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 Sunday Service 10:30 a.m. Web Site: <http://www.uff.ca> Email: office@uff.ca
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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.

February 5th Tomlinson Lake Hike to Freedom

Speaker: Graham Nickerson

Service Leader: Robin Stanley

Tech Support: Myron Hedderson

Historian Graham Nickerson will speak about the Tomlinson Lake Hike To Freedom, a hiking trail in Carlingford NB, on the US border near Perth-Andover. The trail follows the footsteps of self-emancipated Black people who came to New Brunswick from 1850 to 1865 on the northernmost route of the Underground Railroad.

February 12th The True Story of Saint Valentine

Service Leader: Heather Lunergan

Tech Support: Wyatt Elliott

Whatever the truth of the real St Valentine, the middle of February has been a favourite time for lovers since records began. We take a look at the curious history of St Valentine, and how an ancient martyr came to be remembered as a champion of romantic love. Bring your

own Valentine story to share during talk-back.

February 19th Volunteerism

Speaker&Leader: Tony Fitzgerald

Tech Support: Myron Hedderson

Many non-profits and service organizations depend on volunteers to function. And while volunteers donate hours of work to their organizations of choice, it is not a one way street. Tony will speak about a number of the volunteer positions at which he has worked over the years and what he has gained and given.

February 26th Sharing Our Faith Sunday Service

Leaders: Joan Brewer and Sheila Moore

Tech Support: Myron Hedderson

This is a time when congregations throughout Canada think about our connectedness as a Canadian movement. We will take time to recognize our uniqueness and the solidarity of our commitment as Unitarians and Universalists.

A special collection will be taken for the CUC Sharing Our Faith Fund to support the work we do in common. Our Fellowship received a Sharing Our Faith grant in 2021 to support the energy retrofit for our building. This service speaks to Principle number 3: Acceptance of one another and encouragement to spiritual growth in our congregation.



The Caring Circle

Tea and Conversation will resume on zoom on Thursday January 26th from 1 to 2 pm. For more information email janetcra@gmail.com.

Joys and Concerns

Sheila Andrew's daughter Robin's husband Paul Nichols died December 5th. Recently Sheila was happy to tell us Robin is doing well, travelling again, visiting family and friends.

Heather Lunergan enjoyed a fun visit from her daughter and son-in-law who came from Ontario to be with her. Heather and her sister will be in Edmonton for two weeks in February.

Glenna Hanley lit a candle for her daughter-in-law's

mother who died suddenly in December. Glenna was thankful to be able to be with her family in Norway.

Tessa Walsh lit a candle for the family of a friend who died recently.

Michelle Swan lit a candle for her family as they approach the anniversary of her brother's death.

Joan Brewer told us about her visit with John and Sharon van Abbema at St. Anne's Court where they have been living for about eighteen months.

Joan's husband John Rowinski is recovering from hip replacement surgery.

Jane Loughborough will be travelling to Toronto once a month to visit her mother who is living in a nursing home there.

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@gmail.com or (506) 454-0441 or with 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: Please let Janet or Robin know if you can help with driving or delivering food or flowers. We need people to drive others to the Fellowship on Sundays.

Robin Stanley

Warm head, warm hands, warm feet for EVERYONE

UFF Winter "Caring for Others" Hat, Mitts, Socks etc Collection

Sunday January 29 to Tuesday February 7

The hedge at Government House where the Lieutenant Governor leaves hats, gloves, mitts, scarves and socks for people requiring dry, warm outdoor wear needs our support.

Please leave new or gently used and clean, **CHILD AND ADULT hats, gloves, mitts, scarves and socks** in the designated box at the Fellowship. Or call Jane at 647.390.8569 for a pick up.

Delivery to Government House will be on February 8th.

Thanks for your caring and your participation.

Jane Loughborough for
The Social Responsibility Committee

Unitarian Women's Potluck

Gathering

Women's potluck Friday, February 17th 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: Name a movie you've seen or a book you've read more than 3 times and still like. What makes you like it.

Joan Brewer

jebrewer@rogers.com

Valentine's Day History Trivia



- Q – How did Valentine's Day get its name?
- A – The truth about Valentine's Day is a bit mysterious. We know it's named after St. Valentine, but who was he? Several legends explain who St. Valentine was, with one of the most popular theories being that he was a priest who officiated the weddings of soldiers during the third century A.D. During this time, Roman emperor Claudius II wanted to make soldiers stronger, so he forbade marriage for young men. Legend has it that Claudius figured out what St. Valentine was up to and put him to death, making St. Valentine a martyr for love.
- Q – Valentine's Day is celebrated on Feb. 14, which coincides with which ancient Roman festival?
- A – Lupercalia, a fertility festival. The ancient festival honoured Faunus, the Roman god of agriculture, and Romulus and Remus, the founders of Rome.
- Q – Which pope declared Feb. 14 St. Valentine's Day at the end of the fifth century?
- A – Pope Gelasius
- Q – During which century did Valentine's Day start to be associated with romance and love?
- A – The 14th century
- Q – When were the first commercial valentines printed in North America?
- A – The mid 1800's

Submitted by
Sheila Moore



Full Moon Ceremonies

Carlos Gomes and his friend Wendy Kennedy will be leading full-moon ceremonies at 7 pm on Wednesday evenings each month starting in March. These ceremonies will include words and rhythms for celebration and healing. Hand-drummers, pagans, members and friends of the Fellowship, and interested community members are all invited. A donation to the Fellowship will be gratefully accepted. For more information, write to Jo-Anne at eldergomesfamily@gmail.com.



Dates:

| | | | | | |
|----------|----|-----------|----|---------|----|
| March | 8 | April | 5 | May | 3 |
| May | 31 | June | 28 | August | 2 |
| August | 30 | September | 27 | October | 25 |
| November | 29 | December | 27 | | |

Jo-Anne Elder, PhD (she/elle) N.B.
Writer, Literary Translator,
Community Worker
Écrivaine, traductrice littéraire,
travailleuse communautaire



The Apple

If you want to get to know a city, take a bus in the downtown core. Subways are a cross-section of all members of the public except celebrities. Buses only carry students and other people who are on very tight budgets.

One day I hopped a bus in downtown Tucson, Arizona. I sat near the back door in case I decided to make a quick exit. The other six occupants were spaced evenly, one to a seat. And nobody was talking to anybody else.

The bus stopped and a middle-aged woman got on carrying a plastic bag in one hand and a Granny Smith apple in the other.

She began eyeing the other passengers and then she addressed us as a group. I had to focus very hard to understand what she was saying.

"A nice man just gave me an apple. I love apples but I can't eat them no more 'cause I got no teeth." At that point she flashed us a toothless grin that lit up her face.

"Would anybody like to have this lovely apple?"

I looked away because I would never take food from a stranger. Most of the other passengers were staring at the floor but a slender older man accepted the charity thankfully and immediately took a big bite. He may have considered taking the apple home and washing it first, but he seemed much too hungry for that.

Apple lady seemed to enjoy watching the man devour the apple as much as the man enjoyed eating it.

In my retirement I have been a volunteer at our local food bank for more than 15 years. One of the things I have learned is that people who are struggling to make ends meet often have serious dental problems.

Most of us have had dental issues at some point in our lives and we have at least some knowledge of how a problem tooth can drag you down. For those of us with dental plans and adequate resources we aren't long getting the problems resolved. Without these benefits, the only way to stop the pain is often pulling out the tooth.

Several years ago I met a remarkable client at the food bank. He had a terrible skin condition and only one tooth in his mouth. What made him so remarkable was his positive attitude and a perpetual smile that proudly displayed his single front tooth.

That tooth haunts me to this day and I feel proud to live in a country where universal dental care is now becoming a priority.

Ken Little



The Light We Carry

Michelle Obama

Michelle Obama suggests we all have a light to bring to the world and share with others so we can achieve change for the better. The problems are finding it, sharing it and using it. Here are some of the ideas on how to do this that she learned from her own experiences. The book gives more.

Finding the light involves liking things about yourself. For some it means getting rid of fear you got a job to represent a minority rather than because you are good enough for it. Then you recognise what you can achieve is needed. It is important to smile at yourself in the morning mirror, seeing your light.

Finding and sharing the light can go together. Friends are vital for discussions she calls "The Kitchen Table", not because they always provide the answers but also to help us know ourselves more and know our friends more. For example the light her mother brought when she moved to the White House with them was a great help in raising the Obama girls. Her advice included raising them to "Manage without their parents" and Michelle is pleased with how they have grown.

The life experiences she describes certainly show how using anger rather than letting it take over can be part of finding the light. For example, she was one of the few black women at Princeton University, Harvard Law School and in a law firm before she married Barack sharing the responsibility for raising two daughters while coping with his political life

and her own role as President's wife. Anger at negative attitudes to herself, her husband and even the girls had to be controlled with courtesy to others and turned into energy to seek cooperation of light.

The light should be used to "Go high", a phrase she used in a political speech and chose as a motto, mean focusing on an achievable aim that may be a small part of what the light wants, but involves all possible effort on that as well as surviving setbacks.

The book gives some new insights into her life and some useful suggestions for keeping going high.

Sheila Andrew



Getting To Know U's

Janet Crawford been a member of the fellowship since the late '90s. She is the chair of the caring circle, a position she loves as it has helped her get to know so many fellow members in this open and inclusive congregation.

Janet grew up in Saint John and studied medical technology at the provincial laboratory, graduating in 1967. She spent most of her career working at the DECH and while working, she completed a BSc at UNB when her children, Andrew and Jennifer Campbell, were babies. She later worked on a social work degree part-time, graduating in 2000, and often taking in a pub happy hour with her children, who were by this point studying at university. Her love of science manifested itself in the name of her COVID-acquired barn cats, Sam and Ella.

Janet has been married twice and three step-children from

her marriage to Hans Martini in 1997. Hans died in 2010, but they had several nice years together. Fellow member Genevieve LaLoux and Janet share a granddaughter, Sarah Martini, and Janet's son has a daughter, Dominique.

She is a keen amateur photographer and has belonged to Photo Fredericton for more than 40 years. She is a member of an autobiographical writing group, she writes a haiku every day and often takes part in poetry workshops

Janet lives in a 100-year-old house with a porch in a friendly downtown neighbourhood. She has a perennial garden in her backyard, which she enjoys and she has become a micro-garlic farmer in recent years, her only edible success to date.



Submitted by
Sheila Moore
Chair, Membership

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