



874 York Street, Fredericton, N.B., E3B 3R8 (506) 451-0919
 Sunday Service 10:30 a.m. Web Site: <http://www.uff.ca> Email: office@uff.ca
 Newsletter editor: touchstone@uff.ca

Contents for September 2022

Up-coming Sunday Services	1
Report from the President	1
UFF Caring Circle	2
Book Sale	3
Unitarian Women's Potluck Gathering	3
Third Age Centres Eradicating Ageism Conference	3
Orange Shirt Day	3
Happy New Year	4
In the Arms of Inup	4



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.

September 11th *Ingathering on the Lawn*

As we return to our regular Sunday services, join your Sunday services committee for an ingathering: a time to reflect on the summer just past, a time to share poems or readings (please bring one if you wish) and a time to gather for conversation and coffee. This is an excellent day to invite a friend who may be curious about Unitarians, since it will be quite unstructured and hopefully, outside. (In case of rain we shall meet indoors)

Service Leaders: Sunday Service Committee

September 18th *A Re-thinking of How We Understand Black History in Our Region*

Graham is a descendent of Black Loyalists. He is a member of the New Brunswick Black History Society, the Black Loyalist Heritage Society and the Tomlinson Lake Hike to Freedom, as well as a graduate student in history at the University of New Brunswick.

Speaker: Graham Nickerson

Service Leader: Robin Stanley

September 25th *Mabon*

The second harvest festival is celebrated on the days surrounding the Autumnal equinox. We are hoping to have a speaker from the local Pagan community. If not, Tony will speak.

Service Leader: Tony Fitzgerald

October 2nd *Looking for Joy*

An opportunity to consider a joyful topic. What is Joy? How do you find joy, and where? What has brought special joy to your life, your work, or your spiritual experience?

Service Leader: Janet Crawford



Report from the President

Our first Board Meeting of the 2022-2023 year is scheduled for September 11. We will meet at 12:15, after the Sunday

Service. As always, members of the Congregation, along with visitors, are welcome to attend. Dates of future Board Meetings will be posted in the October issue of Touchstone.

We are gradually moving toward a post Covid time, with the women's potluck celebrating it's first get-together in almost three years on August 12 and another gathering planned for Sept. 9. Earlier this Summer, the poet Carole Martignacco met with members and friends in the Sanctuary to read from her collected poems, A Bowl of Orange Suns. And in what has become a tradition my Floridian sister and I wielded brushes and rollers to paint another room at the Fellowship.

In late September, a private Memorial Service will be held in honour of an occasional visitor to the Fellowship, Arthur Vincent Kirkby. The Sanctuary is being rented for the service. I will be officiating and Board member Myron Hedderson has been contracted to provide Zooming.

After years of both threatened and actual flooding of the basement at 874 York Street, a solution has been found. With Building and Grounds Chair Ken Moore managing the project, a new french drain system has been installed. With this upgrade, the basement sump pumps are now clearing excess water into the new drainage system.

In the planning stage is a book sale at the Fellowship, with a date of October 1 proposed.

All in all, it's been a busy time at the Fellowship. On behalf of the Board, I'd like to wish peace and health to everyone as we move into our beautiful Maritime season of Autumn.

Decima Mitchell
President, UFF Board



UFF Caring Circle

Bill Knight 1931-2022

Some moments in time with Bill

- Bill and Eileen in the photo are at our outdoor service on Aug. 22, 2021
- They were very enthused to tell me that Aug 22, 2021 was their 63rd wedding anniversary and to recount the story of their wedding in Toronto with Rev. Jay Chidsay officiating.
- Bill and Eileen came to Fredericton for him to take up a position at UNB as a math and statistics prof. They have two sons, Norm and Eric.
- Bill loved nature and took a real interest in natural plants



from NB

- Bill's very significant musical talent was apparent in the Unitarian harmonica group. He played with ease and enthusiasm
 - Bill slipped on the ice in his driveway a few years ago and handled a very arduous recovery in a stoical way. I was there to see their enthusiasm when Eileen came to visit in the Oromocto hospital during that time. They were like teenagers, so excited to be together.
 - When we were desperate for a treasurer, a few years ago, Bill rose to the occasion.
- Bill and David Brown were very good friends and during Bill's last days in Hospice, he was very enthusiastic to meet Diana and while his body was failing, his mind was still keen and engaged.
- We will miss his presence at so many of our Sunday Services. Rest In Peace, Bill.

[Bill's obituary is at Bishop's Funeral Home.](#)

Eric Knight 1965-2022

Sincere sympathy is extended to Eileen and Norm

Eric William Knight of Harvey York County, passed away at home on August 19th 2022. Born in St. Stephen NB, he was a son of Eileen Knight and the late William "Bill" Rixford Knight,

He is survived by his mother, Eileen and brother, Norman. He was predeceased by his father Bill Knight

Arrangements are under the care and direction of Bishop's Funeral Home, 540 Woodstock Road, Fredericton, NB.

Elaine O'Sullivan

1936-2022

Elaine passed away peacefully in July. According to her wishes, there was no service or visitation, just a very quiet graveyard service surrounded by her loving family. We will greatly miss Elaine's presence at our services and extend sympathy to Ray and her family.



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 (506) 454-0441 or Robin Stanley stanleyr@nb.sympatico.ca or (506) 650- 2670. The caring circle has a Facebook page <https://www.facebook.com/groups/247416469728195> If you have any postings for Joys and Concerns in Touchstone, send to stanleyr@nb.sympatico.ca.

WANTED: Helpers for our Caring Circle. It can only

be successful if we work together. Please let Janet or Robin know if you can help with driving, delivering food or flowers, phone calls, sending cards.



Book Sale

Saturday October 1st 8am-12pm If you would like to donate more books, email janetcra@gmail.com and let me know if you drop some off in the Vestibule of the fellowship. If you would like to help sort or sell, send a message to the same email.

Janet Crawford



Unitarian Women's Potluck Gathering

After more than two years of missing our monthly potluck gatherings, we are so happy to be gathering again.

Women's potluck September 9th will be held at TUFF, 874 York Street.

Gather at 6 pm and eat at 6:30.

No planning for the food. We give thanks for whatever is offered.

Topic for evening: share a fond summer memory. It can be of this summer or a previous summer.

If you need a drive to the Fellowship, please let me know and I will see if it can be arranged.

Joan Brewer

jbrewer@rogers.com



Third Age Centre's Eradicating Ageism Conference Rescheduled

Saturday, Oct. 1, 2022

12-5pm Doors open at 12noon; program 1-5pm

Journey Church, 131 Duncan Lane

Registration: \$20, Third Age Centre members;

\$25, Third Age Centre non-members

You are invited to join us for a half-day conference on Eradicating Ageism. Our speakers include Dr. Janice Keefe of Mt. St. Vincent University, "Exposing our Ageist Society and What We Can Do About It", Deborah van den Hoonard, Professor Emeritus of St. Thomas University, "Learning to be Old: Ageism in Everyday Life", and a panel with gerontologists from St. Thomas University. Light refreshments will be served.

You can register by telephone (452-0526), or email

(3rdage@stu.ca), or you can register and send a cheque to the Third Age Centre, St. Thomas University, Fredericton NB E3B 5G3. Please note that if you request to pay at the door, the payment must be by cash or cheque. Alternatively, you can buy your ticket through Eventbrite at the following link:

<https://www.eventbrite.ca/e/third-age-centre-conference-on-eradicating-ageism-tickets-402727628177>

All welcome!

Hope to see you there!

Joan McFarland



Orange Shirt Day

On Friday, September 30, we pause to remember that every child matters. The official government holiday is called "Truth and Reconciliation Day".

Orange Shirt Day is inspired by the story of Phyllis Webstad from the Stswecem'c Xgat'tem First Nation. Like far too many children, Phyllis was sent to a residential school. At six years her grandmother had managed to buy Phyllis a new outfit for the occasion. Phyllis picked out a shiny orange shirt with string lacing up the front. It was so bright and exciting, just like she felt to be going to school.



But, of course, the school was part of a vast machine commissioned by the Canadian government and far too enthusiastically implemented by Canadian churches, especially the Catholic. The purpose of that machine was to "kill the Indian in the child" of every victim that passed its portals.

The mission school stripped Phyllis of her clothes and she never saw her orange shirt again. The colour orange always reminds her of how her feelings did not matter, how no one cared and how she felt like she was worth nothing. All the little children were crying and no one cared.

There is always a concern that in wearing something like an Orange Shirt, we might be mis-appropriating a First Nation's symbol. On some research, it appears that the general consensus is that they appreciate the support and appreciate it even more so if your purchase of the shirt supports a First Nation's cause and does not just enrich someone selling cheap orange shirts for the profit. The shirt modelled by the author was obtained by a donation to [Indspire](http://Indspire.org), a non-profit organization which raises funds for scholarships for Indigenous students. Their motto is "Within a generation, every Indigenous student will grad-

uate.” Do your due diligence, make sure the organization you choose to support is registered with the CRA and that most of their revenues go to their mission, not just to overhead. Or make sure that your purchase will support the original artist.

We “Settlers” live on their land. The least we can do is make sure some of our charitable donations and spending go to support First Nations.

Tony Fitzgerald



Happy New Year (5783) to Our Jewish Friends

Rosh HaShanah begins September 25, 2022, at sundown and it concludes at nightfall on September 27, 2022. It is the Jewish New Year. The biblical name for this holiday is Yom Teruah, literally “day of shouting or blasting.”



Shofar or Ram’s Horn

It is the first of the Jewish High Holy Days, as specified by Leviticus 23:23–25, that occur in the late summer/early autumn of the Northern Hemisphere. It celebrates the anniversary of the creation of Adam.

Rosh HaShanah begins on the first day of the lunar month of Tishri: the seventh month in the Hebrew calendar’s religious year and the first month in its civil year. It is followed by a ten day period of reflection and repentance known as the Days of Awe and finally by Yom Kippur, the Day of Atonement.

On the morning of Rosh Hashanah, the sound of the shofar, a ram’s horn trumpet, calls worshippers to the synagogue, where religious Jews spend most of the day, attending traditional prayer services and confessing their sins. G-d judges the world, looking at each person’s actions over the past year, weighing up the good and bad, and recording his judgement in the Book of Life.

In the evening, families gather for a festive meal with traditional foods representing positive wishes for the New

Year. A fish head or sheep’s head may be on the menu, suggesting the wish to be like a head rather than a tail, making progress in the coming year rather than lingering behind. Challah bread is made in a circle to represent the circle of life and the year, while apples dipped in honey and ‘tzimmes’ (sweet carrot stew) symbolise a sweet new year ahead. Eating new or unusual fruit symbolises trying new experiences: a favourite is the pomegranate whose 613 seeds are a reminder of the 613 commandments in the Hebrew Bible.

L’Shanah tovah!



In the Arms of Inup

Eve Mills Allen

Inup is the Guatemalan tree that is said to make anyone who comes near it at night invisible. That is exactly what Jeremias Tecu needed as he hid from military aiming to kill Mayans like him, with his mother, three sisters and baby brother all in the arms of that tree. His father and elder brothers had already disappeared and he had seen relatives tortured, raped and murdered. He was eleven years old when he led the mother, sisters and brother away to the mountains, searching through piles of bodies for missing family, hungry, frightened and witnessing an actual massacre.

They were aiming for Guatemala City where the Catholic Church gave them shelter. Still trying to be invisible, Jeremias got an education and employment helping other refugees, including those in Mexico. This put him at risk and he was kidnapped, briefly tortured and escaped. His contacts with Breaking The Silence members in Fredericton helped him to get here.

The book is written by his psychotherapist, telling the story as he told it and gives valuable insights into how someone who has suffered so much trauma can take steps to recovery. It is a very moving story, reminding us what someone we meet here may have gone through.

Jeremias spoke to us at the Unitarians as you may remember.

Sheila Andrew

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