



B*UU*LETIN

UU Fellowship Kamloops News February 2017

UPCOMING WORSHIP SERVICES



FEBRUARY SPIRITUAL THEME: "Love & Justice"

Feb. 5: *Just Love (CUC Sharing Our Faith & UUFK Pride Sunday)* – we celebrate the Rainbow diversity amongst us and honour the hard-fought justice sought in our country by LGBTQ+ people to be who they are, and to love whom they love. We'll look at how the CUC and UUA's Welcoming Congregation program has contributed to LGBTQ+ inclusion in UU congregations. Today is **Sharing Our Faith Sunday**; joining other Canadian congregations, our offering will go to the Canadian Unitarian Council fund; this fund is fully directed to grant giving to Canadian congregations which are in need of support for developing their ministries and programs.

Feb. 12: *Contemplative Service* - A contemplative time with readings, silence, and quiet reflection to nurture one's spiritual being. Led by Gerda M.

Feb. 19: *And the Walls Come Tumbling Down* -- We humans erect walls to close in cities and nations, to imprison people, and sometimes to keep ourselves hostage. Yet, we can also tear those walls down through justice-seeking, relationship building, and allowing love to triumph over hate, fear, and anger. The topic of the homily was inspired by Anne N. who "won" Rev. Helen's "designer sermon" at Bid Night. We Share Our Plate (Offering) today with the *Kamloops Elizabeth Fry Society*.

Feb. 26: *Chalice Circle Service* will continue this month's focus on the theme of *Love & Justice* with readings, candle lighting, and small group discussions facilitated by Heather A.

CALENDAR:

Programs, Events, and Community

Fri. Feb. 3- 7:00 pm Valleyview Hall: ***Chase-the-Winter-Blues-Away Dance & Social*** - All ages, all abilities, all fun. No cost, but contributions of snacks and non-alcohol beverages appreciated.

Sat. Feb. 4 – 10:00 -11:30 am The Smorgasbord- ***Death Café Kamloops*** (Community event)

Tues. Feb. 14 – 11:30 am-1:00 pm at The Smorgasbord (225 7th Ave): ***Theology without Borders*** discussion group open to all perspectives.

Fri. Feb. 17 – 5:30-7:15 pm: Mess It Up! Community Creativity Program for all ages at Valleyview Hall.

THEME TALK

Our spiritual theme this month at UUFK is **Love & Justice**. Here are some resources on the theme of "Love" courtesy of the Soul Matters Collective. We encourage you to keep the theme of "Justice" also in mind and as part of our conversations this month.

Have you placed your "true loves" at the center of your life? That too is a question UUism won't let you escape. Do you know what fills your heart? And what breaks it? Are you living from your loves and passions? Or are you letting others dictate the path of your days?

Putting Love and our "true loves" first. That's what this month is all about. And hopefully what our lives are about as well.

Spiritual Exercise

Who of us doesn't have something, someone or some activity that's served as an "old friend"? And who of us hasn't let one of these old friends go, fall by the wayside of our lives?

This month's exercise is all about noticing an old friend--an old love--that we've allowed to fall from the center of our attention and the core of our living. It's not just about noticing this old love, it's about re-claiming it, about taking a couple concrete steps to bring it back to life--to bring it back to your life.

Here's your spiritual challenge in a nutshell:

- Find an object or take a picture that represents a "love" you've let slip from your life.
- Place that object or picture in a prominent place for the entire month--some place you will see it every day.
- Commit yourself to doing TWO things during February that will reconnect you with that love. (one will come easy; the second will challenge you to get creative!)
- Use that object or picture to hold yourself accountable.

Spiritual Questions

As always, please don't treat these questions like "homework"; you do not need to engage every single one. Instead, look them over and find the one that "hooks" you most. Live with it for a while. Allow it to break into your thoughts, and open new insights for you.

1. Are you familiar with "a love that will not let you go"?

While "God" may be debated among UUs, there is a growing comfort in our movement with the phrase "a love that will not let us go." Does that phrase resonate with you? Is there any way for you to make sense of it? Have you ever had an experience of being "saved by love"? What about the biblical phrase, "God is Love"? How do you make sense of that? An atheist friend says that while she has her doubts about a "God" that loves her, she regularly walks along Lake Ontario and experiences the birds, water and sky "telling her" that she is loved and that everything will be ok. You will never hear the word "God" from her mouth, but she won't hesitate to tell you about "a love that will not let us go." How about you?

2. Are you familiar with "a love that calls us to serve needs greater than our own"?

Often we think of choosing our social justice or social service commitments. But isn't there also a sense in which they choose us? For instance, we're reading the paper and suddenly a story "breaks our heart." We didn't choose that. It

happened to us. It called to us. Something clicked and we found ourselves being lured from self-love to love of the other. Somehow we didn't just feel called to serve needs greater than our own, we suddenly experienced the needs and pain of others as our own. Does any of this sound or feel familiar? If so, is this "love"--this experience--leading you still?

3. Have you ever turned your back on love?

A friend says, "When love knocks, always let it in." Has love ever knocked, but you chose not to answer? And we're not just talking romantic love. Maybe life offered you a chance to pursue a dream or engage your passion. But you were scared, so you declined the invitation. Or how about a helping hand? Someone tried to offer you assistance. A shoulder to cry on. An invitation to be vulnerable. But maybe that was too scary for you, so you steeled yourself and stood on your own two feet. Do you regret declining this loving support? This invitation to be vulnerable? What might have happened if you'd opened up? Let love in? What did you learn?

4. How do you give love?

In our Recommended Resources, a facilitator shared, "I secretly wonder if our need to give love is far greater than the need to have it." What do you think? A friend reminds me regularly that whenever we're feeling lonely or unloved, it's time to jump into service. Time to invest and engage in others, and then be amazed at what comes back our way. Have you ever had this experience of finding love (or feeling lovable) by giving love away? The holidays can be a darker time for some of us. Has "giving love" ever helped you find your way out of such darkness?

5. What has life taught you about the relationship between sacrifice and love?

For some sacrifice is a sign of or means to love. One thinks of the sacrifice parents make for their children or that activists make for their cause or that artists make for their creations. For others, the relationship between sacrifice and love is more troubled. One thinks of spouses who deny their own needs or allow themselves to be abused "in the name of love." For many, Christianity has been skewed to encourage sacrifice in the extreme as a form of love, ie Jesus dying on the cross for us. There are dangers here, of course. Have you ever sacrificed too much in the name of love?

6. How has "tough love" shown up in your life?

When it comes to addiction, we talk about "tough love" and "zero tolerance" as loving acts. Tough love is also seen at times as being critical to good parenting. Often our friends will offer us tough love and "brutal honesty" as well. How has "tough love" shown up in your life? And has it really felt like love? Or something else?

7. What has been your "greatest act of love?"

This question speaks for itself!

Wise Words

*To love a person is to learn the song
That is in their heart,
And to sing it to them
When they have forgotten.*
~ Anonymous

*We have not come here to take prisoners,
But to surrender ever more deeply
To freedom and joy.*

We have not come into this exquisite world

To hold ourselves hostage from love.

*Run my dear,
From anything
That may not strengthen
Your precious budding wings.*
~ from *We Have Not Come To Take Prisoners*, by Hafiz,
poet and Muslim mystic

*I love you, not only for what you are, but for what I am
when I am with you.*
~ Roy Croft

He who wants to do good knocks at the gate: he who loves finds the door open.

~ Rabrindranath Tagore

Love is a choice — not simply, or necessarily, a rational choice, but rather a willingness to be present to others without pretense or guide. Love is a conversion to humanity — a willingness to participate with others in the healing of a broken world and broken lives. Love is the choice to experience life as a member of the human family, a partner in the dance of life.

~ Carter Heyward

For My Daughter on Her Twenty-First Birthday

by Ellen Bass <http://www.ellenbass.com/books/mules-of-love/for-my-daughter-on-her-twenty-first-birthday/>

“Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts.” ~ Marianne Williamson, A Return To Love

“Women are still in emotional bondage as long as we need to worry that we might have to make a choice between being heard and being loved.” ~ Marianne Williamson, A Woman's Worth

Even after all this time,
the sun never says to the earth,
“You owe me.”

Look what happens with a love like that.
It lights the whole sky.

~ Hafiz

Videos

When Shame Gets In the Way of Love & Connection

http://www.ted.com/talks/brene_brown_on_vulnerability.html

Brene Brown studies human connection -- our ability to empathize, belong, love. In a poignant, funny talk at TEDx Houston, she shares a deep insight from her research, one that sent her on a personal quest to know

herself as well as to understand humanity. A talk to share.

Be Careful of My Heart, Tracy Chapman

<http://www.youtube.com/watch?v=4as1v3FZeYQ>

This video puts a great twist on this great song.



Please note that Rev. Helen will be away in Victoria and Nanaimo attending UUMOC meetings and visiting family from Feb. 8th through to Feb. 13th

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Office Hours: Tuesday 12:00 pm-2:00 pm and other times available by appointment. Note that Rev. Helen appreciates observing her Sabbath on Mondays.

Emergencies: please phone or text (250) 572-2018