

January 2019 Services:

January 6, 2019

“Finding Resilience and Joy” - Join another Unitarian Congregation, via video, for an exploration of how we get through hard times and find joy along the way. A discussion follows, led by service coordinator, Anne Neave.

January 20, 2019

“The Contemplative Tree” – presented by Heather Allen. We will explore the many branches of the contemplative path.

February 2019 Services:

February 3, 2019

“May Our Separate Waters Join into One Sacred Stream” presented by Congregational Life Staff Team Regional Lead, Joan Carolyn. During February, the CUC encourages all congregations to hold a Sharing Our Faith service and take up a special collection. Funds collected are given directly back in the form of grants to congregations. The CUC and its member congregations have decided to focus shared social justice work on water for the next two years. Welcome to a morning exploring how networking within and among our congregations, bring life and power to our commitment to the full inter-dependent web of life.

February 17, 2019

“Side Views to My Life” – looking back to see how I got here. Presented by Jim Gordon.

The worship committee has prepared the schedule from January to June 2019 and it is full booked twice a month with guest ministers and lay leaders. January, February, and June services are the first and third Sundays. March, April and May services are second and fourth Sundays. We did this to avoid having a service on a long weekend.



Seeking Spirituality
Practising Community



With Freedom of
Religious Thought

Kuuf Links

UUFK Women’s Lunches!

Friday, January 25th, 11:45 a.m.—The Art We Are, 246 Victoria Street.

Friday, Feb. 22nd, 11:45 a.m.—The Eden Bento Box, #223-450 Lansdowne St.

Contact: Heather Gaunce <hlggaunce@gmail.com>

Organic Wine Explained

Wineries that produce certified organic wine cannot use toxic pesticides, herbicides or synthetic fertilizers to grow grapes.

“Made with organically grown grapes”

Wines with this label have a minimum of 70 per cent organic grapes, but are not the same as certified organic wines. They’re often processed using the same equipment and in the same facility as conventional wine, and may also contain sulphur dioxide.

Certified organic wine

Producers use 100 per cent organic grapes and can’t use toxic pesticides, herbicides, or synthetic fertilizers. Instead they fertilize with compost, compost teas, green manure, and cover crops. They also rely on mechanical weeding, mowing around the vines, mulching, and companion planting. To avoid using insecticides to control cutworms, they let chickens graze under the vines or handpick the worms off leaves. Certified organic wine doesn’t use genetically modified organisms (GMOs) or contain sulphites (conventional wines use GMO yeast).

Biodynamic wine

Biodynamic vineyards use natural resources to cultivate grapes without pesticides, fungicides, herbicides, synthetic fertilizers, or growth stimulants, and often meet or exceed the standards and regulations for organic-certified farming.

. from the David Suzuki Foundation website

INDEX:

Cover Sunday Services, January and February 2019	1
Upcoming Events / Wine Terms / Index	2
Events Since the Last Newsletter	3 ...4
Meatless Monday	5
CUC information	6
Sharing Our Faith / Planks from the Board	7
Contact Us / Editor’s Notes	8

Events Since Last Newsletter

Your Donations at Work!

Thank you to everyone who donated books for our fund-raiser and for the Kamloops Regional Correctional Centre Library, and also thanks for the many bags of warm winter clothing which were donated to the New Life Community Centre! The recipients were very grateful for your generosity! Our Book Bash collected \$34.65 for the Fellowship.

In December we warmed up our cars and headed out to deliver Christmas hampers from Christmas Amalgamated. This is the first time we've done the final step in the process of connecting Christmas foods to the people in need. Thank you to all who helped out - Joan & Jim, Heather A. & family, Claire & family, Madisun & Pat, Marten, and Anne & Roland!



Thanks to all those who participated in our Time, Talents and Treasures Sale and potluck dinner on Saturday night. We made \$1214!

Events Since Last Newsletter, p.2

November 18, 2018 Sunday Service:

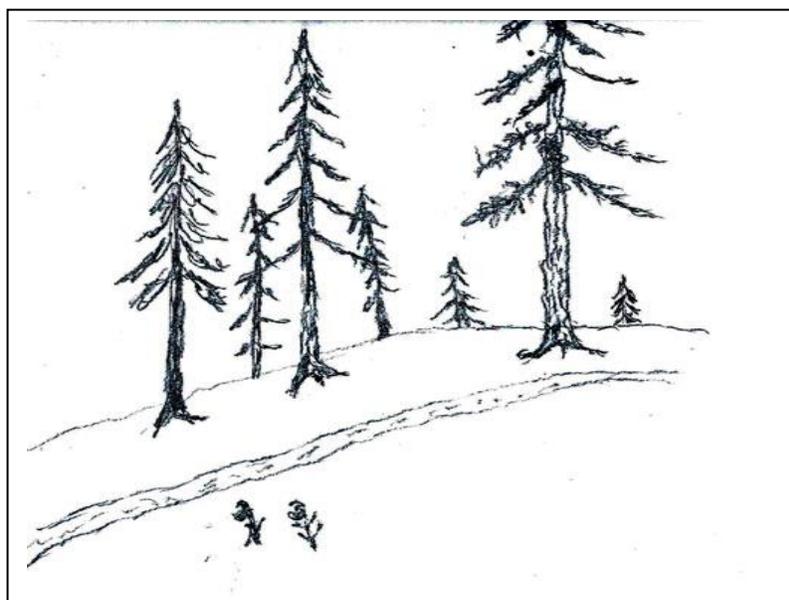
The guest minister for the November 18th service was Rev. Meg Roberts, the developmental minister for the Comox Valley Unitarians. Meg's topic for the day was "Mapping Our Lives Through Stories". She read us a story as an example of an archetypal traditional story that would provide a sort of "human map" to help us navigate and better understand our lives.

After listening to the story, we were to reflect on how it relates to our journey and where we are in our lives.

The congregation was invited to get together in small groups, or to pick a quiet personal space, or draw a picture, or write a brief narrative about how the story affected you.

I related to the forest and the water in the story and decided to do a picture.

One of my favourite activities is to take a walk in the woods and find native orchids. So I picked that idea for my response to the story.



OK, it's a pretty sparse forest, but remember, I live in the Okanagan valley and that's what most of the forests are like! And, I only found two lady slipper orchid plants. But remember, we only had less than 10 minutes to get organized and then return to our seats. Two orchid plants out in the forest in less than ten minutes is a GOOD day!

Verne

Meatless Mondays

Years ago we promoted Meatless Mondays, an idea led by Enid Damer. How many of you are still aiming to have one or more vegetarian meals a week? It is good for the environment to reduce our dependence on farm-raised animals for food - land devoted to raising beef cattle for instance can much more efficiently raise crops like soybeans, lentils, etc. At our house we usually have one or two vegetarian meals a week, and usually on Monday nights I have a vegetarian dinner soup. Here is the recipe for the soup that I served in November at our Soup and Movie Night. It freezes well too!

TORTELLINI BEAN SOUP

serves 4

4 carrots, chopped
1 onion, chopped
2 cloves garlic, minced
1 tsp dried basil
1 bay leaf
3 c. vegetable stock
540 ml can diced tomatoes and juice
250 g tortellini
1 c. drained, rinsed canned black beans
¼ tsp pepper
¼ c. grated Parmesan cheese

In large heavy pot, heat oil on medium, and cook carrots, onion, garlic about 5 min. until onion is softened. Add herbs, stock and tomatoes with juice. Bring to a boil. Add tortellini and bring to a boil. Reduce heat to medium-high and cook, stirring occasionally, for about 10 min. or until pasta is almost tender, but still firm. Stir in beans and season with pepper. Heat until simmering. Discard bay leaf.

Serve sprinkled with cheese.

Anne

the Northern Lights Program.

Northern Lights was created by the Canadian Unitarian Council and its ministers to help congregations with transformative projects that are likely to cost more than \$5,000. We don't hand out grants: rather, we provide you a list of donors who have committed to donate to the chosen Northern Lights projects each year.

If your project is selected, you get the list of these donors – called Chalice Lighters. You contact them, collect the money they send you, and issue tax receipts to them.

Northern Lights works! Projects have typically raised around \$12,000-\$13,000 through the program. Winning projects have varied – increasing hours of the minister; renovating a barn for use as a youth centre; creating a national Truth, Healing and Reconciliation program; and this year, helping create an online francophone presence for Unitarian Universalism.

Interested in applying? There is no time to waste. We want an Intent to Apply submission from you by Feb. 1. We need your full application by March 31. And by March 31, you must ensure that 20 per cent of your members have signed up to be Chalice Lighters.

Full information about how to apply is on the CUC website at <https://cuc.ca/about-cuc/support-subsidies/northern-lights/>, or by Googling *CUC Northern Lights*. A link on that page will provide a full Backgrounder and Application Forms for the project.

Hello, Unitarians from across the country.

You may have read in the CUC e-news that Mary Maler from UCMontreal proposed **a book club using the CUC's zoom platform.**

Keith Wilkinson and I joined her to do some planning. It now looks like with the early enthusiasm there could be three or more groups meeting at different times. We anticipate that over time each group will evolve their own guidelines and book choices.

Would you like to be part of a cross-country book club for Unitarians? We are facilitating groups of 6-8 to find each other and agree on a first book and a time frame to meet using zoom technology (provided by the CUC).

More details can be found here: <http://vancouverunitarians.ca/canadian-unitarian-book-group/>

Or email Mary Maler in Montreal who initiated this idea mmaler@videotron.ca or Mary Bennett in Vancouver maryinvancouver@gmail.com

The January top choice and the times will be voted on till Dec. 28 and announced by Jan. 3.

Mary Bennett

Sharing Our Faith Sunday, February 3, 2018

On February 3rd Joan Carolyn, the CUC lead for B.C and Western will be with us for our Sharing Our Faith Sunday. In recent years, our congregation has been the recipient of several Sharing Our Faith Grants. These grants were made possible through the generous donations made by members of Fellowships and Congregations across Canada. Now it is our turn to be equally generous and to support this program so that other Fellowships and Churches may benefit from this program. Bring your cheque book and be ready to support Unitarian growth endeavours across Canada.

Barbara

Planks from the Board

Financial: Roland reported that revenue was higher than budgeted Expenses were in the negative as expected, but within the budget. Minister's salary for the year has been paid. City is finally setting up a proper computer program for rentals. However they want rental bills paid up to June 2019 to enter into the new program. The amount they are billing does not match what they say we owe. Roland will pay the bill when it is properly explained. Pledge letters for 2019 have been sent to members and contributing friends.

The Visioning Team has been terminated.

Anne has been appointed as Communications Coordinator for the website, newsletter, advertising and the UUFK Group Facebook page. (The single Facebook page is being eliminated but will take some time to remove.)

The Board will meet with Joan Carolyn after the February 3rd Sunday service.

Morgan Willowgate has resigned her administrator duties. Our thanks to Morgan for all the work she has done over her time with us. Claire Conde has signed a new contract and we welcome her back as our administrator!

The BC Registration Status says we need a binder of the written minutes. Claire and Roland will coordinate the printing of the minutes into a binder.

Verne Smythe, secretary

From the Editor's Desk

We've had quite a busy time in the last few months as we transition from a minister led congregation to a lay led congregation. However progress is taking place and we thank everyone for their help and support. We now have a new signed contract with Claire Conde as our administrator. Our thanks to Morgan Willowgate for all the time, effort and help she gave us as administrator. I don't know what we would have done without her! A great deal of work by Anne has gone into changing the UUFK website and our Facebook. Many people have come together to form a new Worship Committee and arrange guest ministers and lay led service providers.

Check out our new website (www.uukamloops.ca) to keep up to date and see all the changes that are happening.

Verne

CONTACT US

The Unitarian Universalist Fellowship of Kamloops meets regularly 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 newsletter Upcoming Services page, the monthly calendar, or go to **our website:** www.uukamloops.ca

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

Contact us by mail: P.O. Box 539 Kamloops, B.C, V2C 5L2

Contact us by email: [office @uukamloops.ca](mailto:office@uukamloops.ca)