



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 June 2023

Up-coming Sunday Services	1
CUC Events Coming Up	1
Bagels and Noodles	2
The Caring Circle	2
Unitarian Women's Potluck Gathering	3
The Day the World Stops Shopping	3
Full Moon Ceremonies	3



Up-coming Sunday Services

10:30 am in person and via zoom

The Unitarian Fellowship of Fredericton
 Our Plan for Living with COVID and Influenza

Objective: Keeping in mind that many of our Fellowship members are seniors, and people who are immunocompromised and therefore at a higher risk of contracting viruses, we ask that people experiencing flu and/or cold symptoms join the Sunday service by ZOOM.

- **MASKS:** are optional but we ask that you respect those who may wish you to wear a mask in their presence.

May 28th AI: Where we are, where we're headed, and what it might mean

Service Leader: Myron Hedderson

Tech Support: Wyatt Elliott

Myron explained his title thus: During the fall, and even more so in the spring, new developments in artificial intelligence have been announced in rapid succession, much faster than even AI researchers expected a year or two ago. The Effective Altruist community which Myron has presented on before believes that making sure AI goes well, which they call "AI Alignment" is likely one of the most important things a person can do with their career, and if it goes badly, that could be very very bad.

Myron will discuss the developments that have happened recently, what it means in terms of where things may be headed, what efforts are underway to make sure where things are headed is someplace good, and what we know so far in answer to some of the "big questions" we will have to answer if we create a machine intelligence as capable as humans in the near future.

How will he fit all of that into half an hour? Even he does not know... Given how fast things are moving, the focus of this service may change between when this is published in Touchstone and when the service occurs, but if you're interested in the current state of play when it comes to creating artificial intelligence, this is the talk for you.

June 4th Unearthing Healing

Guest Speaker: Mariah Perley

Service Leader: Amber Langevin

Tech Support: Wyatt Elliott

Mariah Perley is a recent graduate of the Maliseet language program, Mother, and healer. Join us as she explores her spiritual journey with language and her culture and how they have guided her life's journey.

June 11th Heaven on Earth

Slideshow Presentation by Decima Mitchell

Tech Support: Myron Hedderson

Throughout our history, humankind has worked to create ideas, events, images and places that promise to be better than the world we live in. In this presentation, Decima will show slides and talk about various notions of an earthly paradise.

June 18th A Seasonal Talk

Speaker: Rev. Graci Kenyon Rudolph

Tech Support: Wyatt Elliott

Graci will join us by zoom with a service and sermon about the season. Watch for more details via email.

June 25th Brief Service *and*

Congregational Annual Meeting

Service Leaders: Joan Brewer and Sheila Moore

Tech Support: Myron Hedderson

Join Sheila and Joan and others for a short service, some special events, and an extended social hour. The AGM will follow; please watch for details and plan to attend.



CUC Events Coming Up

June 7- Inclusivity Action Groups: Managing Resistance
8 pm AT

June 10- Decision Making Exploration Team: Practicing
Together, Sociocracy Decision Making 2 pm AT

June 12- Gathered Here: A Monthly Check-in for UU Young Adults (18-35) 9pm AT

June 18- UU Connecting 8 pm AT

June 28- Rising Together: UU Youth and Emerging Adults of Colour 8:30 pm AT.

July 16- UU Connecting 8 pm AT

To find the links to these events go to cuc.ca, click on Events, click on the Month at a Glance, and find the date of the event and click on the link.

Glenna Hanley



Bagels and Noodles

University students notoriously neglect their diet and healthy eating during exam times. So during end of term exams in April several local churches set up snack tables at various locations around the UNB campus, hoping to help as many students as possible access some healthy food.

UFF's Public Awareness Committee saw this as a suitable way for us to support students and we took our turn one Monday at the Marshall d'Avery Hall. We fed more than 60 students. Over the two-week exam period the local churches gave free food to well over 1,000 students.

The university's organizers helped us decide what food to buy for the students. We found the bagels we bought, with cream cheese, jam and peanut butter, along with noodles in a cup, homemade cookies and muffins and fruit were most popular. Tea, coffee, hot chocolate and water were also offered.

The idea for the Pause Tables as they were called was initiated by Miriam Illman-White of UNB's student services. It was a project Illman-White had taken part in at another university where she worked. Mike Bravener of campus ministry also helped organize the event.

PA committee members Jenn Carpenter, Janet Crawford and Glenna Hanley organized the food and were on hand to greet and serve students. Thanks to Michelle Swan who provided some very popular gluten free muffins. And thanks to Ken and Sheila Moore who came along to lend support and chat to students.

The Pause table was an opportunity to introduce U students to our congregation and to let them know they are



Left to Right Ken Moore, Mike Bravener, Jenn Carpenter-Gleim, Glenna Hanley, Janet Crawford and Sheila Moore

welcome to visit us anytime.

The university organizers put out a big sign by the tables to identify us. We could not pass out any pamphlets but we were able to talk to students, some of whom already knew about us.

Students thanked us and were very appreciative of the food we offered.

The PA committee has reached out to the two universities, UNB and St. Thomas, and we are hoping to join in other events to make students aware of who we are and that we are close to campus.

Submitted by Glenna Hanley

on behalf of the Public Awareness committee of:

Jenn Carpenter-Gleim (chair), Tracy Gleim, Amber Elliott and Kurtis Langevin, Janet Crawford, Tessa Walsh and me (Glenna).



The Caring Circle

Milestones

Congratulations to Anna Wyllie on her graduation from UNB in business administration with honours in economics.

Glenna Hanley travelled to Norway for her grandson, Haakon Thomas's confirmation. Glenna tells us that Haakon Thomas (named for two great grandfathers) is 15 years old. She wrote "The state religion in Norway is Lutheran but my son's family are not church going people, like a lot of Norwegians. So kids and their parents are given the option of choosing a religious ceremony in the Lutheran church or a humanist ceremony. He chose the humanist. The ceremony was conducted by the Human-Estisk Forbund (Humanistic Alliance in English)." Glenna said it was a lovely ceremony with live music - and two songs she knew, True Colours and John Lennon's Imagine.

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.com or (506) 454-0441 or Robin Stanley stanleyr@nb.sympatico.ca or (506) 650-2670.

Please let Janet or Robin know if you would like to help with driving people or with delivering food or flowers.

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.

Robin Stanley



Unitarian Women's Potluck Gathering

Women's potluck Friday, June 23rd 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: Do you feel you have a mission/purpose in life?

For more Information

Joan Brewer
jebrewer@rogers.com
(506) 455-5169



The Day the World Stops Shopping

How ending consumerism gives us a better world and a greener life

J.B. MacKinon

I was hoping the book would get to the point of a world
that permanently stopped shopping, but it doesn't get that
far. However there are plenty of examples of problems
created by shopping, creating guilt in the author and no
doubt in many of us. As we know, underpaid workers,
garbage from deliberately short-lived products, pollution
from importation and increasing inequality among humans
are just a few of the results.

He does cover the value of shoppingless Sundays: time for
family, spiritual growth, relaxation, community activities,
helping others etc. As we know Sundays have lost this
value almost everywhere and he has no suggestions of how
to bring this back.

Considering what increases shopping beyond basic needs
could limit the negative effects and he considers the desire
to equal or surpass others to be a major problem, so is
self-indulgence and the power of advertisements to make
us see the unessential as necessary or pleasurable.

He has done a lot of interesting research into the economies
of other countries and communities showing how sharing
and minimalization of needs can lessen shopping. Hunter-
gatherers who only collect what they need for that day and
share what they have on return to the community are the
only ones avoiding shopping entirely. He does not explain
how clothing needs, one of the main shopping problems,
are filled there.

The conclusion suggests we can at least cut back on shop-
ping by changing our attitudes and controlling those who
profit most from manufacturing. For the moment he finds
himself spending more to buy items he needs that will last
longer!

Sheila Andrew



Full Moon Ceremonies

Carlos Gomes and his friend Wendy Kennedy have be-
gun holding full-moon ceremonies at the Fellowship. They
begin at 7 pm on Wednesday evenings each month. Up-
coming dates are May 31 and June 28. These ceremonies
include words and rhythms for celebration and healing.
Hand-drummers, pagans, members and friends of the Fel-
lowship, and interested community members are all in-
vited. A donation to the Fellowship will be gratefully
accepted. For more information, write to Jo-Anne and
Carlos at eldergomesfamily@gmail.com.

Carlos also leads drum-making and spiritual teachings
workshops in New Brunswick. If you are interested
in joining a class, please write to us at the same
[email address](#).

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