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## October Sunday Services

As the weather cools and the leaves put on their autumn glory, we know it is October. The monthly theme for the Fellowship is 'What does it mean to be people of Belonging.' For the month in which people traditionally gather to give thanks for nature's bounty, beloved family, and shared communities, this seems a fitting theme. Here are the Sunday services being planned by members of your Sunday Services Committee.

### October 6 *Belonging: The Practice of Finding Home and Being Home for Others*

Service Leaders: Lisa Rousseau & Anna Wyllie

We are hardwired for connection and belonging. We yearn for the comfort of a place to call home. A place where we feel safe, welcomed and loved. We will explore what it means to have a church home and how we belong, through our 1<sup>st</sup>, 3<sup>rd</sup> and 7<sup>th</sup> principles:

- **Principle 1:** The inherent worth and dignity of every person
- **Principle 3:** Acceptance of one another and encouragement to spiritual growth in our congregations
- **Principle 7:** Respect for the interdependent web of all existence of which we are a part

### October 13 *Hayes Urban Teaching Farm*

Guest Speaker: Edee Klee

Edee Klee will be speaking about the Hayes Urban Teaching Farm. The farm offers "unique hands-on learning opportunities on a working farm inside Fredericton's

limits." It's all about local food security - a very appropriate topic for Thanksgiving. As well, World Food Day is October 16<sup>th</sup> this year.

### October 20 *Ritual Makes us Human: Confucius, Community, and Virtue*

Guest Speaker: Dr. Rodger Wilkie

For Confucius, to be fully human is to be a member of community, as it is only in community that we can embody the virtues that distinguish us as not mere animals. Ritual sincerely performed provides a mechanism for both enacting and understanding those virtues and knowing both ourselves and each other as ethical beings.

### October 27 *United Nations Multigenerational Sunday Service*

Service Leader: Jo-Anne Elder-Gomes  
 UN Sunday celebrates the work of the United Nations and the Unitarian\*Universalist Office at the UN (UU-UNO) on a Sunday close to October 24, UN Day. This year, we'll be using UU-UNO's materials on the 2019 theme: *Equity in Action: Gender in an Intersecting World* to explore questions such as "What does it mean to belong to a global village?" and "How do we move beyond categories into a shared space?" Stories, discussions, and activities will invite people of all ages to examine ways we can create a more equitable and welcoming community.



## Quotations about

### our Theme of Belonging

"They're just weeds, love, they don't belong anywhere."  
 Her granddaughter stuck out her bottom lip and furrowed her brow. "That doesn't seem very nice. Everything belongs somewhere."  
 Kathryn Hughes, The Letter

"Those who have a strong sense of love and belonging have the courage to be imperfect."  
 Brené Brown

"Karl Johnson, my first piano player at Milt Trenier's, he just swung really hard and gave me a sense of really belonging to the jazz scene."  
 Kurt Elling

"As far back as I can remember, there has always been a place to which I belonged with a certainty that nothing has

been able to take from me. When I say place, that means less a geographical locality and more a group of people with whom I am connected and to whom I belong.”

Sindiwe Magona, *To My Children's Children*

“The essential dilemma of my life is between my deep desire to belong and my suspicion of belonging.”

Jhumpa Lahiri

“Western society is so unappealing. On a material level, it is clearly more comfortable and protected from the hardships of the natural world. But, as societies become more affluent they tend to require more, rather than less, time and commitment by the individual, and it's possible that many people feel that affluence and safety simply aren't a good trade for freedom.”

Sebastian Junger, *Tribe: On Homecoming and Belonging*

“That is part of the beauty of all literature. You discover that your longings are universal longings, that you're not lonely and isolated from anyone. You belong.”

F. Scott Fitzgerald

“The object of man's worship, whatever it be, will naturally be his standard of perfection. He clothes it with every attribute, belonging, in his view, to a perfect character; and this character he himself endeavors to attain.”

Simon Greenleaf



## Message from the President

The Fellowship got off to a busy start in September. The Board met twice, in the afternoon of September 7 for an Orientation and Transition meeting and on September 15 for the first of our regular monthly Board meetings. The O&T meeting gave us an opportunity to talk in more depth about the way the Board works together than we have time for in our regular meetings. We talked about our Covenant of Right Relations, and how we can stay in Covenant with each other and return into Covenant when we have disagreements or tensions. We talked about the importance of self-awareness, self-care, and self-empathy to nurture ourselves as we work to put the good of the Fellowship and our support of each other at the heart of our work. The Board strives to make decisions by consensus, rather than by a simple majority, and will avoid voting until we are all comfortable with the action to be taken. We recognize that this may take more time and require people accepting decisions that would not be their first choice. We will make decisions mindfully, striving to listen to all points of view and address any hesitations. We will try to defer decisions (and perhaps limit discussion until a later time) if we do not have 75% or 80% agreement, unless immediate action is required. Once a decision is made, each of us will respect it and present it in a positive way to all members and to those outside of the Fellowship. We were guided in our

discussion by a helpful Canadian Unitarian Council (CUC) document on Board governance which was prepared for the UFF over a decade ago, and I shared links to CUC and other UU-recommended resources about legal and financial matters, communications, meeting procedures, and a variety of other topics. Based on the CUC governance document, we agreed to “speak with one voice” once we have made a careful decision and to “speak in writing,” that is, to record our decisions and actions and make information about them available to our members and others. (My monthly messages in the *Touchstone* are an example.) It is important for us to write down our procedures and practices, as well as to examine our bylaws regularly and to formulate policies. In the coming months, the Board will be collecting the written procedures of each committee as well as our own, and we will be developing the policies we identified last year.

Further to the idea of sharing information, we have been looking at our practices for internal (Board/Committee chair, Board/membership, *Touchstone*, and our email list) and external communication (social media, signs, advertisements, website, community events, and other Public Awareness committee initiatives). As I noted in the last issue of *Touchstone*, we are lucky to benefit from Lisa Rousseau's time and talents for creating social media content and graphic materials and the enthusiasm for people like Sheila Moore, Heather Lunergan, and Janet Crawford for reaching out to people and groups who are unfamiliar with the Fellowship. Our Lay Chaplains, Deby Nash and Jenn Carpenter-Gleim, are two of our most active “agents,” promoting our Fellowship as they offer their services to individuals and at events. (I may not have mentioned in the last issue that both Deby and Jenn were very busy over the summer; how nice it is to think that the Fellowship is involved in so many loving unions!) We have now agreed on a process for producing and sharing our outreach materials and organizing outreach events. In terms of internal communications, we discussed the support role of VPs and AVPs, who may wish to attend some committee meetings (and have attended several over the summer), communicate actively by email or in person with Committee Chairs, hold section meetings, etc. In general, the Board strives to support initiatives by committees within the agreed oversight guidelines, our Bylaws, and the committee budget each year. Other initiatives are discussed with the VP / AVP and brought to the Board.

At that meeting and the monthly Board meeting the following week, the Board discussed a list of incidental and transition items. Some details are provided in the “Who Does What” article in this issue. One larger item concerns the position of Treasurer. As you can imagine, this position has been difficult both to fill and to fulfill; it is a challenge for our small congregation to manage both our volunteer and financial resources. Managing the financial resources of our growing congregation has taxed the limited pool of volunteers with the necessary skills and

time. Last year, the Board formed an ad hoc committee to determine a process for managing both our financial and our volunteer resources. The ad hoc committee considered the detailed list of tasks provided by two of our volunteers, Myron Hedderson (Treasurer) and Jeff Frooman (Chair of Finances); these tasks require more than 10 hours of work each week to ensure that donations are deposited, receipts are collected, cheques are provided, transactions are recorded electronically, etc., and additional hours to prepare income tax receipts, complete complex calculations and forms for the CUC, the Province, the CRA, etc. In addition, our two dedicated volunteers will not be able to continue their current arrangement in 2020-2021. The end of September finds us in the middle of a transition to a new system which began in June and will be completed in January 2020, when the Treasurer's responsibilities will be streamlined and a new accounting system will be introduced. We have applied to the West Bequest Fund and will seek out other contributions to hire a bookkeeper; their duties and terms of employment will depend on our financial means.

In the last issue of *The Touchstone*, I mentioned that we were looking forward to a visit from Reverend Carole Martignacco, who has recently moved to St. Andrew's. Unfortunately, Rev. Carole was unable to come to our Ingathering and cannot make a commitment to leading a Sunday Service right now. We are hopeful that she will be able to come to see us in Fredericton soon and look forward to planning some future activities with her.

Our next Board meeting will be held on October 6, after the service. I won't be there, so Past President Glenna Hanley will be chairing the meeting.

Ashé, Blessed be.  
Jo-Anne Elder-Gomes,  
President, 2019-2020



## Who Does What?

Wondering to ask about a great idea? Want to help with something? Have a question? Here's a list of the people to talk to.

### Board members:

**Treasurer:** Myron Hedderson (to Dec.), and Jeff Frooman, **Chair of Finance**

Ask Myron and Jeff any questions you have about the budget, income tax receipts, expenses, or anything else regarding money. **Note:** If you would like to be reimbursed for or to donate an item you have purchased or an expense you have incurred, here is the process:

- If you are a Chair of a committee or a Board member, find out if the item or expense falls into the current budget.
- If so, have the expense approved by the Chair of the com-

mittee responsible for it before you purchase the item or spend the money. (Not all items can be covered, as each committee has a limited amount for expenses approved in the annual budget.) The amount you spend will be listed as a line item in that committee's expenditures.

- Whether you are donating or asking to be reimbursed: Purchase the item or make the expenditure. Keep your receipt. Fill out an expense form, or ask the Chair to do so, have the Chair sign the form, and give the form and the receipt to Myron or Jeff. They will reimburse you by cheque.
- If you are donating the item or expense, make a donation to the Fellowship in the amount you prefer. This donation will be included in the Fellowship's revenues and included in your income tax receipt for the year.

You may also simply give the item you have purchased to the Fellowship; although this does not enable us to track our real costs of running the Fellowship, we are very grateful for your generosity! Please consider bringing food to share, adding books to the children's or adult's library, or asking a committee Chair what they might need.

**Secretary:** Joan McFarland

If you would like to read the minutes of a past Board meeting or look at our Policy Manual, please ask Joan M. (or Joan B., previous secretary). Documents including our bylaws, AGM reports and minutes can be found on our website under Administrivia.

**President:** Jo-Anne Elder-Gomes

Any general inquiries about the Board or the Fellowship; I will find the people you need to talk to or talk to the people involved. I am also the CUC Conference Convenor and can answer all your questions about the CUC National Conference in Halifax, May 2020.

**Past President:** Glenna Hanley

She is our Board "memory" for matters dealt with in previous years and information on how to do things. Glenna is also a member of the Canadian Unitarian Council Board and our CUC Liaison, so she's a good person to ask about CUC events and issues. **Committee Chairs:**

**Sunday Services:** Heather Lunergan

Heather would welcome everyone's input into Sunday Services, which are at the core of our community. If you know a great speaker, would like to talk about something that gives meaning to your life, have an idea about a spiritual or humanitarian topic, would be willing to light the Chalice or share a reading, or know how to work the TV or sound system, please offer!

**Adult Programs:** Heather Lunergan

Ideas about any program, class, course, event, or activity that doesn't happen on Sunday morning. Would you like

to lead a Third Thursday discussion? Would you like to present a talk to members and friends? Would you like to help organize a club or gathering? Would you like to facilitate an information session on a topic that may be of interest to others? Talk to Heather.

**Children's Program:** Lisa Rousseau

Do you know someone whose kids are looking for a great program? Would you like to volunteer to help with the children one Sunday, talk to them about something you're interested in, or get involved with a play or activity? Would you like to know more about what UU kids learn and do on Sunday mornings? Ask Lisa.

**Hospitality Committee:** Joan Brewer

As mentioned above, donations or contributions of food to share after the Service, at meetings, or at Third Thursday are always welcome. Signing up to make the coffee or bring a snack is of great help. The committee also needs volunteers to prepare for potlucks, gatherings, and events and to clean up afterwards. The proverbial "Many hands make light work" was never more apt than it is for this committee. This committee also arranges for Greeters on Sunday mornings; it's a great way to meet people and welcome guests.

**Caring Committee:** Janet Crawford

The group that helps members and friends in times of need or celebrates with them is called the Caring Circle. If you learn that a member or friend is ill, going through a difficult period, has accomplished something great, or is marking a milestone, please let them know.

**Lay Chaplaincy:** Tony Fitzgerald

Tony coordinates the activities of our busy Lay Chaplains, Deby and Jenn. Do not hesitate to pass along your praise and gratitude to the Lay Chaplains and their Chair. Lay Chaplains can officiate at weddings, funerals or memorial services, child dedications, or other ceremonies. You don't have to be a member of the Fellowship to use their services, so please tell your friends that they can have the ceremony they want by contacting a Lay Chaplain.

**Membership:** Sheila Moore

Sheila and her committee work hard to grow our Fellowship by reaching out to the community and serving the needs of our members. If you or someone you know wants to find out how to join the Fellowship or what being a member means, Sheila can give you the information. The committee can organize a "New U" series for prospective members and others interested.

**Public Awareness:** Janet Crawford

If you would like to promote an event or an activity, contact the Chair of the committee concerned or Janet. The PA committee will help you find the best way to advertise, help you create and edit an announcement or poster,

arrange to have it posted on social media or the website, etc. Internal communications (information about items of interest to members, especially those organized by UFF members) are the responsibility of Chairs of committees. For help with external communications (promotional activities and items of interest to the public), ask the Public Awareness committee so its members will communicate with the VP of Communications & Outreach, Joan Brewer, to ensure that it represents the Fellowship fairly and accurately.

**Social Responsibility:** Myron Hedderson

This committee acts on several of our U\*U principles: Justice, equity and compassion in human relations, The right of conscience and the use of the democratic process within our congregations and society at large, The goal of world community with peace, liberty, and justice for all, and Respect for the interdependent web of which we are all part. If you are interested in learning or helping others learn about social justice issues, suggesting or participating in social and humanitarian actions, join the committee or talk to Myron.

**Building and Grounds:** Ken Moore

Ken and his committee have the daunting task of maintaining the building, making sure the heating and plumbing systems are in good repair, purchasing equipment and furniture, arranging for repairs and improvements, ensuring the lawn is mowed or the ice is cleared, scheduling the use of the building or grounds, approving and signing agreements with contractors and groups using the space, and everything else relating to our home and garden. Here are some particular incidentals:

**Door code:** Committee chairs, Board members, and Lay Chaplains have the code to the side door. When Ken changes it, these are the people who know. Please don't give it out to others.

**Office code:** A more limited number of people know the code to the office; please ask a Board member if you need to get in for a specific reason.

**Finances:** Jeff Frooman

See above. The Chair of this committee may also be involved in the Stewardship campaign (also called the Pledge campaign or Canvass) which takes place at the end of the year. Ask the President or Treasurer for more details about Stewardship.

**The Touchstone newsletter:** Tony Fitzgerald

Please send any items of interest to members or friends of the Fellowship to Tony, in the body of an email and exactly as you wish it to appear. We would be interested in reading book reports, personal news, articles on U\*U churches or events. Ask Tony or Janet if an item is appropriate for publication, as our newsletter is available to the public. The current deadline is the Friday before the last Sunday

of the month, early in the evening. Send your item to [Touchstone@uff.ca](mailto:Touchstone@uff.ca) with a copy to Tony, and ensure that "Touchstone" appears in the Subject.

**Email list:** Tony Fitzgerald

As for other communications, please ask the Chair of the relevant committee(s) to send the message to Tony; they will consult with the Public Awareness committee and the Board in the case of external communications. This is to ensure that messages are accurate, do not contain duplicate or contradictory information, and reflect the decisions of our many volunteers. Exceptions may be made for time sensitive messages, for example, notifications of vigils which often are scheduled at very short notice. Moderated mailing lists are probably not the best vehicle for messages with very short time lines. Committee chairs or Board members are asked to compose their email *\*EXACTLY\** as they wish it sent out with appropriate Subject and any attachments, and to send it to [congregation@uff.ca](mailto:congregation@uff.ca). Remember that some people have quotas on their mailboxes and large attachments tend to fill these mailboxes up rather quickly. Check the grammar, spelling, and details. If there are special handling instructions, such as an indication that this message is for members only, send a message to Tony first, indicating that you are about to send such a message and detailing the special handling that is required.

If you don't know whom to ask, ask me. If I don't know, I will find someone who does!

Jo-Anne

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## Women's Potluck Gathering

The next Unitarian Fellowship women's potluck will be held Friday, October 25<sup>th</sup>, 2019. Judi Day will host the gathering at her home, 280 Dunns Crossing Road. We will gather at 6 PM and eat at 6:30 PM. The topic for the evening is Halloween. Share a memory from your childhood Halloween. What do you like or not like about Oct 31<sup>st</sup>? Do you celebrate it and if so how? For further information, contact Joan Brewer at [jebrewer@rogers.com](mailto:jebrewer@rogers.com)

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## Joys and Concerns

Thinking of Jackie Webster who is now in Hospice. Heather and Janet visited and she was up working on her files and glad that we remembered her. Jackie was one of the founding members of our fellowship.

Sincere Sympathy to Nick Barnes on the death of his dad, Rob Barnes

Sympathy to Linda Thompson at the CUC on the death of her Mom

Congratulations to Margaret Fitzgerald on the accomplishment of being our piano player for over 50 years. Margaret's playing breathes life into our services every Sunday. Thank you Margaret.

Thinking of Raymond Thibodeau who had a recent knee replacement surgery.

If anyone would like to help out on the caring circle or host a tea, please email [janetcra@nbnet.nb.ca](mailto:janetcra@nbnet.nb.ca)

## TUFF Directory

A new directory of members and friends is being prepared. Please let us know if you would rather not be included in the directory or that you would like to be included. [janetcra@nbnet.nb.ca](mailto:janetcra@nbnet.nb.ca) The directory will be emailed to everyone who is included in it.

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## Orange Shirt Day

Orange Shirt Day is an event that started in 2013. It was designed to educate people and promote awareness about the Indian residential school system and the impact this system had on Indigenous communities for more than a century in Canada. It is held annually on September 30 in Canadian communities with students and staff being encouraged to wear an orange shirt to school that day.



from Wikipedia

The University of New Brunswick is encouraging its employees and students to honour this day of recognition and why don't we all? Our treatment of the First Nations is a blight on our nation. Wearing a particular colour of shirt on a particular date is a symbolic act. One might argue that we should be beyond symbolism. The symbolism does, however, let people, especially the victims, know that we are, at least, aware that children suffered in the residential schools. Their language and culture were beaten out of them as they were separated from friends and family into an alien culture and hate-filled institutions. The symbolism lets the "powers-that-be", those with the power to attempt to make real amends, know that the citizens of the country are aware of some of what happened and that we think that the efforts that finally appear to be underway must be accelerated and the terrible conditions that persist in many First Nation communities must be addressed as soon as possible.

*In fellowship*  
Tony Fitzgerald



## An Introduction to Zen Buddhism

by Daisetz Susuki  
with an Introduction by Carl Jung  
Published 1964

This is certainly an introduction as Susuki says Zen can not be explained in words and it takes at least ten years of study with a master, preferably in a monastery, to achieve the necessary state of satori that is the aim of Zen Buddhism.

Jung, a psychotherapist, explains satori in Western terms as a form of enlightenment as found in Zarathustra or similar to Paul's experience on the road to Tarsus, but beyond both those and best explained in psychotherapeutic terms as getting beyond a series of individual objects and subjects to a greater view that comes from the individual's deeper self. However he doubts Western ways of thought can ever achieve the Zen experience developed in Southern China and now found mostly in Japan. It avoids even Buddha as an object or subject.

Susuki's explanation unfolds gradually through the book. Satori is, amongst other explanations, the abandonment of thinking through what we perceive as the rules of logic and objects, turning inward to unfold the mind and open ourselves to greater things beyond, thus achieving peace, joy and a new understanding. An important way of achieving this is through koans, statements or questions from the master that go beyond conventional logic. Among the best known is the master arriving with a ladle in his hand, saying "I am come empty handed, with a ladle in my hand." or "The bridge floweth while the stream stands still". When asked to give a speech the master may stay silent for a long time and students may consider this a great speech. Physical illogicality is part of the training. A master enters saying "I will give thirty blows to the head of anyone who does not speak." Then adds "and thirty blows to the head of anyone who does speak." Noses are twisted and one student even beats his master. All this can drive the students to the end of reason and launch them into satori.

Chapters explain that this is not nihilistic or denying the existence of God. It allows the ordinary labours of life, even as part of monastery life, so long as time is kept for meditation cross legged and in touch with the earth and the practice of koans to achieve satori. Obviously there is much more to learn about this in Susuki's other books. It is an intriguing introduction.

The book is in Fredericton Public Library.

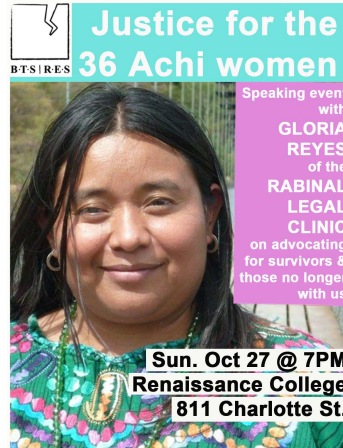
Sheila Andrew



## Gloria Reyes from Guatemala

in Fredericton

Sunday, Oct. 27, 7pm  
at Renaissance College  
811 Charlotte St.



Join us for an evening with Gloria Reyes, a Maya Achi lawyer with the Rabinal Legal Clinic in Guatemala. Gloria is leading the case for justice for 36 women from Rabinal who suffered sexual violence during the Internal

Armed Conflict and genocide against the Mayan people. She'll be in Fredericton speaking on this precedent setting case!

More about her: Gloria also has experience working on land conflict cases and current cases of violence against women. Before becoming a lawyer, Gloria was a school teacher and in 2016 was the director of the New Hope Foundation Education Centre.

This event is part of a speaking tour taking place throughout the Maritimes! Find out more here:

<http://www.breakingthesilenceblog.com/announcements/justice-for-the-36-achi-women-speaking-tour-with-gloria-reyes-2/>

from Joan McFarland

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