(506) 451-0919

Sunday Service 11 a.m.

Web Site: http://www.uff.ca

Email: tuff@nbnet.nb.ca

Contents for November 2008

November 30 A Service of Music lead by Jim Scott. A Sunday service to remember based on ecology, justice and peace. See "A Sunday of Music" on page 4 for more information.

A Blessèd Samhein



To our Pagan friends, a most prosperous New Year as the Celtic celebration of Samhein took place the evening of the 31'st of October.

Sunday Services

November 2 A Quaker on Euthanasia Edith Miller will speak as a Quaker on euthanasia.

November 9 Buy Nothing Day Haifa Miller, Sue Steen and Gail Moore will speak with Ella Henry as service leader.

November 16 Finding Healing in a Broken World The Reverend Mac Campbell. Few desires are as widely felt - or as strong - as the desire for healing. "Disease," whether in body or mind or spirit, is a virtually universal human malady. We have offers of healing all around us, from the fields of medicine and psychology to the extravagant claims of the revivalist "faith healers" to the quiet meditative practices of many different traditions. Rev. Mac Campbell will offer some insights and experiences around this topic as part of the Sunday service.

November 23 Fowler's Seven Stages of Faith John van Abbema.

Canvass for 2009

You may have heard of the quote "With great powers, comes great responsibilities." Well we may not have great powers, but we do have a great fellowship! And with that comes financial responsibilities on the part of its members and friends to keep it great!

During the month of November, you will be hearing quite a bit about the fellowship finances as we conduct our annual every-member canvass for the coming year-It will all come to a smashing finish with a gala dinner on evening of Wednesday, December 3rd. Mark your calendars for this important event in the life of our fellowship.

Last year, a team of canvassers were recruited to contact our members on an individual one-on-one basis. The primary purpose was to get feedback from our membership about TUFF and its programs. This year we are not using this approach. We are mailing out the canvass package only. These packages are being prepared and will go out

early in November. The Finance Committee feels it is not necessary to use the one-on-one approach every year. However, if you would like to meet with a canvasser please do not hesitate to contact any member of the committee (Allan Walls, George DeMille, Larry Lacey, Gary Manuel).

Gary Manuel Vice-President (Finance and Facilities)

--XXL

Workshop - Holy Words, Holy Wars

Nov. 15 1-4pm at 874 York St. In response to the feedback from his first workshop on communication and language, Rev. Mac Campbell will lead a workshop which looks at the words we use (or avoid) when talking about matters of the spirit. He will also lead participants in exploring why our reactions to these words is often so intense.





A Rose in the Wintertime



Women's Pot Luck

The next women's pot luck dinner is planned for Friday, November 28th. at 6 PM. Carol Ann and Glenna Hanley will host the gathering in Carol Ann's home at 12 Sprucewood Dr., New Maryland. The topic for the evening: What do you want to be when you grow up? In other words, if you hadn't been what you were or are, what would you like to have been? One doesn't have to think about careers only. Maybe you prefer to consider the following question. What things do you still want to do in your lifetime? Leonard Cohen went to live in a Buddhist monastery for a period of time. For more information contact Joan at jebrewer@rogers.com or 455-5169

Directions to Carol Ann's home are as follow: Head out

Regent St., past the Regent Mall, to New Maryland. Turn right at Daniel Drive and the only crosswalk light in the village. Sprucewood is the third street on your left. Carol Ann' house second on the right, red ranch style. Phone number if you get lost 459-8550.



Message from The President

Our Board met after service, Sunday Oct 26. Following a review of committee activities, we spent considerable time talking about the needs of the Fellowship for the months ahead.

November is pledge month for us. It is a time of year that we approach our members and friends for support for the coming year. It is crucial that we have your commitment to our financial well being for us to continue with the success of the programs we are enjoying at this time.

The budgeting process will begin shortly after the pledge campaign. Committees will then have a chance to voice their financial requirements for the new year. We are fortunate to have a group of dedicated people to guide us through the budgeting and funding programs, and we count on your support to make it all happen again.

The Board Members talked at length about a vision statement for our Fellowship. The process of developing one had been attempted a few years ago and some of our members would like to see us address the issue again. In fact, you will have seen copies of mission statements from other Unitarian churches on the backs of our Sunday orders of service these last few weeks. George DeMille who prepares these pamphlets, has kindly researched the topic and will be including more of these mission statements in the coming months. These are food for thought and, if the congregation would like us to do so, we can arrange a workshop in the spring for us to develop a vision and mission statement for the Fredericton Unitarian Fellowship.

John van Abbema, President



Lay Chaplains

The Unitarian Fellowship of Fredericton is currently seeking an individual who may be interested in becoming a Lay Chaplain. The Lay Chaplaincy Committee, chaired by Xuemei (Mei) Huang has provided the following article to explain the role of Lay Chaplains.

Q: What is a Lay Chaplain?

A: A Lay Chaplain is a member of a Unitarian congregation who is appointed and trained to conduct rites of

passage for its members and non-members in the greater community. Lay Chaplains do not have theological training and are not ordained ministers but are volunteers from the congregation who receive training on how to conduct milestone ceremonies for such events as marriages, child namings and memorial services. In each case they work with the individuals involved to create a ceremony that is rich in metaphor and meaning, drawing upon the religious or other values of the people who have come to them for these ceremonies. Since Lay Chaplains are volunteers who charge non-members fees for services and because they are not employees of the fellowship, they are considered to be "agents" of the congregation doing outreach in the community. The position of Chaplains, then renamed Lay Chaplain was created in the 1970s when there were not enough ministers to serve Canadian congregations. Lay Chaplains were able to provide ceremonies to mark important milestones in the lives of congregants. To this day, members of a Unitarian fellowship or church are given access to ceremonies of rites of passage without charge.

Q: Are Lay Chaplains' marriage ceremonies legal?
A: Yes. Unitarian Lay Chaplains are licensed through the Canadian Unitarian Council, by their respective provinces to legally solemnize marriages. The CUC provides the training for new Lay Chaplains and its Lay Chaplaincy Committee oversees the program.

Q: What is a Unitarian memorial service?

A: A Unitarian memorial service celebrates the life of the deceased with readings, remembrances and music which preserves the integrity of the individual's life. Funerals and memorial services are particularly delicate and challenging services for Lay Chaplains. They are called upon to quickly connect with a family or individual and help them plan a meaningful service

Q: Who is on UFF's Lay Chaplaincy Committee and what does the committee do?

A: The committee is made up of people from the congregation interested in the subject and UFF's two Lay Chaplains. The committee supports the works of the Lay Chaplains, sets the fees schedule, conducts evaluations, creates a budget for annual expenses that includes funding required for training, marshalls the Lay Chaplin selection process, and handles administrative tasks such as confirming the name of Lay Chaplains with the CUC, and ensuring there is a contract between the Lay Chaplain and the congregation. The Committee has a UFF Lay Chaplaincy Manual which contains guidelines from CUC and policies developed by the local committee.

Q: Do Unitarian Lay Chaplains conduct same-sex marriages?

A: Unitarians have led the way, literally for decades on same-sex unions and marriages. In 1974 the Rev. Norm Naylor, a Unitarian Universalist minister in Winnipeg officiated at the first same-sex marriage performed in Canada. In the intervening years, Lay Chaplains performed hun-

dreds of "ceremonies of union" even though they were not legally recognized by the provinces. Today Lay Chaplains perform marriages in every part of Canada regardless of gender expression and sexual orientation.

Q: What else do Lay Chaplains do?

A: Lay Chaplains perform the following types of ceremonies:

Child Naming: - When a child is born we celebrate the coming of new life. So it has been with people of all times and cultures. This Unitarian Universalist ceremony is our form of an ancient tradition - the welcoming of new life into a larger community and the dedication of the child to the ideals of truth and love. Traditionally, this is a time to recognize the child by name, for it is by our names that each of us is acknowledged as an individual, as a unique and separate person with a dignity and life of his or her own.

House Blessings: - Moving to a new home is a transition. How do you bless a house? Not too differently from blessing a baby or any life; or any relationship; or any new journey or venture. It happens when those who are gathered with good intentions share their approval in the new configuration that has happened in the lives of their friends. It happens when we acknowledge our connection to the larger reality in which we live and move and change and love.

Pet Memorials: - For many people pets are a joy, a source of solace, friends and companions who give unconditional love and familiar comfort. When a pet dies, it is like a light being extinguished. The relationship between a pet and its keeper is very special and this loss can be very painful. It is a time when healing can begin by honouring the human-animal relationship by acknowledging love for the pet and celebrating its specialness in the life of an individual or family.

Coming of Age: - There are very significant markers in our lives, times when we transition from baby to child, from child to teenager, from teenager to adult and from adult to senior. These are societal changes of status, and rituals acknowledge the physical change from childhood to physical maturity and childbearing years to menopause.

Croning ceremonies for women and Saging for men, recognize the individual's entrance into the age of wisdom. Aging is a sensitive subject for many people, especially after they reach 50 and feel like their social value has become diminished in a youth-oriented culture. Some may face an empty nest and the end of active parenting, others may experience age discrimination in the job market, and almost all find little affirmation for the aging process. These ceremonies create feelings of empowerment, being supported and loved.

Coming Out Ceremonies: - This ceremony celebrates the acknowledgement of an individual's affectional differences or their liberating transition from one sex to the other. In these ceremonies those involved will reflect upon the stages of the process, and the personal transformations people experience when coming out. Meaningful symbols are considered along with ways to mark this transformation in a ceremony that treasures the gifts from the individual's past, helps to let go of negative experiences, and supports the individual's steps to living their life authentically and without fear.

Rituals

Thoughtful and creative ceremonies can be created for other transitional times including closure ceremonies for divorce or the end of a relationship; celebrating significant milestones such as menopause/andropause; and victory celebrations.

Lay Chaplains Dave Warman and Anne Leslie welcome inquiries about any of these rites of passage or ceremonies. Call Dave at 450-2272 or email warmand@nbnet.nb.ca or Anne at 363-5412 or email aleslie@nb.sympatico.ca



A Sunday of Music with Jim Scott

November 30



An exciting acoustic guitarist, singer and composer of powerful music that furthers the ideals of ecology, justice and peace, Jim makes an impact on hearts and minds across the world.

Jim has long been active in the Unitarian Universalist Church and has visited over 300

U*U churches across the country, leading services, presenting concerts and offering workshops. Three of Jim's songs are included in the new U*U hymnbook and "Gather the Spirit" has become a favourite across the denomination. Jim has served on the voard of the U*U Musicians' Network and was Co-chair of the ecological/spiritual activist group, the UU "Seventy Principle Project". Their "Green Sanctuary" program for church congregations to become more environmentally conscious is described in the Ecology section.



Children's Cookie Decorating Party

874 York Street, Fredericton, N.B. Saturday, December 6, 2008.

Mark your calendar and come and have fun with us Saturday Dec. 6 th. We are planning to bake and decorate gingerbread cookies. Our friend Nafla Anderson who helped us make the apple crisp after picking the apples in Keswick Ridge will come and show us how to make the best

gingerbread cookies. The Children's Program Committee is organizing this family event for our children and their parents. If your child wants to invite a friend they can do so. We need to keep track of numbers so please email or phone and let us know how many in your family are coming. Please contact Haifa Miller at hmiller@nbnet.nb.ca or phone and leave a message at (506) 472-1509.

On the same day we invite you to come and help us decorate a holiday tree. Janet Crawford is providing us with a tree. We need tree decorations! If you like you can make some decorations with the children and bring the homemade decorations to the party. If anyone has a spare set of lights we would like to borrow them for the holiday season. If we all pitch in we shall have a wonderful time. Bring your favorite holiday cd for us to listen to as we decorate the tree and the cookies.

We will have more specific details about time after our Children's Program Committee Meeting Sunday, Nov. 2. So, look for more information in the days to come. Don't forget to mark your calendars for Dec. 6 th.

Haifa Miller, Chair Children's Program Committee

Special Note of Thanks from the Children's Program Ctte Let me take this opportunity to thank everyone who supported the Children's "Apple Day". We raised a total of \$140.00. Christine Zhang and Nick Barnes presented half of the proceeds to the Soup Kitchen and half to the Food Bank. It was a good experience for all of us.



WANTED: Bottles or Jars

For the Pickles sold for Fund raising at TUFF Sandra Fairweather is looking for the Bottle and Jars

Contact Barbara Fairweather @ 458-1435 or email ajthne@yahoo.ca



Of Mayflowers and Music



My photo of my grandmother's piano, now with my grandchildren in Toronto, and mayflowers from the market, May 2005.

First memory 1955

"Now," said our dad, leading us down onto our knees in a rather wet patch of boggy soil

and moss "the formal name for these flowers is trailing arbutus." We were three - me, my brother, and our father.

We were deep in the woods, near the Nashwaak River, not far from our house. It was 1955 and I was 5 years old.

"Trailing our bus?" My 4 year old brother asked.

"Yes, it does sound like bus" Dad smiled, "it's called trailing arbutus." He shifted and lifted up a few of the leaves to point to tiny buds - pink and white - "But most people call them mayflowers".

Second memory 1956

My mother, father, brother and I are in Benton, and our mother is pregnant with our soon to be born sister. We are just back from my beloved grandfather (Grampy Bill's) funeral in Edmundston. My grandmother sits down to play her piano - the one I would get when I turned 12 and had done well in music classes - the piano that is now in Toronto with my grand-children. As my grandmother plays, my mother, aunts, uncle and relatives, and my brother and I sing old hymns. In the background, I can feel, more than hear, my grandfather's bass baritone voice, full but soft - the way it always was. That day, my brother and I both sing the melody. Now, I'm a contralto, and my brother has one of those neat Abass voices@ that seem to develop in men who were raised with music.

Third memory 2005, as I put the mayflowers on the piano to take a picture.

My father used to take my brother and sister and I to pick mayflowers. Mayflowers are unique little plants. They appear in New Brunwsick and Nova Scotia, mainly, during early May - hence their name. The toughness of their woody and creeping stems is matched rather well by the strength of their shiny, almost waxy leaves. But the flowers! Hidden under rotted logs, on the edges of bogs, trailing between moss, the tiny pink and white blooms are almost invisible unless one knows first, where to look, and how to crawl around in the woods.

But once you know them, they are addictive. First, there is the scent. Mayflowers will never become a perfume. They smell wild - like the moss, and the woods and the bogs. In fact, they don't smell all that nice at first. But once you get them home and cut their stems and plunge them into warm water with a pinch of salt in it - they lose their earthiness and just shine up at you And believe me, they do shine....and set one to singing aloud!

Fouth memory 2008, getting ready for the women's potluck and "music" chat.

I come from a family of singers and musicians. Our grand-children are blessed with voices and our grandson plays the piano. Both of them, like me, like my mother, aunts and uncles, and like my grandmother, were singing in public before they could read.

My Unitarian connections include having Linda Sprague accompany me when I sang in music festivals, and she was our choir leader for years. I learned to sing choral music at Wilmot Church, where young Steven Atkinson and his brother Paul were also members of the junior choir. As for the "STU Rose" shot (one of my favourite U*U songs is "Come Sing a Song with Me") so I took a picture of one of the last wild roses of the season at St. Thomas – check the lyrics to see why!



Our granddaughter, Bronwyn, (in the jumper) singing with the Viva! Youth Singers in Toronto, preparing for a North American choral competition in NYC, which they won! (April 2005)

Heather Lunergan



An invitation to Fredericton UUs and friends

Saturday, November 15. Fall Supper at the UU Church of Saint John, 545 Sandy Point Road in Saint John. An autumn fund-raiser.

Menu: Ham, Homemade Potato Scallop and Baked Beans, with Gingerbread for dessert.

There are 2 sittings: 4:00 and 5:30 p.m. Please contact (506) 832-5153 (Andrea Jeffery) or (506) 832-4720 (Caroline Smith) to reserve your seats.

Adults \$8, Children aged 5-12 \$5, Pre-schoolers, no charge.



Robert Lockhart to address UUCSJ

Robert Lockhart

Popular Mayor and Broadcaster Returning for

Public Keynote Address

The Eleventh Hour Portraits of War

Robert Lockhart, formerly Mayor of Saint John and host of a lively radio talk show, returns to the city on November 9th to deliver this major keynote address and visual presentation. Mr. Lochhart, preeminently qualified, has served with the Canadian Armed Forces in the rank of Lieutenant-Colonel with the Canadian Airborne Regiment during the Turkish invasion of Cyprus in 1974 and most recently as an embedded photo-journalist with 3RCR Battle Group in Afghanistan.

As a war correspondent Robert Lockhart has covered events in Europe, the Middle East, Vietnam, Bosnia,

Kosovo as well as Afghanistan. In 2001 he accepted an invitation to become a member of the Canadian War Correspondents Association.

Mr. Lockhart holds awards from the Canadian Humane Society, from Sir Leonard Outerbridge on behalf of the Government of Newfoundland, and the Medal of Merit from Lions International for distinguished public service. He is a fifth generation New Brunswicker with a broad background in broadcasting and cablevision. In 2007 he was elected to the CAB National Broadcasting Hall of Fame

Never ready to consider his story complete Mr. Lockhart is currently a graduate student at UNB in Fredericton pursuing a PhD in history and is also currently active in not-for-profit activities with the NB Division of the CNIB and the National Vice-Chair of the National Broadcast Reading Service for disabled persons in Toronto.

Robert Lockhart a long time Unitarian will present the Keynote address at 10:30 a.m on Sunday, November 9th at the Unitarian Universalist Church of Saint John at 545 Sandy Point Road.

The public is cordially invited. Admission is free.

For more information please call 847-4853



Raging Grannies Receive Award



In October the Fredericton gaggle of the Raging Grannies was the recipient of the Logue Memorial Award for activism from STU's Third Age Centre. Lorna Drew our leader was unable to be present.

The award was received by Sheila Andrew from Connie Bothwell representing the Third Age Centre. A lovely breakfast was held in our honour cooked by Marg Routledge - the grannies, of course, sang for their breakfast!



From When We Were Young

Thursday, February 2, 10am

In order to write of days and conditions long ago, I turn off as many things as I can, but the furnace still cuts in, as does the electric fridge, and the tap drips. It isn't possible to cut out al the sounds. Perhaps I should describe the kitchen as it was when I was a kid.

We had a wood stove with the wood box beside it. The

wood box opened into the shed, too, so that when Edwin or Roy filled it, it didn't involve the kitchen. I remember that on a rainy day, or if we were getting under foot, we liked playing in the wood box, doing cut outs, likely from the Old Eaton's catalogue.

Our cupboards were varnished wood and went right to the ceiling. They were quite different from kitchens today. We had a sugar barrel, and a flour barrel on a swinging apparatus, so that you just had to open the cupboard door and could easily pull out the barrel. Mum kept her sifter, rolling pin, and measuring devices right in the flour barrel. I guess sugar and flour were bought in 50 or 100lb bags then. Pup said when he was a kid, it was not unusual for a farmer to look into a neighbour's flour barrel to see if they had enough to last the winter.

There was a kitchen shelf that held the clock (which Pup wound, and took upstairs with him at night). There, you would also find matches, a large box for lighting the fire, and often, a little dish for change. I seem to recall looking there for mail. There was also a little pantry under the stairs. In it was a bread crock, a gallon jug of vinegar, molasses, several covered cans for storing food. A shelf held the steamer, a round metal container with holes in the bottom which always had doughnuts, biscuits, cinnamon rolls, or cake in it. There were also pickles, and mincemeat, and sometimes, a gallon jug of wine. I was port I think but who cared? Sometimes we'd have a little right out of the jug. I just remember one case of hiccoughs, or was it hiccups?

Friday, February 3, 9:15am Storm brewing

Beside the little pantry-type closet, was a large sink, at least I thought it was big. Everyone washed hands there and dried them on the roller towel which hung under the kitchen shelf. Heavens, Pup's razor strop also hung there! We were threatened with it from time to time, but it was mostly used to sharpen Pup's straight razor. We were a bit afraid of the razors, too. Pup shaved everyday, sometimes twice. He had a shaving mug and a brush, and he sometimes 'whiskered' us when he got all lathered up. Periodically, Mum would shave his neck. She would shave him, and wipe the razor on a piece of newspaper that was hung up on a hook, and disposed of when the process was finished.

The medicine cabinet hung up over the sink. It had a mirror and we liked to get up on a chair to look in it. Later, it was a great place for setting our hair. A little shelf beside the sink held Pup's shaving mug, some 'Surprise Soap' for dishes and other cleaning. There were no soap powders or detergents then. It also held a big dipper for filling the kettle or watering plants, and for taking a drink. If Pup called for one of us to "fetch him a drink," he wanted half a dipper. When Mum had a drink, it was always a few sips. We had no hot water from our taps, but we had beautiful drinking water from a spring—we still have. Before Pup build this house, he asked his Uncle Alex for the rights to

the spring. He really had it made, he thought, but the pressure would only bring the water up to the kitchen, and not to the second storey. Even so, it was pretty great and even if the power is off we have drinking water. Pup kept a comb on top of the pantry door, and a brush full of 'Cuticura' salve, for his hair. We felt there was something magic about that brush, and perhaps there was. Pup lived to be 97 and he still had hair, and no bald spots!



Celebrate Winter Winter Note Cards



The Church of the Larger Fellowship (CLF) offers seasonal note cards

Purchases made at the CLF Shop support the many UU ministries of the Church of the Larger Fellowship (CLF), serving UU individuals and small groups all over the world.

Visit the CLF shop: www.clfuu.org Click on "CLF Shop" or call: 617-948-6150



CRA and Political Activities

Editor's note: this was received too late for the October newsletter and, even though the election is now past, it has some material that is worth printing.

Phil Strapp, our Financial Administrator has done some research for us...

The CRA allows charities to engage in political activities that are subordinate to their purposes. For example, our principle of democracy supports us urging people to vote; our principle of inherent worth and dignity supports us in taking a particular political stance on same-sex marriage; our principle of the interconnected web supports stances on environmental issues; etc. There are some subtleties to observe, however:

When a political party or candidate for public office supports a policy that is also supported by a charity, the charity is not prevented from promoting this policy. However, a charity in this situation must not directly or indirectly support the political party or candidate for public office. This means that a charity may make the public aware of its position on an issue provided:

- 1. it does not explicitly connect its views to any political party or candidate for public office;
- 2. the issue is connected to its purposes;
- 3. its views are based on a well-reasoned position;
- 4. public awareness campaigns do not become the charity's primary activity.

http://www.cra-arc.gc.ca/tx/chrts/prtng/ctvts/thr-eng.html#pol

Another factor is that volunteers sending e-mails (in accordance with the above limitations) would have no measurable impact on the congregation since the CRA measures activities (via the T3010A information return) in only one dimension: money. They allow up to 10% of expenditures to be for political activities. Notwithstanding that "no cost" activities might not be considered reportable activities at all, there are clear guidelines on what "political communications" can and cannot include, specified in http://www.cra-arc.gc.ca/tx/chrts/plcy/cps/cps-022-eng.html#P193_18869

Thanks Phil!

Linda Thomson Acting Executive Director linda@cuc.ca 905-332-3851



Death of Professor John McKendy

Editor's note: Dr. John McKendy was well known to the Fellowship and delivered the October 26 presentation on Burundi. I am reprinting the note sent to STU by their president and circulated to UNB faculty and staff. UNB will be lowering its flags on the Fredericton campus to half mast in his memory. Professor McKendy was killed early on the morning of October 31'st.

It is with great sadness that I inform you of the death of our colleague and friend Professor John McKendy. His death is under investigation by the RCMP who will be making an official statement.

John came to St. Thomas University in 1974 and in his research was focused on social inequality, sociological theory, and the sociology of religion and work. His commitment to learning was exemplified by his passion for teaching in the Aquinas programme and the contribution he made to our collaborative teaching environment.

This is a time of great sadness and grief for our community. We will have our Campus Ministry and grief counsellors engaged to provide assistance as required. I will keep you informed over the coming days.

I know I speak for our St. Thomas community in offering our condolences to John's family. We are planning a vigil, a time of gathering and being with others, for this afternoon at 4:00 pm in the Chapel. (Janice Ryan will be communicating with you shortly with more information.)

John was a well-known, respected and valued member of our community who will be missed by his students, colleagues and friends.

Our condolences to his family. Our community mourns his passing.

Dr. Michael W. Higgins President and Vice Chancellor

This space wants your material!