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 Sunday Service 10:30 a.m. Web Site: <http://www.uff.ca> Email: [office@uff.ca](mailto:office@uff.ca)  
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## 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.

### September 3<sup>rd</sup> The Importance of Community

**Service Leader:** Janet Crawford

It is an interactive service with a chance to participate or just to listen carefully. A friend of Janet's, Jon Oliver, built a community with his Sunday Morning Scones. Janet will share her experience as part of his community and also as part of this community and invite others to share their experiences. This service will not be on zoom. Bonus: Scones at coffee.

### September 10<sup>th</sup> Humour, a necessary ingredient in, our mental physical and spiritual well-being

**Speaker:** Lael Manzo

**Service Leader:** Decima Mitchell

**Tech Support:** Tony Fitzgerald

In this presentation, Lael will discuss the importance of humour as a part of daily life. Her presentation will include interactive exercises.

### September 17<sup>th</sup> Learning how to navigate kidney disease

**Speaker:** Deby Nash

**Service Leader:** Decima Mitchell

**Tech Support:** Tony Fitzgerald

Deby Nash has been a member of this congregation for over a decade. She has held several positions on our Board and most recently retired from her Lay Chaplain position last year. That timing coincided with the news that her 42-year-old kidney transplant was failing. While hoping for a new kidney transplant, Deby recently embarked on a personal learning journey about dialysis. She shares some perspectives in today's presentation.

### September 24<sup>th</sup> Reminisces of a year in France

**Speaker:** Geneviève Laloux

**Service Leader:** Sheila Moore

**Tech Support** Myron Hedderson

Geneviève Laloux, a long time member of our Fellowship will talk to us about her frequent trips to France, her native country. She will have more to say about the one year she spent travelling solo as she turned 70, twenty years ago.

### October 1<sup>st</sup> A History of Information Technology at UNB 1958 - 2008

**Speaker:** Greg Sprague

**Service Leader:** Linda Sprague

UNB purchased its first digital computer in 1958. Greg Sprague has recently co-authored a book that documents how this decision has impacted not only UNB and higher education but also life in Fredericton New Brunswick, Canada, and the world. The focus of the talk will be on the people, the information technology pioneers, who made it happen over the next 50 years and the many firsts UNB can proudly claim. The talk will be followed by a discussion of the benefits and problems that IT has unleashed. Greg co-wrote a book with Janice El-Bayoumi *Pioneers on the Information Highway* - The story of how a group of visionary believers in the transformative power of information technology at UNB (a small Eastern Canadian university deep in the great North Woods of Outer Canada) led their university, city, province, region and occasionally even Canada and the whole world, into the information age.



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## New Group

A new group will have its first monthly meeting:

**When:** Friday, Sept 8<sup>th</sup> from 1-2:30 p.m.

**Where:** at the UFF, 874 York St.

**Topic:** "How do you Really Feel"

A chance to discuss what is going on in our lives and share Our life experiences.

Janet Crawford



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## Caring Circle

### Joys and Sorrows

Sympathy to David, Kate, Max and Laura and family on the loss of a wonderful mother and wife. Margaret Boyle was a long time member of our fellowship. Margaret was a vibrant, thoughtful, fully active member of our congregation who many will remember. She worked with the youth in the fellowship for many years and even took youth to the Ferry Beach retreat in Maine. The drives were very long but Margaret was willing to make the effort for the youth to have a quality experience with other Unitarian youth. Margaret was a skilled fiber artist and made the beautiful hanging by the piano. We miss her soft spoken but powerful comments in our services.

<https://www.mmcfunerals.com/obituary/margaret-boyle?fbclid=IwAR1gogLJkEvYpXONgWPQaZbHlr-IzhykZkAxwU7zPf-LaweJb2jjThyuZ9A>

Hugs to Jane Loughborough whose mother died in June.

<https://www.legacy.com/ca/obituaries/theglobeandmail/name/dora-halpeny-obituary?id=52360450>

Janet Crawford and John Ball were married in June.

Sheila and Ken Moore celebrated their birthdays in July.

Sheila Andrews' training served her well in marathons this summer, in Woodstock NB in July and Ottawa in August.

John and Sharon Van Abbema are moving to Halifax. We will miss them. Our love and best wishes go with them.

**The Caring Circle** is available to help in any way we can with a phone call or visitor delivery of any items. Please get in touch with Janet Crawford [janetcra@gmail.com](mailto:janetcra@gmail.com) or (506) 454-0441 OR Robin Stanley [stanleyr@nb.sympatico.ca](mailto: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, Sorrows, Concerns in Touchstone send them to Robin at [stanleyr@nb.sympatico.ca](mailto:stanleyr@nb.sympatico.ca)

Robin Stanley



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## Unitarian Women's Potluck Gathering

By the time you read this item, we will have resumed our monthly potluck by gathering on August 25th. Information about the September gathering follows.

Women's potluck Friday, September 22<sup>nd</sup> 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:** What's something about yourself that you hope will never change?

For more Information contact Joan Brewer at [jebrewer@rogers.com](mailto:jebrewer@rogers.com)



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## Harvest Supper

Saturday Sept. 30<sup>th</sup> at 4:30 P.M.

Join us for a fun gathering at our HARVEST SUPPER. Enjoy good food, time with friends and share your talents.

Do you like to sing, play an instrument, read poetry? Just sign up!

### Menu:

Baked Beans, Ham (compliments of Tessa), Homemade bread, Potato Scallop and Desserts.

We will have a sign-up list available in September for members and friends who would like to attend this "No Charge" event.

Hospitality Committee

Joan Brewer  
Glenna Hanley  
Haifa Miller  
Sheila Moore



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## To get you thinking....

*Allergy alert: Contains puns*

A horse walks into a bar and orders a pint. The barkeeper says, "You're in here pretty often. Do you think you might be alcoholic?"

The horse replies, "I don't think I am," and vanishes from existence.

*See, the joke is about Descartes' famous philosophy of "I think; therefore, I am", but to explain that part before the rest of the joke would be putting Descartes before the horse.*

Thank to Darrell Brewer for this!

What did the leaf say to September?

"I'm falling for you"

Why was the robot couple's anniversary in September?

They were Autumn-mated

Thanks to Sheila Moore



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## Nomad. From Islam to America. A Personal Journey through the Clash of Civilisations

Ayan Hirsi Ali

She has certainly travelled: born in Somalia, she had to move to Saudi Arabia, then Ethiopia, then Kenya. These were family travels due to her father's political views and her solitary travels began when he ordered her to marry a relative in Canada. She fled to Germany for a visa into Holland and, desperate to get away from her family she made up a name on the application.

This did not stop her acceptance and she found Holland full of new opportunities for her, a woman, to get work, further education and even political power. She became a Member of Parliament. Unfortunately the journey had to continue when a rival discovered her visa problem but she was still allowed to move to America and this is where she wrote this book. She has written an earlier book but I have not read it yet.

The basic theme is that Islam, as she experienced it, insists on unquestioning acceptance of the Koran and the traditions developed from it, often influenced by tribal traditions. This creates endless guilt and even disease and death for some when they arrive in the West and find education includes questioning and the role of women is totally different from some of the Koran teachings.

She develops her theme through a letter to her grandmother explaining her problems with Islam. Then she

gives details on the lives of family members showing the effects of never questioning or of guilt through questioning or living by Western ways. This can even result in sickness. Her job in America allows her to help other troubled people, providing more evidence. Some of the troubled people are so devastated by guilt that they become extreme Jihadists, fighting for Islam to clear their own consciences.

So she calls on readers to take action against what she sees as the unquestioning and suppressive Islam, saying we must stop accepting differences that are negative. If she lived in Canada she would be telling us multiculturalism is not always right. Feminists are her first main focus as potential activists. It is a very interesting and thought-provoking book. A female Muslim friend of mine in Canada says changes will come from within and better understanding of the Koran and Hadith and have already started.

Sheila Andrew



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## Flea Market Vendors Wanted

Forest Hill United Church, in collaboration with St. Matthew Lutheran Church, will be hosting a Flea Market on Saturday, September 23<sup>rd</sup> from 9 am to noon at 45 Kimble COURT, Fredericton. Vendor set up will be on Friday, September 22<sup>nd</sup> from 6 to 8 pm. 2 1/2' x 4' tables are available for \$10 each. If you are interested in signing up as a vendor, contact Forest Hill United Church at [foresth.office@bellaliant.com](mailto:foresth.office@bellaliant.com) or 506-455-0988.



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## Board Meetings Commence

Welcome back everyone to a new congregational year and a new year for our board.

The first board meeting of this term will be Sept 10, following Sunday service.

All of the board members are returning members with several years of service.

Decima Mitchell, our most recent president, serving for three years, is staying on as past president, secretary Joan Brewer returns for a third straight year as secretary. Joan has been on the board for many years, including one year as president, with a few breaks here and there.

Heather Lunergan returns for a third year as treasurer. Heather has been on the board several times since she joined UFF in 1995. She also gained the experience of serving on the Canadian Unitarian Council from 2009 to 2002.

Myron Hedderson is back as VP of finance and facilities and has been on the board since 2015.

Another returning member is Tracy Gleim who will be

VP of programs and ministry. Tracy is now in his fourth straight year as a director. He is also taking on the heavy load of the building and grounds co-chair with Tessa Walsh.

The new president this year is myself, although I am more of a recycled president, having occupied that chair from 2015 to 2018.

With only six members this is a smaller board than we have had in the past. But with the abundance of experience among us we hope to serve you, our members, to the best of our ability.

While the board has not been meeting during the summer several committees did not wait for September but have been active throughout July and August.

That includes one new committee this year managing rental of our spaces. This committee was formed after Ken Moore, long time chair of Buildings and Grounds, decided to retire as chair. Rentals were one of the many tasks Ken looked after.

The four-member committee, Robin Stanley, administrator, Tessa Walsh, Decima Mitchell and myself, plan to use our facility to serve the community and as a way to do some outreach, awareness and possibly attract new members. At the same time we hope to add a few dollars to the budget to help defray the cost of operating our building.

One of the major projects we will inherit from the last board is the development of a new website. It is a major task and work went on through the summer. Date of delivery to be determined.

I want to remind members you are welcome to attend any and all board meetings. If you like to know what goes on behind the scenes and the internal workings of our fellowship this is the place to be.

At our first meeting on the 10<sup>th</sup> we will decide when our regular meetings will be held. We will let you know.

Submitted by  
Glenna Hanley, President

This space wants your material!  
Please send articles to [touchstone@uff.ca](mailto:touchstone@uff.ca)