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Up-coming Sunday Services

We will continue to provide Sunday Services by ZOOM and the Sunday Services Committee is so grateful for the wonderful guest speakers from both inside and outside our Fellowship during this difficult time. Watch for the ZOOM information each week which will be sent to the congregational email list. Contact the chair of the membership committee, Membership@UFF.ca, to be added to the mailing list.

April 4th “Resurrections Revealed” An Easter Conversation. Last April, Rev. Shawn Newton gave an engaging sermon at Toronto First Unitarian Church. This talk will be part of Heather’s service about questioning/understanding/celebrating Easter, each in our own way. Talk-back to follow.
Service Leader: Heather Lunerger

April 11th “Lay Chaplain Sunday Service”
Speakers: Deby Nash and Jennifer Carpenter-Gleim
Service Leader: Tony Fitzgerald
 The CUC recommends that each congregation dedicate a service each year to the Lay Chaplaincy. This will be that service. ZOOM in to learn about the Lay Chaplain position in CUC congregations; the why and wherefore, what they can do and what they may not do. Our two active Lay Chaplains will talk about the services they have performed and the joys of guiding people through life’s passages and shoals. Deby is nearing the end of her term and the Lay Chaplain committee will be beginning the process of finding a replacement. Perhaps you might be interested.

April 18th El Camino de Santiago: where finitude and

infinity meet.
 A conversation about making a glorious journey along an ancient pilgrimage route across Spain in pursuit of many things, including perhaps the landscape that lies deep within each of us.
Speaker: Bruce Judah
Service Leader: Ken Moore

April 25th “Small Nuclear Reactors”
Speaker: Susan O’Donnell
Service Leader: Robin Stanley
 Susan O’Donnell works with an interdisciplinary team of researchers at UNB and community partners and collaborators. Together they are creating digital media to support the voices of rural champions and environmental activists in New Brunswick.

May 2nd “Sanctuary”
Speaker: Artist Ann Manuel
Service Leader: Linda Sprague
 Anne Manuel’s practice focuses on themes of identity, relationships and community with the most recent work examining our ideas of sanctuary. Ann’s talk will focus on her Sanctuary series which spans over a decade of work in a variety of media. She will discuss the inspiration and evolution of an idea, the parallels of this body of work that can be found in nature and created her problem-solving process.



Joys and Concerns

We will all feel the loss of our very good friend, Betty Ponder who passed away quietly with family by her side this month.

Thoughts for us all as we pass a year after our initial COVID shutdown.

Thoughts for Michelle Swan for her brother, Adam who is unwell.

Some of us were able to join Graci Kenyon-Rudolph for her service at Jonesbury Unitarian Universalist Church in Vermont. The service was recorded and will be available at <https://www.stjuuc.org/sermon-recordings>

Tea and Conversation is Tuesdays at 1:30. It helps us feel less isolated in this difficult time And gives us a chance to

get together. They will resume on March 30th.

The Caring Circle is available to help in any way we can with a phone call or virtual visit or delivery of any items. Please get in touch with Janet Crawford janetcra@nbnet.nb.ca or 454-0441. We haven't had a lot of requests for help, but we could use more volunteers or committee members.

Janet Crawford



Membership News

We have five new members who have joined our congregation since the New Year! To help us get better acquainted, Elaine McManus has sent us a bit about herself. Welcome Elaine!

Elaine McManus grew up in Fredericton, and after attending St. Thomas University, she married and moved to South Lake, Prince Edward Island, where her family operated a 500 acre potato farm. During those years, Elaine also brought dance to Eastern PEI, teaching children's step dancing and adult line dancing in Souris and Charlottetown. Elaine and her husband raised a son, Ryan, who lives in Tokyo, and a daughter, Stefanie, who lives in Toronto.

After her marriage, Elaine worked for a time as an Executive Assistant, and then returned to school and achieved designations in technical writing and instructional design. Her career took her to Halifax and then to Saint John, N.B., where she spent 18 years designing learning and instructor-led training for the military, telecommunications, and hospitality sectors. With the impact of Covid-19, Elaine's position ended, and in June 2020, she moved back to her hometown.

Elaine enjoys meeting new people and spending time with her sisters and their families in Fredericton, and loves painting the beautiful landscapes of our region. She is currently expanding her painting practice to include new media and selling her work

Sheila Moore
Chair, Membership



CUC Conference in May

Registrations are now open for anyone wanting to attend the virtual Canadian Unitarian Council Conference for 2021. The theme of the conference is Sustaining Our Light.

The CUC has set up a special web site where you can find the schedule for the May 14 to 16 events, some new features this year and a registration form. Check it out at cuc.ca/cucconference2021/home

There is also information on the same web site about the CUC Annual General Meeting which takes place the previous weekend on Saturday, May 8.

Opening ceremonies on the Friday night always include the confluence lecture. This year that event will be very different. In place of the usual one hour lecture this will be a more interactive event with work to do ahead of the weekend. The guest speaker is Rev. Anne Barker of Westwood Unitarian Congregation in Edmonton and the title is The New Premise, exploring and imaging our future.

Ahead of the event participants will be asked to view videos, to take part in activities and to interact with the material. See the web site for more details.

On Saturday night there will be an open mic Comedy Night, a mental health break from the serious work of conference workshops.

Music has always been an important part of the UU experience for most people. Three songs are being written specifically for this conference. This will be another chance for conference goers to interact here with a virtual singing collective. And there is also a national virtual choir practicing to present during the conference.

Another new feature this year that will also give people a break between workshop sessions is the Wellness Lounge. Drop-in sessions will include meditation, gentle yoga, conscious movement and chat over coffee and tea.

There is a children's program again this year. Registration deadline is earlier - April 1 - than for the adults, because a package will be mailed out to participants ahead of the conference.

The activities are for children aged three to 14. The package will contain age appropriate materials for activities to do at home and on line.

The national Sunday service will be an inspiring event again. The one on the Sunday of the three-day conference last year was attended by more than 1,000 UUs from across Canada.

The deadline for adult registration is May 10. Registration fees are on a sliding scale of \$5 to \$150.

*Submitted by Glenna Hanley
CUC board member and UFF's CUC liaison*



A little humour...

Now I'll tell you a real story that happened in our Sunday School. The Kindergarten class was discussing "prayer", and the children seemed aware that the way you end a prayer was with "amen."

Does anyone know what "amen" means, the teacher asked. There was a long silence. Then one little boy piped up, with appropriate, computer-age gesture, and said, "Well,

I think it means, like, “send”.

(from the First Unitarian Church of Albuquerque, New Mexico)

UUs are the people who pray, “To whom it may concern...”

Famous Universalist minister Hosea Ballou argued with a Methodist colleague over the issue of eternal damnation. The Methodist asserted, “if I were a Universalist and feared not the fires of hell, I could hit you over the head, steal your horse and saddle and ride away, and I’d still go to heaven!”

Ballou answered, “if you were a Universalist, the idea would never occur to you!”

*Submitted by
Sheila Moore*



The Power of Intention

Learning to Co-Create Your World Your Way

Wayne W Dyer

Dyer sees Intention as being one with the Creator, God, who intends the best for all. To be one with this, we must live with the faces of Intention: creativity, kindness, love, beauty, expansion, abundance and receptivity. These will make positive vibrations in the world and bring success for us, better lives for those around us and for the world. We must avoid negative emotions that slow the power of Intention and prevent us and others from making the best of ourselves.

The best of ourselves includes developing our talents to pass on the positive to others. As Dyer sees it, anyone can be a genius. He even believes that we can heal ourselves and others. To keep this development going, love for ourselves and others is important. He suggests when we look in the mirror we say to ourselves “I love you.” I find this at least brings a smile as we get older! We must take the same attitude to those in our world.

We must also recognise the positive in the world, in all the forms of intention. This can be marked by saying “I am glad”. Dyer gives detailed explanations of the meanings of all the intentions, how they can be used to get beyond particular problems and steps towards achieving them. Contact Haifa Miller if you would like to borrow the book.

Sheila Andrew



A few reflections on our great friend, Betty Maureen Ponder

From Donna Young

My heartfelt message and send-off to the ski hills in the clouds to my friend Betty Ponder. She and I became friends when we became members of the Unitarian Fellowship when it was still meeting on King Street and were at the Unitarian Fellowship House at 749 Charlotte St. on that memorable Sunday morning when the decision to purchase the property was made.



In following years, our children, along with a host of others, met in the upstairs classrooms of that house, where we and many other parents participated in leading four groups of children in an RE program. Over the decades, we remained friends and met socially. I loved her gentle house in its quiet location on the Saint John river, beside the little white church, just above Fredericton.

A sharing, supportive, dear friend with whom I shared lunches, books and great, spirited conversations. Thank you Betty.

From Sheila Moore

I remember meeting Betty and, her then husband, Murray Neilson at our Unitarian Fellowship when we were meeting at 749 Charlotte Street. Betty and Murray were so lively and full of life and energy! In the summer of 1965 or 1966 we were all invited to their home on the Woodstock Road for a picnic. Their home and property were so lovely nestled in the trees along the riverbank and, as a young twenty-something, I was very impressed. In those days, before the big highway, all the cars and trucks drove past their house – yet it seemed very private. Through the hedgerow we could see the quiet little graveyard of St. Peter’s Anglican church where her son Gregory is buried. It must have been comforting to her. Betty stayed in that home over 50 years.

When I think of her I imagine her still at her old home on the riverbank.

From Nancy Beltrandi

In 2014 we went to France, along with Geneviève. Betty and I shared a room on the converted river barge. It was small, only 10 rooms, but it was quite comfortable, and the meals were unique. We travelled the rivers and canals for a week or I should say we slept on the rivers and canals. The travelling part was done by the barge each day while we were entertained on land being introduced to various arts. Poor Betty became sick just before Paris, so we didn’t see

much of the city. Still, she managed to summon up the strength to visit the Louvre, and we enjoyed afternoon tea in a very posh cafe there. This was only one of our pleasant times away. Time in Parrsboro is a very strong contender for being top of the list. Betty was such a good hostess. Another thing that keeps coming to my mind about Betty is her beautiful sweaters. She was a fantastic knitter and they were all her own design. She didn't use a pattern. Oh my! I will miss her. I didn't even mention bridge or painting class or Rocket.

From Joan McFarland

I already miss Betty so much. I got to know her most in our small circle conversations at the Fellowship. She was a role model to me. She accomplished so many things in her life but mostly I admired her approach to aging. She was so positive about it. I think that she captures how she felt in the fourth stanza of her poem, "The Journey":

When Old,
the lady views what remains
with wonder, her worldly space as empty
of ambition as a stringed cat's cradle,
her voice muffled in the urgent yang of youth.
Yet the heart of a girl as young
as morning beats on with love
for the grass's struggle to seed,
for the hawk moth splayed on her window,
love for the rightness of things
that stretches to clouds
in a sky so blue it could be an ocean.
She again sees daisies with petals
that do-si-do round yellow.

From Geneviève LaLoux

In a few words, Betty enriched my life. I think first of her wide ranging personal interests and professional accomplishments. She was very very generous about sharing many aspects of her life, her cottage, her books, her hospitality, her car (giving rides to people), One humorous memory was our travelling back to Canada after a ten day trip on French Canals. At the airport, Nancy, Betty and I all suffered from bronchitis and I requested mobility assistance. It was a sight to see these three older women in wheelchairs being wheeled through the endless corridors of the Paris airport and pass all the line-ups to make it to the plane on time.

From Lorna Drew

I remember Betty's way with words. She was a lovely writer and poet.

From Glenna Hanley

Betty! So many superlatives you could apply to Betty. Wise, intelligent, balanced, kind, generous. Here is just one anecdote.

I think many people know Betty was one of the founding members of the Unitarian Fellowship, way back in 1961. In these later years Betty wasn't able to come to the Sunday

services all the time. But she showed up one day after a bit of an absence. During coffee hour she came over to me and said "Gosh, look at all these new people here," in a joyful tone. So I immediately took her over and introduced her to one of those new people whom I knew she would enjoy talking to.

In contrast, a couple of weeks before, another older member who also wasn't able to come every Sunday, came over to me during a different coffee hour and said, "Who are all these people? I don't know any of them," in a less than joyful tone.

Betty, ever the optimist and always open to new people, new things and new ideas. I believe her spirit will live on through those who knew her.

Feeling down. But I know Betty would not want us to be like that for too long.

From Janet Crawford

Betty was always a great joy at the fellowship. When I first knew Betty, she operated a little craft shop in our library. Betty was always willing to pitch in and do whatever was needed, whether it was a position on the board, help at a yard sale or being a friend. She was a fearless driver and I remember Betty, Haifa and Genevieve arranging to bring lunch and come to my cottage in Saint John. We laughed and played bridge all afternoon, then Betty took the long route home with Haifa and Genevieve, through Gagetown, just to enjoy more of the day. I remember also Betty's talents as a writer, a poet and an artist. I cherish her painting "Molly" which I was lucky to obtain at one of our auctions.

From Tom Hanley

My fond memories of Betty were when she served on the Board. Talk about a cool, calm head to have at the table. Super.

From Sharon Van Abbema

To Betty: We loved your sense of humour and the enthusiasm and love and generosity you continually showed. We learned much from you.

Our friend Betty came to Windsor to visit grandchildren in Amherstburg Ontario 6-7yrs ago. Betty simply parked her car in Moncton and travelled west by train

Her family was happy to see her...Grandchildren and great grandchild alike loved Betty. Then she made her way to Kingsville where we lived close to Olinda U U church.

We were honoured to have Betty come to lunch and then made a special tour of Olinda U U church established 140 yrs ago. We sat on the bench in the memorial garden out back of the church and chatted in the sun taking in the sights and scents and sounds of this small village ...a farming community ...home to the longest running UU church in Leamington Ontario Canada

We were delighted to visit with her. We shared memories and we commented..with each other. “Maybe one day there will be a memorial garden established at the fellowship in Fredericton where “companions along the way”

May you Rest In Peace... With reluctance we said our goodbyes and Betty returned to Fredericton,

From Judith Day.

Betty Ponder certainly put a lot of joy in my life, especially her skiing days, when she, being a past ski instructor, took me under her wing and skied with me, when I could not keep up with anyone else. After skiing since my twenties, I had to learn all over again, in my sixties, which was a difficult feat for me to master. WE were skiing down over the headwall of the horn on this perfect day with near perfect snow conditions. Of course, Betty would make it down to the chair before I did, but always waited for me. This time Betty was not there and I just knew she must have fallen, and my heart sank, because after all I knew she was in her eighties and the odds were against her for not breaking a bone. I got down on my knees, with tears in my eyes and prayed for her safety. A few minutes later she appeared over the crest, with a smile form ear to ear, stating “I took a flip, both skis came off and what a roll I had”. Thank God the conditions were perfect for her and she came through perfectly well. My prayers were answered. Betty was a good friend to many. Rest in Peace my friend!

From allison Calvern

Once I met her, I wished I could be like her. Betty was a dear, and she was like a dear—quick, beautiful, strong, talented, intelligent, generous, shy, and fragile. Not that she was the least bit needy; her core was made of steel. I am happy to remember many lovely moments with her—over supper, over poetry, over good discussion.

For a thirty-minute stretch one fine autumn day, George and I joined a gym. We walked into the place with its machines, weights, and lycra-bound muscles, and there was Betty, calm and serene, not breaking a sweat. Her fingers were wrapped around two rings suspended from the ceiling on ropes. With the strength of her arms bearing the weight of her whole body, she lifted her legs in unison, toes pointed, to make a graceful, controlled arc. She held her legs parallel to the ground for several seconds, before lowering them gently to the floor.

Once Betty and I drove to Nova Scotia for a poetry workshop facilitated by Harry Thurston. It was held in the home of an eccentric living in Kejimikujik National Park. I recall nothing about Betty that was not gentle, and I am glad to have had that time with her. Perhaps it was on that trip that she introduced me to Tappan Adney (1868-1950) an outdoorsman, artist, and photographer, who is credited with saving the art of building the birchbark canoe. Betty had one of Tappan Adney’s books, among other beautiful items, in her cottage in Parrsboro. I am thrilled to have one of her paintings on my own wall.

I fell in love with so many things about Betty, and I will miss her forever.

One of Betty’s Poems

THE GARDEN. By Betty Ponder

Little garden, you think to sleep
now that frosts have nipped you once,
You’ll rest til spring when the sun
rises higher than the arbour vines
that shelter you from busy winds.

This day i bring you gifts of love,
Ashes grey as dusk seep through
my fingers layering a film
of what was once a lop-eared dog
Now yours to nurture marigolds
and forget-me-nots and maybe
Catnip for a wandering cat.



Nancy, Betty and Geneviève in a reflective moment on the deck of Betty’s cottage at Two Islands, Nova Scotia



Betty Maureen Ponder 1931-2021

It is with sadness that we announce the passing of Betty Maureen Ponder at the Dr. Everett Chalmers Hospital in Fredericton, New Brunswick on March 10, 2021.

Betty was born on 24 July 1931 in Brownsville, Ontario, to physician Dr. Wilford Edison Park and Lila Jane Marshman Park. Lila died in 1934 when Betty was three. She and her brother Douglas, along with her half-brothers Robert, James, and Warren were raised by her father and his second wife, Catherine Leonard Park. In 1951 Betty married Murray Morris Neilson, an entomologist. In 1957 they settled in Fredericton where Murray, a federal government scientist, managed the Maritime Forest Research Centre on the UNB campus. The couple were among the founders of Crabbe Mountain ski hill where they both taught skiing and of the Mac-taquac Sailing Association. During their twenty-one years of marriage they had three children: Linda, Jennifer and Neil Gregory.

Tragically, their son Gregory drowned in 1973 when he was 13 years old while on a fishing trip with his father at Magaguadavic Lake shortly after Betty and Murray's separation.

Betty pursued a series of careers at the University of New Brunswick. As an accredited ski instructor, she taught ski courses for several years in the Physical Education Department (now known as the Kinesiology Department). She also worked in various positions as a librarian, a computer technician and ultimately a biology technician and lab manager for Professor Emeritus William Seabrook. In that capacity she coauthored articles in scientific journals and presented her work at conferences in many parts of the world.

In 1976 she married Charles (Charlie) A. Ponder, a noted mechanical engineer, bridge designer, and principal of Fredericton's ADI engineering firm, thereby acquiring three Ponder step children: Daphne (Michael Camp),



Anne, and Charles, who became important to her life. She and Charlie took yearly ski vacations and travelled abroad. One of the most memorable of their adventures together was a two month voyage in their two-seater airplane from New Brunswick to the southern US and back. Theirs was a happy marriage. Unfortunately Charlie died in 2012.

Although Betty experienced multiple medical problems, including progressive lung problems associated with Primary Sjögren's, she resisted those complications with energy and conviction. In 2006 she wrote an autobiography and in 2017 published *The Heart's Underside*, a collection of poems with artwork by Jill Langford. Betty's greatest pleasures in later life were found in her bridge and writing circles.

In 2015 Betty moved to Ste Anne's Court Retirement Home where she acquired a new circle of friends. Her family shall be forever grateful to Ste Anne's dedicated manager Matthew "Prem" Premkumar and for the excellent care and attention she received there. Her family would also like to thank Dr. Katherine Hadley as well as her palliative doctors and nurses for the excellent and compassionate medical care she received at the Dr. Everett Chalmers hospital. Last but not least we thank Nancy Bowlen, her hospital roommate, whose kindness and compassion gave Betty great comfort during her final weeks.

Betty is survived by her daughters, Linda Neilson (Tony Rhineland) and Jennifer Scott (Brian Scott), and by three step-children Daphne (Michael Camp), Anne Ponder and Charles Ponder; four grandchildren: Jason Rhineland, Lila Rhineland (Kyle Lennie), Michael Scott (Elizabeth Galbraith), and Leta Scott (Jason Marchand); four step-grandchildren: Teddy Camp, Tommy Camp, Laurens Rhineland, and Sarah Craik; and by numerous great-grandchildren.

Although no memorial service can be held at this time, a celebration of Betty's life will be arranged at a later date when it is possible for those who were touched by her life to participate in person. Donations to her memory may be made to Hospice House, 621 Churchill Row, Fredericton or to Elder Dog.

The above taken from the McAdam's web site
<http://www.mcadamsfh.com/obituaries/152568>

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