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September Sunday Services

September 1 *Happy Labour Day* The Fellowship will be closed so everyone can enjoy the last long weekend of summer.

September 8 *Annual Ingathering and Corn Boil/Picnic* Bring yourself, and the family or perhaps a friend or two who are curious about Unitarians and also enjoy good food and conversation. Following a brief service, the Hospitality gnomes will offer corn, coffee and tea. The rest is pot luck. So, bring something to share, and join us as we begin our year in community, as a congregation.

September 15 *Changing Expectations*, with Jo-Anne Elder-Gomes. At this multigenerational service, people of all ages will be guided to reflect on their expectations of the future. After a story, children and the adults who would like to join them upstairs will be viewing images created by futurists throughout history and making their own predictions. The discussion downstairs will follow the format of our Summer Sundays and invite us all to consider how our expectations of our lives and the world around us have changed over our lifetimes.

Note that some members may car-pool to Hayes Farm for their open house ... see elsewhere for details of this.

September 22 *The Power of Our Expectations*. Myron Hedderson will lead the service, and writes that "Neuroscience is showing that our perceptions are heavily based on what we expect to see. I can link this to online conversations I've had where people with different religious or political views struggled to communicate online because they were projecting their expectations onto the person they were talking to. Or people taking about how a religious conversion changed how they saw reality, as well as personal experiences where my expectations influenced my perception of the world around me in significant ways as well as the concept that some people have that putting good thoughts out into the universe will bring good things, or focusing on what you want to happen in your life will make the universe make it happen for you."

September 29 *Be Who You Are*; a sermon from Peter Friedrichs. This sermon discusses the theological insights of Rev. Forrest Church, who was a Minister in New York City for 30 years. Rev. Church's "three-legged stool" included Want what you have, Do what you can, and Be who you are. Heather Lunergan will lead the service.



Important Board Dates

September 7 1 p.m. to 3 p.m., UFF Board Orientation and Transitions Meeting, at the Fellowship

September 15 starting at 11:45 a.m., first regular monthly meeting of the UFF Board of Directors



Message from the President

Welcome to the 2019-2020 Congregational Year!

The Unitarian Fellowship of Fredericton, like many organizations and groups, is most active after Labour Day and before Canada Day. However this year, the time in between was particularly wonderful in bringing us together

on several occasions. Our Summer Sundays featured many discussions on spiritual or philosophical themes; visitors as well as our members and friends participated actively by sharing their experiences and ideas on topics such as identity, community, kindness, and learning. I hope this format will be used often on Sunday mornings and evening discussion groups.

In August, we participated in Pride (now called Fierté Fredericton Pride) for the first time as a congregation, that is, under the name and banner of the Unitarian Fellowship of Fredericton. Thanks to the bylaw amendment approved by the membership in June, and to be consistent with our position as a Welcoming Congregation, we were visible in the parade and at our first UFF Pride booth. Heather Lunergan and Anna Wyllie write about our involvement in Pride in separate articles.

We resume our “regular” programming of full Sunday morning worship services in the Sanctuary, on September 8. That day will include a service led by Heather Lunergan, Chair of Sunday Services, a corn boil and potluck organized by the Joan Brewer’s Hospitality Committee (and all who can help), and a special visit by Reverend Carole Martignacco. Recently retired from the UU Estrie church in North Hatley, Reverend Carole has moved to St. Andrew’s with her husband to be closer to his family. They will be attending the Ingathering and corn boil and are eager to meet people in our community. I am thrilled that Reverend Carole will be getting involved in Unitarian*Universalist events in New Brunswick and particularly at our Fellowship.

The Public Awareness Committee, chaired by Janet Crawford, and the Membership Committee, chaired by Sheila Moore, have lots of ideas about making the UFF more prominent in the community. Hence, setting up an information booth at Pride, an idea of Jenn Carpenter-Gleim (Lay Chaplain) and Sheila, has become part of a plan to promote our services and our community more widely. With the vibrant materials designed by Lisa Rousseau, UFF will be reaching out to STU students in an effort led by Heather Lunergan, and we will take advantage of community events in the coming years. Following her work on creating a wider social media presence, Lisa will be re-designing our website and taking over the responsibility for adding content and maintaining it from Tony Fitzgerald, whose dedication over many years has been exemplary.

Along with these changes, our Children’s (RE) Program will be revitalized (see an article by Lisa elsewhere in this issue) and we will be trying to make the work of our future Treasurers more manageable. As you may know, Myron Hedderson has extended his term through the fall, and Jeff Frooman will be continuing to help with finances until June 2020. This will mean two major changes in the day-to-day financial management of the Fellowship, and discussions and adjustments to streamline the work is well underway, with the help of an ad hoc committee of the

Board.

Transitional meetings of the Board of Directors have taken various forms over the years. Last year I led a Board and Committees meeting in August; we realized then that it was hard to have people in each of the three Sections meet at the same time because of the overlap. We have a large group of volunteers, many of whom do many things. We are always eager to have more help, by the way, and invite people to share their passions by joining committees of interest to them or just jumping in to make coffee, write an article for the newsletter, facilitate a discussion or activity, and so on. Please contact the Committee Chair or a Board member to find out more about how to do this.

Incoming Committee Chairs were asked to invite members and friends to join their committees and meet over the summer, preferably with the Vice-President and/or Assistant Vice-President of their Section in attendance and, if they were undertaking major changes, with me as well. Then, on September 7, the Board will meet for a couple of hours in the afternoon to discuss plans for the coming year and incidentals. Our regular Board meetings will start on September 15, to give us all time to enjoy the corn boil and Reverend Carole’s visit.

In the next issue of *Touchstone*, I will be writing more about how things get done in the Fellowship, and how you can do things you want to do. As a process person, it’s important to me to gather ideas from all interested, make careful decisions with the people most affected by them, and to write down as much as possible. Our burgeoning policy manual will soon become a full binder containing policies and procedures including how money is handled, how communications are reviewed and information is shared, how social actions are approved, and so on. I want to always keep the big picture in mind, however. For me, this means remembering that the higher purpose and deeper meaning of all the work we do together are growing beloved community, of nurturing the spirit and changing the lives of the people who come to our Fellowship.

Ashé, Blessed be.
Jo-Anne Elder-Gomes,
President of the
Unitarian Fellowship of Fredericton, 2019-2020



Notes re Programs for the Year

A note from Heather Lunergan,
Chair of the Sunday Services
and Adult Programs committee

This year, the theme for each month is going to be posed in the form of a question. This is common among congregations and allows the central “theme” to be expressed in a single word. To encourage you to think about a guest speaker, or a Third Thursday discussion, or Sunday service

you would like to organize, here are the themes for our upcoming year:

What does it mean to be people of?

September: Expectation
October: Belonging
November: Attention
December: Awe
January: Integrity
February: Resilience
March: Wisdom
April: Liberation
May: Thresholds
June: Play

Many things are planned for the coming year, and you can read more from our President, Jo-Anne Elder-Gomes and others, elsewhere in this issue of Touch Stone.

Our Third Thursday discussions will also begin on September 19. You can volunteer to show a short video or facilitate a discussion, in a manner similar to our very successful Summer Sundays.



The UFF at 2019 Fredericton Pride



Marshalling for the Parade

On PRIDE Sunday, August 18, our Fellowship was well represented, both in the parade, and through our tent in Officers' Square. Many people dropped by, we had wonderful full colours flyers about Lay Chaplaincy and Childrens' Religious Education, and we had several volunteers, all of whom were keen and energetic. It was fun!

We had many folks stop by and ask about Lay Chaplaincy. The flyer caught people's attention, since it shows Deby Nash with a double transgendered couple (from our congregation) who were married last year here in Fredericton.

Families with young children stopped by to ask about RE, and many said "I didn't know you even existed; this looks interesting." By the care with which people tucked away our flyers, and the genuine, sometimes prolonged discussions, the folks in the tent believe our time and energy was well spent. Hopefully we will see some new faces this fall.

We also had a number of students, from early High School to Graduate school level, talk to us about our principles and affirmations, about the history of Unitarianism and UUism, and of course, about the Fellowship here, which is close to 60 years old. That interest has culminated in a new flyer aimed at University students, which will be distributed on the St. Thomas Campus after Labour Day.

All in all, it was a day of interactions with people who have questions and are seeking meaning within a society where the inherent dignity and worth of every person is part of the inter-dependent web of which we are a part. In other words, it was a UU day, tucked into a PRIDE day tent.

Submitted by Heather Lunergan



Booth at Officers' Square



A Pride Perspective

Pride is an important event for LGBT+ people in Fredericton because it's an opportunity for us to celebrate who we are. Often I hear talk about gay acceptance, trans acceptance, and it's good that attitudes are changing. But rarely is there talk of *celebrating* being LGBT, outside of Pride week. So going to Pride is special for me because it feels like a welcoming environment where I can say "hey, I'm transgender, I'm bisexual, and I'm proud and happy about these things!", and I can be surrounded by other people just like me. I don't have to put on my "normal person" mask, so to speak. I didn't spend too long at the festival proper on the Sunday this year since it was a bit rainy, I mostly just photographed the parade and visited various tents at Officer's Square (I was especially happy to see the UU tent this year!), but I went to Pride events throughout the week leading up to it. I went to a Pride Karaoke night at Boom Nightclub with some longtime queer friends and had a blast - even went up on stage and sang myself! I think some people have this idea of gay clubs as these seedy places, and I'm not going to pretend they never can be, but mostly it's good to be around other gays who want to have a good time! I think, maybe even more so than even the parade, there's a sense that

the straight/cis people showing up are guests, welcome guests, but guests that respect the culture and dynamics within the LGBT community. It's not that I want LGBT people to be separate from cisgender/heterosexual society, it's that I hope straight/cis people can take the time to listen to us and appreciate us - to me, that means even more than acceptance. As UUs, we have the goal of a world community with peace, liberty and justice for all. When I feel listened to and subsequently understood as a trans and bisexual person, I feel more integrated into the communities that I live in.

Anna Wyllie



Ottawa in October

The Eastern Fall Gathering will take place in Ottawa on Saturday, Oct. 19. The First Unitarian Church of Ottawa will host with assistance from the Unitarian Universalist Fellowship of Ottawa.

The theme is Surviving and Thriving in Turbulent Times and there is a great line up of workshops for the one-day event. Topics include racism, growth in congregations, mental health, self-care and spiritual practice, climate justice and social justice programs. You can also do an entire session just singing and learning new songs.

The deadline for registrations is Oct. 8. The registration fee is on a sliding scale, from 30 to 70. Child care is available and there are a limited number of billets. There is also a subsidy for young adults (18 to 35).

Please let Glenna Hanley (ghanley@nb.sympatico.ca) know if you are going to see what can be arranged for transportation.

You can find more details on the CUC website cuc.ca. Look under Events.

Glenna Hanley
CUC board member
and CUC liaison



September Theme

Quotations about our September theme: What does it mean to be People of Expectation? These may lead you to explore further the works or words of these authors and thinkers.

"We exceeded expectations just by turning up for the exams, George Weasley."

- J.K. Rowling,
Harry Potter and the Order of the Phoenix

"If life doesn't live up fully to your expectations you need

to change your point of view or change your expectations."

- Steven Redhead, Life Is a Dance

"We were promised sufferings. They were part of the program. We were even told, 'Blessed are they that mourn,' and I accept it. I've got nothing that I hadn't bargained for. Of course it is different when the thing happens to oneself, not to others, and in reality, not imagination."

- C.S. Lewis, A Grief Observed

"Live up to your own expectations to impress yourself and not to impress others."

- Debasish Mridha

"To wish was to hope, and to hope was to expect."

- Jane Austen, Sense and Sensibility

"It is frequently a misfortune to have very brilliant men in charge of affairs. They expect too much of ordinary men."

- Thucydides

"Mrs. Lynde says, 'Blessed are they who expect nothing for they shall not be disappointed.'"

- L. M. Montgomery

"Parents are impelled by the profit motive - nothing more, nothing less. For their attentions, they expected, from me, the immense dividend of greatness."

- Salman Rushdie, Midnight's Children

"Our brightest blazes of gladness are commonly kindled by unexpected sparks."

- Samuel Johnson, The Idler; Poems



Women's Potluck Gathering

The next Unitarian Fellowship women's potluck will be held Friday, September 27, 2019. Haifa and I will host the gathering. We will gather at the Fellowship house, 874 York St. at 6 PM and eat at 6:30 PM. The topic for the evening is *"fall to winter"*. We have been outdoors more than indoors for 4 months, but that will change soon. How do you plan to enjoy/manage the change? For further information, contact Joan Brewer at jebrewer@rogers.com



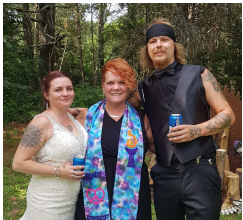
A Summer of Love!

This has been an amazing summer for love! As one of your Lay Chaplains I have had the honour of officiating at the weddings of seven incredible couples so far this summer. It is such a pleasure to work with these couples to create a ceremony that is authentic to them. We have celebrated with many different kinds of ceremonies; everything from a simple living room ceremony to what the couple liked to call a “big back yard greasy red neck wedding.” Some of the weddings have been elaborate and fancy while several have been as simple as possible.



One wedding I had the honour of officiating was moved up from our original date because the groom's Mother was in her last days. This was a beautiful, loved filled ceremony. The family honoured the Mother and her roll in their lives and wanted to be certain that she was able to be there to witness their commitment to each other. It was beautiful!

I have six more weddings scheduled between now and the fall and they are all as unique as the couples themselves. One is going to be at a brewery and two of them are Halloween themed! Won't they be fun!?



Being an Officiant is an incredible honour! I love helping people with their rights of passage and being a representative for the Unitarian Fellowship has been amazing. I have been given the opportunity to meet so many wonderful people and I cherish every moment of it.

Thank you from the bottom of my grateful and love filled heart!

Jenn Carpenter-Gleim
Lay Chaplain



Hey Kids!

Psst, yes, I'm talking to you.

How would you like to get together with some other kids on Sunday mornings and do some cool, fun activities and see the word in a whole new way. In a way, we learn how to be Super Heroes. We're on a mission to make the world a better place and we crusade for justice, community and

taking care of our world. Oh and we'll have some yummy fruit too ☺

If you think this sounds fun, talk to your parents/grandparents and ask them to read this next part that's just for them. I really hope you can convince them. Tell them they'll have fun too ☺

Children's Religious Education Program

We are super excited about this year's Sunday mornings at the The Unitarian Fellowship of Fredericton. We are doing a lot of outreach to grow our children's program and would like your help. Do you have grandchildren, friends with children that would enjoy being part of our community? Starting September 8, 2019, we will be offering a children's program for children of preschool age and up on Sunday mornings.

In the Unitarian Fellowship of Fredericton's children's program, we strive to engage and support children in their personal and spiritual growth, encourage them to think about important issues and big questions, sustain their sense of wonder and curiosity, explore ways to help others, and learn about themselves and their community.

This is what the Unitarian Universalist Association writes about Religious Exploration for children on its website: “Parents and caregivers come to Unitarian Universalist (UU) congregations for communities that help raise children to become kind, respectful, fair-minded, caring, and strong enough to side with love and fight for justice. UU religious education and participation in worship, social justice work, and multigenerational gatherings reinforce what parents teach at home. We nurture truth-seeking, spirituality, and progressive moral values that will continue to shape and support our children as they grow.”

What happens on Sunday morning?

The program we've planned will include activities (a Chalice Lighting and check-in, a children's version of Joys and Sorrows), active movement and games (sometimes outdoors), mindfulness activities, stories, songs, conversations, and crafts and other creative activities that align with our UU children's program curriculum. Approximately once a month, children will be involved in a multi-generational service. All morning, children, youth, young adults, and older adults will have a chance to do one or more activities together.

We're really looking forward to meeting you and your family!

Lisa Rousseau

p.s. If you have any questions, you can contact me at Childrens-RE@UFF.ca



NB Farm Day



www.fermenbfarm.ca



Hayes Farm

Recently, the Fellowship has been in contact with a representative of Hayes Farm, here in Fredericton, on the North side of the river.

Three things are worth your interest and attention. First, Hayes Farm is a holistic, organic farm that not only grows and sells produce, but offers various courses in holistic farming, and takes part in the annual "Open Farm" program aimed at helping folks of all ages learn more about how agriculture affects our provinces' economy and how farming is cared out on a small scale. This year, the event is on Sunday, September 15. See the flyer about that elsewhere in this newsletter. Hopefully, people who wish to attend can car-pool from the Fellowship around 1:30 that day.

Second: Hayes Farm offers families and individuals an opportunity to purchase produce and support the farm through the purchase of shares. The following is from Hayes' Farm's website.

HELLO EATERS! Now that the wildness of summer is winding down (maybe?), do you fancy yourself some fresh local veggies to get the 'school year' off to a good start? Well, we can help you with that...fall produce is some of the best, after all!

9 weeks: Sept 4 - October 30 (if you want to start earlier, just let us know - we can make that happen!)

On-site pick up (577 Hillcrest Drive in Devon) lets you collect your weekly share of veggies, see the gardens, and get

a sense of how our community farm operates Wednesdays 3pm-7pm.

Pack-your-own and swapping available; veggies, herbs, and a smattering of fruit (some things ripening over the next few weeks include cucumbers, beans, squash, tomatoes, apples, and more!) 1 payment of \$245 (cash, cheque, or e-transfer)

Fewer than 10 shares available!

The third item is that a representative of Hayes Farm will be speaking at the Fellowship on Sunday, October 13. That day is both Thanksgiving Sunday and also World Food Justice day, so the timing could not be better.

Submitted by Heather Lunergan



The Power of Myth

by Joseph Campbell *with* Bill Moyers

This is an impressive study of what the world's myths have in common and how they can be used to shape our view of the world and connection with the divine beyond it. Campbell thinks most of the Western world has lost this. The book is shaped as a conversation and develops the ideas over several topics, sometimes presenting some difficult ideas that take a while to be explained.

The first chapter, Myth and The Modern World provides some useful signposts. Mythology should be placed in historical context. For example, Judaism blamed Eve for sin as the Jews, with a male concept of God, had just invaded Canaan, where the concept of the divine power was female. Mythology also shows us each individual is the incarnation of God as mystery religions show the individual is immortal, mortal, male and female. Then he moves to The Journey Inward to find accord with the mystery informing all things and finding instruction enabling us to experience the divine presence. Then we will realise for God all things are good and right and just. Good and evil are temporal aberrations. The experience of eternity here and now in all things is the function of life. The First Storytellers is a simpler chapter with sources from Bushmen to Heraclitus. Myths and rites are used to put the mind and body in accord from a child's world of discipline and obedience to maturity with self-responsible authority and then to the crises of dismissal, finding agreement and ultimately death, with always the beauty of the way.

Myths also link you to your social group. Hunters, for example see animals as sacred and willing to sacrifice themselves. Cave drawings show us this and the beauty of being alive or conscious. Like a temple, they landscape the soul's relationship to the eternal powers. Caves were for the ritual of male maturity. Females were not considered to need this as they have menstruation. Now church is an enactment of myth everywhere and circumference is

nowhere. The centre is right where you or I are sitting and each of us is a manifestation of that mystery. Poets and artists can help us find this now.

The next topic is Sacrifice and Bliss. Bliss is living the life you ought to be living and sensing you belong to something ancient and alive. Ought meaning following your special gifts, even when it includes material sacrifice. You should have your sacred place and ritual to keep in touch with spiritual life through shamans and poets who have been somewhere we have not. This comes with the goddess in planting and harvesting cultures, with the death and resurrection of Christ, with the cross as a symbolic union of the material and divine, like Buddha's tree. We too need to sacrifice and love our neighbours as ourselves. Thus we are in the hub of the wheel, as in marriage vows we show the partner is our centre and our bliss, not wealth or prestige. Meeting people in your field of bliss will open doors.

The Hero's Adventure describes the essential venture into the unknown for union with the divine and return to share knowledge of the positive aspects of the negative. We must say yes to the adventure of being alive.

The Gift of the Goddess emphasises the role of the feminine, symbolizing compassion for all things. The real body of the goddess is the sanctity of the world. Entering and leaving the church is the enactment of myth where you die to animal nature and become a human incarnation of this compassion. Ritual can teach us to live spiritually and as part of the universe that is beyond. Moving to Tales of Love and Marriage he describes the attraction by sight, union by heart and becoming one, but since all life is sorrowful he says love is the pain of being truly alive.

The Masks of Eternity are his final topic. Every culture feels the need for God and we must be prepared to go beyond Christ. Faith can block the greater image. We must move from the centre of heart to compassion with another, to creativity and realizing we are in some sense creatures of one life, that there is a Christ in you. Hindus recognize none but a god can worship a god. God not in your ego but in your deepest being, loving your enemies. The current church does not do this. We must be in the circle, go and come back, like the wedding ring or the Mandala. The deity is the power source in the centre

Myths help us do this, with a humour not found in Christianity. Peak experiences help us too, like winning a race. Aesthetic experiences, even horrendous experiences can help us yield the ego and experience bliss. The eternal is not unending, it is beyond time. Heaven is beholding the beatific image of God, beyond description. Each life has potentiality and the mission is to follow that bliss. The journey counts, not the destination. The end of the world will mean seeing a world of radiance. The transitory is but a metaphorical reference.

AUM. The sound of mystery is everywhere. Ah from the

back of the mouth. OOO fills the mouth. M closes it. Oh, ah and on that note he finishes.

Sharon Van Abbema has a copy of the book and is willing to lend it.

Sheila Andrew



How to Lose a Country

The 7 Steps from Democracy to Dictatorship

by Ece Temelkuran

If you are accustomed to rising before Radio 1 begins its normal broadcast day, you get to hear often fascinating programming from other public broadcasters around the world. One morning last winter, it was a BBC program in which Ece Temelkuran was being interviewed about her most recent work. She spoke well and it was a good interview.

A search on Amazon indicated that the book was not yet released but that I could pre-order it and I did so. Earlier this summer, I was advised that the book was on the way and it arrived very shortly thereafter. Also, around this time, Ms. Temelkuran was interviewed on CBC (I think on Q), so I was reminded of what had made me order the book. Apparently, I was sufficiently impressed that the book did not join the pile of books I have that are waiting until I have some "time" to get to them. I read it and found it worth the time.

Ms. Temelkuran is a Turkish novelist and political commentator. Most of what she draws upon is the situation in her native Turkey, however, she also illuminates her thesis with other examples: from the United Kingdom & BREXIT; the United States & their present president; and others.

The main lesson to take away is that populism and nationalism do not march in fully formed and take over government. They creep. Temelkuran has heard the phrase "It couldn't happen here" uttered by reasonable people and that dismissal of early signs is, perhaps, one of the greatest aids in allowing "it" to do exactly that.

The book is laid out in seven chapters corresponding to the steps alluded to in the subtitle. Each chapter begins with an anecdote to illustrate what will follow. We are given examples of how the step proceeds from innocuous to accomplished. The things to look for.

I have a copy. I've read it. I'm willing to lend it.

In fellowship

Tony Fitzgerald



My Year of Living Spiritually

New book released this fall
by Unitarian author Anne Bokma

Memoir explores spiritual practices & journey from fundamentalism to Unitarianism

A new memoir written by journalist Anne Bokma, a longstanding member of First Unitarian Church of Hamilton, will be released this fall by Canadian publisher Douglas & McIntyre.



My Year of Living Spiritually—From Woo-Woo to Wonderful: One Woman's Secular Quest for a More Soulful Life chronicles the year Anne experimented with more than 20 spiritual practices and how they changed her life for the better. She sang in choirs, danced with witches, tried magic mushrooms, learned to be more grateful—and a whole lot more. It also documents the struggles she encountered during her journey away from the fundamentalist Dutch Reformed Church of her youth to finding a spiritual home among the Unitarians.

The book has received positive advance reviews. Oprah magazine columnist Martha Beck, author of *Leaving the Saints*, calls it “...an engaging, entertaining, well-researched romp through the many variations of non-religious spiritual practice.” Rona Maynard, author of *My Mother's Daughter* and the former editor of *Chatelaine*, describes it as “a candid, fearless odyssey of the heart and soul” And playwright Tracey Erin Smith, founder of Toronto's SOULO Theatre, says: “If you liked *Eat, Pray, Love*, you'll go wild for *My Year of Living Spiritually*.”

The book will be released on October 26. Until then, it's available by pre-order at Indigo and Amazon. Anne will be hosting a book launch at First Unitarian Church of Hamilton on Saturday, Oct. 26 from 7-9 p.m. It will feature music, refreshments, a book reading and a book signing. All are welcome.

For more information go to: <https://www.annebokma.com/>



Congregational Mail Outs

The board has decided that it would be a good idea to have a Policies and Procedures manual. It seems to me a good idea and that sending mass emails to the congregation is something that should fall within that purview. Inspired by that thought, I decided it was probably also a good time to review how this was done. Some changes were also inspired by changes in policies regarding the handling of email at UNB which has affected mails sent to me at jaf@unb.ca, specifically, UNB has been discarding email containing RTF attachments without notice for some time and, more recently, has been inserting a highlighted and annoying warning at the start of any message originating from outside UNB. These warnings are sometimes very difficult to remove from messages that are to be forwarded elsewhere.

I have created a new mailbox on the UFF.ca server for receiving messages to be sent to the congregation. The UFF service provider has a more rational approach to dealing with spam and such like. In addition, having a mailbox dedicated to the congregational mailings makes it less likely that such messages might be lost in the bulk of email that comes in to a mail id that has been on the internet for three decades.

If you wish to send a congregational mass mailing out, please observe the following:

1. Please ask the relevant committee chair or a board member to send messages to the congregation. This is to ensure that messages are accurate, do not contain duplicate or contradictory information, and reflect the decisions of our many volunteers. Exceptions may be made for time sensitive messages, for example, notifications of vigils which often are scheduled at very short notice. Moderated mailing lists are probably not the best vehicle for messages with very short time lines.
2. Compose your email ***EXACTLY*** as you wish it sent out with appropriate Subject and any attachments. Remember that some people have quotas on their mailboxes and large attachments tend to fill these mailboxes up rather quickly. Consider using a cloud service where you can put large attachments and just send the link. Some mail programs support automatically placing large attachments in the vendor's cloud and setting the link in your email. Use these services where available.
3. Double check (triple check if you are tired or otherwise impaired) spelling and grammar and the completeness of your email (have you included time and venue, dress requirements, etc... as appropriate). The moderator will not make changes to your message as what one

person considers a grammar error may be artistic license to another.

4. Check again, have you attached all the files you intended to? Is your artistic license actually bad spelling?
5. If you have any special handling instruction for the moderator, send a message detailing the special handling that is required to congregation@uff.ca first to indicate that you are about to send such a message. Specify what the subject will be on the message that needs special handling. Again, send the instructions before sending the actual message. The moderator will process messages in the order received and special handling notes may be missed if sent after the intended message. Special handling notes may also be missed if inside the message to which they apply. If in a hurry, the moderator may not read the full message, only enough to determine whether the message is appropriate.

At this time the only special handling that is recognized is to indicate that the message you are about to send is for members only. The assumption otherwise is that all messages received by congregation@uff.ca are intended for both members and friends.

6. Send your completed message (with any and all attachments, spell and grammar checked) to congregation@uff.ca.

Notes:

- Messages sent via the congregational mail out process will have the Reply-To header set to the original From header, i.e. replies default to going to the originator of the message.
- Messages received by congregation@uff.ca which appear to be sent as a “reply all” to a message which was sent out by the mailing list will be silently ignored.
- Messages which appear to be spam or not from people within the congregation will be silently ignored.
- There is a file on the UFF web server:

<https://uff.ca/images/Mailout-Template.html>

which has the text that is usually appended to the end of congregational mail outs. The law in Canada requires mass mailing lists to place within each mailing instructions as to how to get off the list. The moderator will append this file to the end of your message before it is sent out. This is the only change which the moderator will make to the message. The headers of the message may be changed as indicated elsewhere but the subject will be left as received.

Tony Fitzgerald

This space wants your material!
Please send articles to touchstone@uff.ca