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Sunday Service 10:30 a.m.

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Upcoming Services

Our monthly theme for June is "Wholeness." This month is the winding up of our "church year" and makes way for our informal Summer Sundays. In June, our congregation "tidies" up the year, by holding our Annual General Meeting, hosting a yard and book sale, complete this year with a silent auction, and by celebrating passages and fellowship with a festive picnic. This year ends on an emotional note, and members and friends will travel to PEI on June 30 for the memorial service of Bunty Albert. Here are the details about June services.

June 2 *Healing into Wholeness:* Much of our language around healing is not about wholeness, but about ableness. Shifting our frame from the ideals of ableism to a deeper understanding of wholeness can help us heal ourselves. This change in perspective also enables us to bear supportive witness to the wholeness of others, whether they are healing by our definition or not. Service Leader will be Heather Lunergan.

June 9 *A Place of Wholeness:* a Multigenerational Service. Using materials from the UUA curriculum by the same name and other ideas, Jo-Anne will lead members

and friends of all ages in a walking meditation, a faith development activity, and a puzzle craft. (If you or your child would like to make a custom puzzle, please send a digital photo to Jo-Anne by June 1.)

June 16 *AGM of the UFF* This Sunday will be devoted to the Annual General Meeting. Please make every effort to attend.

June 23 *A Whole and its Parts.* We all have unique lives, and we are all part of this unique community. In our last service of the regular congregational year, we invite all to join us for our transitions ceremony and our annual picnic. We will celebrate new members, outgoing and incoming volunteers, the milestones in our lives, and the opportunity to share time and food together. Please let Jo-Anne Elder-Gomes know if you would like to have a special time dedicated to a transition or rite of passage in your life.

Following the service (@11:15) Our annual picnic. Please bring finger foods, sandwiches, fruit and vegetables, or just your appetite!

June 30 *There will be no service at the Fredericton Fellowship.* Members and Friends are encouraged to travel as a group to PEI, for the memorial service of Bunty Albert. After the PEI congregation closed, Bunty became a member in Fredericton. She was also very involved in the work of the CUC. Watch for an email about this special event.



Important Dates (AGM, etc)

This is the last month and the last issue of Touchstone of the congregational year, and the UFF Board of Directors would like to make you aware of the following dates. Please mark them on your calendar.

Monthly Board Meeting: The June meeting of the Board of Directors will take place on its regular date of June 2 at 11:45 am. This will be the last regular meeting of the 2018-2019 board. The term of the current board ends on June 30.

Annual General Meeting of the Unitarian Fellowship of Fredericton: Our AGM will be held on June 16, 2019,

immediately after a short service. The Notice of Meeting, containing the Agenda, committee reports, information about UFF business items, and the Nominating Committee's report will be included in the AGM package. Proxy forms will also be sent, in case you are unable to attend. You will receive the package by June 8 at the latest. If you are a Chair of a committee, please ensure Jo-Anne gets a brief annual report by May 29 (with a copy to your VP—Jo-Anne for Programs & Ministry) so it can be shared with the board and included in the package. This year we are also asking Chairs to briefly outline key tasks and dates for their committees

Our **last service** of the regular year will be held on June 23; details are included under Sunday Services.

The Fellowship will be closed on June 30, Canada Day weekend, and some of our members will attend Bunty Albert's funeral in PEI.

The Sunday Services committee already has planned some Sunday gatherings at the Fellowship during July and August. Most summer services are more casual and provide a great opportunity for us to get to know each other. There is no children's program over the summer, but parents or friends are welcome to take younger children upstairs to play.

Jo-Anne Elder-Gomes



Summer Sundays at the Fellowship

Every year, the Fellowship moves into Summer mode after our June picnic. During the summer, with the exception of Holiday weekends (June 30, Aug. 4 and Sept. 1 this year), volunteers ensure that our building is open, coffee is on, and there is someone to welcome and host. Usually we gather in the library, although if you wish to show a short video, or pictures of a special journey, the equipment in our meeting room is available.

So far, only July 14 is spoken for, so check your calendar and volunteer to host a Summer Sunday. These are informal gatherings, meant to allow members and friends to gather for coffee and conversation. And, they are important because sometimes the summer brings UU's from out of town to Fredericton. We would like to share some time and exchange ideas with them. Please contact Heather by email to offer: hglunergan@gmail.com.



More thoughts on Unitarianism

from Rev. Jane Bramadat 1997

Unitarian Universalism is a religion for individuals who want to hold their own unique, conscience-moulded,

meaning-based religious values in a religious community where they will be expected to share their own perspectives, learn from others' and both give and gain wisdom from their lived experience.



Tea, Laughter and Conversation (TLC)

Wednesday June 12th at 1:30 join us for a sharing discussion. Topic: "Have you ever had an experience that led you to believe in angels or ghosts?" Bring a friend for tea and cookies and some great conversation. Unitarian Fellowship. Call Sheila for further info: 450-9021.



Joys and Concerns

Good luck to Elaine and Raymond on their move to Sunshine Terrace

Good luck to Betsy and Anne-Louise on their move to McLeod Ave.

Congratulations to Patrick Daley on the purchase of his new home.

Hoping Pat and Pauline find a new home in Toronto this month.

It is nice to have Sheila Andrew back after recovering from her fall and broken arm.

Condolences to Sheila and Ken Moore on the death of her cousin, Dr. Bruce Anthony in Florida

Please let your Caring Circle know if you have joys or concerns you would like to share: janetcra@nbnet.nb.ca.



Giant Yard, Bake & Book Sale and Silent Auction

AT The Unitarian Fellowship of Fredericton

June 15, 2019 8am – 2pm

Please let us know if you have contributions

Books, household items, furniture, etc. or just drop them off, if you can do some baking for the sale or if you have time to help out the day of the sale.

JANET	janetcra@nbnet.nb.ca	454-0441
NANCY	nahbeltradi@gmail.com	459-8004
SHEILA	smoore@nbnet.nb.ca	450-9021



On the National Front

Earlier this month I travelled to Toronto to attend the May 11 annual general meeting of the Canadian Unitarian Council (CUC) and four days of meetings of the CUC board of directors.

At the Saturday AGM I was officially approved by the delegates as a board member, representing the eastern region. Two other new board members include Joanne Green from the Unitarian Fellowship of Regina and Michael Scales of the Unitarian Church of Vancouver.



New Board of Directors of the CUC. Front from L to R: Liv Gardiner, Tanya Cothran, Joanne Green, Rev. Debra Thorne – Back from L to R: Margaret Wanlin, Michael Scales, Kiersten Moore, Vyda Ng (Exec. Director), Glenna Hanley, Rev. Rodrigo Solano Quesnel, Chuck Shields. (Absent Fiona Butler).

This was the CUC's 58th AGM and while there were about 50 members at the meeting in person in Toronto a record 72 delegates from across the country took part through the Zoom internet. This is the third year delegates have been able to participate in the AGM through Zoom. Our two UFF delegates were Jenn Carpenter Gleim and Patrick Daley.

A number of significant resolutions were passed with little disagreement on any of them. Delegates passed a motion from the board to change the method for calculating the annual program contribution (APC) that congregations pay in support of the CUC.

Instead of the per member amount congregations were paying, it will now be a mixed formula, combining half of the per member amount with a percentage of total donations for operating funds received by the congregation.

The revenue sharing amount will be 3.8 per cent of donations. A number of things will not be included in the formula, such as investment income, programs income, grants, fundraising and rental income.

An annual Consumer Price Index (CPI) will continue to

be applied to the adult rate. The CPI was 1.7 per cent in Nov. 2018. The rate for youth and young adults 35 and under will be reduced to \$17.50 from \$35 with no annual increase.

We expect that our annual APC will be less than what we were paying under the old method. However it will depend on membership numbers and if donations increase.

The CUC reviews and approves the APC at every AGM.

Other resolutions passed were on forming a study group on the dismantling of racism, the potential to change the two nominees per region formula for appointing trustees to the board, allowing all UU ministers to speak at the AGMs, and board goals and priorities. You can find the details of these motions at cuc.ca or cucenews@cuc.ca.

Meeting the board and staff

Although I have attended two board meetings on line as an observer it was invaluable to me to meet the other seven board members in person as well as executive director Vyda Ng and her support staff.

Because of financial challenges in the past the staff had been sharply cut. Now, with a combination of full and part-time employees there are nine staff along with several people on contracts.

It was astounding to see the range of work being done: youth and young adult ministry, Truth Healing and Reconciliation program, social justice lead, a national social justice team, a national campaign on water, refugee support, communications (including the CUC website, face book and other social media), a CanUUdle coordinator. Among the contracted staff is our own president, Jo-Anne Elder-Gomes, who is conference convener.

How old are we?

Here's a heads up. We are soon coming up to the 200th anniversary of Unitarian and Universalism in Canada. Problem is which year will be the marker for the anniversary? The Unitarian Church in Montreal dates back to 1832. But the Universalist Unitarian Church in Halifax, which began as Universalist, according to its web site, started in 1837. Something to think about, along with planning for a big celebration.

Glenna Hanley

CUC Board of Trustees and CUC liaison



Women's Potluck Dinner

We take a break from a formal gathering for the months of June, July and August. Consequently, the next Unitarian Fellowship women's potluck will be held in September. If you are interested in hosting on September 27th, contact Joan Brewer at jebrewer@rogers.com



Pondering on the Theme of Wholeness

Wholeness, which is a word I use interchangeably with oneness, is the feeling of fullness, vastness, and completion – it is the experience of embodying our true nature, the Self that exists beyond our scrawny and limited personalities (also known as our egos).

Mateo Sol (Lonerwolf)

A hundred things, a million or more, if you look to their reality, are one.

Fakhruddin Iraqi

We live in a fractured world. I've always seen it as my role as an artist to attempt to make wholeness.

Anish Kapoor

Rhyme is an attempt to reassemble and reaffirm the possibility of paradise. There is a wholeness, a serenity, in sounds coupling to form a memory.

Derek Walcott

For those who are awake the cosmos is one.

Heraclitus

Whatever you do in life, if you want to be creative and intelligent, and develop your brain, you must do everything with the awareness that everything, in some way, connects to everything else.

Leonardo da Vinci



Canadian U*U Women's Association Tea

Please join us for the 2019 Tea and Annual General Meeting of the Canadian Unitarian*Universalist Women's Association on June 8, 2019.

The Unitarian Fellowship of Fredericton will host one of the CUUWA tea parties. Why a Tea? Suffragettes used to meet in tea houses or at friends' houses for tea to organize for the vote. The CUUWA honours women activists and allies by organizing a tea in conjunction with their AGM every year. We are looking forward to our next national in-person gathering in Halifax in 2020. This year, we are happy to welcome a small group at the Fellowship on June 8.

Please join us for tea and conversation any time after 1:00. All interested can join in the Cross-Canada CUUWA Check-in at 2:00. The business portion of our Annual General Meeting begins at approximately 3:00. All are welcome to observe and CUUWA members (including those who join at the meeting) may participate and vote.

If you would like to join the CUUWA or renew your membership, please ask Jo-Anne for a copy of

the membership form and/or download the form on www.cuuwa.org. For payment options, contact Margaret at CUUWA@gmail.com or Jo-Anne.

Members should have received the CUUWA AGM package already. It also contains a proxy form and instructions for members. If not, please contact Jo-Anne.

CUUWA TEA and ANNUAL GENERAL MEETING Schedule, June 8, 2019

Tea and Pre-Meeting Conversation at the Fellowship. Please plan to arrive between 1:00 and 1:30 pm. (Please arrive by 1:45 pm at the latest)

Cross-Canada CUUWA Check-in (approximately an hour) online, connecting at the Fellowship, starting at 2:00 pm..

Business Meeting (approximately an hour) starting at approximately 3:00 pm.



The Challenge of Being “All of the Above”

Please Note: The following essay and poem were written by the Reverend Joanna Fontaine Crawford and provided under the auspices of the UUA Church of the Larger Fellowship. Heather Lunergan suggested its inclusion and sought the permission to reprint it.

I'm just not willing to choose only one.

I have been a student of religion all my life, it seems. But I have lived in worlds that press me to choose. I attend a Christian seminary. I have been in a “goddess group” of Wiccans. I honour humanism. I have had the holy joy of worshipping with Muslims, with Pagans, with Protestants, with Catholics, with Jews, with Hare Krishnas.

Sometimes, kind practitioners of one particular religion or another will profess that they know what I truly am (and it is always what they are). I take these as compliments, for I know they are intended that way.

Others are not so complimentary. Mine is a deliberately syncretic faith. “Syncretism,” to many in exclusivist religions, is a heresy, an un-holy mess, something to be avoided at all costs.

Well-meaning people will explain that it doesn't matter what I choose, but I must choose, and only one. Only then can I go truly deep into a religion.

How about if I go truly deep into a 2 or 3? And then only slightly deep in another 5 or 6 or ... 10?

I do not, as some might say, think that all the religions are alike. That at their core, they all have the same message. They don't. If they did, well, then, it would be easy to pick one, any one, wouldn't it?

They are different. Each has something different that resonates with me, or challenges me, or fills in a gap left by another. Each one allows me another glimpse into the transcending mystery.

I just can't choose.

Every Third Tuesday

Every third Tuesday, I am a Buddhist
I empty my mind and lighten my heart
And try to let go of attachments

Every other Friday, I am a Christian
I look for the least of these
And try to love God and my neighbour

The full moon of the month finds me Wiccan
I honour the dual nature of God
And find my rhythm as maiden, mother or crone

On the 15th of the month, I am humanist
I respect science, integrity of fellow humans
And all that we have learned and have made

Every fourth Wednesday, I am Hindu
I take a breath, and understand that what is
unfinished now
Will remain for me to continue ... next life

On alternate Fridays, I am Jewish
'Y'varekh'kha ADONAI v'yishmerekha,
I tell my children, softly touching each head

And the Thursdays and the Mondays, and the
Saturdays and Sundays,
And all the other days in between
Find me reading, or listening, or watching

Philosophers, Muslims, Mormons, Baha'i and more
Fill my heart, touch my soul
And yet ...

The one thing that none of these provide
To me
Is the certitude that they are The One

They lend me wisdom, sing to my heart
Cause me to question, help me find answers
Make me more me

And at the end of the day, every day,
I am Unitarian Universalist.

In parcel and in pledge
And with all my heart, all my soul,
All my mind and all my strength
I honour this faith
I hold it close
As it lets me run free.



Why I Am a Catholic

Paul van K Thompson

No, that is not my conversion announcement, but it is an interesting 1959 publication by an American theology graduate and Professor of English who converted to Catholicism in 1949. His thesis is that Catholicism brings the betterment of mankind and the world because it keeps morality as an issue when materialism is in danger of monopolizing human thought. This, he says, is the history of Christianity's main stream because of its length, achievements and size compared to the hundreds of other divided Christian sects in America. When I write something here, it is his views with some commentary.

He sees Catholicism as the fount of wisdom, not just information. Papal infallibility is based on the structure of the church that allows the Pope to consult with the church. Jesus and his disciples clearly wanted one church. The Holy Spirit and divine energy come through this church. Non-Catholic Christians seek this unity too through the World Council of Churches, but their differing beliefs make this difficult. Catholic unity and sacraments form a constant unity with Christ, strengthening what is good in human life. He accepts the doctrines of the Trinity, original sin, the immaculate conception, heaven, purgatory, hell and the Day of Judgement as all written word for word in the Bible. However, he accepts that good can be found outside Catholicism, citing Buddha and Socrates. It is interesting that he sees Mary, ever virgin and taken to heaven materially as the possibility of woman's unity with God, as Jesus shows that for men.

Charity, meaning action demanded by love of God, is another Catholic achievement. Satan is God's greatest adversary, but also his creature. The cross is an instrument of torture and inhumanity, but embraced by Catholics because on it and through it God triumphs over evil. Love of God can grow through love of one or more of God's creatures but the world alone can not achieve the fullest possibilities of man. Prayer is the way to find this unity, through communion of love.

The saints, too, provide access to the communion of love. He finds Protestant churches tend to have tributes to politicians, business men and colonels, rather than examples of God's love in action. Catholic prayer and sacraments can also provide expiation for sin and even help for those in purgatory.

Problems such as the fall of Jerusalem, the end of the Roman Empire, invasions such as the Goths and variations of belief have strengthened Catholicism through scholarship and thought, not only in religious matters, and impressive geographic spread. After the Crusades, Catholicism finally emphasized love, not war. Thompson might note the Inquisition deviation.

Moving to the 1950s, he sees Catholicism threatened by Communism, the sacred state, secularism, selfishness and materialism, but as the promoter of the new law of love, respect for all individuals and their need for a standard of living, education and health care suitable for the growth and development of morality, defence of democracy and the political power to provide this standard. This new law is not the Old Testament fear of God. It is promoted by the new Mass of the Liturgical Movement and translation for the laity. Catholicism is the link between East and West as there are still Catholics in the East. The nuclear threat can be overcome. Recognition of Christ as king, the personal and community as means to a higher end will come through his church.

He makes no mention of the status of women and it is clear that strong faith is the basis of his conviction. The current decline in Catholicism must be upsetting to him, but it is interesting to read the reasons for the faith of this learned and intelligent man.

The book is in TUFF library.
Sheila Andrew



Not in God's Name

By Rabbi Yosef Goldman

The Daily Reflections of Alcoholics Anonymous has the following short paragraph titled: Love and fear as opposites. "Fear knocked at the door; faith answered; no one was there. I don't know to whom this quote should be attributed, but it certainly indicates very clearly that fear is (merely) an illusion" (Daily Reflections for April 17th).

For the last seven months, there have been so many senseless attacks in the name of God. Of course, it has been like this for centuries, but the impression I have is that in the last seven months it has been worse than any other time in history. What I would like to share is the idea that people stopped having true faith, and so they feel tremendous fear, which causes even more fear, animosity and prejudice between different groups. King Solomon in his wisdom wrote that: "As water reflects a face back to a face; so one's heart is reflected to them by another" (Proverbs 27:19). Recently, at the Holocaust Memorial Service, I shared that our natural instinct as humans is to be a social creature, and to come together in order to achieve certain goals. This does not mean that we have to always agree with people who have different ideas than ourselves, but that we do have to learn how to "get along", as my friends always say – play nicely in the sand box... We have to learn how to sit together, talk to each other, and, dare I say it, even sing and pray together.

The people who are trying to separate us, and tell us not to trust the (so-called) "other", have a very hard time loving, so they try to justify their fear and anger. One

of the reasons I love living in Fredericton, is the fact that I have true friends in many very diverse communities. If I started listing them, it would take up too much space, but they do all have one thing in common – they all truly believe that open-mindedness is the key to success of our relationships with each other.

There is a story told by our Rabbis about two men who had a dispute about a piece of land. They came before this judge, who suddenly, after hearing both plaintiffs, got down on the floor, and put his ear to the ground, as if listening. They asked him what he is doing, and he answered that he is waiting for an answer from the land in question. They thought that he surely lost his mind, but he explained that the land told him that 'since you are both going to die, and return to the earth, from where they came; therefore, it does not (truly) belong to either'. Even if some people do not believe in the creation story, we still must be aware that this Rabbi had a good point – we are mortals, and the beautiful planet that we call (mother) Earth, will be here long after we are gone!

One last point, if I may. I have a theory, that is yet to be proven, that people who are trying to tell our government to change or cut back our immigration policy, have two traits in common. One, they are very short sighted, in terms of not thinking about the future of our great country, since they are not having children like the immigrants are. Therefore, they are also forgetting that the absolute majority of the people living in Canada today, immigrated here in the last 400 years from all over the world. This brings me to the second point; just like the story about the judge, these people and organizations who are making these very racist statements, are completely forgetful (probably deliberately) that this country is so BIG, and we can all be very comfortable here!

I am a very proud 5th generation Canadian. Because of the previous generations' optimistic view of the world, I can learn to appreciate and be grateful of what we have today.



The Pentecost

The Christian holy day of Pentecost, which is celebrated on the seventh Sunday after Easter, commemorates the descent of the Holy Spirit upon the Apostles and other followers of Jesus Christ while they were in Jerusalem celebrating the Feast of Weeks (or Shavuot), as described in the Acts of the Apostles (Acts 2:1–31). In Christian tradition, this event represents the birth of the early Church. Together with the deification of the Prophet Jesus, the introduction of the Holy Spirit was the creation of the Holy Trinity.

The Pentecost will be celebrated on June 9th in the Gregorian calendar this year. Congratulations to our Christian friends.



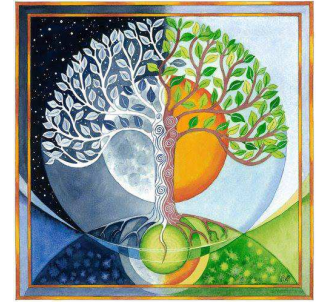
Pentecostal Dove
representing the
Holy Spirit



Litha

Germanic neopagans call their summer solstice festival Litha, which is part of the reconstructed Germanic calendar used by some Germanic Neopagans and takes its name from Bede's *De temporum ratione* that provides Anglo-Saxon names for the months roughly corresponding to June and July (the "early Litha month" and the "later Litha month") with an intercalary month of Litha appearing after the early Litha month on leap years. In modern times, Litha is celebrated by neopagans who emphasize what they believe to be the reconstruction of Anglo-Saxon Germanic paganism.

Litha will be June 24th this year. As the Oak King yields rule of the year to the Holly King, a Blessèd Summer Solstice to all and a bountiful second Harvest festival.



Blessèd Solstice
& Merry Litha!

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Please send articles to touchstone@uff.ca