



874 York Street, Fredericton, N.B., E3B 3R8 (506) 451-0919  
 Sunday Service 10:30 a.m. Web Site: <http://www.uff.ca> Email: [office@uff.ca](mailto:office@uff.ca)  
 Newsletter editor: [touchstone@uff.ca](mailto:touchstone@uff.ca)

## Contents for September 2018

Upcoming Services .....	1
Dreaming in Circles .....	1
Children's Program .....	2
Third Thursdays .....	3
Message from Jo-Anne .....	3
Growth Strategy Committee .....	4
Tea, Laughs, Conversation (TLC) .....	5
Joy and concerns .....	5
Women's Pot Luck .....	5
My Garden, too .....	5
Cinema Politica .....	6
Oxford Interfaith Walk .....	6
Mabon .....	7
Mindful Journey .....	7
Board Structure .....	8



## Upcoming Services

The theme for the month of September is Community.

**September 9** Our 2018-2019 Fellowship year begins with Water Ceremony. Please bring a small container of water collected from your travels or your home. You will be invited to merge it with that of others to mark our coming together or Ingathering. We will have a short service, to allow ample time for food and conversation, followed by the first regular meeting of the Board of Directors.

Everyone is welcome to attend any or all of these events. Everyone: That means “you,” the “curious or lurking” one, and “you,” the “haven’t been there for a while” one, are welcome. Corn, as well as butter and vegan spread, will be available, along with tea and coffee. Please bring something to share, as we appreciate and enjoy all contributions. And board meetings can’t happen on empty stomachs!

**September 16** *My Singular Room.* Service Leader Heather Lunergan. There are many ways to define “community” and all of us belong to a variety of them. Some are large, some small, some unique, some quite unassuming, some lifelong and some short-lived. Heather will share her story of a

community within a community that she was part of for a week 20 years ago. This community, the Northeast Leadership School, (NELS) is part of the Unitarian Universalist Association, and while the CUC is no longer part of the UUA, several Canadians (and members of our congregation) attended NELS. Come hear about Heather’s journey into and back from NELS and how it still informs her volunteers activities within our congregation.

**September 23** *A Community for All Ages.* At this multigenerational gathering, children, youth, and adults will get to know each other and do activities related to our monthly theme, Community. Each person will choose to explore the deeper connections that we develop in beloved community, to do a craft and game to illustrate our interconnections, or to talk about belonging to groups, clubs, churches, and families in different generations. Service Leader: Jo-Anne Elder-Gomes.

**September 30** *The Fredericton Homeless Shelters and Related Programs.* Guest speaker Faith McFarland and Service Leader Deby Nash. This will be an introduction to the work and special programs coordinated by Fredericton Homeless Shelters, Inc.



## Dreaming in Circles

by Reverend Myke Johnson, Minister  
 Unitarian Universalist Church of Portland, Maine  
 submitted by Jo-Anne Elder-Gomes

It is said that if a group of people sleep arranged in a circle—heads at the center and feet out like spokes—they create a dream circle. Two or more people in the group may have the same dream at the same time. I tried this once with a group of friends, but I must confess, it didn’t really work for me. Mostly I just had a rather poor night’s sleep.

But I like the metaphor. The word dream is used to describe both our strange nighttime adventures and also our waking hopes and visions for our lives. For me, dreaming in circles is about sharing those waking dreams, entering into the magic that can happen when we join our visions together. We talk and we listen. We plan and we act.

We are energized by each other, and we grow strong and bold. When we dream in circles, anything is possible. As Margaret Mead famously said, “Never doubt that a small group of thoughtful, committed citizens can change the world; indeed it’s the only thing that ever has.”

And here’s the important thing. When we dream in circles, the circle itself becomes the greatest magic of all. We wake up to the reality of our profound interconnection with all people and all beings. The circle is a symbol of this interconnection. In a circle, every person is linked to every other. Every person is equally valued and appreciated. Human beings cannot thrive as random individual strangers in a crowd; we are connected to one another at the deepest level, and we can only find wholeness through loving and mutual relationships. By sharing our dreams, we can come home to a community of love.

Activist and writer Mab Segrest writes in *Born to Belonging: Writings on Spirit and Justice*, about a South African word that describes this essential need for community: ubuntu. “Ubuntu translates as ‘born to belonging.’” Ubuntu expresses the African idea that our human dignity and fulfillment is dependent upon our links to each other in community.

In contrast, modern American society bases itself on the idea of individualism. John Locke formulated a theory of society as a contractual type of relationship freely entered into by individuals. Locke proposed that in the original state of nature all humans were free and autonomous individuals, and from that state they agreed to give up certain aspects of their independence for mutual benefit and protection.

Today, this individualistic understanding is endemic. But Mab Segrest challenges individualism, and she begins her argument with the experience of motherhood. She writes, “It was after watching Barbara give birth to our daughter, Annie, . . . that it occurred to me the degree to which this Original Individual was a ridiculously transparent . . . fiction. None of us start out as individuals, but as fusions of sperm and egg, embedded and growing in the mother’s body for nine months. For months after birth, our consciousness is still merged with its environment, and a sense of the particular and separate self emerges only gradually. We start out in relationship, and our individuality grows out of that circle of relatedness. Not the other way around. We all need each other in order to flourish and to thrive in life.”

To give Locke and others their due, the philosophy of individualism was created in rebellion against the authoritarian structures of an earlier age, the tyranny of church and monarch. To affirm relationship is not to deny the importance of human dignity and freedom. But we must recognize that relatedness comes first, and we find our inherent worth and dignity within that circle of relatedness.

One great purpose of spirituality is to restore our connec-

tion to each other, or rather, to wake up our awareness to the connection that already exists. We are always connected, but we forget, we lose hold of it, we suffer from the illusion that we are separate. Spirituality is our experience of being a part of the larger whole. Spirituality is restoring our awareness of our connection to the earth, to other people, and to the Mystery at the heart of our vast universe.

All of it is one.

When we choose community, when we practice loving a particular group of people, we are letting the reality of the universe enter our hearts—we are learning how to experience the reality that we truly are all part of one another. Of course we don’t always get it right. Otherwise we wouldn’t need to practice. We are not here to try to fix everything in order to create some sort of perfect circle—we are the circle right now, trying to wake up together. Every person is sacred, and we are all one circle.

“Dreaming in Circles” was published in *\_Quest\_*, Vol. LXVIII, No. 8, September 2013. *\_Quest\_* is the monthly newsletter for members of the Church of the Larger Fellowship, the “congregation without geographical borders” of the Unitarian Universalist Association. Find out more about the CLF or become a member at <https://www.questformeaning.org/clfu/>



## Children’s Program

Hi everybody!

We are excited about starting our children’s program up again in the coming year!

Starting on September 16, we will be offering a children’s program for children of preschool age and up on Sunday mornings. Babies and toddlers are welcome to come upstairs with a parent or older sibling.

In the Unitarian Fellowship of Fredericton’s children’s program, we strive to engage and support children in their personal and spiritual growth, encourage them to think about important issues and big questions, sustain their sense of wonder and curiosity, explore ways to help others, and learn about themselves and their community.

What happens on Sunday morning? This is what the Unitarian Universalist Association writes about Religious Exploration for children on its website: “Parents and caregivers come to Unitarian Universalist (UU) congregations for communities that help raise children to become kind, respectful, fair-minded, caring, and strong enough to side with love and fight for justice. UU religious education and participation in worship, social justice work, and multi-generational gatherings reinforce what parents teach at home. We nurture truth-seeking, spirituality, and progres-

sive moral values that will continue to shape and support our children as they grow.”

The program we’ve planned will include worship activities (a Chalice Lighting and check-in, a children’s version of Joys and Sorrows), active movement and games (sometimes outdoors), stories, songs, conversations, and crafts and other creative activities. We will be using different materials, mainly from UU sources: the Unitarian Universalist Alphabet and You the Creator curricula, resources from the Church of the Larger Fellowship, and lots of books and Internet sites. Most of the time, we will follow the monthly theme used in Sunday Services and adult programs, but we also would like to talk about World Religions over the winter and make multifaith decorations for the tree in December.

Approximately once a month, children will be involved in a multigenerational service. All morning, children, youth, young adults, and older adults will have a chance to do one or more activities together. This might involve people of all ages talking, making a craft, or singing songs together. Usually there will be one activity upstairs suitable for the youngest children; we welcome parents or older siblings to join them. Other adults are welcome, too, provided they agree to play and have fun!

Most other Sundays, children can join their parents for the beginning of the service or come directly upstairs for their program. We know some children and parents feel more comfortable staying together upstairs and hope some of you will enjoy having some special family time on Sunday mornings, chatting with other parents while your children make new friends, so please come upstairs whenever you want! We will also adapt the program to meet the needs of older children, including junior youth and any youth who prefer to do things upstairs rather than stay in the service, while still providing a safe and comfortable environment for the younger children.

As many of you know, we were both born into this Fellowship, and want to share our experiences in UU community with your family. We love kids, love doing art, and love helping kids have fun and learn. You can expect to see most of the Elder-Gomes family upstairs at different times in the coming year. If you are a youth or adult who has an idea for the program or would like to lead an activity upstairs, please let us know. We’d love you to share a talent or interest with the kids. You can contact us at [eldergomes@yahoo.com](mailto:eldergomes@yahoo.com).

We’re really looking forward to meeting you and your family!

Anneke Elder-Gomes *and*  
Elisabeth Elder-Gomes



## Third Thursdays

at the Unitarian Fellowship for Fall 2018

This fall, we will begin our Third Thursday gatherings with three videos, each followed by discussion and coffee. The sessions, which will be from 7 until about 8:30 pm, will be hosted by Heather Lunergan, and feature three separate but connected talks by JD Stillwater. He is a Unitarian Universalist from New Hampshire and 2 years ago, JD and his wife Anne brought their project, “Seven Candles” to Fredericton. Thanks to Ken Moore, we have a thumb drive with a wealth of material including some talks (sermons) given at the UU Church in Nashua, NH.

The series deals with the relationships between science and spirituality, explained simply and clearly by a man who has spent decades researching and thinking about the interconnected web of existence. For more information about the program, go here: <https://sevencandles.org/community/>

This is the schedule for Third Thursdays this fall. They will be advertised in more detail closer to the dates, but please mark your calendars, tell your friends, and plan to join us for three thought-provoking talks on video followed by discussion and fellowship.

Thursday, September 20 at 7 pm: **Seven Candles** is a one hour presentation by JD Stillwater that introduces us to his work.

Thursday, October 18 at 7 pm: **One Song; The Science of One** is half an hour long

Thursday, November 15 at 7 pm: **Taker Guilt; The Exorcism of Anthropocene Angst** is half an hour long.



## Message from Jo-Anne

I am really looking forward to serving the Unitarian Fellowship of Fredericton in 2018-2019. I have the pleasure of working with a dedicated Board of Directors and a team of Committee Chairs and volunteers, all of whom have the good of the Fellowship and a vision of love and justice at heart.

Our theme for September is Community... How appropriate for that time of year at which the activities of the various communities we belong to resume: school, college, post-secondary, sometimes work or volunteer groups, and of course, the Fellowship. Just after the middle of the month, I noticed that the annual shift had taken place in Fredericton. Suddenly restaurants and stores became busier, line-ups at bank machines and cashiers were longer, traffic was slower, and my calendar started to fill up. It seems that fall is the real beginning of the year, not January.

Nonetheless, we were busy this summer, both with a wonderful series of Summer Sundays and with some volunteer development. In July, several of us attended (by Zoom) a Canadian Unitarian Council workshop entitled “Serving with Spirit,” which explored the dynamics of volunteerism and ways to sustain our volunteers. You may have noticed that many of our members and friends help in different ways, from arriving early to make the coffee to clearing the entrance, from taking a shift at a fundraising event to lighting the chalice, from printing an Order of Service to teaching a class, and from putting out the hymnbooks to putting an envelope in the basket. These gifts of time, effort, money, and talent are all acts of generosity. Thank you for what you have done in the past, and for what you will do this year!

Then, in August, the Board and Committee Chairs spent the better part of a Saturday together, getting to know each other and working together towards common goals. We began with Section meetings, in which the Vice-Presidents of each of the three sections (Programs & Ministry, Communications & Outreach, and Finance & Facilities) explained the communications and support structure they offer the chairs of committees in their section. Our 2018-2019 Committee Chairs had the opportunity to share their plans and needs, and some of the 2017-2018 Chairs and Board members offered insights from their experience. Following the Section meetings, we reconvened in a plenary session to discuss our ideas about growth. As many of you know, the Unitarian Fellowship of Fredericton is engaged in an initiative to grow our membership, and with it our outreach and impact inside and outside the walls of 874 York Street. Last year, each Committee Chair was asked to think about how they could contribute to growth, and we discussed the same question of this year’s Chairs. Finally, the Board held its transitional meeting. One of the commitments I made was to enhance communication and information-sharing by contributing to most issues of The Touchstone, and another was to encourage each committee to share what their dreams and plans in Section meetings, and with the congregation through various means. We are so fortunate to have so many people participating actively in the life of the congregation and in our community. I hope this year we will all get to know each other better and work together to build the community we want and need.

One of our plans is to offer a wide variety of programs for all ages. We brainstormed ideas for social activities (the phrase “We need more potlucks” was heard), educational and arts events, opportunities for spiritual growth and social justice action. As a congregation, we will have choices to make among proposals for larger commitments. As individuals, we will be invited to take part in Third Thursday and Saturday all-ages gatherings, in classes and discussions, in group outings and poetry readings... We would love to hear what you would like to do and make happen and we encourage everyone who has ideas for ac-

tivities or programs to talk to a Committee Chair. We are especially excited to resume a children’s program on September 16. We plan to offer activities for children or an all-ages activity every Sunday. Youth (14-18) and Young Adults (18 to 35) are also invited to take part in Sunday services and in other social and educational events throughout the year.

On September 9 we will reconvene and celebrate our Water Ceremony. You may not know that “this service originated with angry women. Carolyn McDade and Lucile Shuck Longview were asked to create a ritual for the Women and Religion Conference at East Lansing, Michigan, in 1980; their service was intended to speak to the worship needs of women, which some felt had not been widely included in the movement up to that point. As McDade, social activist and song writer, recalls, ‘It was a strong service, about community taking power... about creating a political and liberating theology.’”

Water isn’t only the “tranquil streams that meet and merge and flow as one to seek the sea” (Singing the Living Tradition #145), it is also the distressing floods that affected our city last spring. The samples of water we share on September 9 will not all be from distant pristine beaches or generous gurgling rivers. Some of it will be from our kitchen taps, in our houses where we are lucky enough to have clean running water, but perhaps it will also represent the unsafe water on reserves, in northern communities, in areas jeopardized by industry, or the lack of water in areas affected by droughts and climate change. Similarly, no community is perfect, but all groups and neighbourhoods and nations have the potential for becoming powerful forces for good. We have a strong base for becoming that kind of place and that kind of people. May we make it so. May we, in the words of the same hymn, “go forward in the search of truth, adventure boldly and explore” and “go forward in the power of love.”

Jo-Anne Elder-Gomes  
President, Unitarian Fellowship of Fredericton



## Growth Strategy Committee

With the beginning of our regular Sunday Services our committee would like to suggest that our members consider bringing a friend. Choose a service with a topic you think they would be interested in. Many of us have friends who might enjoy our Third Thursday topics and our special brand of hospitality!

If you have ideas for our Growth Committee please share them with us!

Sheila Moore



---

## Tea, Laughs, Conversation (TLC)

Join us for tea on Wednesday, Sept. 12<sup>th</sup> at 1 pm at the Fellowship.

Bring a friend and a joke to share!

Membership Committee event

---

## Joy and concerns

Congratulations to Sheila who is celebrating her 80th birthday on Sept 8. Still young and young at heart. Happy Birthday Sheila!

Janet Crawford  
Caring Committee Chair

---

## Women's Pot Luck

The next Unitarian Fellowship women's pot luck will be held Friday, September 28th. Janet Crawford will host the gathering at her home, 155 Aberdeen St. We gather at 6 PM and eat at 6:30 PM. The topic for discussion will be circulated before the gathering. For further information, contact Joan Brewer at [jebrewer@rogers.com](mailto:jebrewer@rogers.com)

---

## My Garden, too

My garden gives me so much joy,  
When dear friends come to call  
I love to see the flowers bloom,  
Like murals on a wall.

There are many spireas, and  
types of weigelas too.  
And in between so many blooms,  
Peep out so you'll catch a view.

My daisies love the sunny spots.  
The hostas love the shade.  
Though some of them are in the sun,  
Those always seem to fade

In the morning I'm awakened  
By the singing of the birds;  
And little squirrels hop around.  
They are too cute for words.

The stately pine is up above  
There's spruce and maples too,  
They spread the shade to cool things off,  
As my gardening I do.

The birds are nesting in those trees,  
The crows are all around.

They seem to like to nest here,  
A refuge they have found.

I share my plants with all my friends,  
And they share theirs as well,  
The more you give, the more they grow.  
That's what the stories tell.

I have to mention Thumper.  
A groundhog lives here too.  
He's taught me so much patience  
And stops when I say "Boo"

In wintertime, God sends the snow  
To make a blanket warm.  
My shrubs and flowers fall asleep  
To wake on Easter morn.

And from my kitchen window,  
There's a panoramic view  
that gives me so much pleasure.  
I want to share with you.

While sitting on my front deck,  
With fresh water all around.  
The mighty St. John River  
Becomes calm without a sound.

When I awake some mornings,  
With the rising of the sun;  
The colors that are in the sky  
Are spectacular and fun.

Fourteen years I have been making  
My haven on this hill.  
It's brought such satisfaction.  
And it's not finished still.

This year I started mowing,  
and weeding across the street  
To plant more shrubs and flowers  
While walkers, I meet and greet.

Each year the time goes faster.  
Day by day I bid them bye  
I hope there'll be another few,  
As I get up and try and try.

I don't worry about tomorrow though,  
I live from day to day,  
Make every moment precious,  
In my garden, I'll find my way.

Judith M.L. Day

Inspired by

her mother Louise Sparkes' poem "My Garden".

Revised: August 16, 2018



## Cinema Politica

**Editor's Note:** It was suggested last spring that we publish upcoming Cinema Politica schedules for your convenience. If people find this useful, please drop a note and I will continue. It's a bit of work to reformat their material for a paper print format and their schedule is available at <https://www.cinemapolitica.org/fredericton>, so unless there is a lot of interest, I'll probably drop this. From their website, you can also view the trailer for some movies.

Cinema Politica screens at Conserver House, 180 St. John St., Friday evenings at 7 pm and are followed by a discussion at approximately 8:30 pm.

### September Screenings

#### September 7 *Incident at Restigouche*

Alanis Obomsawin  
CA / 1984 / 45'

This investigation into the history-making raids of the Restigouche Reserve is a powerful film that puts justice on trial.



#### September 21 *Freelancer on the Frontlines*

Santiago Bertolino  
CA / 2016 / 98'

From Egypt to Turkey to Iraq, passing through Israel and Palestine, this documentary captures the ups and downs of a new and unconventional kind of journalism.



it is when people live together in unity! It is like precious oil poured on the head, running down onto the beard, Aaron's beard, down onto the collar of his robe. It is like the dew of Hermon that falls on the mountains of Zion. For there the Lord bestows his blessing, even life forevermore." Psalm 133 SONG "Heveinu shalom aleichem: We bring you peace." Oxford Jewish Community Choir

**6.40pm St Giles' Church Prayer** Fr Ian Graham, Greek Orthodox Church Not given in the programme.

**7.15pm Radcliffe Square Prayer** Gyan Gopal, Hindu Community "O Lord, To what is One, sages give many a title, many a name; they call it Allah, Ishwar, God, Rama, Krishna ..... .. Agni, Yama, Matarisvan. O Lord, You are the Giver of Life, Remover of Pain and Sorrow. Bestower of Happiness and Creator of the Universe, Thou art luminous, pure and adorable. We meditate upon Thee and seek your inspiration and guidance. O Lord, May all living beings be happy. May all be free from misery and ill-health. May all be in harmony and friendship. May all be free from physical and mental pain. O Lord, Let there be peace in the Heavens," Peace in the Atmosphere; Peace on Earth," Let the waters be cooling, the herbs healing and the plants enhancing Life. Let there be Harmony between, and peace for all beings in the Universe. With perfection in Knowledge, let peace pervade everywhere. May this Peace be throughout the World, May there be Peace among those around me and May there be Peace within me as well!" **Prayer** Davinder Singh, Sikh Community **Everyone** joins in the **Taize chant**, led by Claire Browes Lay Assistant, University Church of St Mary the Virgin



(Where there is love and charity, there is God)

**Light Refreshments** donated by University Church of St Mary the Virgin

**8.00pm The Oxford Central Mosque** Abdul Aziz, Chairman, Central Mosque **Reading from the Holy Qur'an** Imam Ahsan Ameen "In the name of God, the Infinitely Good, the Most Merciful, Verily, for all men and women who have surrendered themselves unto God, and all believing men and women, and all truly devout men and all truly devout women, and all men and women who are true to their word, and all men and women who are patient in adversity, and all men and women who humble themselves, and all men and women who give in charity, and all self-denying men and women, and all men and women who are mindful of their chastity, and all men and all women who remember God unceasingly: for all of them has God prepared forgiveness of sins and a mighty reward" [33:35] Recital Mosque Children Everyone joins in the closing prayer, We trust for the future We resolve to honour the differences in our narratives We take risks to journey together As we face the challenges ahead And



## Oxford Interfaith Walk

The Annual Interfaith Friendship Walk in Oxford on June 2nd 2016 was organized by the Oxford Council of Faiths. These are extracts from the programme a friend sent. The Council has more than twenty faith groups including Baha'i, Christian Scientists, Mormons and Pagans. It aims to create deeper understanding and mutual respect between diverse communities and to promote and encourage interfaith social and cultural activities in the City. Walkers carried biodegradable multicoloured balloons to represent unity and diversity. At each stopping site there was an introduction, a welcome from someone of that faith or sometimes of another faith. **Jawaid Malik conducted all proceedings.**

**6.15pm Oxford Synagogue and Jewish Centre Prayer** Rabbi Norman Solomon "How good and pleasant

we pray for new beginnings and for peace in our world.”

**Final Blessing** Imam Ahsan Ameen “We ask God, in His Infinite Goodness, to accept our coming together. We thank Him for the food, the health and shelter that He has provided us with. O Lord, support us in our work towards building deeper understanding between our faiths and a deeper sense of community. May the Infinitely Good, the Merciful God, bless this land with every blessing” Ameen / Amen.

**Buffet Supper** Central Oxford Mosque. **Desserts** Oxford Jewish Congregation. **Collection for charity.**

Imagine such a walk in Fredericton!  
Sheila Andrew



## Mabon

Mabon, the middle harvest, is celebrated starting with the setting of the sun on Saturday, September 22<sup>nd</sup>, in Fredericton this year and will end with the setting of the sun on Sunday, September 23<sup>rd</sup>. It is the day of the autumnal equinox and a minor sabbat. In the Pagan calendar, it is preceded by Lughnasadh, the first harvest, and followed by Samhain, the final harvest and new year.



In the modern Pagan tradition, it is a ritual of thanksgiving for the fruits of the earth and a recognition of the need to share them to secure the blessings of the Goddess and the God during the coming winter months. The name Mabon was coined by Aidan Kelly around 1970 as a reference to Mabon ap Modron, a character from Welsh mythology.



## Mindful Journey

to Northern Vietnam & Angkor Wat

**Editor's note:** Information regarding this trip was received from Joan Walder of the Neighbourhood Unitarian Universalist Congregation of Toronto. She may be reached by email at [saranac2@gmail.com](mailto:saranac2@gmail.com). Alternatively, contact me [jaf@UNB.ca](mailto:jaf@UNB.ca) for electronic copies of the one page brochure and eight page pamphlet.

With Rev. Wayne Walder and Joan Walder



On this trip we immerse ourselves in the scenery, history, and traditions of northern Vietnam and Cambodia. We visit monasteries to meditate at an eclectic collection of temples, learn about Zen and Theravada practices from monks and novices, hike in the outstanding natural environment of the Sapa highlands, and marvel at the ethereal beauty of Halong Bay. And at Angkor Wat, we spend time at the abode of ancient gods. If you have a little more time available, consider extending your stay in Luang Prabang replete with timeless architecture, gilded temples, and saffron-clad monks.

A mindful journey is different from a vacation even though it looks like one. On a mindful journey, instead of looking outside, we are also noticing what is happening inside ourselves. How does the beauty we see affect us? How do different customs and morals make us question our values? How can we allow the difference in human culture to teach us? Even history can remind us life is precious and temporary, no matter how grand or beautiful it may appear. A Pilgrimage includes two journeys, the one we visit and the one inside our hearts and minds.



**Tour Cost (per person):** US\$4245 (incl. US\$250 taxes and gratuities) Single Supplement: US\$995

# Board Structure

