

New Directions

Last issue we looked at the end of an era as we said goodbye to Rev. Wendy McNiven. This month we will begin our change to new directions as we hold our Annual General Meeting. I hope you'll be able to attend and make your contribution.

Change is a constant in life, but we often want to resist it. I just bought a new computer and it has a new operating system that is driving me to words I can't express in a religious newsletter. I'm being cautious and still using the old one to do this newsletter to make sure I make my deadlines. However, I can see advantages of some of the changes and only hope I will change myself enough to take advantage of them.

Sometimes the scariest ride is the most fun. Hold hands, give hugs and help us all find the directions that will lead us to a stronger, better community of faith. Together, we can make it happen!

Notice of Meeting

Kamloops Unitarian Universalist Fellowship

Sunday, March 9, 2014, 12 noon

Kamloops United Church, 4th and St. Paul

Enter off St. Paul. Signs will guide you to the room.
Please note that a light lunch will be available at 11:30 a.m.

I know I said we would have the Annual General Meeting on the 9th of March at the Valleyview Hall. This is changed as we cannot rent Valleyview for the afternoon of the 9th.

We will still have the meeting on the 9th but the venue will now be the United Church downtown. The same time: 11.30 for coffee and lunch with the meeting getting underway at 12.00.

The entrance will be on St Paul with signs to direct you to the room where the meeting will be held.

This will be the Celebration Lunch put on by the Board, recognizing all the hard work put in by the volunteers and, thanking all of you for your generous pledges and donations.

Please plan to attend and join in our vision of the future....

Dennis Bullen
President Board of Directors
Unitarian Universalist Fellowship of Kamloops
www.uukam.bc.ca

KUUF LINKS
Mar./Apr. 2014



Seeking Spirituality
Practising Community



With Freedom of
Religious Thought

Kuuf Links

Coming Events

March 20 Book Club

A Fort of Nine Towers: An Afghan Family Story by Qais Omar. Led by Douglas. Hosted by Anne. Book set for April will be distributed at this meeting.

Qais Akbar Omar was born in Kabul and, until he was 7, he lived with his father, a high school physics teacher, and mother, a bank manager, in the spacious, garden-filled compound his grandfather had built.

But in the wake of the Russian withdrawal and the bloody civil conflict that erupted, his family was forced to flee and take refuge in the legendary Fort of Nine Towers, a centuries-old palace in the hills on the far side of Kabul, along with extended family members. On a perilous trip home, Omar and his father were kidnapped, narrowly escaping, and the family fled again, his parents leading their 6 children on a remarkable journey across the country. (from Good Reads)

Throughout this beautifully written story of his early life, Omar introduces the reader to Afghan culture, the importance of hospitality and family ties, and above all, an enduring love for his embattled country. He still lives in Kabul where he runs the family's carpet business.

Women's Lunch

March 7th, Friday, at 11:45 am, at Stock Pot Cafe, #7 - 970 Laval Crescent

April 25th, Friday, at 11:45 am, Udon Lunch at Japanese Canadian Cultural Center, Vernon Ave, across from North Kamloops Mall

April 17 Book Club

The Book Thief by Markus Zusack. (book club set) Led and hosted by Mitch.

The Book Thief is a novel by Australian author, Markus Zusack. Narrated by Death, the book is set in Nazi Germany, a place and time when the narrator notes he was extremely busy. It describes a young girl's relationship with her foster parents, the other residents of their neighborhood, and a young Jewish man who hides in her home during the escalation of World War II. First published in 2005, the book has won numerous awards and was listed on The New York Times Best Seller List for over 230 weeks. (from Wikipedia)

Men's Lunch

The next UU Men's lunch will be Thursday, March 13th at Shanghai Mandarin Restaurant #14a - 1315 Summit Dr. Kamloops, BC V2C 5R9 Contact is Wes.

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Upcoming Services

March 2014

(March theme - "Transformation")

March 2 – “Walt Whitman” - Gerda and Kay. 19th century American Transcendentalism transformed known Christian Unitarianism of that day. A new thought was that the individual could experience more than the five senses, could transcend sense experience. Intuition ranked higher than traditions, conformities and sacred texts according to a small group of New England thinkers. They became known as the Transcendentalists. Ralph Waldo Emerson, at one time a minister of a Boston Unitarian Church, was active in this group. He sought a poet who would “voice the direct connection between the world and the Transcendent”(Morris). That poet was Walt Whitman. (This Service text was originally written by Rev. F. Everett Morris, entitled “The Transcendentalists and Walt Whitman”).

March 9 – Contemplative Meditation with Jennifer. Followed by lunch and the AGM at the United Church. Lunch at 11:30 am.

March 16 - “How Does Religious Pluralism Ennoble Our Faith?” - led by Rev. Meg Roberts. One Unitarian principle states that we promote “acceptance of one another and encouragement to spiritual growth in our congregations.” How do we do this when we each draw from different sources for our inspiration? How can we relate to one another when there are such differences? I’ll propose some ideas and methods that may help us transform our congregations into more supportive communities. Soup lunch: Heather S., Dennis, Ruth, Gerri (buns)

March 23 – Chalice Circle led by Heather A.

March 30– “Tyaga & Renunciation” led by Margaret Huff. Margaret is a Kamloops Yoga teacher and Viniyoga therapist, who owns the Mind-Body Connection Studio. She explains: the goal of Yoga is for humans to realize our deepest nature. The Yoga tradition offers many techniques that are meant to pave the way towards that realization. There is a recognition that we live our human lives in a world of “stuff”

March 2014 continued

March 30, continued - that we're attached to, repelled by, that distracts us, drains our energy, pulls us away from the spiritual goals, and also that effort and energy are required to “stay the path.” One of the practical, and not exclusively Yogic tools intended to increase our will power to pursue the journey toward the true self is *tyaga*, which means to give up, reject, let go of something we are attached to, in order to build our inner resources to continue to move our lives in the direction we truly want to go spiritually.

April 2014

(April theme - "Resurrection")

April 6 - Drama Presentation by SEA committee “Tiamat’s Tears”. See Sunday, April 6 Service write-up on page 5.

April 13 - Contemplative Meditation, with Jennifer.

April 20 – “Resurrection is” Rev. L Dawne Taylor, retired United Church of Canada minister. The word “resurrection” can bring hope to some, while for others it is a word and concept loaded with baggage. Most spiritual traditions have a belief structure that suggest in some way, life carries on after death - but there is a wide variation in how people and faiths view resurrection. Rev. Dawne will explore the understanding of “resurrection” in various spiritual traditions as well as look at a more metaphorical meaning. What does “resurrection” mean to you?

Soup lunch: volunteers are needed for this final soup lunch of the 2013/14 season.

April 27 – Chalice Circle led by Gerda.

SET-UP team for March = Buzzards: Heather A., Dennis, Janet, Kay, Bob, Heather G., Madisun

SET-UP team for April = Canaries: Gerda, Roland, Anne, Joan, Jim, Gisela, Colene

IMPORTANT NOTICE - Please provide your own coffee and refreshments for the Meditation and Chalice Circle.

SEA – Reaching Out to the Community & the World

Some newer folk in our UU community may wonder how we are taking our UU message out into the world. The Social and Environmental Action Committee (SEA Committee) does just that, and has been very active over many years. To see what our fellowship has done, please have a look at the Environmental & Social Action/Our Projects page on our website. - it is an impressive list! Some local actions have had a lasting effect, such as the Riverside Park Labyrinth and the Pesticide By-Law. During January and February, our SEA committee - Gisela, Tuula, Jim, Anne, Penny, Eleanor H, and Corene - has been working hard on a number of projects:

- * Sent letters on behalf of the fellowship to our 3 MLAs, Bill Bennett, the Minister of Energy and Mines, and Coralee Oakes, the Minister of Community, Sport, and Cultural Development, requesting that the government revise the Mineral Tenure Act to provide input from communities which could be affected by development of adjacent mineral claims.

- * Urged UU fellowships and churches in BC, as well as faith communities in Kamloops, to do the same.

- * Organized the annual Winter Warm-up Event, collecting warm clothing for those in need, and delivering them to ASK Wellness Center.

Ruth, Anne and Gisela show off some of the donations that Ruth knitted for the Warm-up Winter event.



- * Sent a letter to the Climatefast organization indicating our fellowship's support for its goals, and mentioning the letter-writing campaign to our MP, Cathy McLeod, which we organized last November.

- * Spent considerable time prodding Cathy McLeod to respond to our letters.

- * Encouraged Kamloops UUs to visit the Climatefast website and make an action pledge.

- * Collected and sent donations from our fellowship to the Climatefast organization.

- * Prepared and rehearsed the script for the Earth Day Service on April 6, "Timat's Tears", plus prepared and distributed posters advertising the event and inviting children to participate.

- * Gisela and Corene are attending organizational meetings of Transition Towns, and will keep us informed about how we can help out.

Coming up -- Socks, Suds, and Skivvies collection in May; Oxfam Unwrapped in June, and farm tours during the summer! Lots to look forward to!

Wrestling with God Workshop

WRESTLING WITH GOD: A UNITARIAN EXPLORATION FOR SKEPTICS AND BELIEVERS

The Adult Lifespan Learning Committee will present a Saturday workshop on March 15th at the Valleyview Hall. Time 10:00 am to 4:00 pm. Rev. Meg Roberts will facilitate this workshop. Bring your own lunch; coffee, tea & snacks will be served. Donations will be appreciated at the door to help defray costs. Please register by emailing Pat at (pmcnamara@telus.net), or telephone her at 250-314-0760. Deadline for registration is March 9th.

Rev. Meg Roberts comments that “Unitarians believe in freedom of religious thought, so that means we have in our congregations people of various theological views: forms of theism, agnosticism, and atheism. We explore what some of them are, as well as how they challenge and benefit our movement. This workshop encourages you to explore your own beliefs and hear from others about theirs; which helps promote understanding within a congregation.”

This workshop is based on the book *WRESTLING WITH GOD* by Tom Owen Towle...and 2 copies were purchased for our library. If anyone would like to borrow a copy, please email Pat and she will arrange to get it to you.

We had the pleasure of having Rev. Meg present a workshop for us a couple of years ago, and she is an excellent facilitator; I encourage everyone to attend.

Choir Practice

March 13 – 4:30 pm

April 17 - 4:30 pm

Set-up Teams

Please arrange for substitutes if you are going to be away!

Sunday, April 6th Service

There are several tellings of a Babylonian myth about the Dragon-shaped Goddess, Tiamat. ("Tiamat" meaning Earth Mother). In the story dramatized by children and adults today, Tiamat is sad - VERY SAD, because human beings are not taking caring of Mother Earth. Come to the service and find out what happens next! This is a very sweet story, and is adapted from one told in Rev. Rebecca Parker's book, Proverbs of Ashes. We thank Joy Silver of Beacon Unitarian Church in Coquitlam, BC for gathering, creating, and sharing art, story, and song around Rev. Parker's original version. This service is sponsored by the Social and Environmental Committee of the UUFK. The Committee asks everyone who is bringing children to take part in it to notify Penny R.

Camp Sasamat Registration open - Early Bird deadline is March 23rd

This is a “Summer Camp” for folks of all ages organized by the Beacon Unitarian congregation in the Lower Mainland. It is a great event with interesting workshops at a lovely location.

Heather S.

Greetings past Sasamat campers,

Registration for our 2014 camp (Friday, June 6th to Sunday, June 8th) is open! The early bird deadline is March 23rd.

The camp is offering:

children’s programming (ages 3-12);
a choral workshop with Alison Nixon on Saturday;
climbing workshops on Sunday (ages 6 to adult);
a writing workshop with Franci Louann on Sunday;
canoeing/kayaking on Saturday and Sunday;
and our traditional campfires and “No Talent” show.

Come for the weekend, or a day, and be part of the creative and relaxed Camp Sasamat spirit!

Workshop Descriptions:

The Energy of Sound: A Choral Workshop with Alison Nixon - Saturday, June 7th, 10–11:30 am, 1:30–4 pm (and Sunday performance). Learn how to best create and support sound with your voice and body. Feel how the energy of singing can be channeled back into yourself for a rejuvenating experience, either meditative or invigorating. And learn some light hearted and beautiful music from three different cultures: *Erev Shel Shoshanim* from the Middle East, *Sakura* from Japan, and, *Kalinka* from Russia. (Optional: Traditional Russian dancing to *Kalinka*!) (\$33 for full weekend campers OR for day campers \$67 includes Saturday lunch and access to canoes/kayaks until 5 pm)

Writing for a Personal Religion with Franci Louann Writing Workshop: Sunday, June 8th, 1–3pm
The CUC encourages us to ‘Dare to be Religious’. Let us write words of inspiration, of hope, of comfort, of appreciation... what comes to mind? Let’s write with our hearts... let our yearnings move our pens. Write to yourself, but consider—perhaps your words could be used at a chalice lighting, or closing, or to introduce a time of meditation or prayer. In addition, create a comforting or inspiring mantra for yourself or someone else. Franci Louann is a published poet and Unitarian.
(Free to full weekend campers OR for day campers \$39 includes Sunday lunch and access to canoes/kayaks until 5 pm.)

Full weekend rates: Adults: \$130, Children: \$123. Register early, save, and help out the planning committee!

AFTER MARCH 23rd — Adults: \$145, Children: \$130. Registration deadline: April 30th.

I am attaching some pictures taken from previous years—I hope they bring back good memories and inspire you to come again. Thanks to April Porter, Sylvia Zeelenberg and Gabi Harvey for the great photos.

Here is the link to download a brochure and/or registration form:

<http://www.beaconunitarian.org/sasamat.html>

We need a minimum of 55 full weekend campers to cover the camp cost—so please print an extra brochure to give to a friend. I’ll be sending some hard copy brochures to Ross Harvey, David and Erin Daley, and Gavin Grandish.

Let me know if you have any questions, or if you would like to be taken off this list (2-3 more reminder emails planned for this list: mid-March and mid-April).

Thanks, and hope to see you in June,
Laura

Member Profile – Verne Smythe

I was born in St. Stephen, NB on January 1st, 1939 and lived there for the first sixteen years of my life before moving to Comox, BC. I finished high school at Courtenay and then went to Victoria College for two years, to start teacher training. I worked in Victoria a couple of years and then rejoined my family in Richmond so I could finish my education at the University of British Columbia.

My mother, daughter of a Baptist minister, was the organist/choir director at the Baptist Church in St. Stephen, the Air force (Anglican) Church at Comox, and Fairview Baptist in Vancouver. When small, I pumped the bellows of the pipe organ and then graduated to the choir when I grew larger. In Comox and Vancouver, I was also in Mom's choir. I never knew if I was a tenor or bass because I had to sing the part Mom needed me in. I never would say the doxology in the Anglican service, but I fit in at Fairview which is a broad-minded Church. I was a bit shocked at a camp for Baptists when I was told I wasn't a Christian, but after a bit of thought, I had to agree that by that person's definition, I wasn't!

Fairview had an active young people's group and I met my first wife, Gail Stewart, in that group. We had Naomi, our first child, in Sydney NSW Australia in 1967 and after we returned to BC, Tina joined the family in 1969. Gail had been a primary teacher and Primary Consultant in Surrey. I had taught Art a couple of years in Vancouver, but after returning from Australia, I taught in Surrey while Gail was busy being a Mom. She began teaching Adult Basic Education at night, eventually working for Barbara Bowmar in Langley. She and Barbara started taking their Masters degrees together at Western Washington in Bellingham. A year or so later I joined them at Western. Barbara had two children the same ages and the families often had birthday parties, etc. together. (Little did Barbara and I realize where this would end up fifteen years or so later after Gail died of cancer!) I joined the Unitarian Fellowship of Kelowna after I moved to Kelowna to be with Barbara.

When I'm not doing newsletters for Corvette clubs, Orchid clubs, or Fellowships, I like to spend my time playing badminton, playing bridge, beading my neckpieces, auto-crossing my Corvette, taking pictures (especially wild orchids or birds), walking in the woods (finding wild orchids), marveling at my growing family, travelling anywhere or loafing in Mexico.

As I write this at 75 years of age, I feel I've had a very good life and hope there are many good years ahead. I feel that the main reason I've faired so well is being fortunate enough to have had three strong women in my life: my mother, Irene, Gail and Barbara.

Thank you for letting me expand my friendships and education in Kamloops!

We are hoping to have profiles of UUFK members as a regular feature in the newsletter. Please let me know if you are willing to do your profile! Verne

From the Editor's Desk

Just a reminder that Spring is coming and that I said in the last year's issues that you should look for the leaves of the *Goodyera oblongifolia* plants before

the undergrowth got too thick to find them easily. Also, the first wild orchid to bloom in our area is usually the *Calypso bulbosa*. I've added a couple of pictures to remind you of what these two plants will look like. Good hunting! Please tell me if you are successful in your hunts.

Another feature has been added to the newsletter in the form of members profiles. Hopefully this will be a regular feature that will help us get to know one another better. I didn't feel I could ask you to contribute your profile if I hadn't done one myself. So I've started this feature with my own profile. I hope you will contribute without too much arm twisting! I seem to have become nostalgic in my old age, but that doesn't mean you have to follow my example. No birthdates or ages are necessary. You

can tell us what you want and what will help us get to know you! Maybe you could tell us how you found our Fellowship and why you joined it. I would like all the profiles to fit on one page when put into bold size 12 print in Times New Roman.

Verne



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**

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