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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.

### February 25<sup>th</sup> Sharing Our Faith

**Speaker:** Glenna Hanley

**Service Leader:** Glenna Hanley

**Tech Support** Wyatt Elliot

This is a Sunday when we are reminded that we share this religion with many other Canadians. And all across the country Unitarian Universalist congregations will be holding a service like this, most of them also in February. One of the ways we acknowledge our fellow UUs is by donating to the Sharing Our Faith grant program which lends support to a myriad of programs and projects. Please donate as you are willing and able.

### March 3<sup>rd</sup> Walking the Via Francigena

**Speaker:** Al Knowlton

**Service Leader:** Janet Crawford

**Tech Support** Myron Hedderson

**From Al:** In 2018 Al walked the Italian section of the Via Francigena pilgrim route from just inside the Italian/Swiss border to Rome. It was about 1200km and

took me 53 days. This was my third pilgrimage. In 2020 during the pandemic I wrote a book about this experience called “A Roma Vado-To Rome I Go”. My presentation will include a slide show and readings from my book. My focus will be to give the audience a sense of what it was like to do this pilgrimage which for me was a spiritual not religious experience.

### March 10<sup>th</sup> Women and Peace

**Speaker:** Najat Abdou-McFarland

**Tech Support** Myron Hedderson

Najat Abdou-McFarland will be presenting on the theme of women and peace for International Women’s Day. The service will include archival footage of Canada’s oldest female-led peace organization - Voice of Women. There will also be singing and music as a peaceful balm to the soul. Najat Abdou-McFarland will be presenting on the theme of women and peace for International Women’s Day. The service will include archival footage of Canada’s oldest female-led peace organization - Voice of Women.

### March 17<sup>th</sup> The Crusades

**Speaker:** Janet Mullin

**Service Leader:** Heather Lunergan

**Tech Support** Myron Hedderson

Dr Mullin will speak on the Crusades, not as battles or campaigns but as expressions of the devout Christian belief in holy war and the power of the Church to absolve every sin. What began with a cry for help from the Emperor of Byzantium became a movement that set thousands of pilgrims on the road to Jerusalem, many to fight, many more to die, all in the hope of salvation and a martyr’s crown of glory.”

### March 24<sup>th</sup> Supporting newcomer resettlement in the Maritimes

**Speaker:** Ashley Sprague

**Service Leader:** Linda Sprague

**Tech Support** Wyatt Elliot

Ashley Sprague will be speaking on her experiences of helping to relocate refugees and immigrants to the Maritimes. Ashley currently works with a new company called ThriveNB that helps employers retain international recruits by assisting with resettlement needs such as housing, transportation, education and learning about life in their new home. Most recently ThriveNB has been supporting 15 Filipino families who have been hired to

work at Pine Grove nursing home. Come hear about the experience and how the Unitarian Fellowship came to the rescue for a few young newcomer families!

### March 31<sup>st</sup> Immigration

**Speaker:** Madhu Verma

**Service Leader:** Janet Crawford

**Tech Support** Tony Fitzgerald

### April 7<sup>th</sup> Contemplative Aging and Mortality

**Speaker:** Dr. Albert Banerjee

**Service Leader:** Janet Crawford

**Tech Support** Tony Fitzgerald

Professor Banerjee will speak about contemplative aging and mortality. He is a critical gerontologist interested in the existential assumptions that have shaped the Western approach to healthy living and dying. He has an interdisciplinary background with degrees in psychology (BA; UBC), communications (MA; SFU) and sociology (PhD; York).



## Caring Circle

### Joys, Sorrows, Concerns

Our thoughts are with Deby Nash who was back in Fredericton January 22<sup>nd</sup> after surgery in Halifax for a return of mouth cancer. Deby is a real trouper and is doing well.

Our thoughts are also with Haifa Miller who thankfully is recovering from a debilitating case of Sciatica

Thoughts also with Margaret Fitzgerald, battling a cold/flu but still maintaining her cheerful nature

We often miss JOYS or CONCERNS. Please let us know if you have any

The Caring Circle is here for you. Let us know if we can help in any way - with a phone call, a visit, a drive, or delivery. Contact Robin Stanley [stanleyr@nb.sympatico.ca](mailto:stanleyr@nb.sympatico.ca) or (506) 650-2670 **OR** Janet Crawford [janetcra@gmail.com](mailto:janetcra@gmail.com) or (506) 454-0441. Other members of our committee are Haifa Miller, Sheila Moore, Lorna Drew, and Nancy Beltrandi.

If you can help with giving drives to appointments or Sunday services or with deliveries of food or flowers, etc, please let us know.

The Caring Circle has a Facebook page

<https://www.facebook.com/groups/247416469728195>



## Unitarian Women's Potluck Gathering

Women's potluck Friday, March 15<sup>th</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. If you don't have time to make something, come anyway and we will share.

**Topic: *A Perfect Day*:** What would constitute a perfect day for you?

For more information contact

Joan Brewer  
506-455-5169



## My Search for Meaning in Life

by **Kenneth B. Little**

Ken has spoken on this topic at three Sunday services: April 23 and May 14, 2023, and February 11, 2024. The article is a little long to fit in Touchstone so has been uploaded to the UFF website and may be found at:

<https://uff.ca/talks/20240211-article.pdf>

Enjoy!



## Backyard History

### Forgotten Stories from Atlantic Canada's Past

Andrew Maclean

Maclean is a UNB History graduate who has travelled the world and written stories for the Daily Gleaner, several other Atlantic newspapers and his T.V. show. The 27 stories in this book were chosen as the best of his work. They are intriguing, well written and based on his research in the archives, newspapers and books.

He takes readers from mystery monsters to a rum runner, a Fredericton riot, an independent principality and the first Christmas celebration in Canada and beyond. We meet Oscar Wilde, a Nazi spy and a Soviet bomber pilot and find out why P.E.I banned cars. This is a new view of Atlantic history with plenty more tales to enjoy!

Sheila Andrew



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## Unitarian Point of View

“The Unitarian point of view is for those who are not spiritually at home with traditional concepts – and who cannot accept beliefs inspired by authority. It begins with human knowledge, human experience – and then challenges every adventurous mind to create its own concepts, and to make its own definitions.

“The Unitarian principle is for those who do not seek an escape from life. It is for those who look upon life as an adventure – above all – as a spiritual adventure.”

Rev. Angus Cameron – April 26, 1959

*Submitted by:* Sheila Moore



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## Broken Windows Broken Hearts

In early December, the President of the local Islamic community and the Rabbi of the Fredericton Jewish community wrote the following statement. It was distributed in December and January by email to the Fredericton community.

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Given the recent rise in antisemitism and incidents of Islamophobia across Canada and abroad, Darul Arqam - Fredericton, a local Muslim group and the Rabbi of the Fredericton Jewish community, have joined together during this troubling and chaotic time, to make a statement appealing for peace amongst the general public and our communities at-large.

The current war in the Middle East has caused divisions and rifts within normally peaceful communities, locally and abroad. We acknowledge, there are many sides to this conflict. We believe the loss of innocent lives is what has enraged parties on all sides of the conflict.

That rage, unfortunately, in many instances, is being mis-directed, which is resulting in additional innocent victims. We believe this behaviour, while passionate, runs counter to the intentions of people of conscience.

There can be no justification to exact revenge upon the innocent, anywhere.

Attacks and incidents of vandalism at synagogues and yeshivas, mosques and madrassas, against Jews and Muslims in Canada - communities, institutions and individuals that have no association with that conflict - have made them innocent victims of this conflict, also. The reaction to the reality of innocent lives being lost in the Middle

East should NOT result in creating more innocent victims

elsewhere. Violent reactions abroad only add to pain being felt globally.

There can be no justification to exact revenge upon the innocent, anywhere.

We realize we make a huge appeal from a small town in Eastern Canada. Yet, our appeal to communities at-large, to the better angels of our nature, for calm, urges us to not create more innocent victims during these tumultuous times.

Rather, we encourage one another to work towards and pray for peace, for the dissolution of inequities, for justice in its time and for protection from violence in all its forms.

We remain, in peace and in faith ...

Naveed Abdul Majid, President, Darul Arqam - Fredericton, New Brunswick

Rabbi Yosef Goldman, Fredericton, New Brunswick

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On Saturday January 27<sup>th</sup> (International Holocaust Remembrance Day), it was discovered that, overnight, windows had been smashed at the synagogue on Westmorland St by someone wielding a hammer. By Sunday, January 28<sup>th</sup>, close to 100 Fredericton citizens gathered in support in front of and then inside the synagogue. There was considerable media coverage over the weekend. A member of the UFF was present at this demonstration.

My friend, Larry, a very active member of the synagogue, wrote this poem in response to this violence against the people of the synagogue, and therefore the people of Fredericton.

### Between Anguish and Anger

My heart breaks,  
At the sight of broken glass,  
That we are so despised  
There are those who would wipe us out.  
My heart breaks,  
There is so much hate  
It cannot be contained in the vessels of society,  
And spills out in schools and universities,  
at businesses, and on city streets.  
My heart breaks,  
Living between anguish and anger,  
between despair and determination,  
between numbness and never again.  
My heart breaks,  
when silent screams in the night  
Call out to God to bring the day,  
While the sage voice of history calls on us,  
to respond with moral clarity,  
and the fierce flame of courage  
tries to illuminate the way.  
My heart breaks.

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On February 4<sup>th</sup>, our President, Glenna, sent this letter to the Rabbi and President of the synagogue to recognize the violence and injustice of January 27<sup>th</sup>s attack, and the solidarity of UFF with the Fredericton Jewish community.

Dear Rabbi Goldman and Ruth Chippin, President of the Sgoolai Israel Synagogue

On behalf of the Unitarian congregation of Fredericton I wish to express our deep sadness at the recent vandalism done to your synagogue.

Our hearts are heavy knowing that this harmful act inflicts not only physical damage but also brings fear, emotional harm and personal assault upon the hearts and souls of synagogue members and to all in the Fredericton Jewish community.

As from one faith community to another we understand what it means to see this act of violence perpetrated against a place that is your spiritual home that is dear to you and is a place of refuge in a hectic world.

All of us are fortunate to live as neighbours in this small, quiet city on the banks of the Wolastoq River. But now this act of anti-Semitism - which it surely must be, coming on the eve of the International Holocaust Remembrance Day - forces us to realize there are people living amongst us who harbour such hatred in their hearts and are prepared to act on it.

We can no longer bury our heads in the sand and pretend

anti-Semitism, and other religious and cultural discrimination, occurs only in Canada's larger cities. It is here. People of faith and all citizens must be prepared to stand up, speak up and oppose it.

We hope you find some comfort in knowing our Unitarian congregation joins with many other Frederictonians are standing with you, our Jewish brothers and sisters.

Shalom,

Glenna Hanley  
President of the UFF Board of Directors  
Jane Loughborough  
Social Responsibility Committee



## CUC: Job Posting

The CUC is advertising for a Communications Manager, a Full-Time Position with 75.83 hours per pay period and 24 pay periods per annum. Applications close on March 15, 2024.

Details may be found at:

<https://cuc.ca/wp-content/uploads/2024/02/CUC-Communications-Manager-2024-01.pdf>

Submitted by  
Glenna Hanley

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