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Upcoming Services

"It's the possibility of having a dream come true that makes life interesting." Paulo Coelho

Our theme for February is Possibilities. This theme will be explored in various ways; with a big birthday party, by a theoretical physicist, and by the Writer in Residence at UNB, and through a special service to celebrate our national body, the Canadian Unitarian Council.

February 3 Service Coordinator: Jo-Anne Elder-Gomes. "Everybody's Birthday." Apples, peaches, pears and plums... Tell me when your birthday comes! It's time to celebrate YOUR birthday with your Fellowship family and friends.

There will be tables designated for each season and a cake for each one. You'll find out who else has a birthday in the same season as you and what else you have in common... Ah, the possibilities! This is an opportunity for all of us to meet new people and get to know each other better. Bring a friend and celebrate what's unique about each of us and what we all share. For people of all ages.

February 10 Speaker: Dr. Suzanne Lanery. Service Coordinator Heather Lunergan.

The People Who Could Have Done Science "...didn't. Because they were women, and they were told, at every

stage, that they weren't good enough. It was a lie." (Kate Marvel)

The under-representation of women in science and technology is sometimes rationalized by invoking supposed differences in how the "female brain" works. But the science behind those theories may not be what it seems. Systemic, subtle (or not so subtle) bias in science itself and in society at large matters. So does everyday discrimination. Suzanne Lanery is a theoretical physicist and Post-Doctoral Fellow at UNB.

February 17 Speaker: Phil Hall. Service Coordinator: Jo-Anne Elder-Gomes. Phil Hall is UNB's writer-in-residence and currently has an exhibition at the UNB library. He will be speaking about what poetry means to him and sharing an excerpt from "Becoming a Poet." This essay-poem recounts a visit to Margaret Laurence, and appears in Killdeer, a Governor General's Literary Award-winner and Griffin Prize finalist.

February 24 "How Can I Be Like Water?" This is our annual Sharing Our Faith Sunday. All the material for SOF Sunday is produced by Canadian UUs, both ministers and lay people. Come hear readings and a talk, sing along, and share your special donation for the Sharing Our Faith fund, which provides grants to member congregations to promote our liberal religion, Service Coordinator Heather Lunergan.



Board Update

"Without leaps of the imagination, or dreaming, we lose the excitement of possibilities. Dreaming, after all, is a form of planning." Gloria Steinem

As I wrote in January: "The entire budget exercise, from the establishment of the Stewardship Committee to the Annual Budget Meeting, is an opportunity for all of us to adopt an "abundance" and "generosity" mindset as we consider the kind of space, programming, and outreach we want to offer. It is an exercise in optimism and in community-building, because we are able to make our dream of the kind of community we would want (and need) into reality. Please continue to dream along with us in 2019."

The budget meeting will close our January Sundays, and in February we begin our exploration of Possibilities. I hope that, rather than a simple business matter, members will see our congregational budget as an affirmation of our collective intentions. While planning suggests drawing boundaries around actions that are or are not possible, dreaming opens us up to new possibilities. It is an answer to an important question; to paraphrase Mary Oliver, who recently died: What is it we plan to do with our wild and precious congregational life? In preparing the budget and in Board and committee meetings, we have already planned to do innovative programming, ensure open and transparent governance and decision-making, and take certain social justice actions together. We will also remain open to new opportunities to step up and find new ways to help ourselves and others. Developing the human and financial and organizational resources to make new things happen is the way we translate dreams into plans and then into collective action. With the 2019 budget, we will have the means to meet needs we already recognize and also to contribute to situations we do not yet know about: to help our members with emergency needs, to make donations to charities we learn about on Sunday morning, to provide assistance to individuals and groups in our community, to offer our building to members or others for different purposes, to develop a strong children's program if we do grow it and they do come, to create and promote new programs. Growing our Fellowship by adding new members of all ages is one of my fondest dreams. Each person who comes through the door changes all of us, and that is an amazing thing. Another dream is to have the Fellowship filled with interesting activities and a wide range of groups every day of the week. We have a beautiful and inviting building and property, and I am so pleased that CISV (Children's International Summer Village), Greater Fredericton Area Witches, and the Central Valley Learning Association have made good use of it. If you know of not-for-profit organizations, community groups, or individuals that might be interested in using it for their meetings or activities, please have them contact Ken.

In February, the Board will return to some items deferred in order to work on the budget. Among them are the development of a safety and emergency policy. (It just occurred to me that a weather clause may need to be added.) If you would like to contribute, please contact me.

Jo-Anne Elder-Gomes
President, UFF



Third Thursday Program

February 21, 7pm: Third Thursday. CUC Governance and Resolutions.

The Canadian Unitarian Council consists of Unitarian and

Universalist member congregations. It offers a wide range of services, programs, and opportunities that the UFF has greatly appreciated. In particular, we have been helped numerous times over the years by visits from Reverend Linda Thomson, our Congregational Life team lead, and other CUC staff members.

CUC's member congregations (including the Unitarian Fellowship of Fredericton) are its legal stakeholders and the CUC Board of Trustees is accountable to them/us. There are two members of the Board of Trustees from the Eastern Region (from Kingston to Halifax) and we are entitled to have two delegates participate and vote on our behalf at the Annual General Meeting. Our congregation also has a volunteer CUC Liaison, Glenna Hanley, who shares information from the CUC with our members.

We are still accepting applications from members interested in being delegates at the 2019 online AGM (May 11) and in person at the 2020 AGM in Halifax. Please write to me at President@UFF.ca to find out more. We are particularly interested in applications from new members or members who have not yet participated in a CUC AGM; if you are curious about denominational affairs and the U*U movement in Canada, please consider applying.

During February, CUC month, our congregation will be doing a Sharing our Faith Service as well as organizing this program. At the Third Thursday event, Jo-Anne will briefly outline CUC Governance. Then we will present the resolutions which have been brought forward to the CUC's AGM. All UFF members and friends are invited to participate in the Third Thursday discussion and in the AGM. We will be meeting at the Fellowship on May 11, viewing the AGM on our screen while our Delegates vote.



Tea, Laughter and Conversation

(TLC)

In keeping with our theme of "possibilities" for the month of February our TLC topic will be "*If you could visit with any person in history who would it be?*" We will gather on Wednesday, Feb. 13th at the Fellowship to enjoy a hot cup of tea, snacks and great conversation...and maybe a few jokes. Bring friends for a light-hearted and fun gathering. 1:30 – 3 pm Call Sheila for information – 450-9021



Position Available: Lay Chaplain

The Unitarian Fellowship of Fredericton is now receiving applications for the position of Lay Chaplain. The Lay Chaplain is not a salaried position but a volunteer posi-

tion with remuneration in the form of fees for service. It requires a person with strong organizational skills and excellent communication skills both personally and publicly. It is equally important that the Lay Chaplain be an active member of the Fellowship, with a vision of how this service fits into the broader goals of the Unitarian Universalist community. This is a wonderful opportunity to serve the Fellowship, as well as provide outreach to the Fredericton area.

Expressions of interest must be received by Friday, Feb. 22nd 2019. If you are interested in applying for this position please contact Sheila Moore, Chair of the Lay Chaplaincy Committee and more information will be shared with you.

Sheila Moore 450-9021 or smoore@nbnet.nb.ca



Joys and Concerns

from your Caring Circle

Onyx Atwin was born on January 3, 2019, to Anneke Elder-Gomes and her partner Blake Atwin. Jo-Anne and Carlos are thrilled to have the family living with them

Many of us remember fondly Will Brewer. He is now the Halifax Town Crier and also has a number of other titles

BREWER, WILL MACPHERSON

Town Crier, Halifax Olde Town

Member of the Nova Scotia Guild of Town Criers

Honourary Member of the Ontario Guild of Town Criers.

A hug congratulations to Will

Our good friend Jackie Webster was a 2017 recipient of the Order of New Brunswick. A well deserved honour.

Sincere sympathy was expressed on the passing of Betty Lou Daye at a lovely circle memorial at the Fellowship, planned by Glenna, Judi and the Caring Circle. She was fondly remembered and will be missed.

Our good thoughts are with Anne-Louise Brookes as she continues to recover from her recent surgery.

The caring circle has an ongoing need for people willing to transport others to Sunday Services. If you are available, please let us know. Janetcra@nbnet.nb.ca or 454-0441 If you would like a visit or a conversation with the Caring Circle, we can be reached at the above number.



Women's Pot Luck

The next Unitarian Fellowship women's pot luck will be held Friday, February 22th, 2019. Joan Brewer will host the gathering. The location of gathering and topic for discussion will be sent out closer to the date. We gather at 6 PM and eat at 6:30 PM. For further information, contact Joan Brewer at jebrewer@rogers.com



What Is Unitarian Universalism?

Unitarian Universalism is a non-creedal religion evolving from Protestant beginnings in the 16th Century. It is organic in nature; changing as its members and its environment grow, adapt, heal and transform. The empowerment of its religious authority is within each individual; sacred and secular revelation continually unfolding through the insight of many people and places.

Taken from a collection of definitions of UUism written by Rev. Jane Bramadat



Quotations/Readings about Possibilities

- OUR premise is that many of the circumstances that seem to block us in our daily lives may only appear to do so based on a framework of assumptions we carry with us. Draw a different frame around the same set of circumstances and new pathways come into view.

Rosamund Stone Zander
and Benjamin Zander
from *The Art of Possibility*

- I am looking for people who have an infinite capacity to not know what can't be done. Henry Ford

- RADICAL fundamentalism casts human existence as an epic, ongoing, still-undecided battle between the forces of good and evil, of the divine versus the demonic. This is the most primitive human myth of all and the most powerful. Wherever humanity has walked, wherever it has gathered to hear fables at firesides or offer ritual around altars, good versus evil is the story at its most elemental and descriptive.

We UUs do not have the "easy" solution of a theology that blames all evil on the workings of some devil. But many of us have witnessed unspeakable human acts that can only be described as evil: in Auschwitz, Cambodia, Dresden, Rwanda, and in the barbarity of biological

germ warfare. Some formalists would argue that the very existence of evil in the world would seem to negate our humanist valuing of dignity and worth in every person, expressed in the First Principle of Unitarian Universalism. But it seems to me that just the opposite is true. Our cherishing that Principle leads us to live by a view of human nature that is antithetical to radical fundamentalism.

The witness and mission of liberal religion have always been to seek the liberation of the human spirit—in the words of the hymn, from “the bonds of narrow thought and lifeless creed.” We stand willing to testify for a religious approach grounded in human possibility rather than pathology. Our starting place is the exaltation of the human spirit, rather than its denigration.

People are almost equally capable of both good and evil, but most of the time—say, three times out of five—people choose the good. The seesaw tilts just a few degrees toward the good in this tentative world, but those few degrees are the difference between peace and Armageddon. The job of the church is to put the few stubborn ounces of our weight on the side of goodness, and press down for all we’re worth.

Patrick O’Neill

- SOMEWHERE, a signal has arrived. Now. Now. Now, it says. Stop waiting. Begin. Move despite the trembling. Don’t wait for any of it to be perfect. Just move.

Julia Fehrenbacher

- THE possibilities that exist between two people, or among a group of people, are a kind of alchemy. They are the most interesting thing in life. The liar is someone who keeps losing sight of these possibilities.

When relationships are determined by manipulation, by the need for control, they may possess a dreary, bickering kind of drama, but they cease to be interesting. They are repetitious; the shock of human possibilities has ceased to reverberate through them...

It isn’t that to have an honorable relationship with you, I have to understand everything, or tell you everything at once, or that I can know, beforehand, everything I need to tell you.

It means that most of the time I am eager, longing for the possibility of telling you. That these possibilities may seem frightening, but not destructive, to me. That I feel strong enough to hear your tentative and groping words. That we both know we are trying, all the time, to extend the possibilities of truth between us. The possibility of life between us.

Adrienne Rich.

Spiritual Reflections on Possibilities

As always, don’t treat these questions like “homework” or a list that needs to be covered in its entirety. Instead,

simply pick the one question that speaks to you most and let it lead you where you need to go.

1. Who taught you the most about “living and leaning into possibility”? How does their memory call you to today?
2. What did your childhood and family of origin teach you about possibility? Are those lessons ones you need to remember or reject? Did you live by what you learned?
3. We all have dreams of what’s possible. We live with a voice that says “One day I will...” What “possible life” has been with you the longest? How has this dreamy desire shaped you? Do you still want to live this possible life? Is there a meaning you’ve ascribed to it that might be found in another form?
4. What “possible new you” did you pledge yourself to last new year’s? Is it time to pledge yourself to it again? Or is time to finally let it go?
5. Is avoiding rejection keeping you safe but also keeping you from what’s possible? Are the obstacles insurmountable, or does your approach or thinking need to change?

Material selected and submitted by

Heather Lunergan.



Shambhala

The Sacred Path of the Warrior

by Chogyam Trungpa

Trungpa was declared the Abbot of a Tibetan monastery as a child and studied there till he chose to leave with the Dalai Lama who gave him an important teaching role where he continued to study and write. He founded the only Buddhist university in the United States where he died aged 48 yrs.

The book is a selection of his lectures, not always forming the information in the order the reader might expect, but certainly interesting. It may be intended as a help for those thinking of taking a course on Shambhala.

His teaching is based on pre-Buddhist practices in Tibet and in this book he concentrates on practices and teachings that do not require a religious attitude, though they certainly plan to get the reader beyond the self.

The warrior is one who is brave, not aggressive but fearless. He advises, do not be afraid of who you are. Think beyond the self on how you can help the world. It does not mean we have to abandon our individual lives. We can begin with friends and relatives. We can even begin with

ourselves, discovering inherently what we have to offer the world. Examine our own experience to see what it contains that is of value in helping ourselves and others to uplift their existence. We will find there is something basically good about our existence as human beings.

This idea comes from Tibetan, Indian, Japanese, Chinese and Korean concepts of warrior and the kingdom of Shambhala, said to have been in Tibet, where the Rigden monarchs ruled a community following these principles.

To continue the steps, the warrior must see the basic goodness about our existence as human beings. This potential for intelligence and dignity is attuned to experiencing the brilliance of the bright blue sky. We must refuse to give up on anyone or anything. The Great Eastern Sun is the essence of warriorship. It must be our symbol, not the setting sun.

It is important to meditate. Sit upon the ground cross-legged and assume good posture, with hands lightly on thighs, to breathe and to develop a sense of our place on this earth and find basic goodness. Keeping the head up helps us to focus on the Great Eastern Sun for hopefulness and light, not the setting sun of negativity. So we go beyond fear, acknowledging it and replacing it with sadness.

It helps to have team work and to get beyond worry about material things. A teacher is essential and the ultimate teacher is described. The warrior may achieve monarchy as his team creates an essentially good society and may even become that teacher.

The intention is to achieve unity with “drala” dynamically active non-human beings inhabiting the air element, who are usually invisible to ordinary human perception. They are usually portrayed as wild, fearless warriors on horseback. The inner aspect of drala is connected to the subtle energy system in the body, and the ‘secret’ aspect to the nature of mind. The wind horse carries the rider through difficult times to achieve good. Other symbolic creatures are Dignities to be reached by warriors: Meek is a tiger walking softly in the wilds; Perky is a snow lion ever cheerful and unworried; Outrageous is the legendary Garuda bird, an eagle like protector, ever watchful, free from hopes and fears with power to go everywhere and Inscrutable is a dragon. Unity with the Dignities brings “Authentic Presence”, resting in a state of warriorship rather than struggling to take the next step’ The warrior can relax in achievement that is not based on egocentric concerns. Then the warrior and the team work on creating an enlightened society, discovering basic goodness, synchronising mind and body, leaving the cocoon of egocentricity, letting go and celebrating the journey. Yes there will be sadness and loneliness, but this does not matter.

I will pass this book on to the Unitarian library in case anyone wants a look at it.

Sheila Andrew



Betty Lou Daye

1952-2019

Betty Lou Daye passed away in Fredericton, NB on January 2, 2019. Born in St. Stephen on July 29, 1952 to Margaret and Earl Daye, Betty Lou had the distinction of being the youngest of nine children. Predeceased by Peggy, Daryl, Eddie and Ernie, she is survived by Bobby, Davey, Rose Ann and Donna. She is missed by her brothers and sisters-in-law, cousins and many nieces, nephews, grandnieces and grandnephews - each of whom was Betty Lou’s favorite.



Betty Lou is missed by devoted friends Diane Johnston, Ralph Lewis and Don Hannah; former Canada Customs colleagues in BC and in ON; St. Stephen pals from the 1960s and Prince George pals from the 1970s; kind neighbours in Oromocto; and members of Fredericton’s Unitarian Fellowship.

Betty Lou loved faraway places and, in her youth, travelled to China and Russia. In recent years, she believed it doesn’t get much better than a summer’s day at Julie and John’s Oak Bay cottage or enjoying a lobster roll in downtown St. Andrews.

The family extends sincere thanks to the Dr. Everett Chalmers Hospital caregivers on 4NW for the exemplary care accorded to Betty Lou. A celebration of Betty Lou’s life will be held at a later date to be determined. For those wishing to make a donation in memory of Betty Lou, support of local SPCAs is suggested. Bishops Funeral Home, 540 Woodstock Road, Fredericton NB, have been entrusted with the arrangements. Sharing of memories and condolences may be expressed at www.bishopsfuneralhome.com

and Glenna Hanley adds the following:

Betty Lou became a member of the Unitarian Fellowship June 14, 2009. She served for two years as secretary of the board and two years as chair of the hospitality committee. She also volunteered on the public awareness/membership committee and with the art and craft sale.



Notes from the CUC Liaison

By Glenna Hanley

The CUC has changed its monthly e-newsletter to a once a week publication. The articles are very short and refer readers to an eNews website to read the longer, in-depth versions of the articles featured.

In the first edition for January, 2019, CUC board president Jane Ebborn (of Calgary) writes a new year kind of message. One thing she wants to focus on this year is how to increase voter turnout in elections. How to get more Canadians, and especially youth to vote. This initiative, says Ebborn, is in line with our fifth principle, affirming the use of the democratic process.

Also in 2019 the CUC is starting a new campaign called *The Ripple Effect*. The focus is on water, exploring water issues, our interconnection with water, and our responsibility to water. The national body is looking for UU members who want to get involved in this issue and also wants to connect with activists who work on water issues. To learn more or to get involved visit:

<http://cuc.ca/social-justice/the-ripple-effect>



Imbolc

Imbolc, also known as (Saint) Brigid's Day (Irish: Lá Fhéile Bríde, Scottish Gaelic: Là Fhèill Brìghde), celebrates the re-awakening of the Goddess after her regenerative sleep beneath her blanket of snow. It



begins at sunset on the 1st of February and continues till sunset on the 2nd or about midway between the Winter Solstice and the Vernal Equinox. In our ancient home lands, there is a good chance that the first greenery as evidence of her awakening as the maiden personage of the blessed Trinity would be showing. The snow drops and crocuses of the season. Hey... she might even bestow her beloved with a few edible greens as well, to show the winter is truly broken. In this benighted land, though, she more likely hits the snooze button, rolls over and sleeps until Eostara.

Happy Ground Hog day!

This space wants your material!
Please send articles to touchstone@uff.ca