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movies. For more information contact Joan Brewer at jr-jeb@nb.sympatico.ca or 455-5169.



## First Thursday Potluck

The first Thursday potluck and discussion group will be holding its third session on April 5. The topic of discussion is "What kind of funeral or memorial do you want?" The potluck begins at 5:30 and discussion at 6:30.



## Buildings and Grounds Report

It's been a busy time since the ratification of the 2007 budget by the congregation.

On Friday Feb 23rd, I went up to the Fellowship just after lunch and found the library heat set at 88 degrees Fahrenheit! What a waste of fossil fuel and money! Please, turn the heat down when you leave the building. The sanctuary, library and the kitchen are to be turned completely off. The piano room is to be left at 15C for our grand piano. The piano room heat is connected to the wet bar (craft cupboard) and the accessible restroom and hall adjacent. Leaving only the piano room heat on keeps the main floor pipes from freezing.

Michel has laid laminate floors in the two new basement rooms D1 and D 2 - we used an expensive vapour barrier underlay to protect the floor and room from moisture and still came in under budget. Baseboard was added where it was needed. D2 the smallest room is finished. D1 still needs heat and a ceiling which are planned for later this month. The banister going down to the basement was repaired - it was loose and rickety.

Every carpet in the Fellowship was cleaned with hypo-allergenic shampoo using a heat extractor, in preparation for Kitsy's visit. The carpets were last done in the summer. Twice a year should keep the Fellowship looking good and the air quality should be better cleaning the carpets twice a year. Please bring a pair of old shoes or slippers to keep at the Fellowship, so you can remove your outside footwear. The dirt and wet that we track in is really hard



## Sunday Services

**March 4** Allison Brewer will present her views the activism she has so fully embraced over the course of her adult life. Throughout her eclectic career path, Allison Brewer has gathered information, inspiration, and insight. Her enthusiasm touches on a spirituality that is both genuine and accessible.

**March 18** Carlos Elder-Gomes and Jo-Anne Elder will lead a service on Anti-Racism, especially from the point of view of First Nations peoples.

**April 1** Rick McDaniels will talk about the YMCA project in Honduras.



## Women's Potluck

Regular Women's Pot Luck dinner and conversation will be held on March 23rd., 6 pm at the home of Betty Ponder. "Show and tell" topic is Movies - those loved and why, those disliked and why. How are you affected by

to deal with.

We have sanded the wonderful hardwood cutting/butcher block to the right of the fridge. It has been finished with canola oil. It was badly stained by fruit drinks and it was very dirty. What a difference! We also scoured the range hood from the ceiling and down about twelve inches. There is a great group of volunteers cleaning the kitchen, namely Janet, Nancy B, Sheila and Mary M. I hope I didn't forget anyone! Our volunteers are so important.

A small concave lining made of plywood was put in the library fireplace opening. The tUFF scarves yarn fits the area better leaving the fireplace marble available for us to sit on.

The fridge that wasn't working well was given to Ed Leslie. Our new fridge has arrived. It is white in colour with the freezer on the bottom - it's very energy efficient. When you open the freezer the three large drawers keep the cold air from rushing out. The fridge space on the top will be appreciated by our congregation - it's so much easier to navigate and deal with large potluck dishes. We put the old green fridge in the garage - we could use it in the summer for special events if need be. One small issue; the fridge was eight inches higher than I was told. We had to remove the cupboard above the fridge (it is in the Electrical Room and can be reinstalled if we sell the property or decide to cut the fridge off!)

The folding tables are now stored in the kitchen. Tony Fitzgerald made a poster for 'making them up' which I posted on the cupboard beside them. In the past, several have damaged for lack of directions.

We are having a problem with persons leaving cars, trucks, snowmobiles and utility trailers in our Fellowship parking area. After consultation with the City Police, the City By-law enforcement officer and our property insurance broker, the Board has decided to put a note under the windshield wiper of persons parking in our parking area who are not members or attendees of the Fellowship. The notes are on the kitchen bulletin board. If you find a vehicle that shouldn't be there and you feel comfortable putting one of the notes under their wiper, please do.

The florescent bulbs above the drapes in the sanctuary were all out of order. Barb Fairweather had some in her basement - they have an 'end' you can't buy anymore. We had enough to do them except one. We are going to have to plan carefully for lighting in the sanctuary's future.

Michel has shoveled the entrance and wheelchair ramp several times and used salt when necessary.

*In fellowship*  
Patricia desChamps



## Home from the Hospital

These are two excerpts from my online journal about my hospital experiences and my feelings about my recent hysterectomy.

### **HOME FROM THE HOSPITAL (Friday, Feb 16, 2007 at 10:14pm)**

Six days after my arrival home from my first surgery, a vaginal hysterectomy, I had to return to the hospital due to excessive pain, nausea, vomiting, constipation, chills, fever... I had developed an infection.

It was so scary. I was trying so hard to balance out what medications to take when and everyone told me something different. "It's probably just this ...probably just that. Don't take that pill with this one. Or this one with that one." Between all the "helpful" advice I was being given and how horrible I felt, I was pretty overwhelmed. I was actually relieved to find out I had an infection, that there was a reason I was so sick and hurting. I was even more relieved to go back into the hospital as they were originally just going to send me home with antibiotics and stool softeners. I hated the thought of having yet more medication to contend with and was more than glad to place that responsibility in others' hands. I did not anticipate just how sick I would get or anything else that ensued. I explained to the doctor that I have an adverse reaction to some antibiotics (like, they make me hurl). The doctor decided it was safest to keep me in and monitor me for a day or two, make sure everything was okay. What was supposed to be a 24 to 48 hour stay turned into just a day shy of two weeks and another surgery, a laparoscopy to suction out a pocket of the infection that just was not clearing out on its own.

I can't believe I had two surgeries. I can't believe how sick I was. They could not get my fever to stay down. They'd give me Tylenol and it would go down and then bounce right back up. I had a very on-again, off-again relationship with blankets and any article of clothing that was removable without me being indecent. My mother came in one day and I was practically mummified, with blankets from the blanket-warmer tucked around me, from my toes to my neck and a warm blanket around my head. I was shaking so hard and feeling so ill. Then the Tylenol kicked in and I peeled off layer after layer after layer and then engaged in hardcore vomiting into a basin. Uuuuugggh!!!

They started giving me Morphine for the pain. I gotta say I kind of enjoyed that stuff! While on it, I had a conversation with my support worker from Mental Health about "If people were perfume..." I'd had an obnoxious nurse a few nights previous and was telling her about it and said "If she were perfume, she'd be, like, two-dollar discount perfume you get at a drugstore that old ladies

wear to church.” “Aah-huuuuuh...” my support worker said, taking this and running with it. “What kind of perfume would I be?” “You’d be....mint.” I answered. We then went through a list of a few more people and I told her what perfume or scented oil they’d be. Yup. Liked that Morphine!

A friend came and stayed the night with me when I had my second surgery and she told me something funny, which made me laugh, which, in turn, made me wet the bed. So the Morph had its down side too.

You know, I write about this stuff and then ask myself “Why are you writing about this????” I guess I just figure that vomit and drug-induced weirdness and bed-wetting and flatulence and queasiness and everything else rude and wrong are as much a part of life as everything beautiful. Besides, who hasn’t enjoyed ripping a good one or laughing ’til they pee? If you haven’t, I highly recommend it. You gotta do that stuff to really live.

Being in the hospital gave me an awful lot of time to think. I thought about many things. I honestly wondered if I’d ever feel normal or see the light of day again. I was humbled to think of all the people, so many, many of them who have it a hundred times worse than me. I thought of children, stuck in sterile rooms with IVs in them, feeling horrible, calling on every resource inside themselves to help them feel better. I thought of our elderly, some sharp as tacks, some disconnected from reality, and all in between. Paved the road for us, did the hard work and now they’re stuck, trying to make sense of the world or maybe say goodbye to it or maybe weeping, at the mercy of doctors and nurses who must remain neutral lest they get eaten by the massiveness of it all. God, rain love on all of them. ALL of them.

I thought much of new life as I was surrounded by it. I will never understand why they put women who’ve had hysterectomies on the maternity ward. I listened to many new lungs, many opinionated babies and, for the most part, their opinion seemed to be “THIS SUCKS!” I listened to cooing nurses and nervous new moms and proud new dads leading older siblings in, their little winter boots clomping on the hospital hallway floors, always, always talking too loudly and being shushed by those proud new dads or aunts or uncles or whoever was leading them by their freshly sanitized hands. Because of the Norwalk flu and other contagious things, our hospital has hand-washing stations EVERYWHERE. They are keeping the Purell people in business.

Anyway...I thought of new life. How each of those babies would grow up and be something, do something. How life is so out of our hands and yet we hold so much of it. How they’d go home, those babies, and find their place in the world. I hated hearing them cry. I longed to go into the nursery and swaddle them, scoop them up, do the Baby Dance, bounce and pat and sway. Sometimes it just got hard on the nerves, hard on the head. Some days there

were so many of them, just screaming. I heard screaming and wailing and blating and bleating and tiny young sobbing. All new lungs, new life.

After my laparoscopy, they moved me to a surgical ward. I couldn’t decide if it was worse hearing all the screaming babies or all the retching, hacking adults. I think, given the choice, I’d take the babies. I thought lots about the people on the surgical ward too, all with a life, a story. Some seemed not to have a home, to almost be living there. That made me sad. I was in my room with the TV and phone my parents paid for, my discman at the ready should I need distraction, mp3 player close by, thinking of the old man I saw in a wheelchair, unable to speak. Again I felt humbled. Right to the ground.

I live in a rooming house. I share a bathroom, with its evil scalding or icing shower and frequently malfunctioning toilet -with 3 other women right now. Usually it’s five, but one room is vacant and one tenant is away. I share a kitchen and have a slice of fridge and a shelf of cupboard space for my food - and still I am fortunate.

### **FLY! (Jan 22, 2007 at 1:10am)**

In less than twelve hours I will no longer have a uterus.

You know, I never called it The Curse. I kvetched about the cramps, the stains, the price of pads. And I must admit I did belt out The Menstruation Blues (a song I wrote in the shower when I was seventeen) at many different performances. But I called it my life-blood as soon as I got educated and thought of it as a power and a gift. Still, one cannot bleed for four months at a time, as profusely as I have. Oh, I have tried so many birth control pills, the shot every three months. My system can’t handle hormone pills, birth control pills. The last one nearly did me in. And so I am having a hysterectomy. Not an IUD, not an Endometrial Ablation. I am having my uterus removed.

It is for the best I tell my sadness. You are sparing your child. You do not want to pass any of this mental illness along. It is for the best. It is right.

And it is, indeed, for the best.

I will not, however, deny myself my grief. I must feel it. My therapist reminded me of that old camp song...

Can’t go under it  
Can’t go over it  
Can’t go around it  
Gotta go through it

And so I write.

There will be no warm bundle, damp and mewling, placed in my arms. There will be no tug-tug-rest...tug-tug-rest...at my breast. There will be no exhilaration after ALL THAT PAIN. There will be no discovering if she/he likes music. There will be no composing of a song to the amplified rhythm of my baby’s heartbeat. There will be

no caressing of soft hair, gazing down at a being born of my flesh and blood. There will be no “He/she looks so much like you!” There will be no home birth, with my friends gathered around me. There will be no C-section with doctors and nurses bustling around in all their sterility. There will be no “Oh, my God, this kid is so much like me! I’m doomed!” There will be no lullabies sung in an exhausted voice at 3:AM to a tiny being, only needing to be. Exist. Breathe. Be loved. Beloved.

I know, I know, there are many counters to this. There will be no colic, shooting diarrhea, projectile vomiting, tantrums at the grocery store. Believe it or not, I mourn that too.

It will likely take me weeks, maybe months to recover. My anxiety will peak. I will weep. I know myself and I know this. I am doing what is right. What is best. I know this also.

Rest easy, tiny one. Your soul will come through and grow in another body and mind not so tormented. And that is what you deserve. I hope they sing to you. I hope they teach you to love and respect yourself as much as others. I hope that, when you are at her breast, your warm body against hers, you become drowsy with contentment and fall asleep knowing only love. And I hope that love carries you through the rest of your life, that you may fly. Fly. Fly!

Nasnan Noqtok

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## Goods and Services Auction

**Back again for 2007** The Fellowship Goods and Services Auction. Please reserve the evening of Friday, April 20, for this major fund raiser.

- Bring a friend, bring a couple of friends!
- Child care will be provided
- Potluck dinner starts at 6PM
- Auction starts at 7PM at the Fellowship
- Auctioneers: Ed Leslie *and* Allan Walls

Goods for the sale may be left on the counter in the wet bar off the library or make arrangements with Nancy Beltrandi. Descriptions of services should be sent to Nancy. We would most appreciate having items in by April 15<sup>th</sup> for cataloging and preparation.

### An explanation

Most members have experienced our G&S auctions in the past but for those who have not enjoyed that privilege and want an explanation: people donate physical objects


(goods) or the offer to do something (services) and these are sold to the highest bidder, the proceeds going to the Fellowship. In the past, services have included elegant dinners hosted by the donor, lessons in the use of computer software systems, the writing of poems for special occasions, custom wine vinting, anything you might have a talent for and enjoy doing and are willing to donate. Goods may be anything in good condition.

Smaller items will be put in silent auction: set up in the library, each item will have a sheet of paper on which bidders enter increasingly higher bids until the auction closes at the end of the main auction.

The main auction will be held in the sanctuary with all the frenzied heat of bidding escalations which have seen fruit cakes selling for \$50 in the past. It is fun both as spectacle and as challenge.

*In fellowship*  
Tony Fitzgerald

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## Diary Entries

**Monday, January 30** The mail was so important. We kids weren’t too interested in the Telegraph-Journal—except for Pup’s interest in the stock market. There was a period when we rushed in from school to ask about ‘Yellow Cab,’ a stock he bought on his own, without his broker’s advice. We were not aware of the stock market ‘Crash of 1929,’ but Pup was a big loser for those times, and he was determined that he would never again get caught. He’d put his money in banks and be safe. He did that, but it was just too dull and he gradually got back into stocks, almost totally.

Pup read us Burgess Bedtime Stories from the Telegraph each day. We all sat on his knee. After all, that big chair held a lot of people! That’s the chair “made up special” of what Pup called the “best damned Spanish leather.” Mum called it a “White Elephant.”

In those days, we got the Family Herald and the Weekly Star, a farmer’s magazine. It had something for everyone. We kids liked the stories, and what kid doesn’t like to have stories read to them? Mothers and fathers do it in their own inimitable way. We liked the Maple Leaf Club and had fun writing to pen pals, and exchanging pictures. I wrote to a Roy Gould from Kelvington, Saskatchewan. I don’t think I wrote any more after I got his freckle-faced picture. I should look him up, and Audrey Harcourt, and others. Sometimes we wrote letters saying we were older and were prepared to send a glamorous picture of someone else. I guess there was no harm in it. Oh, this mail topic opens up a whole range of excitement—for tomorrow.

**Tuesday, January 31, Balmy day** We can’t call it a

January thaw as we have had quite extreme weather all month, warm for two or three days, rain, then cold, and the pipes freezing. Januarys long ago were the same, I suppose, but I remember banks of snow, and sleighs, and long sleds hauling wood or logs to the sawmill right here in York Mills, and we often climbed on for a ride.

Many of our sliding parties were right here on this hill. We called it 'Elmer's Hill.' Kids later called it 'Howard's Hill.' Then there was 'Jim's Hill' where Johnny Thomson now lives. It was a dandy. We usually laid on our bellies on our sleds and steered with our toes. Our sleds were usually made by Jimmy Kingston, flat runners 2 inches wide. A sled was a necessary item. We had double runners, too, where two sleds were attached. The person steering laid on the front and three or four sat on the back. We went like the wind!

There was lots of crust some years, and we could walk for miles 'on top of the world,' or ski, or slide. Sliding in the moonlight was especially fun. We could make as much noise as we liked. One night, over behind Henry Wilkins' house in Wilmot, it was very light out, but not moonlight. We were full of joyful exuberance and clowning a lot, being quite risqué. The Northern Lights were so bright and magnificent we were almost frightened. We thought God was trying to warn us to mend our ways. So we did!

R.E.C.

- Candle Sticks
- Attic Treasurers - miscellaneous
- Clothing: Designer suits and coordinates, cashmere & virgin wool sweaters
- Homemade Jams, Jellies, Pickles, Baked Goods
- List keeps growing as donations come in



OSSTARIF



A Blessed Ostara to our Pagan friends

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## NEW and NU To You

### Spring Fling Sale

Price Range on Items: \$5 - \$500

Come and bring a friend to browse, buy and enjoy a coffee.

**LOCATION:** Unitarian Fellowship Center  
874 York Street, Fredericton, NB

**DATE:** Friday, March 16 Saturday, March 17

**TIME:** 12noon - 8pm 9am - 4pm

### SALE ITEMS:

- Paintings - oil and water colors by local artists
- Crafts by local artisans
- Needlework by local artists
- Hard Cover Books
- Glass ware
- Silverware Chest and Silverware
- Dishes, China and other
- Ornaments: china, silver, crystal, wood

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## Congregational Growth

A recent report from the US on congregational growth gives some food for thought. Why grow? (when there are tensions around the idea and discomfort at the inevitable

change). Unless you believe that every person in your city or town who wants and needs UUism in their life is already a member, I'd suggest you still have some needed growth!

*This note from the UUA circulated by Linda Thomson*

### **Worship, Websites, Conflict Affect Growth in Congregations**

Contemporary worship, geographic location, a website and the absence of conflict are key factors in why some congregations in America are growing, according to the latest national survey of U.S. faith communities.

The survey, sponsored by the Cooperative Congregational Studies Partnership, found that wanting to grow is not enough. Congregations that grow must plan for growth: "Congregations that developed a plan to recruit members in the last year were much more likely to grow than congregations that had not."

The survey findings are available in a newly released report, "FACTs on Growth." The data was taken from the Faith Communities Today 2005 (FACT2005) survey of 884 randomly sampled congregations of all faith traditions in the United States. The survey updates results from a survey taken in 2000, and is the latest in CCSP's series of trend-tracking national surveys of U.S. congregations.

David A. Roozen, Director of the Cooperative Congregational Studies Partnership and Professor of Religion and Society at Hartford Seminary, said that, "If you are at all interested in research on 'church' growth, this brief report is must reading. It tests the continuing salience of long 'taken for granted' principles of growth (e.g., location, conservative theology) as well as the more recently proposed (e.g., contemporary worship, spiritual practices and purposefulness)."

- Congregations that change worship format and style are more likely to grow. More than half the congregations that use contemporary styles of worship have experienced substantial growth since 2000. Frequency is important as well: The more worship services a congregation holds, the more likely it is to have grown.
- Congregations located in new suburbs are more likely to experience growth. But surprisingly the second best area for growth is the downtown of metropolitan areas.
- Congregations that have experienced major conflict are quite likely to have declined in attendance. The strongest correlate of growth is the absence of serious conflict.
- Congregations that have started or maintained a website in the past year are most likely to grow. The effort to have a website indicates that the congregation is outward looking and willing to change by non-traditional means.

- While most congregations in America are composed of a single racial/ethnic group, those that are multi-racial are most likely to have experienced strong growth in worship attendance.
- More important than theological orientation is the religious character of the congregation and clarity of mission and purpose. Growing churches are clear about why they exist and about what they are to be doing - "purpose-driven growth."
- Congregations that involve children in worship are more likely to experience significant growth. Also, important to growth is the ability of congregations to attract young adults and children with families.
- Almost all congregations say they want to grow, but it takes intentionality and action for growth to occur. Congregations that developed a plan to recruit members in the last year were more likely to grow than congregations that had not. Particularly helpful in achieving growth are sponsorship of a program or event to attract non-members or the existence of support groups.

The full report is found at:

<http://fact.hartsem.edu/CongGrowth.pdf>

This work included American UU's.



## **True Colours**

An exploration of the true colours of your voice through vocal Meditation The voice, brings us in touch with everything that exists, with ourselves and the world around us. Expressing our voice is a beautiful way to find harmony and inner peace in our bodies, in our minds and our souls. Communication with our voices is a natural way to express our feelings and everything that is inside of us. The Voice - and Vocal meditation supports: Balancing the chakras, self healing by releasing physical, emotional and psychological stress, spreading and circulating of the aura, breathing vitality and creativity, and increasing self confidence by listening and handling your voice. The Voice and Vocal meditation contains different stages:

1. We prepare the body for meditation and singing with a visualization exercise, breathing and toning;
2. In the second part we have a guided improvised vocal meditation;
3. This is followed by single note meditation;
4. We end by singing our positive affirmation for the week;

5. We bathe in the silence of the energy and vibrations we have created;
6. We share our experience with the group.

In this non-competitive non-judgemental atmosphere, everyone is free to explore the sound of their voice in harmony with all the voices in the group. Singing in tune is not required! You are here to explore yourself the wonderful way you are! After the singing we will meditate in silence to feel and share the vibrations of the body, created by our own voices.

### History of Lucie Desaulniers

This classically trained singer songwriter coming from a musical family has been a performer all her life. Some of her musical history includes appearing nationally on Definitely Not the Opera, Madly Off in all Directions, Canada AM, the Country Beat and Musique Plus and in various bands including Inconnu who reigned the national summer festival circuit for more than a decade, to performing in the musical review the Frantic Follies, in the Yukon. Locally, before returning to post-secondary education she has performed in various clubs, venues and the Harvest Jazz and Blues Festival as Lucie Desaulniers and Company with local talent Hans Martini. During her sabbatical from performing Lucie managed to heal herself from serious illness through personal growth and exploration. This path brought her to explore the more spiritual side of music through meditation. She now wishes to share her abilities with others. Her workshop will be offered at the Unitarian Church weekly on Tuesdays running: March 13, 20, 27, April 3, 10, 17, and 24. You can register for the workshop by calling 459-0485 and stating your preference of time, either 4:45 or 7 pm. Please give yourself the gift of arriving ahead of time and reserving possibly as long as an hour per session, though classes will typically run for forty minutes. A donation of seven dollars per class is suggested and advance payment can be made by cheque or cash to Lucie Desaulniers, 28 A Amberwood Lane, E3C 1L7 This class will have a maximum of twelve participants. Another class can be run on Fridays if necessary.

Lucie Desaulniers



## CUC ACM Resolutions

**editor's note:** *circulated by Mary Bennett. Additional information on this and the ACM itself is available electronically. Please contact the Touchstone editor if you are interested.*

### SPECIAL RESOLUTIONS TO AMEND ANTI-RACISM RESOLUTION OF MAY 2003 CUC ACM May 2007

Submitted by CUC Racial and First Nations Equity Monitoring Group

## RESOLUTION I

WHEREAS it is more powerful to assert that which we support rather than that which we oppose.

RESOLVED to make the following changes in the May 2003 Racism Resolution:

Change title to: Resolution on Racial, Religious, and First Nations Equity.

Change the word "anti-racism" where it occurs to "racial, religious, and First Nations equity", particularly:

-Change "CUC agrees to develop an anti-racism strategy" to "CUC agrees to develop a racial, religious, and First Nations equity strategy".

-Change "develop suitable resources across the country for training ourselves in anti-racism" to "develop suitable resources across the country for training ourselves in racial, religious, and First Nations equity".

-Change "active witnesses against racism" to "active witnesses for racial, religious, and First Nations equity".

-Change "network with other organizations doing anti-racism work" to "network with ethnic and faith groups of the Canadian mosaic, and with other organizations which support racial, religious, and First Nations equity".

## RESOLUTION II

WHEREAS the May 1995 First Nations Justice Resolution, and the May 2003 Racism Resolution, urged us to educate ourselves in racial equity and First Nations Justice, and to develop material for that purpose.

WHEREAS the Racial Equity and First Nations Monitoring Group in response to those directives has adapted and developed three workshops to be found on the CUC website: Welcoming/Celebrating Congregational Diversity (WCCD) Rainbowmaking Workshops (RBW) Connecting the Canadas : Coast to Coast to Coast (5 C's)

WHEREAS we wish to increase our commitment to diversity within our congregations, and build stronger relationships with other ethnic and faith groups.

WHEREAS these workshops are intended to help make ourselves both more open to diversity within our congregations, and to bridge build with diverse ethnic and faith groups.

RESOLVED that the following be added to the 2003 Racism Resolution:

Encourage all congregations to have members train as leaders in conducting the Welcoming/Celebration Congregational Diversity (WCCD) workshop, and to conduct that workshop for their members.

Encourage all congregations to conduct Rainbowmaking (RBW, workshops in six sessions), and/or Connecting the Canadas : Coast to Coast to Coast (5 C's).

Have CUC develop criteria for credentialing congregations which have completed WCCD, RBW, and/or 5 C's, and have expressed their openness to greater diversity within their midst.

J. McRee (Mac) Elrod Chair, CUC Racial and First Nations Equity Monitoring Group



## Spring Choral Fest

THERE'S STILL TIME TO REGISTER FOR SPRING CHORAL FEST 2007

Spring Choral Fest, New Brunswick's major choral singing event of the year, is taking place at St. John's United Church in Moncton on March 23 to 25. Organized by the New Brunswick Choral Federation, this invigorating three-day workshop offers choristers a unique opportunity to learn challenging and moving repertoire under the baton of one of Canada's leading conductors. The guest conductor for Spring Choral Fest 2007 is none other than Howard Dyck, popular host of CBC Radio's "Saturday Afternoon at the Opera." All singers are welcome (regardless of experience). The registration fee is \$85/ \$75 for NBCF members and includes three days of choral instruction, an evening reception at the Chocolate River Conservatory of Music and three nutritional breaks. For more information, please contact the NBCF office at (506) 453-3731 or [nbcf@nbnet.nb.ca](mailto:nbcf@nbnet.nb.ca), or visit our website at [www.nbchoral.org](http://www.nbchoral.org).



## What is a Shared Interest Group?

CLF Shared Interest Groups (SIGs) are email lists for CLF members designed to make a place for community, connection and reflection between people who share something in common, whether it be a theological standpoint such as paganism or a shared experience such as retirement.

- An online community for gay, lesbian, bisexual and/or transgender CLF members
- A CLF small group for those facing life-changing illness
- A group for CLF members who live outside the United States
- A shared interest group for CLF members with issues related to mental illness
- A discussion group for CLF members who identify as UU Christians

- A discussion group for CLF members who identify as UU humanists
- A discussion group for CLF members interested in Earth-Centered spirituality
- A discussion group for parents and friends of special needs children

Why should you encourage people join the CLF?

Shared Interest Groups are one of many resources available at the Church of the Larger Fellowship. Your CLF membership offers you UU spirituality, education, and resources 24/7, while at the same time your membership brings Unitarian Universalism to isolated UUs all over the world.

For information about these Shared Interest Groups (SIGs) go to:

[http://www.clfuu.org/lists\\_sigs.html](http://www.clfuu.org/lists_sigs.html)

For more information about the Church of the Larger Fellowship and its many resources, go to [www.clfuu.org](http://www.clfuu.org)  
617-948-6150 [clf@clfuu.org](mailto:clf@clfuu.org)



## A message from Mary

What's Your Elevator Speech?

Visiting Lakehead Unitarian Fellowship in Thunder Bay, a member came up to me at coffee hour and asked me, "What's your elevator speech?"

I said, "Our roots go back to 16th century Christianity. We were Unitarians as opposed to Trinitarians. Currently some, but not all, Unitarians identify as Christians. Our hymnal is called Singing the Living Tradition and it includes songs and readings from many world religions as well as those from our Christian and Jewish heritage. It also has readings from secular poets."

And then I said, "What's yours?"

You may never have had someone ask you, "What's your elevator speech?" unless you've attended a workshop at your congregation where creating a short, memorable answer to the question, "What is Unitarian Universalism?" was an exercise in the session.

I have lots of short conversations with people, especially when I'm traveling on CUC work and feel compelled to mention the purpose of traveling is because I'm heading to a Unitarian conference or congregation. In my experience, the question is more often phrased as something like, "What's the difference between the Unitarian church and the United church?" or "What do Unitarians believe in?"



And it's asked on airplanes more than in elevators.

I've actually never been asked a question like this in an elevator, but I know people who have. If you're at a CUC Annual Conference & Meeting and there are signs all over the place about Unitarianism, there's a good chance that if you're wearing your name tag, you may get asked.

It can be surprising, how hard it can be to answer, even for people who have attended for a long time. Many people find it helpful to give some forethought to a UU "elevator speech"—a brief description they can use when asked. The following is an excerpt from a workshop presented by Art Brewer, a member of Toronto First. Art facilitated a workshop for the Unitarian Church of Vancouver on "Welcoming and Engaging Members and Guests."

Here are some tips that Art shared with the group of 30 or so:

#### DO

Make it short (maximum 30 seconds) Include a "hook" Write it and rewrite it Practice delivering it Project your passion, smile and maintain eye contact with the listener Develop different versions for different situations

#### DON'T

Let it sound like "canned" text Ramble (maximum 30 seconds) Use terminology people won't understand (e.g., CUC, RE) Leave the listener mentally asking "So what?" or thinking "I have no idea what that meant" Rush your delivery Start it with the words "Well, we're not."

Following are three examples. Send me yours—I'd love to have a collection. And be assured that, yes, you can send me a revision after you change it. After all, we *\*are\** the Living Tradition, right?

Rob Dainow, Unitarian Church of Vancouver "Unitarianism is a liberal religion that draws from many traditions and sources. Each person is free to believe what they want - we have an active pagan group in our church, some members are atheists, and we are a Welcoming Congregation (optional: which means, among other things, that we welcome people of all sexual and gender orientations). What we all agree on is a group of sources for spiritual knowledge and a set of present day principles that North American Unitarians have discussed and agreed to. Let me give you this card that shows these principles and sources. I hope you find it helpful."

Bob Woodham "Unitarianism is a religion that split from traditional Christianity about 400 years ago on issues of intellectual freedom and human dignity. It attracted me because it was ahead of its time on important social issues. It challenges me because it is often ahead of my time on current issues. I support it because Unitarians make a difference in this world."

Art Brewer, First Unitarian Congregation of Toronto "It's a liberal religion which started in 16th century Europe.

By 'liberal' I mean that people are free to hold their own theological beliefs. So, there's no doctrine or creed. We even have some members who are atheists! But we share common values and principles. A lot of us are very active in social justice issues." (Then I give them a Principles and Sources card).

Post your "elevator speech" at: <http://x.cuc.ca/wordpress/> (Click "Comments" to add yours.)

This and many other workshops are available through the CUC - funded by your congregation's annual contributions - at no additional cost to your congregation. Call us at 1-888-568-5723/416-489-4121/604-264-0088 or send an email to [info@cuc.ca](mailto:info@cuc.ca) or fill out the online request form at: <http://www.cuc.ca/programs/regions/index.htm>

Take care of yourselves and each other, Mary Bennett CANADIAN UNITARIAN COUNCIL Toronto: 018 - 1179A King Street West, Toronto Ontario M6K 3C5 416-489-4121/1-888-568-5723 CUC West: 949 West 49th Avenue, Vancouver BC V5Z 2T1 604-264-0088

PS - This once-a-month message now goes to 850 people - across Canada - and beyond. Past messages can be found at: [http://www.cuc.ca/whos\\_who/ed/messages.htm](http://www.cuc.ca/whos_who/ed/messages.htm) Other CUC staff also send monthly messages. Go to: [http://www.cuc.ca/whos\\_who/index.htm#Staff](http://www.cuc.ca/whos_who/index.htm#Staff) to find out more. For a list of many other lists, go to: <http://www.cuc.ca/e-lists/index.htm> Assistance for subscribing, unsubscribing, changing your email address, etc. can be had from any of our administrative staff: [Janice@cuc.ca](mailto:Janice@cuc.ca); [Kirstie@cuc.ca](mailto:Kirstie@cuc.ca) or [Phil@cuc.ca](mailto:Phil@cuc.ca) When in doubt for any communication or question to CUC - send to [info@cuc.ca](mailto:info@cuc.ca) and it will be forwarded to the best person to answer your query.

SHORT SNIPPETS Please pass along, post or put in your congregation's newsletter or bulletin.

Are you - or someone you know - between the ages of 18 and 35??? We are hoping-and planning-for the largest contingent of young adults ever at this year's Annual Conference & Meeting (May 18-21 - Vancouver, BC). The goal is 18-35 18-35 year-olds! Contact [young-adults@cuc.ca](mailto:young-adults@cuc.ca) for more information about how you might participate.

CUC ACM registration forms Are you coming to the CUC Annual Conference & Meeting (May 18-21 - Vancouver, BC)? Registration forms for various events are now posted at: <http://www.cuc.ca/conference/2007/registration.htm>

Simple Souper Saturday Supper This year's Annual Conference and Meeting will again include a Multigenerational simple meal on Saturday night. Bring your bowl! As happened last year, we are asking each congregation to send along a bowl full of money - the money to donate to a hunger-related charity and the bowl to exchange with another congregation. (You are, of course, welcome to bring back the bowl you got last year - by adding your name to it!) Questions? Contact [souper-supper@cuc.ca](mailto:souper-supper@cuc.ca)

Mary Bennett, Executive Director  
CANADIAN UNITARIAN COUNCIL



## U.K. Vacation Opportunity

Dear Fellow UU

Please let me introduce myself! I am John Greenwood, I live near Nottingham in England. I am an active member of the National Unitarian Fellowship and attend the Derby Unitarian Church. I also provide customised driver/guided tours of the UK for small groups of 2 to 6 people, as advertised in UU World.

The scenery of the British Isles is beautiful, the heritage and culture rich and varied with castles, country houses, cathedrals, ancient pagan sites, theatre, live music etc. Also Unitarian chapels, many dating back to the 18<sup>th</sup> century, can be visited.

I produce a customised itinerary, meet the party at the

airport, arrange quality B&B accommodation en route, drive a suitable vehicle, describing the sights being visited, finishing each day with a relaxing pub meal.

My mission is to ensure an interesting and enjoyable time is had by all. I keep in close email contact with all those booking on my trips, invariably becoming firm friends.

For more information, please view my website at [www.uk-sojourning.com](http://www.uk-sojourning.com).

I would be delighted to hear from any members of your congregation interested in visiting the UK and having an unforgettable experience. Please feel free to forward this email to possible interested members of your congregation or make mention of it in your member communications.

References from previous clients and my minister are available on request.

PS Early booking is advised to ensure the most suitable dates

*Kind regards*  
John Greenwood

This space wants your material!