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Sunday Service 11 a.m.

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## Sunday Services

- November 1** Elisabeth Elder-Gomes and Elizabeth Vickers-Drennan.
- November 8** Bob Lockhart *The Afghanistan Mission*.
- November 15** The Reverend Mac Campbell.
- November 22** Larry Shyu *Chinese Traditional Faith*
- November 29** Sylvia Hale *The Christmas Imperative*
- December 6** Margaret Dykeman *The Brunswick Street Community Health Clinic*.
- December 13** The Reverend Mac Campbell.



## 2010 Canvass Campaign

### 50 Years of Caring and Sharing

Many first timers at a Fellowship Sunday service may get the impression that when the collection plate is passed, nobody puts anything in it. But as you become more familiar with the fellowship and its ways you come to understand

that many members pledge their financial support in a number of different ways that don't necessarily show up in the collection plate each week.

November is "money month at the Fellowship" - the month during which we conduct our annual every-member financial canvass for the coming year (2010). You will be hearing quite a bit about money and our finances during the next few weeks. Remember that for all charitable donations you will receive an income tax credit, and that can approach 50% for those in higher income brackets. Please note: being a member of the Fellowship does not mean that you are assessed a "membership fee". You will decide your support based on your own financial situation and dedication to, or involvement with, our religious community, and each of us must take the time and thought to make the choice of our own support.

Beginning at the Sunday service on November 1, you'll receive information about Fellowship's financial needs, and then on November 8th or thereabouts, the canvass package will be forwarded to you. Gary Manuel, Finance Vice President and Finance Committee Chair Ed Leslie will make themselves available to discuss your interests, issues and questions on the financial aspects of the Fellowship.

We'll celebrate the canvas campaign with a gala evening Saturday, November 28th so please mark your calendars for this important event in the life of our Fellowship. There has been word again of allegedly fabulous gifts' as door prizes for those who return their pledge forms.

Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can.

– John Wesley, "Letters of John Wesley"



## Women's Pot Luck

The monthly women's pot luck dinner for November is planned for Friday, November 27th. at 6 PM. (we'll eat at

about 6:30). Doreen Boorman will host the gathering at 28 Sarahs Lane, # 6. The discussion topic will be decided in the next few weeks. For more information contact Joan at jebrewer@rogers.com or 455-5169.



## A Dream Worth Giving For

Now, at the beginning of November and as our days are growing shorter, our Unitarian Fellowship of Fredericton is well started into the programs of the new fiscal year. Interesting speakers are lined up for the Sunday services, our Religious Education (children's) program is in full swing, we have renewed energy in the Adult programs and our church home on York Street is in reasonably good shape. Thanks to all our volunteers, our Unitarian Chalice is burning brightly and encouraging more people to come to our weekly services.

Mother Teresa once said, *"To keep a lamp burning, we have to put oil in it."* This metaphor is true both spiritually and financially. As more people attend our Fellowship, we are beginning to realize that a few initiatives, subject to financial resources, should be taken soon to make the experience of participation even more accommodating. A number of short-term and long-term improvements are being considered.

For example, our sound system only works well, or works best, when we have a technical expert on hand to figure out all the necessary connections. A better quality, permanently wired system would be beneficial to all. The coffee and social event after service creates much congestion in the hall between the kitchen and the library. We are trying a new experiment this weekend by removing one table from the kitchen and setting up the coffee in the library. A more long-term solution would be to remove part of the walls in this area for better traffic flow. An even more long-term, and more costly, remedy would be to remodel the garage for use as a coffee/reception area.

In fact, if we were to dream long-term, we should address the problem of limited space in the sanctuary. It is adequate now for the average numbers that attend on Sundays, but various people have declared reluctance to enter a crowded, and what appears to them, private living room. Many of us rather like the intimate setting but, if we are to retain more of the visitors who come to explore our church, we will eventually need to consider developing a larger more "church-like" sanctuary to satisfy all our needs.

Growth in a church is a wonderful thing, and we would all like to see that happen in our Fellowship. Do we have suitable parking for growth? Should we be installing security cameras to counter the incidents of car break-ins we have experienced this past year? Do our volunteers need more

leadership training? Should we replicate the experience of a regular part-time minister in coming years, as we have enjoyed with Mac Campbell this last year? To answer the do-ability of these questions requires adequate funding.

Your Board is considering all these initiatives as we approach the annual budget exercise, but we cannot implement them unless we have a strong show of support through your pledges and donations. Remember that 2010 will be our 50<sup>th</sup> anniversary. Plans are already underway to invite all friends and former members to come and help celebrate this great milestone next fall.

Our Fellowship is a large extended family for most of us. I see that every time I visit with a fellow member or a Unitarian couple. Where else can we go to question our beliefs on our own terms? Where else do we have the freedom to philosophize with others about all the various transcendent points of view that we hold so dearly? This Fellowship is our spiritual lifeline. It may be human nature for one to have imperfections, but it is community of spirit that allows us to grow and be comfortable within this Fellowship.

I leave you to consider this quote from Arthur Frantzreb, an influential philanthropic and institutional management consultant in the U.S:

*"The act of philanthropy is a spiritual act, an expression of caring for one's fellow human beings. It is a belief in the future and that the future can be good. It is investing in that future. It is helping to make the dream come true."*

Help us make or collective dream come true. Pledge largely. Please, donate generously!

Thank you,

John van Abbema

President, Board of Directors



## To the Children at the UFF

Well, I know I promised a lot of you that I'd write this summer, and the postcards never got mailed. So, I thought I'd make it up to you by writing a good long letter about my bicycle trip, now that I'm done — I was pretty busy to be buying and writing postcards while I was riding every day, but now I have a week or two home with my parents before I go to England. This is my chance to communicate.

I met the other cyclists in Victoria, BC, where we all got our pictures taken beside the 'Mile 0' sign at the most Westerly point in Canada (that means the place furthest west). We took the ferry to Vancouver, where we spent our first night camping in tents. (I liked camping every night, once I got some long Johns. I started the trip without them, and was very, very cold for those first few nights.)

BC was very beautiful — I got to take my bike over three mountain passes, the Coquihalla, Roger's Pass, and Kicking Horse Pass. Roger's Pass was my favourite because we got to bicycle through snow sheds, which are special wooden buildings that protect the roads from avalanches in winter. It was very dark inside. Also, in that area, there were cannons set up on the side of the road! They use them in wintertime so that they can set off avalanches on purpose while the road is closed, so that avalanches don't happen while people are driving.

After BC, we went through Drumheller, in Alberta, which is where they find a lot of dinosaur bones. Then we came to the Prairies — you might think biking in Saskatchewan would be easy because it's so flat, but it was actually one of the hardest parts of the trip. See, the wind blew in our faces every single day — it's supposed to blow the other direction, but I guess not this year. Biking into the wind was WAY harder than the mountains. Plus, I got stuck in one hailstorm. . . but that's another story! My favourite part of the Prairies was the beautiful fields. The canola grows pretty yellow flowers, and the flax this soft purple-blue. Sometimes they mix flax and canola in one field, which is just too pretty for words! I also ate the biggest hot dog I'd ever seen in Regina.

We went across Manitoba very quickly, and then we were in Ontario. The Canadian Shield is very rocky and hilly, and we had some very, very bad weather — one day I had to ride my bike into wind and rain so hard, I was slower than a person walking! I had to go 160 kilometers like that, and it took from sun-up



to sun-down. But we had nice weather when we got to Lake Superior National Park, which is one of the prettiest places I've ever seen — the water is very, very blue. One day we got to have a special picnic on the beach at Old Woman Bay, which is just too pretty for words.

After that, we came to Southern Ontario, which has more of the cities you've already heard of, like Kingston, Ottawa, and Toronto (we went around Toronto, because it's hard to bike through, but we went into Kingston, and had a day off in Ottawa.) Then, we took a ferry across the St. Lawrence into beautiful, beautiful Quebec — my

favourite thing was seeing the Chateau Montebello, which is the biggest log cabin in the world — as big as any of the hotels in Fredericton! It has an enormous fireplace, with big couches and a grand piano. I also loved Quebec City with its tasty croissants, and liked seeing all the farm houses with blue shingles along the rivers.

I was excited when we got to the Maritimes. We came through the Acadian Coast of New Brunswick, which I'd never seen before, and found so pretty. One day, we had wind blowing at our backs so hard that I could drive my bike as fast as a car, which was great pay back for that rotten day in Northern Ontario. We saw Victoria-by-the-Sea in PEI, which has the best chocolate shop I've ever seen. We biked into Nova Scotia and up to Cape Breton, where we did the Cabot Trail! I was in really good shape by then, thankfully — otherwise I could never have done the entire trail in two days! One day, we had to climb French, North, and MacKenzie Mountain, which was A LOT of work, but also very beautiful. (French and North Mountains had grades as high as 14% sustained over 3-5 kilometers — that means they were steep!)

Finally, we took a ferry to Newfoundland, and rode our bikes from Argentia to Signal Hill and Cape Spear for the big finish. It was exciting to see St. John's but even more exciting to know I'd made it to the most Easterly point in Canada — now that you know what Westerly means, I bet you can guess Easterly. I had driven my bike almost 8,000 kilometers, and was ready to put it away for a while.



Group Photo at Tour End Dinner

Anyway, that was my summer. I hope you kids (and young adults) had some adventures of your own, and I want to hear about them! I've sent some stationary I can't take with me to England, and used my Mom's address labels to self-address the envelopes, and I don't know what my address in England will be, yet. She'll forward whatever you send in one big envelope. I hope that school and Sundays at the UU go well this year, and I can't wait to hear from you!

— Steph

*Editor's Note: The photos came from the [blazingsaddles.blogspot.com](http://blazingsaddles.blogspot.com) website.*



## Family Sleigh Ride and Baked Bean Supper

Date: **December 29, 2009.**

Time: Sleigh Ride 4 p.m.  
Supper 5 p.m.

Cost: Sleigh ride \$6.00 per adult and \$4.00 for children under 12

Supper \$9.25 for adults and half price for children

Meal includes baked beans and brown bread, homemade rolls, potato scallop, pickles, and homemade deserts, coffee and tea.

Two sleds available. Each sled can carry 20 passengers. Payment by cheque to "Oakland Farm and Lodge" must be given to me by Dec. 5th, to reserve space. If interested please contact Haifa Miller at 472-1509 or email hmiller@nbnet.nb.ca



### Heaven

by: Rupert Brooke

FISH (fly-replete, in depth of June,  
Dawdling away their wat'ry noon)  
Ponder deep wisdom, dark or clear,  
Each secret fishy hope or fear.

Fish say, they have their Stream and Pond;  
But is there anything Beyond?  
This life cannot be All, they swear,  
For how unpleasant, if it were!

One may not doubt that, somehow, Good  
Shall come of Water and of Mud;  
And, sure, the reverent eye must see  
A Purpose in Liquidity.

We darkly know, by Faith we cry,  
The future is not Wholly Dry.  
Mud unto mud! – Death eddies near –  
Not here the appointed End, not here!

But somewhere, beyond Space and Time.  
Is wetter water, slimier slime!  
And there (they trust) there swimmeth One  
Who swam ere rivers were begun,

Immense, of fishy form and mind,  
Squamous, omnipotent, and kind;  
And under that Almighty Fin,  
The littlest fish may enter in.

Oh! never fly conceals a hook,  
Fish say, in the Eternal Brook,



But more than mundane weeds are there,  
And mud, celestially fair;

Fat caterpillars drift around,  
And Paradisal grubs are found;  
Unfading moths, immortal flies,  
And the worm that never dies.

And in that Heaven of all their wish,  
There shall be no more land, say fish.



### Eid Al-Adha

On or about November 27th this year. Depending on when the waxing crescent moon is first observed to begin the month of Dhul Hijja, the Eid falls on the 10th day of that month. It commemorates the willingness of Ibrahim to sacrifice his son Ismael as an act of obedience to God. The Eid Al-Adha is thus the "Festival of Sacrifice" or the Greater Eid. In

the end, Allah is satisfied that Ibrahim is willing to make the sacrifice and dispatches an angel with a ram that was to be sacrificed in Ismael's stead.

While Ibrahim is on business in Israel, Ismael strikes his foot against the ground and water gushes forth saving his family from thirst. When Ibrahim returns, he constructs the first Kaaba next to the spring and this would become the central and most sacred site to Islam in the holy city of Mecca.



A statement can bring you to a new state  
but a question can bring you to a new quest



### I'm Not Lost, I'm Exploring

Hi folks, just a brief check in to let you all know what I've been up to. Funny thing happened on the way to support my partner as she began attending a new church. Much to my surprise my attendance wasn't greeted with threats of hell fire and damnation or lectures on what a pitiful sinner I am. Instead I discovered a warm welcome, and



the spirit that keeps drawing me (perhaps like a moth to a flame) back. The ministry encompasses the congregation and the world very much as we Unitarians do, through social action and sensitivity to the ecological frailty of the planet.

Meanwhile I continue to write and search. Last fall I fell back in love with Kabbalah and now have the focus to take more of it in. I even found a radio station on line where I can learn all day about it. In fact it was the inspiration behind my most recent writing project. I wrote a chapter book for kids from 9-12. I'm hoping to have it on the street by next fall. I have joined the writers group at Wilmot and I'm enjoying that immensely. Last week I read them the story I wrote titled, The Cat Lady. The character and neighbourhood the story was written about are based on an actual Frederictonian and her house on Needham Street.

I am also signed up for the Christmas Play at Wilmot. At this time I'm playing the part of a retired minister who wants to play a donkey in the Christmas story. It's a very "On the Edge" play. Of course I love that! Last week the minister sent us forth with the task to "Sin Boldly"! I like it there. I feel like Alice in Wonderland in some kind of a Christian Through the Looking Glass. (And no I'm not smoking anything before I go there LOL).

Hope this check in finds you and yours all well. I'll see you soon.

 Sue 

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## Church of the Larger Fellowship

The Church of the Larger Fellowship (CLF) is a UU church via mail, email, and internet. Our mission is to provide a UU ministry to isolated religious liberals. Did you know that we have over 3,000 members all over the world?

If you're buying merchandise online of the sort sold through Amazon.com, please consider going to the CLF homepage, [www.clfuu.org](http://www.clfuu.org), and click on the Amazon.com button that you'll find on the right hand side. Whenever you buy a book or snow blower or banjo or Bon Appetit subscription or carabiners or marshmallow shooter or gluten free brownie mix or Alvin and the Chipmunks video or hoop earrings or microscope or Kindle—or whatever else—please go through the CLF site to Amazon. The CLF will get some money by virtue of your purchase.

Beth Murray  
Church of the Larger Fellowship (CLF)  
617-948-6150

The Church of the Larger Fellowship's mission is to provide a ministry to isolated religious liberals, promote the understanding and growth of Unitarian Universalism and

institute programs to that end. Learn more about the CLF at [www.clfuu.org](http://www.clfuu.org).

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Frihed såvel for Loke somvel som for Thor  
N. F. S. Grundtvig

A thought for the day, loosely translated, "Freedom for Loke as for Thor".

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## The Cuisine of Turkey

In April 2009 I toured the Republic of Turkey with a group of 20 Unitarians from across Canada and the U.S. These Turkey Notebook articles for Touchstone allow me to capture memories of the trip by writing them down and sharing them with UFF members.

—Anne Leslie

Part of Turkey is in Europe and another part is in Asia. The Bosphorus and the Dardanelles straits separate a small portion of the country (bordered by Greece and Bulgaria to the west in Europe) from mainland Anatolia which has borders with Georgia, Armenia, Syria, Iraq and Iran (Asia) to the east. In such a large country the climate range is diverse and varied. These temperature extremes result in the cultivation of a variety of crops, from tea in the cooler north to chili peppers in the south. Staples in the Turkish diet are rice and wheat. Although it is a secular state, most of the population is Islamic, so lamb and chicken are the main meats with little pork being served.



**Breakfast in Cappadokkia**

Turkey has always had an abundance of fresh produce and fish which allows a varied diet. Nomads cultivated wheat and the practice of cooking meat on skewers (kebabs) and the use of dairy products also



**Enjoying "Apple" Tea**  
*in a rustic courtyard*

dates back to this nomadic time period. The greatest influence on Turkish cooking came during the Ottoman era. By the 17th century the Sultan's palace housed 1300 kitchen staff with hundreds of chefs. These chefs refined

and perfected Turkish cuisine in an effort to please the royal palate.

Turkey's geographical location made it a natural route for traders, travelers and migrants who all influenced Turkish cuisine. For instance certain Turkish habits such as using sweet spices, fruit and nuts with meats is reminiscent of North African cooking and with the Sultan having complete control over The Spice Road many spices and seasonings were added to flavour traditional dishes. There is still a market in Istanbul that sells nothing but spices.



**Hagi Baba wall decoration**  
A famous Istanbul Ottoman restaurant

Many dishes are shared with neighbouring countries such as Mezes (hors d'oeuvre) and Baklava (a sweet pastry dessert). Kofte, pilavs and both shish and doner kebabs are popular dishes as are yogurt salads, fish in olive oil and stuffed vegetables and vine leaves (Dolma).

Cheese, olives, bread, eggs and cherry jam are served at breakfast. Lunch is soup or salads and desserts. The main meal of the day, dinner, consists of soup, a main course, salad and dessert. Travellers are encouraged to try



**Example Restaurant Setting**



*We learned how to remove fish bones from head to fin in one easy stroke.*

Raki which is a distilled drink made from different fruits in different regions, such as but grapes, figs and plums flavoured with anisee and Ayran which is made from yogurt, water and sometimes salt. Ayran is so popular among Turkish people that it rivals the sales of the juice and soda industries. International fast-food companies, such as McDonald's, include Ayran in their standard menu. Turkish Delight (Lokum) is a national industry in Turkey. It is a confection made from starch and sugar and often flavored with rosewater, lemon or mint. It is cut in small cubes and dusted with icing sugar. Turkish Delight can contain small nut pieces, usually pistachio, hazelnut or walnuts.

At one of our restaurant stops "Mama" did all of the cooking. The buffet included at least 20 different dishes using eggplant, spinach, green pepper, tomato, zucchini, grains and pastas.



The following is a typical dish served in Turkey.

### Lamb and Eggplant

#### Ingredients

2 Tbsp	Olive oil
4	Eggplants, peeled and chopped
600 ml	Plain Yogurt (20 fl.oz.)
4	Garlic Cloves, crushed
	Salt and Black Pepper
400 g	Minced Lamb (14 oz)
1 Tbsp	Butter
1/2 tsp	Cayenne Pepper
2	Green Peppers, chopped

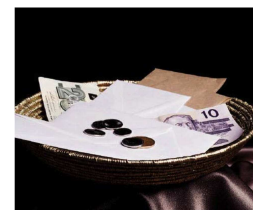
#### Instructions

1. Heat the oil in a large saucepan, add the eggplant and fry gently over a low heat for 5-6 minutes stirring constantly.
2. Stir in the yogurt, garlic and salt, mix well and keep warm.
3. Heat the butter in a large saucepan, add the meat and sauté for 10-15 minutes until meat is crumbly and cooked through.
4. Pour off the excess butter, season with salt and ground peppers.
5. To serve - transfer the eggplant puree to a serving dish, smooth the surface then spread the cooked meat over the top. Sprinkle with the chopped green peppers and serve hot.



## Money Matters

While I get the impression that many of our church leaders would rather not talk about money, the fact remains that they must. Congregations have bills to pay and contracts to honour. Often the projects we wish to undertake or the programs we want to launch will require funds. So if our leaders are going to help congregations or



the Canadian Unitarian Council (our association of congregations) do the work that has been agreed upon, then we'll need to talk about money. I have the opportunity, in my work, to listen in on a lot of conversations in our congregations. I'm happy to report that in many cases the leaders have overcome any hesitation they may have had and are able to talk about money and congregational life and vision with comfort and grace. However, there are other cases where I think that nerves or cultural norms get in the way and people send unintended messages.

Consider these "overheard" statements and the message they might send...

- It is important you give at least \$125 because that's what our "dues" and newsletter costs are, otherwise you probably shouldn't join. Your value and the value of your potential contribution (of time, talent or treasure) are tied to a dollar amount.
- We hate to ask, but... We don't think what we do is important enough to talk about.
- We'll develop the budget and ask people to support it. We don't need to help people get excited about values and dreams.
- We can't count on newer members to care enough about the church to pledge at a significant level. New members are less committed and their membership isn't as valuable as long time members.
- More members will help us financially. New members are seen as new wallets rather than members of a beloved and life changing community.

While I believe that those who make statements like these have good intentions and I suspect they may, in many cases, only be repeating things they've heard others say, I am aware of the damage that can be done when we aren't careful with our money messages. What we say about money matters a great deal. Ideally our conversations about money are done with confidence and in a way that invites people into a deeper and more committed relationship. We know that not everyone has the capacity to pledge to our annual campaigns at the same financial level, and that "generous" is a relative term. We know that people are motivated to give generously when they believe in the cause or the organization, and that being generous can also help build connection and commitment. Our messages need to be about relationships, vision, and possibilities. Keeping the lights on is not likely to inspire generosity, but keeping our liberal, affirming religion alive may. I believe that conversations about money can be some of the most enriching and affirming conversations

that our members have with one another. For, at their core, money conversations are conversations about our personal faith journeys and the communities that support us.

In faith and with affection,  
Linda Thomson  
Director of Regional Service

*Editor's note: Linda's October letter arrived too late for the October issue of Touchstone and while several of the articles were time sensitive, the above is timeless but timely. The full letter is available on the CUC web site.*



## Come sleep with us!



Planning to come to the Winter Olympics 2010? Beacon Unitarian Church in the Tri-Cities suburb of Vancouver, BC is offering in-home bed and breakfast, January through March, 2010.

### For information:

go to [www.BeaconUnitarian.org](http://www.BeaconUnitarian.org) or  
call registrar, Joy Silver at (604) 939-2213  
or e-mail [odetojoy@telus.net](mailto:odetojoy@telus.net)



## Advent

Sunday, November 29th, is the first Sunday of Advent this year. From the Latin *adventus* meaning "coming".

The theme of readings and teachings during Advent is often to prepare for the Second Coming while commemorating the First Coming of Christ at Christmas.

With the view of directing the thoughts of Christians to the first coming of Jesus Christ as Savior, and to his second coming as Judge, special lessons are prescribed for each of the four Sundays in Advent.



This space wants your material!