

Wendy's Words of Wisdom

Recently I read about a study on the sociology of our friendship patterns. It was noted that some people seem to have few friends but with deep ties; other people seem to have a very large network of friends but with shallower connections. The authors theorize that there are some socio-economic factors at work, as well as psychological and personality differences. For example, in very simplified form - one advantage of the Facebook-like model of many friends not so deep, could be a survival advantage: when friends move frequently, friendships can be lost, but you still have a good supply of other friends in your life. An advantage (again simplified) of few friends but deeper was seen in communities which are quite stable but perhaps economically disadvantaged. Good friends can help each other out of difficulties - as long as the number of friends is small enough to be "affordable", so to speak.

Speaking personally, I did not identify entirely with much of the study's analysis. But it did get me thinking about the central question of our patterns of friendship. My own handful of close friends are scattered around the globe. By the study's logic, I should have developed lots and lots of friends to fill in the gaps I feel by our being so far apart. But I haven't done that. I do long to see those friends at times ... but as an introvert by nature, I'm not likely to become an extreme socialite any time soon. My friends are important

to me, though, so I try to find ways to visit them as much as possible. In fact, I'm going to do some of that far away visiting in the new year.

Many of you will have heard that I will be away during what would be my usual February visit to Kamloops. I will be joining my spouse in New Zealand for six weeks, for a holiday and to visit old friends. One of the friends has even planned her wedding date during our visit - and I feel blessed to be able to be there for the occasion.

My taking this time away is made possible, in part, by the kindness of your Board, who have agreed to my proposal to swap my usual February dates for some extra working days in each of December and March (Christmas and Easter, as it happens). I will be back with you in time for the first weekend in March, coinciding with our Annual Meeting.

I know the worship committee has some excellent services planned for February. I know there are UUFK community events and adult education projects aplenty. I know you will continue to take good care of each other during my absence, as you always do.

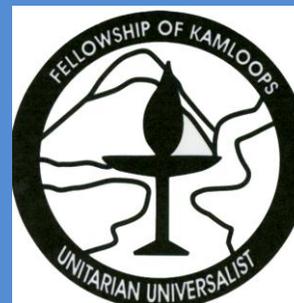
I will be thinking about the UU's of Kamloops from my far-away place - at least some of the time. May we each offer friendship, and travel our own roads, in ways that are life-affirming and soul-nourishing.

Shalom,

Wendy

KUUF LINKS

Jan. /Feb. 2013



Seeking Spirituality
Practising Community



With Freedom of
Religious Thought

Kuuf Links

Wendy's Whereabouts

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. I will be staying with Gerri at the Stefaneks' home in January.

Wendy's Schedule as of this writing:

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 Jan. 3 – choir 4:30

Friday Jan. 4 – at the home of Eleanor Gordon on Nicola St. - Munch with the Minister – all welcome to bring a bag lunch - noon to 1:30 – discussion topic to be announced

Saturday Jan. 5 – 10 am – board meeting – location TBA

Sunday Jan. 6th – “Democratic Habits of the Heart” at VV Hall

Unitarian Pledge Campaign Northern Lights Canadian

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.

Wild B.C. Orchids #3: This picture shows a *Calypso bulbosa* var. *americana* forma *rosea*. The lip is a pinkish colour rather than the white lip I showed in the last newsletter. I find these orchids in higher habitats in early spring. I have a friend with acres of them on a higher mountain east of Vernon, B.C. Most group pictures show both colour variations. Usually the colour variations are grouped

From the Editor's Desk

This newsletter is reaching you a bit late, so I apologize for the tardiness! Barbara and I were in Mexico for most of December and the email was awful. I really had a lot of problems trying to download the newsletter files. (Yes, I know you feel so sorry for me, sitting by the pools in 30° weather trying to get my emails.)

I would like to thank all those contributors who rose to my challenge and submitted pictures for this issue. I'm sure you will enjoy the results. It was also nice to hear from some of the members that they had found the colour variation in the orchid picture last issue. I have included a close-up of the variation below.

Contributions for future editions:

verneasmythe@yahoo.ca



rather than mixed. The picture above was taken May 20, 2012 on a Telemark ski run, west of Westbank. This is a typical blooming time.

Upcoming Services: 10 am @ Valleyview Hall

January

During this church year of Sundays, Rev. Wendy will be talking about some of the intersections in our lives where our UU Principles and Sources meet the real concerns and practices of our days.

January 6th – “Democratic Habits of the Heart” – Rev. Wendy McNiven: Our fifth principle refers to democratic practices. Our fourth source refers to the instruction to love one’s neighbour. As I read “Healing the Heart of Democracy” by Parker Palmer, I find links between our habits of the heart, how we attend to one another in institutional settings such as schools and churches, and our attitudes about democracy. The Active Democracy Study Group is looking at how well we respect each other in our democratic processes in the CUC. My sermon will be more about Loving our Neighbours than it will be about voting – but the two are definitely connected. **Winter Warm-up donation event! Soup Lunch Day!**

January 13th Chalice Circle will be a follow-up on the January 6th service led by Wendy W.

January 20th “Chaplaincy Work and Compassion” – Rev. Don Walden: Don, a former United Church minister, is a retired chaplain from Royal Inland Hospital. He will be sharing thoughts about chaplaincy work and compassion, which is everyone’s task. In effect, he claims, we are all “chaplains”. Liaison, Kay.

January 27th “Contemplative Service / Meditation” led by Janet.

Canadian Unitarian Council Annual Meeting

17 – 20 May, 2013 – Calgary

Practically next door! It would be great to have several from Kamloops attend together. Keep it in mind.

February

February 3rd – “Loving Presence as Spiritual Practice” - Donna Martin: This is a practice of being in a certain state of mind in relation to others and to Life. The feeling is one of warmth, presence and kindness. We practise putting aside other agendas to be totally present for another. Tibetan teacher Chogyam Trungpa called it "warmth and wakefulness". In Buddhism it is about Wisdom and Compassion.

Sharon Salzberg wrote that *"the simple act of being completely present to another person is truly an act of love."*

A basic part of learning and using this spiritually informed attitude - what we call "loving presence" –involves mindfulness-based self awareness. Many of our habits of thinking and doing get in the way of being in loving presence. So, we study ourselves. That’s our spiritual work. Eventually, we learn to rest in this loving state, with patience and faith and humour. **Soup Lunch Day!**

February 10th – “Chalice Circle” led by Joan.

February 17th – “Mary Bennett: Revolution or Evolution of the CUC (Canadian Unitarian Council) 2000 – 2008” - led by Barbara B. Historical societies aren’t always old and musty. Using 21st century technology and delivered in speaker Mary Bennett’s own inimitable style, the 2012 Canadian Unitarian and Universalist Historical Society lecture became a conversation on recent Canadian Unitarian history.

Mary was the CUC Executive Director from 2000- 2008. The CUC was about to embark on the greatest changes in its history and Mary reflects on the tumultuous years.

This is an opportunity for new comers and long time Unitarians to learn about the changes and the implications of the decisions made by your CUC in those years. You decide whether they were evolutionary or revolutionary.

February 24th - “Contemplative Service / Meditation” led by Janet.

AGM Sunday, March 3, 2013

Our Annual General Meeting for the UUFK is on March 3rd so we are starting to think who might be ready to step up and volunteer for a board position. We are trying to manage with a smaller board and fewer meetings than previously. Still, we have been two years without a Secretary. Rev. Wendy is often recruited to take the minutes although being a board Secretary requires a little more than just taking minutes. We have been several years without a Vice President - that is someone to assist the President and train to take over the job.

I am writing to ask if anyone feel ready to take their turn at serving on the board. The church needs an infusion of energy and interest. If you are that person, please contact me.

Someone is also needed to look after donations and pledges. Tuula, the Treasurer, is willing to continue looking after the accounting but wants to give away that one aspect of her responsibilities. This single focus job would not be a board position but the person would report to the Treasurer who would report to the board. There is confidentiality required for this task.

Please consider these requests and get back to me.

Joan

Morning Book Club

January 24 – "Runaway", short stories by Alice Munro. Host and leader is Mona.

February 21 – "The Case for God" by Karen Armstrong. Leader is Douglas. Host is TBA.

UU Men's Lunch

The next UU Men's lunch will be Wednesday, January 30th at Victoria Oriental Restaurant 1138 Victoria Street, Kamloops, BC V2C (250) 377-6886

Wes

Winter Solstice Celebration

On December 16 we gathered near the shore of Niskonlith Lake, just at dusk, to celebrate the longest dark days of winter and the promise of the coming light. Surrounded by a panoramic view of the lake and snowy mountains, we circled an enormous bonfire, and welcomed the spirits of the four directions. This was followed by a ritual of casting evergreen sprigs into the fire, symbolizing a release of unwanted thoughts and energies of the past year. Thanks go to Heather A. and Gerda who planned the ceremony, and Arne who spent two days plowing his yard and driveway for us as well as building the fire! We concluded the ceremony in Arne's house, and enjoyed a wonderful potluck dinner. A great way to celebrate the coming of the light!



Thanks to Anne for forwarding the picture!

Winter Warm-up Coming Up!

Our second annual Winter Warm-up Donation event will be held on January 6. Donations of winter clothing to benefit those in need in the Kamloops community are warmly welcomed! Please bring winter wear such as gloves, mitts, toques, scarves, and socks to the Sunday service. We will have bins at the front of the hall to receive your donations.

Sustainable Seafood Recipe

Here is another recipe using clams, a sustainable seafood choice. This is a favorite evening meal in our family, served with bread and salad or dessert.

CLAM CHOWDER 6 servings

2 cans baby clams
1 can clam nectar
1 chopped onion
4 stalks celery, sliced
4 carrots, sliced
4 potatoes, in 1 inch cubes
250 ml milk or light cream
3 rounded Tbsp flour
salt and pepper

1. Drain the juice from the clams into a large heavy pot.
2. Add the clam nectar.
3. Add the vegetables and cook until fork tender.
4. Shake the flour with 125 ml milk/cream in a jar. Add to the soup along with the rest of the milk/cream.
5. Cook and stir until thick.
6. Add clams and heat.
7. Season to taste.

Anne

SOUP DAY, January 6, 2013

Hello busy members and friends of our Fellowship.

There is an open space for the name of a bringer of the 'an other' soup for Sunday Worship Service on Jan 6th. This is Rev. Wendy's Service. If you are able to fill the space with a name/soup, phone Gerri at her home or at Stefaneks' and leave a message. Gerri will get back to you about your offer to bring the third soup.

Gerri's # 250-377-4934.

Stefaneks' # 250-573-3506

Thanks

Chalice Circle Leaders needed for the March 10 and April 14 services.

Women's Lunch Bunch



Our December get together was a Christmas dinner/lunch at ANAVETS restaurant, overlooking the Thompson River. In addition to celebrating the holiday season, we also honored Gerri with a birthday cake!



Newsletter Deadline for March / April will be Tuesday, February 19th !

A Toy Story

Team UU put on its sorting gloves this year to help Christmas Amalgamated prepare Christmas offerings for people in need. Instead of the usual packing of assorted foods, such as tea bags, nuts, candies, and potatoes, we delved into the enormous stock of toys that were donated at a special community breakfast. One half of our team sorted toys into types, such as books, electronics, cosmetics, art works, stuffed animals, backpacks and play dough. These boxes were then passed to the other half of our team which sorted them into age groups. We made good progress at sorting about three quarters of the 100+ boxes of toys. Along the way we had fun exclaiming over the many donations, such as hand knitted doll clothes, wonderful stuffed animals, a multitude of games, a spectacular assortment of vehicles, and what seemed like hundreds of pink backpacks!

Photo caption: Gerri, Gisela, and Jim admire some of the many toy donations to Christmas Amalgamated.



TEAM UU at work or play?

Pipeline Resolution: Spreading the Word

The SEA committee and president, Dennis, have sent out letters announcing our pipeline opposition to elected officials, UU communities, CUC newsletters, Kamloops faith communities, the Council of Canadians, and various media. Here is a sample of the letter we sent to elected officials:

The Unitarian Universalist Fellowship of Kamloops opposes the proposed Enbridge Northern Gateway pipeline from northern Alberta to Kitimat, B.C. and the proposed expansion of the existing Kinder Morgan pipeline from northern Alberta to Burnaby, B.C.

We acknowledge that the effects of climate change are real and we must take immediate steps to lower carbon emissions from burning fossil fuels. Therefore we should approve no new pipelines in the absence of a comprehensive federal carbon dioxide reduction plan.

We believe that other environmental costs and risks of these projects are unacceptably high.

We wish to demonstrate solidarity with the over 100 First Nations, the Union of BC Municipalities, and many other groups who have publicly opposed these projects.

We have attached a document outlining reasons for our decision to oppose these two pipelines. In it we have cited documented evidence for:

- * global warming, * the effects of climate change, * Canada's lack of performance in fighting climate change, * environmental risks such as spills on land, in rivers, and increased tanker traffic, * effects of pipeline building on pristine environment, and * environmental degradation through expanded tar sands

We urge our governments to deny permission for the building of the Enbridge Northern Gateway pipeline to Kitimat, BC, and for the expansion of the existing Kinder Morgan pipeline to Burnaby, BC.

Adult Lifespan Learning

Prior to planning adult educational workshops, the ALL Committee developed and distributed a needs survey to determine the interests of UUFK members, and their availability to attend workshops/presentations. Based on those results, the following workshops are proposed:

January 15, 2013 **Spiritual Values in the 21st Century: Do They Exist?** Plan to attend this Philosopher's Café sponsored by the UUFK in collaboration with the Council of Canadians. 7:00pm at the Smorgasbord Deli on 7th Avenue. There is no charge to attend this event. You will be able to purchase refreshments at the Deli

February 22, 2013 **Stages of Moral Development.** Presenter: Pat McNamara. How do you come to making difficult life choices and decisions? Do we base decisions on our own individual values and principles, or are they determined by society? This presentation will review Stages of Moral Development followed by a group discussion. To be held Friday, 7:00pm at Emerald Terrace, 712 Sahali Terrace (Conference Room). (Pat McN.)

March 29, 2013 **Finding Your Soul in Music.** Presenter: Scott McNally. An exploration of "what soul means" and whether or not you can find it through a connection with music. Discussion will follow. To be held at 7pm at Emerald Terrace, 712 Sahali Terrace (Conference Room). (Scott McN.)

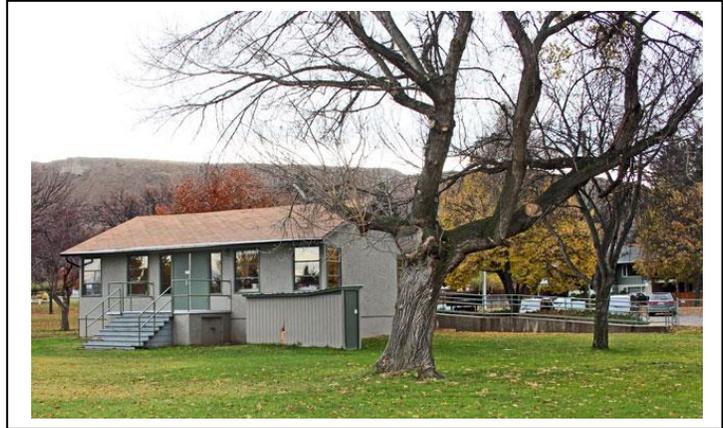
May 31, 2013 **Finding Your Soul Through Art.** Presenter: Wendy Weseen. This workshop will explore the connection between spirituality and creativity through a hands-on experience with materials previously collected by each participant and assembled at the workshop. More details will follow. (Wendy W.)

June 28, 2013 **Spirituality and Connection to the Soul.** Presenter: Jim Gordon. A wrap up of the "finding your soul" series including reflection and discussion of previous themes as well as new ideas. ...and in case you were wondering...yes, we will be most happy to serve "Chicken Soup... for the Soul!" (Jim G.)

The A.L.L. Committee anticipates that these workshops will appeal to many of our members, and will not only facilitate discussion of interesting and important topics, but will also be fun! We look forward to seeing you there.

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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. (Services start on the Sunday after the Labour Day weekend.) Services are usually at 10:00 am @ Valleyview Hall. For details on individual Sunday schedules, please see the details on the newsletter Upcoming Services page, the monthly calendar, 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