

Kuuf Links
March 2010



Seeking Spirituality
Practicing Community



With Freedom of
Religious Thought

UNITARIAN UNIVERSALIST FELLOWSHIP OF KAMLOOPS

Kuuf Links

Wendy's Words & Whereabouts

A *Covenanting Ceremony* – we're having one on Friday April 9th. I hope you will all be able to attend, because it's about YOU!

Well, it's about me, too – and about our relationship with each other. We will be publicly acknowledging the covenant that we are creating, as minister and congregation, and how we will live together as we become the congregation we envision.

Typically, when a congregation calls a new minister, there is an "Installation" service, a few months after they begin their ministry together. Typically, such services have visiting UU clergy from other churches, who are there to support this new venture in the church, to support their new colleague, and to support Unitarian Universalism. Typically, the service is more formal than usual: some clergy wear their Robes, and there is a reception afterwards, maybe even speeches.

Our service will have some of the elements of this "typical" installation event, and some differences. To start with, I would like to call it a "Covenanting" instead of "installation." I will leave aside the jokes about installing a new floor or a refrigerator, commentary on a perhaps-unfamiliar term. Mostly, my choice of the Covenant term is because I have been in relationship with the UUFK, in different capacities, since as early as 1993.

A "covenant" is a two-sided promise. In church language, it is a sacred contract.

So, to me, it's too late for an Installation!

At first, I was just a visiting minister, geographically the nearest one to Kamloops. For a couple of years, I offered one Sunday service a month (but nothing else). Then, most recently, from fall 2005 to summer 2009, I was your pro-tem ("just for now") minister, with no apparent permanence about the arrangement.

Last summer, many of you were involved in voting to Call me as your regular, "permanent" minister, with an on-going contract that would be renewed each year, all going well. No more of your wondering if I would be here for more than a couple of months; no more of my wondering if I would continue this itinerant ministry. Now, we are joined.

Our history could be compared to a friendship that had no long-term expectations. Now we are stating publicly that we plan to be partners for a good while. There is something about stating our intentions out loud and in public that gives them a bit more weight. So that's what we are going to do on April 9th. It will be a celebration of this change of status in our relationship.

A covenant is a two-sided promise. In church language, it is a sacred contract. Here is some of what I am bringing to this relationship contract :

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The Unitarian Universalist Fellowship of Kamloops

meets every Sunday at the Valleyview Community Centre on Park St. in Kamloops

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.

E-Mail to :
uufellowshipkamloops@gmail.com

We are on the web :
www.unitariancongregation.org/kamloops/

Wendy's Words (con't)

I have worked and studied for several years to turn myself into a minister. I have a Master of Education degree in Counseling Psychology, from UBC. I have a Master of Divinity degree from Vancouver School of Theology, earned over an 8-year term (double the usual length) - in between birthing babies, doing an internship at the Montreal Unitarian Church, and a one-term experience as a student chaplain at UBC Hospital. These courses of study gave me the background to *begin* to learn about the practice of ministry.

After that, I served the Unitarian Fellowship of Kelowna for 12 years, part-time, as their minister. You can thank them for teaching me a good deal *more* about how to be a minister. I have also worked for periods of a few months each with the South Fraser Unitarians in Surrey, BC, and Westwood Unitarian, in Edmonton.

So, to the UUFK, I bring education and experience.

What else? I bring a love of exploration of the Meaning of Life; a delight in seeing people come to their own understandings as they dig into the Mystery for themselves; a joy in listening to your stories of triumph, struggle, pain, happiness, plodding and bounding. Ministry gives me satisfaction, sometimes because it works well, and sometimes because there is so much challenge in it that I am forced to push myself beyond my usual limits. Ministry feeds me, especially as it puts me into relationship with this congregation of warm, bright, searching, fearful, industrious, ordinary, wonderful people.

That's why I am here. What do you bring to this ministry?

Over the next few weeks, I will be asking you for your thoughts on what should be included in the words of this covenant - what are you willing to promise, what do you want me to promise? This is our own ceremony, and we can include whatever we think is important.

I hope you will participate, both with your ideas and with your presence.

Shalom,

Wendy



Our cover photo this month was sent to us from sunny Mexico by Mitch and Heather Stefanek.

Mitch and Heather will be returning to Canada, and the Fellowship, this month.

We look forward to having them back!

Wendy's Schedule

I will be in Kamloops and available to meet with any of you from Thursday, March 11 at 2:30 pm through Monday, March 15th at 1 p.m.

My telephone in Kamloops: 250-819-5777

e-mail: wmcniven @ telus.net

I will be staying with Tuula in March.

My March schedule as of this writing:

Friday, March 12th

10:30 Lay Chaplain Committee Meeting

Noon -BYO Lunch and Munch with the Minister
Friday, Mar. 12th, noon to 1:30, Reading Room at Kamloops United Church, 4th / St Paul St.

ALL WELCOME

TOPIC for conversation - what will we "covenant" to one another?

2:00 Ministerial Relations committee

Saturday, March 13th

3:30 p.m. - Singing Practice at the Gaunce's house - all welcome

Sunday, March 14th

Sunday morning service - bring a friend!

Monday, March 15th

"Open" as of time of writing.

Other meetings and visits will be filled in as they come to my attention.

PLEASE e-mail or telephone to arrange time with YOUR minister, if you would enjoy a visit, or wish to talk with me about anything.

Singing Practice



For the purposes of practicing Sunday morning's songs, and also some songs for the **April 9th Covenanting Ceremony**, Wendy McNiven will lead a singing session on Saturday afternoon, Mar. 13th, at 3:30 p.m. for an hour or so at the Gaunce's home.

ALL are welcome!

Upcoming Services

MARCH

March 7 : Chalice Circle 10 a.m. at the Valleyview Hall
Topic : TBA

March 14 : Worship Service : “Prayer in Action” . Led by Rev. Wendy McNiven. 10 a.m. at the Hall

Prayer is something that is open to interpretation – how to do it, whether or not it is effectual, and who is affected – the person praying? The object of prayer? God? The service will include many different action-forms of “Prayer” as it is practiced by different people here and in other places – maybe some song, movement, silence, prayer wheels, drumming, words – come and share.

This service will be intergenerational – children are invited to stay through the whole service. The children will be bringing their banks from the “Heifer Project International” to the Service as they “Land the Ark”.

Soup Lunch

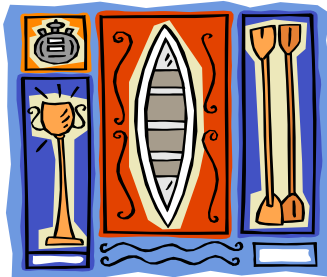
March 21 : Paganism 101 : “The Wheel of the Year “ (Spring Equinox) 9:30 a.m. - 12 : 30 p.m. at the Hall

March 28 : Worship Service : “The Zen of Dragonboating” Racing. Led by Dell Whitford. 10 a.m. at the Hall

Can dragon boating be a spiritual experience?

I will explore how paddling in a dragon boat helps me practice being present every moment and with a full awareness.

Thich Nhat Hanh (a Vietnamese Zen Buddhist monk) says "through simple practices such as being present, breathing mindfully, walking meditation and listening deeply to each other, insight comes, solutions can be found, harmonious relationships are maintained and peace can be lived in the present moment."



Beyond competition, sports can keep the spirit flowing, in a state of unity with something greater than ourselves. For me that might be paddling on the river early in the morning on a sunny day and seeing a swan on the water... Or just being in the boat as part of a team of 22 breast cancer survivors.

As we discussed in the last Chalice Circle, this is about finding the divine in everything. Can religion be what you love? I hope you'll join me on March 28th.

Sunday School

APRIL

April 4 : Chalice Circle 10 a.m. @ the Hall

Friday, April 9th : “Covenanting Service for Rev. Wendy McNiven” 7 p.m. @ the Valleyview H Hall

A covenanting service for Rev. Wendy McNiven will be held on Friday, April 9th, in the EVENING.

This is a very special time for UUFK - the first time in our history where we have our very own minister with whom we are making an ongoing commitment to each other.

Please mark your calendars and plan to attend this special ceremony.

April 11 : Worship Service : “Walking the Talk” led by Rev. Wendy McNiven . A look at environmentalism. 10 a.m. @ the Hall

Last Soup Lunch of the Year

Sunday School

April 18 : Paganism 101 : “Magic and Spell craft”

9:30 a.m. - 12:30 p.m. at the Hall

April 25 : Worship Service : “The Spirit Within : A Perception” led by Arne Raven

10 a.m. @ the Hall

Sunday School

Volunteers for March

We are in need of Volunteers for the services in March .

As of February 24th, our volunteer roster had these names :



March 14 : Greeter — Heather G.

Soup Lunch : Kay T. and Eleanor G.

March 22 : Greeter : Christine

Please let Christine Hammonds know which services you will be able to sign up for .

*The Unitarian Universalist
Fellowship of Kamloops*

*invites you to attend a
Covenanting Ceremony
as we celebrate a new stage in our
ministry with
The Reverend Wendy McNiven.*

Friday April 9th 2010

7:00 pm

Valleyview Community Hall

2250 Park Drive

Kamloops B.C.

Reception to follow



UU Kids' News — by Anne Neave

Heifer Project International

This month, we kicked off a 4-week fund-raising campaign for **Heifer Project International**, to buy a farm animal for a needy family in another country.



The children received "giving calendars" and little money banks for in-home fund-raising (no canvassing required!). For any families who have not received a calendar and money bank, please let me know and I get these to you.

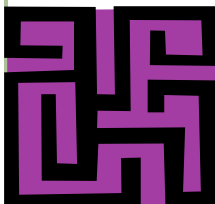
It is fun for your children to learn about a different animal or culture each day in the calendar. At the end of 4 weeks, on March 14, we will have an intergenerational service. The children will bring their banks to church as we "Land the Ark".

At this time, the rest of the fellowship is invited to donate to Heifer Project. Once we find out how much money we have, the children will choose an animal to buy through Heifer Project.

— Anne Neave

UU Kids at the Labyrinth!

Did you know that our Children's Program has a portable labyrinth?



It was drawn on an 8 foot square of vinyl by Joan and Wendy L -- quite a tricky project! This labyrinth has narrow paths suitable for children's feet.

It will be used as a meditative device for the opening and closing of each UU Kids' program session.

program session.

Getting to Know You



.... Will be back next month , when our "star"
UU'er will be *Pat M.*

Sunday School Programs

At the beginning of January, we launched two new programs.

For the intermediate group, "**A Stepping Stone Year**" explores creation stories and themes through many cultures and science, and is led by Enid.

The primary program, called "**Creating Home**" , explores the meaning of home and community and is led by Wendy L. It is part of a set of children's programs designed by the UUA and offered free on the internet -- many UU churches have given this program accolades.

We encourage regular attendance at our UU Kids programs. This helps children develop a sense of community within the UU Kids circle and the larger adult circle, as well as provides an optimal environment for children to learn, grow and enjoy

Why is Regular Attendance Important?

Children who come to church every week ...

1. make friends that they look forward to seeing on Sunday,
2. know their teachers and develop valuable relationships with them,
3. understand the theme of the curricula, know what happened last week, and look forward to next week,
4. are familiar and "at home" with the building and church school space,
5. have naturally memorized songs and repeated words from the worship circle,
6. know and look forward to the cycle of events and rituals of the church year,
7. develop a sense of being part of a church community where they know each other's names and care about each other's lives,
8. develop a sense of stewardship about the church and feel truly fulfilled when they have helped,
9. feel a sense of ownership of their religion, their church, and their church school.

Children who "drop in" occasionally will probably never experience any of this. What are your expectations, as parents, for your child's church school experience? If they include any of the above benefits, then regular attendance is something you will want to commit to.

Thanks to Jackie Smith-Miller for this page, previously shared on the REACH network.

SORRENTO — 2010

The UUFK is hosting the Sorrento Family Retreat this year : June 11, 12, 13th. This retreat weekend is a long-standing tradition shared with the Kelowna Unitarian Fellowship.

Here's what Dell has to say about "Sorrento" :

What to expect at the Sorrento retreat? — A weekend of activities, fellowship or simply a time to rest and meditate.

At past retreats, I have enjoyed activities like making inukshuks ; a solstice ceremony on the beach; an intergenerational play; circle dancing; star gazing; poetry writing; and walking the labyrinth.



Whether the Kamloops or the Kelowna Fellowship host the event, it is always a great weekend. A wide variety of activities are offered or you can just relax and do nothing. The evening gathering at the fire is always fun - roast hot dogs, marshmallows and enjoy the sing-a-long.

Bring your motor homes, trailers or tents, but if you're not a camper (like me) you can rent a cabana to share or even a room at the lodge.

The grand finale on Saturday night is the talent show when one & all have fun with songs, skits, poems, or dancing.

By the time the weekend ends with Sunday service, I always feel that I know my fellow Unitarians better & that I've made new friends from Kelowna.

*Think about going this year and I'm sure you will find something to do. Or, better yet, **nothing** to do!*

Adult Religious Education

Training for Small Group Facilitators



So far, I have only a small number of people who have responded to this offering. It still stands ... and when it's time, we will proceed!

I will offer a short (2 hours) training session for people who are willing to facilitate groups for one of our First-Sunday Circles. You would be given a sort of script and outline of pertinent questions. If this is something that you think you would enjoy and could offer, please speak to Rev. Wendy or Joan Gordon.

Day Workshop in March

"Monologues: encouraging a quick study" In preparing a homily or a short welcome, monologue experience allows the speaker to think on his or her feet and only refer to the prepared speaking notes. This type of monologue technique is particularly helpful to essay writers who avoid outline preparation before or after the written text. This technique facilitates finding the "river of thoughts", revealing the underlying outline and aiding eye contact. Plus, it's fun and develops rapport with the other participants – always good for confidence building.

Texts, tea and coffee will be supplied. Bring your bag lunch, pencil, scrap paper, water bottle and your desire to open to the unexpected.

This workshop is facilitated by semi-retired Speech and Drama Instructor, Gerda Morrow BA (Eng/Ling), ARCT (Speech & Drama) and Body-Mind Centering® practitioner.

Workshop will be at Gerda's East Juniper home from 10:00 a.m. to 4:00 p.m. on Saturday, March 27. Limited to 10 participants. Email Gerda to register.

Book Review — by Anne Neave

Many of you will remember Max and Maureen Zahir. Max was a physician in Kamloops and gave us a well-attended service about Islam. Maureen attended our services regularly. They moved to Victoria about 9 years ago and Maureen now attends the Unitarian church there.

Recently I was talking with Max about his new book, **"1947: A Memoir of Indian Independence"**. Max was born in the Punjab in 1936 in a small town, where his father was a physician. He describes the ancient, multicultural society he lived in, the independence movement, and the partition of Pakistan from India.

As a 10-year old, Max and his Muslim family trans-located from India to Pakistan on a disastrous train journey, during which an ambush killed nearly every Muslim on the train, including two of his immediate family and most of his extended family.

Our book club was discussing **"What the Body Remembers"** by Shauna Singh Baldwin, which describes the partition from the Sikh point of view, a trans-location and subsequent massacre from Pakistan to India. Max's book gave insight into the plight of the Muslim people involved in the conflict.

It is a short book, about 100 pages, and well worth reading. You can find out more at www.1947memoir.com. I will ask our public library to buy a copy. It is available at Amazon.com and from Trafford Publishing.

President's Message

Swan Song

By Enid Damer

Our president has been away taking a well -earned vacation, so it was suggested I might fill her space in the newsletter. Not that I could even try to fill Joan's space--she is one awesome president! But since I will no longer be a member of the Board, perhaps this is my last opportunity to contribute to our monthly news sheet.

Since the inception of our UU Fellowship in 1994, I have held almost every office on the slate : -president, vice president, secretary, member-at-large, membership chair, Sunday School teacher and newsletter editor. (I was never treasurer; I know my limitations when it comes to money) Now is the time for "new blood," with fresh ideas, to lead our Fellowship.

Our membership has increased significantly over the past couple of years, and as each newcomer brings ideals and dreams which have enriched their spiritual life, they enrich the lives of all of us. I encourage each new member to take an active part in the running of our Fellowship. The rewards are enormous!

Over the past year, when my own life became a disaster, the UU Fellowship became my anchor. You never know when you might need support on your spiritual journey.

We live in a world of frightening change, bigotry, totalitarianism, and injustice which threaten to become overwhelming. **"What can one small person do?"** we ask.

My answer would be to practice living our principals in our daily lives, in the way we treat our fellow UUs, and within the wider community.

In writing courses I've been taking, tutors keep telling me, "Show, don't tell." If we can show, by our example, how we live our principals here in our own community, then we have surely contributed to the greater good.

Does this sound too preachy? I hope not, because I firmly believe what I have said. Unitarianism has been my safe haven and inspiration for almost fifty years.

A swan is born mute. Legend has it that when a swan sings, it is about to die. Though I have called this essay my swan song, I must tell you that this old bird is tough and plans to hang around for a long time yet!



Planks from the Board

Some interesting items from the Board meeting held February 5th :

We are to sponsor, promote and make all the arrangements for a public concert by Kerri-Anne Kutz and her trio on the evening of April 6th. Kerri- Anne is an accomplished composer and balladeer who is doing a spring concert tour of western Canada. She is a Unitarian from Montreal and her material is generally of a spiritually uplifting nature. Dennis and Tuula are the committee of two responsible for pulling this off. Speak to them if you are willing to help.

The Board reviewed the draft 2010 budget as prepared by the Finance Committee. It will be spoken to by Tuula, our treasurer, at the AGM.

We have achieved a meeting of the minds and the contract by which Rev. Wendy will become our full status (¼ time) minister will be signed by the parties before the AGM. A Covenanting Ceremony to recognize and celebrate this event will be held at the VV Hall on the evening of April 9th. Please plan to attend.

The Social & Environmental action Committee will be doing what it can to oppose the creosote tie burning facility that Aboriginal Co Generation wants to locate here in Kamloops.

The Summer Retreat at Sorrento is to be organized by our Fellowship this year. It is slated for the weekend of June 11th-13th. We need volunteers to help with the organizing. Let Joan know if you are interested in helping plan this fun filled gathering of the Kelowna and Kamloops Fellowships.

S.E.A.C. hosts a Community Meeting

The SEA committee is organizing a meeting on March 4, 2010 at the TRUSU Boardroom at 7:00 pm.

If you are interested in creating an environmental communication network, please plan to attend.

Please confirm your attendance to
the-cap@shaw.ca

Thanks, Tuula

Lunches , Book Clubs & Other Things

UU Men's Lunch

Thursday, March 18th at Noon

Café Arianna, 272 Lansdowne Street - 250-374-2670

[corner of 3rd and Lansdowne - near to where Robbie's Downtown used to be - north side of Lansdowne - in strip mall]

"Café Arianna is managed by its owners, Rosario and Cristiana, husband and wife. It offers a large repertoire of Italian recipes and a nice selection of coffee beverages."



UU Women's Lunch

Friday, March 19th at 12:30 p.m.

at the Chinese Restaurant,

Lucky Yeung, 775 West Columbia

Canadian Unitarian Council

2010 Annual Conference and Meeting

Theme of the Meeting *"How Shall We Live?"*

Hosted by the First Unitarian Church of Victoria
May 21—24, 2010

Lenten Lecture Series 2010

St. Paul's Anglican Cathedral 360 Nicola St.

Thursdays in Lent at 12:15 pm

Lunch to follow in Hall

Come and hear speakers reflect on writers, poets and artists who have helped shape their understanding of God

March 4: Dan Hines will speak on: *Albert Camus*

March 11: Barbara Andrews will speak on: *Barbara Brown Taylor*

March 18: Gary Paterson will speak on: *Alice Munro*

March 25: LeAnn Blacker will speak on: *Dr. Seuss*

April 1: Brian Podia Mitchell: *Rum*

Morning Book Club

The Morning Book Club will meet Colene, March 18th at 10 a.m.. It will be hosted by Colene.

There have been changes in the book titles for the upcoming year. Please see below :

March: *"The Book of Negroes "* by Lawrence Hill

April *"Ireland : a novel* by Frank Delaney

May: *"Still Alice"* by Lisa Genova

June: Planning for the coming year.

New participants are welcome. Talk to Gerda, Anne, or Kay if you are interested.



Evening Book Club

The Evening Book Club will meet on Friday, March 26th at 7:15 p.m.. Location : J. Wigmore's home - 942 McMurdo Drive (374 - 2573)

The book will be *"Saving a Fish from Drowning"* by Amy Tan, presented by Judy.

The April book will be *"The Lost Symbol"* by Dan Brown, presented by Jane.

New members are wanted! Please talk to Enid or Wes for more information.

Munch with the Minister

Friday, March 12th at noon

in the UUFK Reading Room (Room 216 — 2nd floor of the Kamloops United Church)
Bring your bag lunch & join us for tea and conversation.



TOPIC for conversation – "What will we "covenant" to one another?"

ALL ARE WELCOME!

Contact Rev. Wendy if you need more information.