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Up-coming Sunday Services

Sunday Services 10:30 am via zoom

While the pandemic continues its own progress and the government has decided to discontinue regulations to attempt to address it, the Fellowship has decided to have our own plan for living with CoViD. These plans were adopted March 14, 2022 and are subject to change without notice as things develop.

Objective: To have indoor and outdoor Sunday services while keeping in mind that many of our Fellowship members are seniors, people who are immunocompromised and/or people too young to be given the vaccine against COVID and therefore at a higher risk of contacting the COVID virus.

Given that our service space does not allow social distancing, we ask that people attending in-person services do the following:

VACCINATION : for the time being we ask that people attending in-person services be double vaccinated and have a booster shot. Service can be accessed through ZOOM for those unable to attend in-person.

MASKS: are optional, but we advise wearing them while moving about in the building.

SINGING: is permitted

COVID SYMPTOMS: If you have any potential covid symptoms, please attend service from your home by ZOOM.

The Sunday Services Committee is grateful for the won-

derful 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.

March 27th *Poetry of the Norse World*

The Norse world produced wonderful poetry of great power, and while much has been lost to us, some has survived. This talk will explore the two types of poetry that characterised the Viking Age, and the intricate ways in which poems influenced Norse culture.

Guest Speaker: Dr. Janet Mullin

Service Leader: Heather Lunergan

Tech: TBA

This service relates to our Living Tradition of listening to the wisdom from world religions which inspire us in our ethical and spiritual life.

April 3rd *“A Cruel Paradise” (Book Title)*

A personal history of emigrating from an economically depressed country to Canada. *Guest Speaker:* John Van-Abbema

Service Leader: Haifa Miller

Tech: Myron Hedderson

This service relates to our principle #6: The goal of world community with peace, liberty and justice for all.

April 10th *Here and Now*

What does mindfulness training have to teach us about surviving and thriving in this pandemic. Let’s explore together the benefits of present moment awareness.

Guest Speaker: Rev. Carole Martignacco

Service Leader: Sheila Moore

Guest musician: Carol Wakeham

Tech: Myron Hedderson

This service relates to our Principle #4 – A free and responsible search for truth and meaning.

April 17th *Liberation as Resurrection*

We will be joining the St. Johnsbury, Vermont UU Church for their Easter Service with their minister the Rev. Susan-Lynn Johns.

The late Norman Cousins wrote: “The tragedy of life is not death, but what we let die inside us while we live.”

We will hear about those transitional moments in our lives when we are given the opportunity to choose one of

two responses: We can let that moment die and live with regret, or we can, like the mythical phoenix, resurrect or re-birth ourselves into a new, better self. This is the essence of liberation.

The Rev. Susan-Lynn Johns served First Universalist Parish in Derby Line, Vermont as pulpit supply and lay minister for about 15 years. She was ordained out of that congregation in January 2016 and shortly thereafter was called to be full-time minister by the Universalist Unitarian Congregation of St. Johnsbury. Originally from South Carolina, she has lived in the Northeast Kingdom for 20 years and cherishes Vermont in more ways that she could ever have imagined.

April 24th National Volunteer Week

A sense of duty? A call to serve? Connecting with others? Personal fulfillment? Creating a legacy? Professional development? What do people seek and find when they volunteer? In this service, Jo-Anne will explore the motivations and characteristics of volunteers, the evolution of volunteering over the years, and changes in volunteer activities since the pandemic began.

Speaker: Jo-Anne Elder-Gomes

Tech: Myron Hedderson

This service speaks to “Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion and the transforming power of love.

May 1st Preaching Peace... In the Name of Humanity

Robin Zucker, UU minister at Flagstaff, Arizona, considers the Ukrainian war and questions how it relates to our 6th principle. . . .”The goal of world community, with peace, liberty and justice for all.”

Service Leader: Ken Moore

Tech: Myron Hedderson



Tech Volunteers Needed

The Unitarian Fellowship needs a few more tech volunteers for hybrid Sunday Services. Myron is offering to teach anyone interested how it is done. If you are interested please contact Myron at m_hedderson@hotmail.com.

It is very rewarding to learn a new skill and use it. Please help out if you can – the more people know how to do this, the less likely it is that we may find nobody is available to do a hybrid service on a given Sunday.



From the CUC

Canada allows citizens to sponsor and personally resettle refugees, and Canadians across the country have expressed their desire to welcome refugees from Ukraine—including many Unitarians and Unitarian Universalists.

The Canadian Unitarian Council is a sponsorship agreement holder (SAH) with the federal government, which means that we can authorize congregations to sponsor refugees under our agreement. This lets us streamline the application process and support a congregation or group of individuals who want to sponsor refugees to Canada.

It costs about \$10,000 to bring just one person to Canada. If you're not able to sponsor someone yourself, consider making a tax-deductible donation to the CUC's Refugee Fund. Every dollar helps the efforts of sponsoring groups around the country.

For congregations who are willing to sponsor refugees, whether from Ukraine or other threatened countries, please contact refugee@cuc.ca for more information.

UFF Social Responsibility Committee



President's Report

Board Meeting of February 20, 2022

We began the meeting at 1:03 with a call to order. All seven Board Members were present.

Heather Lunergan read the last paragraph from the UFF's Covenant of Right Relations.

The Board approved reports from various committees which had been circulated before the meeting.

Heather agreed to scrutinize our insurance policy. She will report back to the March 20 meeting as to whether the policy allows for replacement following damage to or loss of the building.

There was further discussion of the Draft Safety Policy, which will be reviewed again in a month.

At the March meeting, Heather and Glenna Hanley plan to present an application for a CUC Sharing Our Faith Grant in support of the energy retrofit of our building.

The Board approved an amended policy to the Reserve Fund for the Building and Grounds. Joan Brewer will place the policy in the Guidelines and Policies Manual. The Reserve Fund is meant to be used to fund any sudden and urgent repairs to the building and/or grounds.

Heather reported that a \$150 CDN donation was made to the UUA.

The Board offered its full support to the Sunday Services Committee's plan to hire a person to provide hybrid service support. The intention is to provide an alternative to our two very able Hybrid Service volunteers, Myron Hedderson and Kurtis Langevin.

The meeting was adjourned at 2:05

Submitted by Decima Mitchell



Joys and Concerns

Good thoughts and wishes going to Amber and Kurtis Langevin, new parents to Zoe. Amber has just had gall bladder surgery and is recovering quickly and Zoe's corrective casts are showing amazing results.

Please refer to the [February Touchstone](#) for our skills sharing initiative.

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@gmail.ca or 454-0441. The caring circle has a [Facebook page](#). If you have any postings for Joys and Concerns in Touchstone, send to janetcra@gmail.com. Other committee members are. Nancy Beltrandi, Deby Nash, Myron Hederson, Decima Mitchell and Robin Stanley.



CUC EVENTS

Editor's note: This article has a lot of links to the web. These links are long and ugly and never intended for the human eye and useless on dead trees. If you want to check them out, go to the online version of Touchstone <http://uff.ca/touchstone/2022-04.pdf> and use the link from there. Alternatively, find the events on the CUC website, cuc.ca. Look for the "Events" page.*

***Note** there is a new event for French speaking people. If you know someone who speaks French and might be interested please pass it along.*

Here are some events coming up in April and May sponsored by the Canadian Unitarian Council. The links will probably not work from the Touchstone so you will need to find the events on the CUC website, cuc.ca. Look for the "Events" page.

Connect and Deepen

Sundays, March 27, April 10 and 24, and May 8, 2022

5:00 pm AT (1.5 hours)

Connect and Deepen is a regular small group ministry. We gather, virtually, for meaningful discussion, connection and reflection. If you are not connected to a local congre-

gation, or just want the opportunity to explore spiritual topics within a guided small group, we encourage you to join us.

Rising Together: UU Youth and Emerging Adults of Colour

Saturdays, April 2 and May 7, 2022

5:30 pm AT (90 minutes)

Join us for Rising Together – a welcoming space especially for Black, Indigenous and other people of colour (BIPOC) Unitarian Universalist (UU) youth and emerging young adults (ages 14-24). Led by Camellia Jahanshahi, a youth advisor of colour at the Unitarian Church of Montreal, this group gathers monthly for themed worship, discussions, and workshop-style activities. Join us for a chance to meet other BIPOC Unitarian Universalists across Canada and nurture our community with the aim of affirming each other and ensuring we have a confident voice in the broader UU community.

More information and registration is available [here](#).

Gathered Here

Thursday, April 14, 2022 3:00 pm AT (1.25 hours)

Gathered Here is a monthly online check-in for Canadian Unitarian Universalist young adults. Join other UU 18-35 year-olds on Zoom for sharing of joys and sorrows, deeper check-ins, prayerful reflections, and an opportunity to process the events of our lives with a spiritually grounded community. Each month we are joined by a member of the Young Adult Pastoral Care Team.

More information and registration is available [here](#).

UU IBPOC Space

Saturday, April 16 2022 1 pm AT (1.5 hours)

This is a space for UUs who are Indigenous, Black, and People of Colour, ages 18 and up, to gather safely to share experiences, stories, and be change-makers. Meets on the 3rd Saturday of each month.

Join on [Zoom](#).

Célébrons ensemble

Le mercredi 20 avril 2022 21h00 HA (75 minutes)

le mercredi 18 mai – 15h00 AT (75 minutes)

Célébrons ensemble est une célébration UU mensuelle en français pour les jeunes adultes (18 à 35 ans) canadiennes UU. Célébrons ensemble est semblable à Gathered Here. Il est important de noter que c'est un espace français inclusif. Ça veut dire que la célébration se déroule en français (et c'est important de respecter cela), mais que nous accueillons tout le monde, à tous les niveaux de français! Pour plus d'information: [ici](#).

Submitted by Glenna Hanley



Introducing the Rev. Carole Martignacco...

Greetings and Happy Equinox to TUFF. Some of you may know me as the minister serving UUEstrie in North Hatley from 2003 to 2019. During that time, I served on the development team and staff for CUC's innovative CUUL leadership training school. Some of you may know me also as a presenter at CUC conferences or from my years conducting lay chaplaincy trainings from Vancouver to the Maritimes and all provinces in between. I served our UUMOC ministers association as programming chair, Vice President, and as President. For four years I did a cross-border ministry with both North Hatley and First Universalist in Derby Line, Vermont.

My Canadian story began in 2000 with an internship year for two Montreal churches, to which I've since returned as consulting minister (LUUC) and sabbatical minister (UCM). Throughout my ministry, I've enjoyed guest preaching in UU services across the country, most recently since retiring from North Hatley in 2019 on Zoom. In retirement I feel blessed to have time to return to an earlier passion for poetry, the arts and teaching writing.

I look forward to joining you from the beautiful coastal town of St. Andrews where I live with my husband Major David Turner. How fortunate we are to be blessed with so many connections, and now these virtual opportunities to make new ones.

Enjoy these first days of Spring and I'll see you soon!

Submitted by Sheila Moore



Excerpts from a Gleaner Article written in Sept. 2003

"Restrictions were so severe that food was extremely difficult to get"

Geneviève Laloux was born on July 14, 1932 in Brussels, Belgium. Her parents were French and she was brought up in France. She has always been interested in crafts and is a member of the N.B. Craft Council for her rug hooking. Geneviève is a member of the Unitarian Church in Fredericton and is a past president. She has two children and a granddaughter, Sarah. Dr. Laloux has just returned from a year in France.

Geneviève's memories:

We were vacationing in Brittany when war was declared. Our home was in Valenciennes in northern France and my father said we should stay in Brittany so my mother

and her six children, and her sister-in-law and her four children, stayed in my grandmother's huge summer-house. We wintered there with no heat and really with no preparation for it. For the first nine months nothing happened. In June when the Germans started really going through, things became very hairy and soon, we had very little food. There was no possibility to get home. France was in three zones – the Free zone that stayed unoccupied for 2 ½ years, the Occupied Zone which included Brittany and Paris and our home was in the Army Zone and civilians were not permitted back. My father was head accountant in a coal mine and he was not allowed to leave. My uncle was at war so the two mothers were there, very isolated. My mother was finally able to get permission and we got back in November 1941.

The Occupation was not terrible except that the restrictions were so severe that food was extremely difficult to get. We were lucky because my father being in the coal mines, we had enough coal to heat our house.

As a child I was very much aware of our deprivations because there was no food and no clothes. We started raising chickens and rabbits in our backyard to have some extra meat.

We used the skin of the rabbits to make mittens and hats but we didn't know how to tan the skin so it was stiff as a board. It was really very, very difficult.

Our town was old with a lot of wooden Spanish houses from the 15th century. In 1940, the Germans had used incendiary bombs so the whole centre of town with all the old houses went up in flames.

By the time we arrived the whole centre of town was a no man's land. The only thing left was the stone façade of City Hall.

Submitted by Sheila Moore

Voltaire said: "The greatest moral evil is, of course, war"



Amazing Black Atlantic Canadians

Inspiring Stories of Courage and Achievement

Words by **Lindsay Ruck**
and Art by **James Bentley**

This book goes from the 1600s to the present outlining the history of Black Atlantic Canadians and giving examples of their inspiring ability to overcome their problems and gain recognition in areas such as business, the military, sports, music, arts and politics. Men and women are shown to achieve community change for the better and status where they could do this and be examples to others.

Yes, it is an inspiring book to read for Black History

Month, a good reminder of names we may know such as Portia White, Viola Desmond, Willie O'Rea, George Eliot Clarke and Measha Bruggergosman and an introduction to many I did not know. Obviously it can not cover all in 156 pages but it suggests other books to read and there is lots more research to be done. I would have liked a piece on Measha's father. As far as I know he was the first black city councillor here in Fredericton. Understandably Nova Scotians are the main focus, but there is some content on all Atlantic provinces. Important dates are shown on pages to keep the stories in context and words that may be new to readers are explained.

The illustrations are lively and colourful and the text is well written, though there are times when a historian would like more detail. I have a copy if anyone would like to borrow it.

Sheila Andrew

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