentic connections with others, build deeper ties and a stronger sense of community, and talk about a wide range of spiritual topics. After the opening and time for all ages, participants will form small groups to reflect on a small ministry session on the theme of "Belonging."

Nov 13: Peaceful Communication. Jo-Anne will introduce the congregation to some techniques of interpersonal communication through a talk on the language of pacifism and the experience of "listening pairs."

Nov 19: Afternoon workshop: Building our Covenant of Right Relations with Rev. Linda Thomson from the Canadian Unitarian Council. More information elsewhere in *The Touchstone* (see the "More about Covenants" article).

Nov 20: Rev. Linda Thomson, Finding our Way. Making our way through the world, certainly feels, at times, like tricky business. There are times when the road is hard and hard to see. We get lost. We get frightened. How can we move forward, finding our way? What lights the path?

Nov 27: Covenant: Another Perspective (details to follow)

December Theme: Expectation

December 4: National Day of Remembrance and Action on Violence Against Women.



Children's Religious Education

Program Themes for November 2016

Nov. 6th Remembrance Day Theme

We will be talking about the past and taking a moment of silence for our veterans.

Nov. 13th Strength: "your mental muscle"

The children will be learning about how strength isn't just about the muscles in your arms but also mental strength.

Nov. 20th Leadership: "being the first to take the first step"

The children will be discussing and doing activities that reflect the leadership that they will have in the world some day.

Nov. 27th UU principle 2: "be kind in all you do"

The children will lead a discussion about our second UU principle.



Youth Program

Building Bridges

In November and December, Jo-Anne will be teaching a course for youth and young adults (ages 14 to 35-ish). Building Bridges is a world religions program developed by the UUA to deepen youth's understanding of the dynamic, fascinating, and varied world in which they live. The program is organized roughly chronologically, and provides a basic introduction to some of the major religious groups which have evolved over human history. The course seeks to lovingly and reverently present different beliefs and expressions of faith. It encourages a positive outlook toward other faiths and the people who follow them, and provides youth with a unique opportunity to engage the world's diversity of faiths with an open-minded and open-hearted attitude in a safe, affirming atmosphere.

The course will begin on November 2 at 7 pm at the Fellowship. Meetings will continue for approximately one hour each Wednesday evening until mid-December. Youth and young adults who are interested in finding out more about other faith groups are welcome to attend on weeks they are available. This program may also be suitable for junior youth (ages approximately 12 to 14); please contact Anneke if you are a junior youth interested in attending.

Youth and young adults are also planning a multifaith workshop and celebration on either November 26 or December 3. Please join our Facebook group, UFF Youth Group, to find out more about our plans.

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.



Women's Monthly Pot Luck

The next Unitarian Fellowship women's pot luck will be held Friday, November 25th. Joan Brewer will host the gathering at her home, 31 Ridegwell Place. We gather at 6 PM and eat at 6:30 PM. The topic for discussion will be circulated later. For further information, contact Joan Brewer at jebrewer@rogers.com



More about Covenants

Mark November 19th on your calendar

The time is drawing near. Over the last few months Sheila Moore and I have provided you with examples of covenants

of right relationships. It is such a big word for something that is really just about effective communication. Communication that arises out of our caring for each other and our desire to come together with an explicit agreement regarding the way we will communicate, engage and explore together. The explicit agreement is the thing we want to create.

Rev. Linda Thomson will be with us November 19th, 1 – 5PM to facilitate a workshop about congregational covenants of right relationships. The hope is that we will leave the workshop with a covenant and a process for implementing it with our community.

All members and friends are welcome to attend

Please let Sheila or Joan know if you hope to participate, but come even if you don't let us know.

“Developing a Covenant of Right Relations is an important step in clarifying expectations and creating a safe environment for congregations. Covenant is Latin for come together and means a solemn agreement or promise from the heart regarding a course of action between parties.

Congregational Covenants can take many forms and reflect the needs and best wishes of a variety of groups—from church committee members to staff groups to how members of an entire congregation agree to conduct themselves with one another. Creating and agreeing to a covenant can be an extremely effective tool for setting guidelines and building trust. Covenants help members respect and hear each other.” Taken from website <http://www.uua.org/safe/covenant>

Below we share another example of a Covenant of Right Relations.

Northlake Congregational

Covenant of Right Relations

We, the members of Northlake Unitarian Universalist Church, covenant together to strive to keep a community where we can examine and live out our highest values. To that end we make these explicit promises to each other, in order to strengthen our mutual love and respect, and remind ourselves of ideals for living together as a church and in the wider world.

To be in right relation with myself, I promise to:

- accept myself as I am, realizing my limits, and forgiving myself when I fall short;
- respect and uphold my personal boundaries while challenging my comfort zone;
- strive to model justice, truth, love, equity and compassion in all my relationships.

To be in right relation with other members, we promise to be welcoming, respectful and supportive of the members of the church community by:

- deeply listening with an open mind and loving heart;

- communicating openly and truthfully;
- endeavouring to get to know others;
- knowing when and how to get help for self and others;
- honouring the commitments we make;
- being willing to work through conflicts and misunderstandings directly with the person or persons involved;
- becoming knowledgeable about church governance and policies;
- keeping informed and informing others of happenings within the church community;
- being mindful of the church's mission;
- attending congregational meetings;
- supporting each other, recognizing each of us as a teacher as well as a student in the learning process;
- giving of our time, talent and financial resources;
- being aware of growth opportunities and willing to accept leadership opportunities;
- holding the right to disagree while respecting the beliefs of others.

To be in right relations with the Board, we promise to:

- understand the goals and the mission of the Board;
- communicate openly, directly and honestly with the Board members;
- educate ourselves on the Board's decision making process, raise issues directly consistent with that process and trust and accept the results;
- express appreciation to the Board as appropriate;
- understand that if something benefits the community, it also benefits us.

To be in right relations with the staff members, we promise to:

- provide staff with adequate resources, a healthy work environment and opportunities for professional development;
- understand the responsibilities of the position and honour staff's authority over their spheres of responsibility;
- show respect by making clear requests in a timely manner, being civil in our interactions, honouring work hours, being open and direct in our communications and showing sincere appreciation for work done;
- support good personnel policies and pay practices.

To be in right relations with the minister, we promise to:

- communicate directly and honestly and provide feedback in a spirit of loving kindness;

- honour those needs and concerns of the minister which are outside the ministerial role, acknowledging that time away from church is protected personal time;
- support the professional growth of the minister;
- recognize and value the role of the minister in providing leadership, while at the same time acknowledging our own responsibility for carrying out the church's shared ministry;
- express our appreciation as appropriate;
- support fair compensation and benefits for the ministry.

To be in right relations with the wider community, we promise to:

- be aware of concerns, needs and conflicts in environmental, economic and social justice issues and be informed about resources which may be used toward their resolution;
- speak up about injustices and support active discussion and action on current issues;
- know and articulate Unitarian Universalist Principles and strive to embody them in our actions;
- participate and encourage participation of others in regional, district and national and international Unitarian Universalist activities.

Submitted by Sheila Moore
and Joan Brewer
Ad Hoc Covenanting Committee



Yard, Bake and Book Sale

Thank you to so many people who helped us raise over \$2000 at our sale. Nancy Beltrandi spent countless hours pricing everything and Sheila Moore did a great job organizing the bake sale. This included an afternoon when 7 people peeled apples and helped make pies.

Many people quietly dropped off items for the sale and others either shopped or helped out the day of the sale.

Paying it forward, NBACL came the Weds after the sale and picked up left overs. Josephine Savarese's student came and got a few items for a sale that her class is having on Nov 8 and 9th from 12-4 in James Dunn Hall at STU. We are all welcome to come. The rest of the books are going to the University Women's Book sale.

Working together in community helped us achieve success. Thank you to everyone.

Janet



Book Review

The Last Dance in Shediac

by Anny Scoones

This book is a remarkable example of how to find joy in life while ageing. Anny Scoones writes memories of her mother, Molly Lamb Bobak and shows how in spite of failing health she continues to enjoy the sights of Fredericton, other places in New Brunswick and her daughter's rural home in British Columbia. She sees things with the eyes of a famous artist and every view is a new experience even when the comment is the same as when she saw it before.

The descriptions are often of places in Fredericton or St Andrews that we may have seen and Molly and her daughter can give us a new interest in them too by putting the artists's experience into words.

We also learn something of Molly's relationship with her daughter and with her husband Bruno whose life was apparently shaped by difficult experiences when his family left Poland and he had to sleep under bridges in Toronto. There is not much about either his experiences as a war artist allowed near to the front or Molly's back at the bases, but these could have provided poignant contrast to later life. Money certainly does not seem to have been a problem as Molly and Anny travel, drink happily and stay in some expensive places.

There are jokes shared by mother and daughter, collapsing in happy laughter over word play that didn't get more than a smile out of me, but perhaps that's my loss!

When Molly decides to move herself in to the Veterans'

Home just up by the Everett Chalmers Hospital, she doesn't consider it a sad ending to life. It is a whole set of new experiences. Understandably Anny has moments of sadness, but it seems that Molly enjoyed the beauty of things to the end. She had an ability to live in the moment that could inspire the rest of us. I will not be a spoiler and tell you what happened that made Molly insist the title should be "The Last Dance in Shediac." There are copies in Fredericton library and more in the library system you can reserve.

- Sheila Andrew



Carpe Diem

From the

"Dalai Lama's 18 Rules for Living"

Expanded

Live in the moment. This could be the single most important piece of advice you ever heed. Do not forget nor dwell on the past, but do forgive it. Be aware of the future but do no fear or worry about it. Focus on the present moment, and that moment alone. All of the cliché phrases center around this all-important mantra: Live life to the fullest, seize the day, etc. Living in any other moment will only bring you anguish. The past cannot be changed and the future cannot be controlled. The only time that is malleable is the present moment! If you live in the now, you will be much happier since the past and future cannot weigh down on you. See the good in your current surroundings and be happy.

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