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 Sunday Service 10:30 a.m. Web Site: <http://www.uff.ca> Email: office@uff.ca
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January 29th Fairy Tale Wisdom

Speaker: Bill Randall

Service Leader: Heather Lunergan

Tech Support: Wyatt Elliott

Dr William L (Bill) Randall is a Professor Emeritus of Gerontology at St. Thomas University in Fredericton, where he helped to pioneer a unique approach to the study of aging known as Narrative Gerontology. He will speak about his latest book, "Fairy Tale Wisdom: Stories for the Second Half of Life." There will be time for talk-back, and he will have copies of his book for purchase.

Up-coming Sunday Services

10:30 am in person and via zoom

The Unitarian Fellowship of Fredericton

Our Plan for Living with COVID and Influenza

Objective: Keeping in mind that many of our Fellowship members are seniors, and people who are immunocompromised and therefore at a higher risk of contracting viruses, we ask that people experiencing flu and/or cold symptoms join the Sunday service by ZOOM.

• **MASKS:** are optional but we ask that you respect those who may wish you to wear a mask in their presence.

January 1st NO Service The Fellowship Building will be closed. Happy 2023!

January 8th John Howard Society and Coldest Night Speaker: Tim Fox

Service Leader: Heather Lunergan

Tech Support: Myron Hedderson

Tim Fox is a long-time volunteer with the John Howard Society. He also captains a team, the "Frozen Foxes" which each year raises money for the organization. Tim will tell us about the local work being undertaken by John Howard and explain how the Coldest Night of the Year fund-raiser helps support those efforts.

January 15th Available for your service.

January 22nd Available for your service.

Report on the Board Meeting

of Dec. 4, 2022

Myron Hedderson provided thoughtful opening words to begin the last UFF Board meeting of 2022.

Treasurer Heather Lunergan reported that the UFF has a healthy chequing balance as we close out the year. We have resumed using the bookkeeping services of Kelly A. Richards, at a cost of \$150 per month. The service will also complete the paperwork for our HST refund, owed to the UFF as a charitable organization. Heather has cancelled the accounting software program QuickBooks.

The UFF currently has 36 active members. This information will be sent to the CUC, and will be used to calculate dues owed to the national organization.

The Budget meeting to determine spending next year has been scheduled for January 29, 2023. Committee funding requests are being received in preparation for the meeting.

A revised rentals policy, circulated by Decima Mitchell, was approved at this meeting. Decima will be contacting members with invitations to join the Rentals Committee.

After discussion of the web designer's invoice, the Board decided that more information is needed regarding the process. Decima will contact the designer to arrange for her to meet with the Board in February.

An on-going discussion of a proposed update to the flooring in the RE room has been deferred until the April Board meeting.

Joan Brewer circulated a change to our COVID and virus regulations, accepted by the Board. The new regulations indicate that masks are optional. If someone would like others to wear a mask in their presence, people are urged to respect this request. Joan will post the new regulations.

Regarding hybrid service protocols, Joan mentioned a couple of behaviours that will make for more effective hybrid services. The speaker should address the attendees present in the sanctuary while facing the camera, so that virtual attendees are included. Anyone choosing to speak in person needs to use the microphone, so that virtual attendees can hear what is being said. Joan will post this information near the podium.

The next meeting is scheduled for January 15, 2023. Everyone is welcome to attend the meeting, which will begin at 12:15, following the Sunday Service.

Submitted by Decima Mitchell,
President, UFF Board



Joys and Concerns

We will be helping to celebrate the life of Raymond Thibodeau and Tuesday Jan 3 Join us for a memorial service at 2 and refreshments to follow at Unitarian Fellowship, 874 York St. Ray passed away at the Saint John Regional Hospital on Dec 17. He will be missed. He and Elaine were a calm and peaceful presence at our services. Ray's obituary may be found elsewhere in the newsletter.

Congratulations to Lisa Rousseau and Kevin Wyllie on their wedding, December 29th, 2022. So happy for this amazing couple.

Watch for an email for tea and conversation to resume in January. For more information email janetcra@gmail.com

The Caring Circle is available to help in any way we can with a phone call or virtual visit or delivery of any items. Please get in touch with Janet Crawford janetcra@nbnet.nb.ca or (506) 454-0441 or Robin Stanley stanleyr@nb.sympatico.ca or (506) 650-2670. The caring circle has a Facebook page <https://www.facebook.com/groups/247416469728195> If you have any postings for Joys and Concerns in Touchstone, send to stanleyr@nb.sympatico.ca.

WANTED: Helpers for our Caring Circle. It can only be successful if we work together. Please let Janet or Robin know if you can help with driving, delivering food or flowers, phone calls, sending cards.



“New UU” Program

Saturday Jan. 14th and Jan. 21st 1–3 pm

Session 1

Sharing of “what brought you here to the Fellowship”
History of Unitarianism
Questions and discussion

Session 2

History of the Canadian Unitarian Council and our Fellowship
What have been some of your best experiences here at our Fellowship?
Questions and discussion

Following participation in this program those who are not already members will be invited to join our congregation.

Sheila Moore and Joan Brewer
Membership Committee

For further information please contact Sheila 450-9021 or smoore@nbnet.nb.ca



Unitarian Women's Potluck

Gathering in the New Year

Women's potluck Friday, January 20th, 2023, will be held at TUFF, 874 York Street.

Gather at 6 pm and eat at 6:30.

No planning for the food. We give thanks for whatever is offered.

Topic for evening: What is the best gift you have ever received?
Joan Brewer jebrewer@rogers.com



The Parable of Dark Cloud Lady

As an 8-year cancer survivor, I have had many opportunities to sit in hospital waiting rooms with other cancer patients.

Surprisingly, I always ended up talking to just about everybody I encountered. For the most part, once they get over the initial shock of their cancer diagnosis, most people with cancer seem to drop their shields and are very open to a meaningful interaction with a kindred soul.

One day I was in the waiting room in the nuclear medicine section of the Saint John regional Hospital. Sitting next to me was a young woman with brain cancer and her mother.

The mother was pretty sombre but the young woman and I were having a great chat.

In walked another patient, a middle-aged woman who looked like she had just stepped out of a fashion magazine. She had an extremely dark cloud hanging over her and it was readily apparent that she did not want to be there. The nurse scurried cloud lady off to get into her hospital gown like me and the young woman with brain cancer.

I have always tried to use humour to break the tension in difficult situations so when cloud lady returned in her hospital gown I said "I love your outfit." The woman gave me a cold stare that could well have turned me to salt and then took a seat as far away from me as she could get.

The young woman with Brain cancer and I resumed our conversation about how we were using our gardens and learning kitchen at the food bank where I have volunteered for years to give low income families a "hand up" so they can hopefully become less dependent on "hand-outs" of free food and clothing. I am a passionate advocate for helping people learn how to help themselves.

The young woman was next to leave for her treatment and her mother accompanied her. That left me alone with cloud lady.

Much to my surprise, cloud lady began talking to me. She said that the work we were doing at the food bank was very important and that she would love to be able to help out. She had been searching for a way to give back to the community.

I was thrilled at her overture and said we would love to have her on the team but I had to caution her that the food bank was in Fredericton could involve quite a commute for her. Sadly, this proved to be the case and I was called in for my radiation treatment.

Ken Little



Painting Art at The Dandy

I suggest that some members of the congregation go to paint art at The Dandy some afternoon or early evening. In January or early February. We go with an equal number of refugees or refugee families from Ukraine.

The Dandy is a valuable and inclusive new space in the community. I talked with the owner and he does need business very much. Word of mouth is the key thing to help him.

I suggest the church members pay our own way. 16to20 for a canvas. We find a way to pay for the refugees if they don't have the money. I will take a collection at church to try to raise the money. I will find a way.

I need help in outreach to the Ukrainian Community. I

don't know them. I want to. This is how I plan to get to know them.

I suggest we do it monthly. I am getting involved with at risk young gay and trans people. I am an established volunteer now with the intellectually disabled community. We connect with those communities to do art in a beautiful downtown venue in coming months.

I want to bring Unitarians together with all these communities to do art. I am an artist. Painting ornaments for the wreaths at the service on wreaths in December, lifted my spirits. Being involved with a three week art project with The Spirit Project at the Charlotte Street Art Centre in December has been a highlight of my life.

Then we invite all these people to come on Sunday. They may come to visit or join us.

Contact me at 251-1007 if you wish to participate or ask questions or find me on Sunday.

Rob Walker

We just need 3 or 4 people. A few more would be a bonus. Not a massive project. A small one. But I do need others. So please consider it.



Thoughts on the New Year

"Celebrate endings – for they precede new beginnings."

– Johnathan Lockwood

"Tomorrow is the first blank page of a 365-page book. Write a good one."

– Brad Paisley

"And now we welcome the new year. Full of things that have never been."

– Rainer Maria Rilke

"For the last year's words belong to last year's language, and next year's words await another voice."

– T.S. Eliot

"The beginning is the most important part of the work."

– Plato

Submitted by
Sheila Moore



Raymond Norbert Thibodeau

1932 - 2022

Raymond Thibodeau, beloved husband of the late Elaine O'Sullivan, left us on December 17, 2022. He was the cherished Dad of Toni (Kevin), Michael (Shelly), Amanda (Doug), Lucia (Rice), Jeremy (Rhonda), Matthew (Janice), and Cait (Jeff); Père of Dan, Emma (Andrew), Eleanor (Caelan), Nic, Brenna, Kaya, Lauren (Rob), Taren (Alyssa), Jack, Madeline, Tadhg, Olivia, and Ciaran; Grand-père of Owen, Ethan, Ezra, and Rowan.



Dad never let us leave without a warm hug, a sloppy scratchy beard kiss, and an I love you.

Raymond had a sense of adventure, and loved travel and new experiences. He could walk into a room of strangers and within an hour have everyone gathered around listening to his stories and slightly risqué jokes. Raymond possessed a zest for life and an energy that will be deeply missed by his family and friends.

Sincere thanks to the staff of Med1 at the Oromocto Public Hospital for their care and compassion during this difficult time.

A Celebration of Life will be held at the Unitarian Fellowship on January 3rd at 2 pm. All are welcome. For those who wish, donations in memory of Raymond may be made to the CNIB Guide Dogs.



The Confidence Trap

A History of Democracy in Crisis from World War I to the Present

David Runciman

The trap is believing that democracy is always right. Runciman's thesis is Winston Churchill's 1947 comment "Democracy is the worst form of government except all those other forms of government that have been tried from time to time." The "Present" is 2008 with an epilogue taking the story up to 2018.

Basically Runciman sees democracies as lacking a sense of

proportion, making mountains out of molehills and vice versa, often too slow to make decisions and sometimes ill informed. This can be particularly disturbing to intellectuals. Alternatives can be much more efficient but much more disastrous. He claims no two democracies ever fought a war against each other and shows how democracies have helped other countries stand up against would-be dictators and prevented a minority from imposing its will on the majority.

He gives interesting coverage of major world events and shows how democracies slowly worked their way out of crises and avoided what might have been even worse disasters. The book focuses often on the United States but plenty of other countries are covered. He does not raise the issue of whether Britain is truly a democracy with its monarch and House of Lords and suggests Commonwealth countries are defending democracies. It is a healthy reminder of problems. Sometimes I wished he had added an afterword reminding the reader what happened on the occasions he mentions! However it is useful coverage of what democracies have achieved and how they have survived. Democracy has tumbled but it has not given up over the last 100 years of successes.

Sheila Andrew



Editor's note: This article was adapted from an email recently received by the Office promoting the UU Book and Gift Shop which is a source for a wide range of titles for all ages.

Have you seen our new catalogue? It's a great resource for seeing what's new and notable from the Unitarian Universalist Association, Skinner House Books, Beacon Press, and other publishers and makers we love!

You can browse the new inSpirit [catalogue](#) on our website or download it in a [PDF](#) format. You can also visit the inSpirit website at

<https://www.uuabookstore.org>

If you would prefer a Canadian source, try woodlakeBooks.com which also sends email to the office promoting their publications. This resource offers a Christian rather than Unitarian perspective, however, tends to favour the progressive end of the Christian spectrum.

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