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Sunday Service 10:30 a.m. Web Site: <http://www.uff.ca> Email: office@uff.caNewsletter editor: touchstone@uff.ca

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Up-coming Sunday Services

10:30 am in person and 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 wonderful guest speakers from both inside and outside our Fellowship during this difficult time. Contact the chair of the membership committee, Membership@UFF.ca, to be added to the mailing list and receive timely reminders of service topics and zoom information.

PLEASE NOTE that the fellowship building will be closed for 2 weeks over the Christmas Season. No services will be held on Sunday, Christmas Day, nor Sunday, New Years' Day. The Sunday Services Committee wishes everyone a good holiday season with family, fun, food, and yes, a bit of frivolity. Happy 2023!

November 27th *Thank You for your Time, Talents and Treasures*

Service Leaders: Stewardship 2023 Committee

Tech Support: Myron Hedderson

Our annual Stewardship Campaign has been a great success, so it is time to gather to celebrate, to share a special luncheon, but mostly, to say Thanks for another year of sharing our time, talents and treasures. It will be one of our last 4 gatherings before the holiday service and a full house would make a joyful noise! The luncheon menu looks delicious! Our 7th principle reminds us of "The right of conscience and the use of the democratic process within our congregations."

December 4th *Spiritual But Not Religious*

Service Leader: Heather Lunergan reading Rev. Dr. Susan Suchocki Brown

Tech Support: Wyatt Elliott

This sermon is borrowed from Rev. Dr. Susan Suchocki Brown, who, in 2015, was the Minister of the First Church of Leominster, MA. It is a reflection on two 'loaded' words we sometimes use interchangeably. There will be time for discussion about Rev. Brown's thoughts, as we enter the winter months. We will consider our fourth principle: "A free and responsible search for truth and meaning."

December 11th *THE WREATH*

Service Leaders: Haifa Miller and Jane Loughborough

Tech Support: Myron Hedderson

A wreath has no beginning and no end so that on whatever occasion we are using a wreath, it reminds us that life is circular, eternity is, perhaps, a mystery and love is reciprocal. Although the red berries, wooden decorations and greenery do have a visual appeal and are a big

part of holiday tradition, these creative pieces also have a long history of symbolism.

On December 11th we will explore this symbolism and create two wreaths for the UFF building. This is a family-friendly event: a special invitation goes out to children, grand-kids, nieces, nephews and neighbours. Our third principle, in the children's version says: "Yes to spiritual growth and learning together."

December 18th Holiday Music and Readings

Service Leader: Linda Sprague and others

Tech Support: Wyatt Elliott

It is our tradition (even given the bumps of Covid etc) to finish our Sunday services year by joining to sing and read 'holiday' favourites. Join Linda and others for an ad hoc morning of music, poems and readings. Please bring a favourite reading, and contact Linda if you wish to share a musical gift.

December 25th NO Service The Fellowship Building will be closed.

Enjoy your Solstice Festival in whatever tradition you choose to celebrate or not. The Sunday Services Committee wishes everyone a good holiday season with family, fun, food, and yes, a bit of frivolity.

January 1st NO Service The Fellowship Building will be closed.

For those of you who recognize the Gregorian calendar, Happy 2023!



The Mexican Strawberry

Our Interconnected World

Upon occasion I have been known to purchase a box of Mexican strawberries late in our Maritime winter season.

When I have thoroughly washed the berries I pluck the biggest one out of the box and prepare to take a bite out of the delicious fruit. I hesitate briefly to lament the fact that this poor berry has travelled 8000 kilometres by truck to get to my local grocery store. I am climate conscious and know that I should be eating homemade preserves or dried or frozen fruit grown locally the previous year, but that is not the point of this story so I take a big bite and shudder at the thrill of the taste sensation.

I always chew with my mouth shut but a drop of crimson strawberry juice dribbles down my chin. Naturally, this starts me wondering how long it will take before a water molecule from the berry will make its way back to Mexico.

It turns out there are enough water molecules in that drop of juice that if we spread them out evenly throughout the Earth's oceans there would be one Mexican strawberry water molecule in every litre of ocean water.

There were 10 times that many water molecules in the whole strawberry so we would have quite a chore if we tried to track the journeys of each one of them.

Despite my best efforts to chew with my mouth closed, millions of water molecules would still have escaped as water vapour. However, most of the molecules would remain in my body in liquid form to be absorbed into my cells or expelled as sweat or bowel waste.

The thing about water molecules is they have been around for billions of years and they seldom stop moving around the planet. Even when they get stuck under hundreds of feet of ice at the poles, they are set free every hundred thousand years or so when the Earth naturally warms and all ice melts.

All plants and animals on Earth depend upon water for their survival. We don't "use up" the water; we just borrow it for a while. Even industrial processes generally just borrow water rather than transforming it into another substance.

The air we breathe is laden with water vapour. Over several billion years, each molecule we inhale has had a very rich history. We are probably better off not thinking about this too deeply. After all, we could be sharing a breath with an Egyptian monarch or inhaling recycled hippopotamus urine.

Ken Little



Christmas Cookie Exchange

Saturday, Dec 10. 12 - 2

At 874 York St

A chance to build community. Bring cookies for those less likely to be able to come to services and exchange cookies too.

So, if you bring 3 doz cookies, 1 doz will be distributed and you can pick 2 doz to bring home. Similarly, if you bring 6 doz, 2 doz will be distributed and you can take home 4 doz

Tea and treats provided. Children welcome.



Sponsored by UFF Caring Circle
For more information
janetcra@gmail.com
454-0441

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Saturday Afternoon Discussion

Tribalism is deeply rooted in human beings after hundreds of thousands of years of evolution. People, like wolves and lions, came together in family groupings to find and secure the resources needed for their survival.

Ken Little will lead us in a discussion about “Is tribalism too deeply ingrained in humans to eliminate?”

Join us on Saturday, Dec. 3rd to share your ideas on this interesting topic. 1 - 3 pm

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Caring Circle

Joys and Concerns

Best wishes for quick recoveries for Heather Lunergan who has been in hospital, Ray Thibideau in the Saint John Regional Hospital, and Margaret Fitzgerald who had a recent hip replacement and is recovering well.

The Stewardship Committee hosted two events at 874 York to raise awareness of the stewardship campaign - morning coffee on Saturday November 19th and afternoon tea on Wednesday November 23rd. These events also provided a welcome time and place for community and conversation.

Amber Langevin 506 343 2788 and Robin Stanley are coordinating pick up & delivery of holiday gifts that UFF members and friends want to give residents of The Fredericton Shelters. The Holiday Wish List includes backpacks, art supplies, journals, travel coffee mugs, body wash & deodorant, shampoo & conditioner, pyjamas and slippers, mittens, socks, bus tickets, word search & crossword puzzle magazines, and fidget toys.

Call or email the Caring Circle members below for help or information or to volunteer.

We need drivers, cooks & bakers, and people willing to phone or visit.

Need a drive, would like to talk, or have a visit, contact our Caring Circle

Robin Stanley (506) 650-2670. stanleyr@nb.sympatico.ca

Sheila Moore. (506) 450-9021. smoore@nbnet.nb.ca

Nancy Beltrandi (506) 459-8004 nahbeltrandi@gmail.com

Janet Crawford (506) 454-0441. janetcr@gmail.com

Robin Stanley

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Remembering Rev. Dennis Daniel

1942-2022

Rev. Dennis Jay Daniel died on April 23, 2022. He was born in Glendale California and after graduating from Hollywood High School, he attended the California Institute of Technology and after a year transferred to Stanford University. At Stanford, he was admitted to the overseas program and spent six months at the Stanford campus in Florence, Italy and then travelled for six months on his own. When he returned to the U.S. he transferred to the University of California, LA where he received a Bachelor's (1964) and a Master's degree (1967) in English. He worked for seventeen years in the film industry before deciding to enter seminary in 1980.



Dennis grew up with no religious training and no religious community. As an adult he began attending the Unitarian Community Church in Santa Monica. The idea of spiritual pilgrimage presented itself and he seized on it. He became totally involved in the church and the denomination. He finally got to the point where he knew his calling was to the UU ministry. He entered the Claremont School of Theology, CA, graduating with a Master of Divinity in 1984.

Rev. Daniel was ordained on April 22, 1988. From 1987 to 1992 he served two yoked churches; the First Universalist Church of Oakfield, Maine, and the Unitarian Universalist Church of Houlton, Maine. In addition, he served a quarter-time position with the Unitarian Fellowship of Fredericton (1988-1992). These were all small congregations and in serving them he was able to help one of these fellowships start its way towards becoming an extension congregation. (the Unitarian Fellowship of Fredericton)

After 1992 he and his wife Rev. Sydney Wilde were called to the Unitarian Church in Paramus, N.J. and served there until 1998. Their next moves were to the First Unitarian Society, Chicago, Illinois, UU Society of Sacramento, UU Church, Reston Va. and to the UU Fellowship in Chico, California.

Rev. Daniel served in many denominational capacities and social causes. He is survived by his wife of 31 years, Rev. Sydney Wilde, son Andrew, and granddaughters Corrina, Brianna, and Abigail.

[Full obituary on UUMA web site](#)

Submitted by
Sheila Moore

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Unitarian Humour... and Truth

The children in a Unitarian Church school class were drawing pictures. The teacher asked one, "What are you drawing a picture of?"

"I'm drawing a picture of God," was the reply.

"But nobody knows what God looks like," objected the teacher.

"They will," said the child, "in a minute."

Submitted by
Sheila Moore

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Unitarian Women's Potluck Gathering

Women's potluck Friday, December 16th 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: When did you realized there was no Santa Claus? How did you feel?

Joan Brewer
jebrewer@rogers.com

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The Good Neighbor

The Life and Work of Fred Rogers Maxwell King

A friend of mine told me she "worshipped" Fred Rogers when she was growing up and she was probably not the only one who felt that way watching his T.V. programme "Mister Rogers' Neighborhood."

The book goes from his difficult childhood feeling isolated because of over-protective and rich parents through to his search for his own self. This included training as a Presbyterian minister. This might come as a surprise to some who have seen his gentle informal approach to children, adults and puppets. He never raised issues of religion on his programmes but "Suffer the little children to come unto me. . . for of such is the Kingdom of Heaven" obviously influenced him.

King used interviews and written accounts for his book and shows Rogers' impressive persistence and research to take a new approach to children's television and helping them overcome difficulties. We learn less about his comparatively brief adult programme. It is only in the preface that we learn he could make mistakes and even lose his

temper! The book even likens him to Christ. So this is an interesting, if somewhat hagiographical account of Rogers' life where the reader can imagine the problems of making time for his own children and his very supportive wife and we can remember the basic messages: "I love you, just the way you are" and "Love yourself, just the way you are."

Sheila Andrew

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The Yule

The Yule is observed at the Winter Solstice. It is a relatively minor sabbat, however, there is one interesting tradition which is observed at the Yule and at Litha, the sabbat for the Summer Solstice. Often re-enacted by practitioners of the faith is the bi-annual battle of the ages saga between the Oak King and the Holly King, the two persons of the dual Forest Man God. The Mother took her leave at Samhain, is sleeping beneath her blanket of snow and will awaken at Imbolc as the Goddess Brigit.

At the Yule, the Oak king will be victorious and lead the year back into the light until at Litha the Holly King wins the re-match and leads the year back out of the light. Midway during the trip from Yule to Litha, the Oak King will mate with the Goddess, now called Ostara and in full fertility. The results of that mating are the harvests for which we thank the Mother at the harvest festivals.

May you and yours celebrate the Yule in whichever of the various traditions you choose that people have developed to mark the season.

The Touchstone Composer
Tony Fitzgerald

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Report from the UFF Board Meeting

of Nov. 6, 2022

We began the meeting with inspirational opening words, read by Amanda Duffie.

Reports to the Board were received from various Committee Chairs. The ad hoc Stewardship Campaign Committee reported that this year's pledge drive was underway. A number of activities are being planned for the month of November.

Treasurer Heather Lunergan is currently using a dedicated software program to record donations to the UFF and to issue charitable tax receipts to donors. This program has been working well. For other accounting tasks, the Board has decided to re-engage the Bookkeeping service we were using previously.

The UFF's rental fees were last reviewed by Ken Moore in 2016. Decima Mitchell applied the Bank of Canada inflation calculator to the 2016 dollar figures, to arrive at proposed rental fees for 2022. These new fees were approved by the Board.

Renting our building requires responding to inquiries, showing the building to prospective renters, unlocking the building before events and re-locking the building afterwards, in addition to securing signatures on paperwork and collecting payment. A rental calendar must be kept up-to-date. All these tasks were previously handled by Ken as Building and Grounds Chair. At this meeting, the Board began the process of dividing these many duties among a group of people.

Budget planning for 2023 is on the horizon. As an aid to each Committee's budgeting for 2023, Heather has planned to make available, 2022 budget requests along with actual expenditures, for comparison's sake.

The West Trust approved a portion of the dollar amount

the Board had requested for funding to update our website. Decima will be in contact with web designer Mindy Foster to begin the process.

Wyatt Elliot, a computing science student at UNB, has been hired to assist our volunteer Zoom Techs, Myron Hedderson and Kurtis Langevin, in order to give them much needed breaks from these duties.

Robin Stanley was a guest at the Board Meeting. While sitting in, Robin volunteered to be a member of the team which is going to handle rental requests.

Decima had gotten a couple of quotes regarding replacement of the carpeting in the RE room upstairs. The Board discussed replacing this 60 year old floor covering with continuous vinyl flooring. No decision was made at this time.

Submitted by
Decima Mitchell, President
with thanks to
Joan Brewer, Secretary