

Facebook – is it just for young people? Isn't it a waste of time? What is facebook, anyway? I am resistant to too much of my information being made public.

Those were my thoughts, too, before I joined FB – and I only did it to try to keep up with my children. Hah! Turns out that if my children don't want me to see something they post, they can bar me from seeing it. But more interestingly, most of my "FB friends" are close to my own age, and they post articles, comments, poetry and stories that are often really a worthwhile use of my reading time. Who knew?!

Today, I have been following a number of articles about matters dear to my social justice values. There is something about the USC Canada's biodiversity seed-saving program in Honduras. There is an article about women's rights in Canada, maybe more in jeopardy than we notice. There is a story about an invention that will create solar power using asphalt roadways, potentially more than enough to power the whole continent. (That gives me hope!)

Someone sent me a link to stirring writings by Canadian Buddhist teacher Pema Chodron. Another was an interdependent web connection - a photo of a large turtle with baby turtles riding on its back, and even one sitting on its head. There was a lovely little ditty encouraging me to "spread joy all around the world" – pretty good advice, really.

I can check in with people who are "Growing UUism" in other parts of the continent. And I can share with other ordinary people what we/they are doing to make life better for somebody we/they know. Our own Kamloops UU facebook group offers some of that sharing.

Inspiration to live a good life can come to us from many different sources. The old traditional sources of wisdom, including the ones in our "Statement of Principles and Sources", always offer something to be mined. But so do some of the newer sources. In difficult times, we need all the inspiration we can get – and give.

It's a give-and-take thing.

Shalom,
Rev. Wendy McNiven, Minister,
U. U. Fellowship of Kamloops

Inside This Issue:

Wendy's Schedule / Ladies Lunch / Editor's Desk / CUC Information	2
Upcoming Services	3
Remembrance Day / Food Items / Quilts for Haiti / Worship Committee / Morning Book Club	4
Bid Night / Chalice Circle Leaders Sign Up / Leader Needed for December 30 Service / Volunteer Teams	5
Contact Us / Soup Days	6



Seeking Spirituality
Practicing Community



With Freedom of
Religious Thought

Kuuf Links

Minister's Contact Information

My cell phone 250-819-5777 in Kamloops; my home # 250-860-5171 in Kelowna; or e-mail wmcniven@telus.net.

Please look for where you might wish to fit yourself in, if you want time with me for any reason – individually or as a group.

Thursday Nov. 1 – choir 4:30
Board meeting 6:30 – reading room

Friday Nov. 2 – interfaith meeting 9:30 am TRU.

- Munch with the Minister – all welcome to bring a bag lunch - noon to 1:30 – discussion topic to be announced. - 2:00 – Worship committee meeting. - Evening – Bid Night.

Sunday Nov. 4 – The Heart Knoweth – service at 10 am, Valleyview Hall.

Thursday November 29 – choir 4:30 pm.

Friday Nov. 30 – Munch with the Minister - noon to 1:30.

Northern Lights

Northern Lights Canadian Unitarian pledge campaign

If you have not yet signed up to be a Northern Light, please consider doing so. This is a significant on-going fund-raiser for UU's all over Canada, and someday, it could also benefit Kamloops. It only requires of you one or possibly two pledged donations per year. The more of us who can offer even a little bit, the more effectively the program will work. I have pledged to give \$50 each time there is a call (maximum 2 per year). More details on the website or from Rev. Wendy.

Canadian Unitarian Council Annual Meeting
– 17 – 20 May, 2013 – Calgary – practically next door! It would be great to have several Kamloops attend together. Keep it in mind.

From the Editor's Desk

Hopefully, we are back on track and this newsletter will be out at the scheduled time and in your emails before the last Sunday in October. My thanks to all who have contributed! I would still like to have some pictures to include in the newsletter. Please send me any photos you take of KUUF events in November and December so I can include them in the next newsletter. Send contributions to: verneasmythe@yahoo.ca



Wild B.C. Orchids #2: This is a *Calypso bulbosa* var. *americana*, commonly called the eastern fairy-slipper. It is one of the first wild orchids in B.C. to appear in the spring. It is very common in the Interior of B.C., but the coastal version is a different variety that has a spotted lip. It is usually found in the higher elevations. Next newsletter, I will show you a colour variation to look for when you find these orchids.

KUUF Ladies Lunch

Wed., Nov. 14th, at the Sanbiki Restaurant, 120 - 5th Ave. at 11:45 am. Please RSVP to Heather, by Sunday, Nov. 11th.

Wed., Dec. 12th at the Anavets Club, #9, 177 Tranquille Rd. at 11:45 am. Turkey dinner anyone? Please RSVP to Heather, by Sunday, Dec. 9th.

NOVEMBER

Over the next few months of Sundays, Rev. Wendy will be talking about some of the intersections in our lives where our UU Statement of Principles and Sources meets the real concerns and practices of our days.

November 4 – “The Heart Knoweth” – Rev. Wendy McNiven 10am @ Valleyview Hall: Words of Ralph Waldo Emerson offer us this title, in our grey hymnal. Following on Rev. Meg Roberts’ workshop on Everyday Spirituality, today’s service will be grounded in our third “principle” and our third “source”: We covenant to affirm and promote the acceptance of one another and encouragement to spiritual growth in our congregations; our tradition draws on wisdom from the world’s religions which inspires us in our ethical and spiritual life.

November 11 - Chalice Circle: 10 am @ Valleyview Hall. Led by Gerda on the topic of Wendy’s November 4th service, “The Heart Knoweth”.

November 18 - 10 am @ Valleyview Hall: Primarily concerned with the deep poverty, lack of educational opportunities, human and spiritual development of those who lived in small, resource-based, rural communities, the Extension Department of St. Francis Xavier University (St. FX) in Antigonish, Nova Scotia embarked upon a project in 1929 to empower these citizens and their communities. This project became known as the Antigonish Movement. Community and business leaders and adult educators came together under the leadership of Father Moses Coady of St. FX University to blend adult education, co-operatives, microfinance, and rural community development to improve the economic and social circumstances of rural communities in Nova Scotia and the Maritimes. Service presented by Mitch & Pat.

November 25 - Contemplative service / meditation: 9:45 am @ Valleyview Hall. Arrive 9:45 ish for 10 am start. Led by Janet and Jennifer. This is an opportunity for stillness

November 25 - Contemplative service / meditation, cont.: and silence. You will be invited to enter and depart in silence with time for chanting and meditation in between. We will be offering this in a "worship lite" setting which means you will be invited to pick up your own chair and put it away again. Bring your own coffee or tea with you if that feels important. Perhaps plan to meet out for fellowship or invite people home for coffee. We offer this time for all who might wish to deepen their meditative practice in communal stillness and silence. Please feel free to pass this notice on to others who might be interested in sharing this time.

DECEMBER

December 2 “Love in Action” – Rev. Wendy McNiven 10am @ Valleyview Hall: Today’s EGM (extraordinary general meeting) is about our making a congregational statement on how we feel about proposed oil pipelines and coastal tanker traffic. Any statement we make would be based in the relevant principles and sources: “Respect for the interdependent web of all existence of which we are a part”; and “Spiritual teachings of Earth-centred traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature”. Service and soup lunch led by Rev Wendy.

December 9 - Chalice Circle: led by “Volunteer needed”

December 16: * NO SERVICE @ VALLEYVIEW HALL *** Winter Solstice Celebration:** starting at sunset @ Wolf Ranch, hosted by Arne. Co-leaders: Arne, Gerda & Heather A. Pot luck meal to follow.

December 23 * NO SERVICE *****

December 24 – 5:00 pm – Christmas Eve service – Rev. Wendy McNiven @ Valleyview Hall: This will be a family-friendly service of story and song. All are welcome, and you are invited to bring a friend.

December 30: to be confirmed.

Terrific Tuna Melts

Here is a recipe that serves four, has a 30 minute prep/cooking time and is a family favourite, which uses albacore tuna, one of the recommended choices for sustainable seafood.

2 cans white flaked tuna, drained
 ½ cup crushed pineapple, drained
 ½ cup finely chopped celery
 1/3 cup mayonnaise
 2 tablespoons sliced green onions
 4 slices whole wheat bread, toasted (I use whole wheat burger buns – This covers 5 or 6 halves)
 grated cheddar cheese

Combine tuna, pineapple, celery, mayonnaise and onions. Spread on toasted bread or buns. Top with grated cheese. Bake at 350° for 15 minutes until cheese is melted.

Enjoy!

Anne

Quilts for Haiti

Eleanor and I worked on a quilt at the Wednesday Stitch and Bitch. I still have 2 more cut out and ready to sew. Gerda has agreed to come to my house next Wednesday 24th at 10 am, and we'd love for some others to join us. It would be great to have another 3 quilts finished to pass on to this project.

You don't need to be a sewer, you can help with pressing and pinning the squares together for the sewers. Please bring your sewing machine if you have one.

Hope to see some more folks next Wednesday.
 Heather

Worship Committee

Worship committee meeting is Friday November 2 at 2 pm in the Reading Room.

Remembrance Day**Honor Remembrance Day Indoors or Outdoors**

As Remembrance Day falls on a Sunday this year, you are invited to honor this day in either of two ways:

*10 am Chalice Circle at Valleyview Community Hall

*or 10:40 am at Riverside Park Cenotaph.

If you are going to the Cenotaph:

Please gather at 10:35 am on the hillside overlooking the field and the Cenotaph, in the center approximately between the second and third trees. Wear warm clothing including warm boots, because if it is cold, standing around is tough on the feet. You need to arrive downtown considerably earlier to find a parking place and then walk to Riverside Park – some streets are cordoned off for the parade. Those who cannot walk far could be dropped off at Heritage House. Usually at the entrance to the park by Heritage House there is someone handing out programs. The various marching groups start entering the field at about 10:40 am and the ceremony starts at 10:55 am approximately. If the weather is good there is a military flyover at about 11:01 am, ending the period of silence. Wreath-laying continues until about 11:30 am. Behind the Cenotaph the Kamloops Mounted Patrol is lined up, and people can visit with the horses.

Morning Book Club

Please note that the December Morning Book Club date has been changed for the month of December! The Morning Book Club will meet on December 13!

5

Bid Night

Bid Night will be at Roland and Anne's house on Friday November 2nd. Dinner will start at 6 pm, with the bidding to commence at 7 pm. Plan to arrive early so you can check out the items on the Marketplace table. This is for small items such as baking, home-made preserves or wines, etc; anything under \$15 value. Please label all items with your name and sale price.

Roland needs your auction offers by October 27, so that he can compile the list and distribute to everyone in advance of the event. He prefers that you email the information, using the attached form as guideline for what he needs to know. If possible, specify a date for an event you are offering.

Thank you for your ongoing support of our Fellowship by participating in this event.



Thanks to Heather S. For the picture of the hand puppet that will be one of the Bid Night items.

Volunteer teams

NOVEMBER – Eagles

Leader – Pat McN:

Tuula
Chris
Gerri
Scott
Eleanor H
Jennifer

DECEMBER – Albatross

Leader – Joan:

Jim
Anne
Roland
Arne
Judy
Douglas

In mid-December, there will be a review of the teams with all team leaders to assess whether they have enough people. We may have to reduce again to have 3 teams only starting in January.

Chalice Circle Leaders

Chalice Circle leaders need to sign up on the sheet on notice board. December 9 needs a leader. It would be appreciated if you can do this soon for the next few months so that details are available for the calendar, newsletter and website.

December 30 Service

Is there anyone willing to lead the Year End Service on December 30? This could be a silent service, meditation, Chalice circle on topic of your choice, review of the year and burning ceremony as Enid did in past years. The choice is yours. Please talk to Heather S. by Nov. 10.

Jan./Feb. News

The deadline for the first 2013 newsletter will be Wednesday, December 19, 2012.

SOUP LUNCHES

Nov 4

Vegetarian – Joan
Other – Heather A
Other – Gerda
Bread etc. – Jennifer

Dec 2

Vegetarian – Kay
Other – Colene
Other – Jill
Bread etc. – Joan



Calypso bulbosa variety americana photographed near Vernon, BC in 2002.
(I said in the Jan./Feb newsletter I would show a colour variation. Can you find one?)

CONTACT US

The Unitarian Universalist Fellowship of Kamloops meets on Sundays at the Valleyview Community hall (2288 Park St.) in Kamloops, B.C. during the months of September through June. (Starting on the Sunday after the Labour Day weekend.) For details on individual Sunday schedules, please see the details on the newsletter Upcoming Services page or go to **our website:**

www.uukam.bc.ca

We are a welcoming community, believing in the dignity of every individual and in freedom of religious thought.

Contact us by phone: **250 – 374 – 5594**

Contact us by email:

uufellowshipkamloops@gmail.com