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October 25 *United Nations Day, UU-UNO*: Multigenerational service on justice.

In November, our theme is "Ourselves and Our Stories." Throughout the month, we hope that many of you will volunteer to share your own stories: how you came to Fredericton, to Unitarian Universalism, to your work or a special interest, to create relationships, families or other works of art, etc. Please contact Jo-Anne if you would like to take part in one of the November services.



Sunday Services

Child care is available and all are welcome.

October 4 *Theme Sunday: Empathy and Acceptance*. In honour of World Mental Health Day on October 10, Jo-Anne will talk about compassionate communication and inclusive language. She will also draw from Caring Congregations, a curriculum created to help congregations become more intentionally inclusive and supportive towards people with mental illness and their families, to honour the spiritual component in caring for people who are suffering, and to reduce prejudice by increasing understanding and acceptance.

October 11 To mark Thanksgiving and World Food Day (on October 16), Najat will be speaking on the topic of food justice.

October 16-17 *Hearts and Hands*: Atlantic Cluster Gathering. A visiting minister will be leading a worship on Saturday, October 17. People who register for the event have a choice of 3 streams during the day, and will also enjoy a Meet and Greet on Friday night, lunch together on Saturday, congregational networking on Saturday afternoon, a youth-led worship on Saturday night, and other activities. A mini-con for youth will be held in parallel to the adult gathering.

October 18 morning. On Sunday, Jo-Anne and others welcome members, friends and visitors to the Fellowship to a service on community.



Youth Group

The YAYAS-Bee Group and the Fellowship are looking forward to hosting a mini-con at the Fellowship in October. Youth 14-20 will be gathering at the Fellowship during the Hearts and Hands Atlantic Cluster Gathering, from October 16 to 18. On Saturday, youth have the choice of attending one of the Hearts and Hands workshop streams or taking part in relaxed creative activities. There will be evening activities, including a youth-led worship, and space to sleep overnight or talk on both Friday and Saturday. The fee is \$35, and includes all activities, food and a spot on the floor for your sleeping bag! Registration closes Oct. 12. For more information and to register, go to:

<http://cuc.ca/event/hearts-and-hands>

Financial support may be available to help you attend.

We will be meeting to plan the mini-con on Wednesday, October 7 from 3:45 to 5:00. We will probably also meet on October 21, or choose an alternate date in the last half of October.



Women's Pot Luck

The next Unitarian Fellowship women's pot luck will be held Friday, October 23rd. Sheila Moore will host the gathering at her home, 33 Ridgeview Drive, Keswick Ridge. (We can plan some car-pooling). We gather at 6 PM and eat at 6:30 PM. The topic for discussion will be circulated before the gathering. For further information contact Joan Brewer at jebrewer@rogers.com



Children's Program Facilitator

The Children's Program committee of the Unitarian Fellowship of Fredericton is looking for one or more Children's Program Facilitator(s) for its program on Sunday mornings.

We are looking for people who love children, have education and/or experience teaching or caring for children (especially toddlers through elementary school), are familiar with and interested in learning more about Unitarian Universalism and our local Fellowship, and have a positive and cooperative attitude. Babysitters' courses and First Aid training are considered assets, as are interests in reading, art, music or sports.

Facilitators will be guided by the Children's Program committee of the Fellowship, and will be provided with support and materials. They will attend an orientation session soon after beginning their term, and will be required to follow program and safety guidelines. Adults 18 years of age and over will be required to complete a police check at their own expense, and submit it to the Fellowship within one month of beginning work.

The term of the Facilitator's service will begin as soon as possible and continue until June 26, 2016, with the possibility of renewal. On each Sunday they work, facilitators will receive \$15 per hour for 1.5 hours (10:45 to 12:15), or a set fee if no children attend.

If you are interested, would like more information, or know of someone who would be a good candidate, please contact Haifa hmiller@nbnet.nb.ca



Hearts and Hands

Join with members of other congregations for a day or a weekend, as we spend time learning, playing, eating, sharing and worshipping together. Topics will include: Learning from the Truth and Reconciliation report, Training for Small Group Ministry facilitators, creating and living with

Congregational Covenants. A mini-youth con will also be offered. The Canadian Unitarian Council is pleased to offer this event in cooperation with the Unitarian Fellowship of Fredericton.

Participants should register online at

<http://cuc.ca/event/heart-and-hands>

before Oct. 12; after this date, please contact Jo-Anne Elder-Gomes at eldergomes@yahoo.com.

Registration fees for adults (18 and over, and not attending the youth con) are \$60 after Oct. 2. This cost includes the Saturday Program and Lunch on Saturday, as well as morning and afternoon refreshments.

Friday, Oct. 16th

- 7:30 pm – Optional Meet and Greet (for those arriving from out of town in advance of the Saturday program) and connect with Home Hosts

Saturday, Oct. 17th

- 9:15 am – Registration
- 9:45 am – Welcoming and Gathering Worship
- 10:15 am – Refreshment Break
- 10:30 am – Program Streams (Streams run the morning and afternoon)
- 12:30 pm – Lunch and Networking (We will try to accommodate those who want to attend the speeches at the Legislative Assembly for the World March for Women by providing a portable lunch option.)
- 1:30 pm – Program Streams
- 3:30 pm – Refreshment Break
- 3:45 pm – CUC updates & Board Dialogue (1.5 hour)
- 5:30 pm – Participants who wish to continue networking will have the opportunity to sign up for a group dinner on the day of the event.
- Youth-led worship: Time TBD

Sunday, Oct. 18th

- 11:00 am – Sunday Worship (regularly scheduled) at the Fellowship
- 12:15 pm – Coffee hour, with food for those travelling

Streams

1. Small Groups, Big Impact (Rev. Linda Thomson)

Many members of our congregations have found small groups programs to be important and meaningful ways to connect with the members of their congregation and to do some significant personal reflection. This session will provide those interested in facilitating a successful small group with information and training they'll need to get started.

2. Covenants and Commitments

Sometimes Unitarian Universalists are asked, “If you don’t need to all believe the same thing, what holds you together?” The question lies in our tradition and practice of covenantal community. Our congregations, at their best, are communities where people come together with an explicit agreement regarding the ways they’ll communicate, engage and explore together. This session will help participants understand how to begin the work of developing a congregational covenant and how to bring it to life in the congregation.

3. Truth and Reconciliation. What is next? (April Hope and Carlos Gomes)

Following the completion of the Truth and Reconciliation report many are left asking, “What does it mean to me and how can I engage in the work of self-education and reconciliation. Participants in this session will have the opportunity to participate in the Blanket exercise (designed to help you to raise your awareness and understanding of the experience of Aboriginal, Metis and Inuit people in Canada) and to learn how some of our congregations have been engaging with the report.

Jo-Anne Elder-Gomes
eldergomes@yahoo.com



Dorothy King

Bill Walker gave the attached comments at Dorothy King’s memorial service about 11 years ago. For those who knew Dorothy, and for those who are new to the Fellowship, I thought it was worth re-visiting.

Nancy Angela
in Marysville

Comments on Dorothy King

We all know of course that Dorothy King styled herself as a Unitarian. In her early life she was raised as Methodist, which is now, of course, United Church of Canada. It appears that she found it important to inquire beyond the truths and comforts that were presented to her in that philosophy.

I lived in Montreal for several months in about 1961. At that time I’d had a bit of experience of Unitarianism, and while I was there I attended the large downtown Unitarian Church known as the Church of the Messiah.

I must have met Dorothy King there then, as I’m sure that someone, hearing that I was from Fredericton, would have introduced me to another Frederictonian. I don’t remember, really, but in later years, when Dorothy came back to Fredericton and to the Unitarian Fellowship here, I spoke with her often about our shared memories of that Montreal church.

For those who aren’t familiar with Unitarian philosophy,

I would say that it is a religious institution that has established itself for those who are not satisfied with ideas and answers that others do not question. It thus operates without any prescribed creed, and Unitarian people like Dorothy make it a lifetime project to pursue a philosophy of life and death that satisfies them. While I don’t speak for all Unitarians, most, especially in Dorothy’s age group, would agree with the propositions that:

- religious truth must be consistent with known truth from other sources, so that religion is not compartmentalized apart from other aspects of life;
- the paramount importance for us now is this present life, and future life, if any, looks after itself;
- the essential purpose of religious education for young and old alike is the encouragement to seek out and know one’s own religious philosophy.
- the role of the religious community, in this case the Unitarian Fellowship, is the mutual encouragement and sharing of ideas in which the individual is helped in the process of developing his or her philosophy.

These views are somewhat different from the religion that most people grow up with; and that was more true in the time of Dorothy’s youth than it is today. In her time, as in mine, one could encounter considerable disapproval for presuming to follow such a path.

There is a lot of discussion and exchange in Unitarian circles. There is a little anecdote that appeared in the form of a cartoon, that expresses a thought that Dorothy would have heartily endorsed. The line of souls heading out after their departures from here come to a crossroad where there are two signs, one pointing to heaven, and the other to “a discussion about heaven”. The Unitarians all take the road to the discussion.



Climate Justice Month 2016

Save the Date: The second annual Climate Justice Month will be held once again between World Water Day (Mar. 22) to Earth Day (Apr. 21). UU groups, teams, and congregations are invited to take collective action for climate justice. Building on Climate Justice Month 2015, which focused on spiritual grounding and making commitments, Climate Justice Month 2016 will focus on living into our commitments through collective action. Sign up, save the date, and stay tuned for resources and steps for action!





Pumpkin Pie for Thanksgiving

Pumpkin pie is as traditional as turkey for Thanksgiving dinner. This old recipe makes two different pies.

Line two 9" pie plates with pastry. Build up and flute the edges. Into the bottom of ONE pie scatter finely hopped dates (3/4 cup). Into the OTHER pie slice two crisp McIntosh apples very thin.

Pumpkin filling:

- 14½ oz. can pure pumpkin
- 3 tablespoons cornstarch
- 1½ cups brown sugar
- ½ teaspoon each of cinnamon, ginger, nutmeg,
and vanilla extract
- 1½ Tablespoons melted butter
- ½ cup molasses
- 1½ cups milk
- 2 beaten eggs

In a large bowl mix together the dry ingredients. Add the pumpkin and stir to blend. Add the molasses, beaten eggs, milk and vanilla. Stir well. Lastly add the melted butter and beat well. Pour into the pie shells, making sure the pumpkin mixture covers all of the fruit. The apples will rise to the top, and the dates will remain on the bottom. Bake at 400 degrees for about 45 minutes or until the filling is firm. Serve on Thanksgiving Day – “palm warm”, with whipped cream if desired.

From: Favourite New England Recipes

thanks to
Sheila Moore



Help Syrian Refugees

Three Things You Can Do to Help Syrian Refugees

In the face of the devastating and inhumane conditions in Syria, it is easy to feel overwhelmed. What can one person or a group of people do to help Syrians? The Canadian Unitarian Council has ways for you to get involved:

- 1 Give. It costs approximately \$12,000 to bring an individual to Canada, and every dollar helps. Whether online or by cheque or phone, donations to the CUC's Refugee Fund will receive tax receipts.
- 2 Join an active Sponsoring Group in your community who is already working on helping refugees. Check with your local refugee or immigration organization.
- 3 Sponsor a refugee or family with your congregation or a group you form – we can help with information and training.

For years, the CUC has worked with Canadian congregations and constituent groups to help bring refugees from all over the world to resettle in Canada. We have an agreement with Citizenship and Immigration Canada, as a Sponsorship Agreement Holder (SAH). This allows us to process refugee applications for our congregations with greater ease and efficiency, than congregations or individuals trying to do this by themselves.

The CUC is currently assisting groups in several cities across the country in resettling refugees. If you are interested in sponsoring refugees, we provide information about training and support.

Please consider making a donation directly to our Refugee Fund through CUC online donations or by cheque to:

Canadian Unitarian Council
215 Spadina Ave
Suite 400
Toronto On M5T 2C7

with “Refugee Fund” in the memo line. Or call 1.888.568.5723.

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