

**Kuuf Links
MAY 2010**



Seeking Spirituality
Practicing Community



With Freedom of
Religious Thought

UNITARIAN UNIVERSALIST FELLOWSHIP OF KAMLOOPS

Kuuf Links

**Covenanting Ceremony
between the Unitarian Universalist Fellowship of Kamloops
and the Reverend Wendy McNiven
April 9, 2010**

**Charge to the Congregation
Offered by the Reverend Karen Fraser Gitlitz**

There are two parties in this covenanting ceremony, the minister and the congregation.

My job here tonight is to charge, you, the congregation—although it seems to me, from the promises given and received just a few minutes ago, that you already have a very good idea of what it takes for a ministry to succeed!

You are not new at this. You know that when a minister is in your community for a limited number of days a month, there must be communication between visits, and time devoted to planning, prioritizing and organizing. You know that it takes understanding and acceptance, too, when it isn't possible to fit everything in, or when everything *is* fit in, but it shouldn't have been because it is too much for one person to sustain over time—minister or congregant.

You know that it is the small actions, the daily acts of remembering and attentiveness, that shape the cloth of community.

I know that you know these things, because you taught them to me, when I was here in Kamloops one weekend a month as your shared intern.

And I know that Wendy values the open flow of communication, and your willingness to name what is working, and what is not. Keep at this! For the words of your covenanting do not fix this relationship for all time and space.

Continued on Page 2



The Minister of the First Unitarian Fellowship of Nanaimo, gave the "Charge to the Congregation" at the April 9th "Covenanting Ceremony".

Inside this issue:

Wendy's Schedule	2
Upcoming Services	3
May 8th Events / Volunteers for May	4
UU Kids' News	5
President's Message / Planks from the Board	6
SORRENTO 2010	7
SORRENTO 2010	8
Social and Environmental Action	9
Lunches, Book Clubs and Other Things	10

The Unitarian Universalist Fellowship of Kamloops

meets every Sunday at the Valleyview Community Centre (2288 Park St. 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.uukam.bc.ca

Covenanting Ceremony

Charge to the Congregation (con't)

We make promises so that we can grow into them. Your relationship with Wendy will continue to develop and take new forms. When threads are dropped, or broken, attend to them. She will want to know, so that you can pick them up together.

Attend also to the growth of this covenanting group, your congregation. New threads will need to be woven in.

You make these promises tonight, not just for yourselves, but for the people who will walk through these doors next year, and the year after that, and the year after that. As newcomers find joy and meaning in belonging here with you, it will be up to you to bring them into this covenant.



They will not have had your experience of discernment and negotiation and voting and covenanting. They may have other experiences of ministry, or no experiences of ministry at all. How will you bring them

in, so that they too can become weavers of the whole?

There are two parties in this covenanting ceremony, the minister and the congregation. And yet, with the words of your call and your promise, you have invoked something larger. You have put yourselves, and your minister, in the service of your values, of the spirit of life, the ground of being, the Creative power of the universe that some call God, or Love, or the flourishing of Life itself.

We don't always live up to these promises. We never do, all the time. We make mistakes, out of fear or pain. With the best of intentions, we hurt others. We are silent when we should speak, or we speak too hastily.

You would not be a real, living, human community if these things did not happen.

We make promises, not to be perfect, but so that we have a way to call ourselves back to where we truly want to be. This is our practice, as a community. Don't wait for Wendy to do it for you – do it with her.

There is weaving to be done. Hold the threads gently, but firmly, and with courage, and you will make something beautiful together. You will be a blessing for yourselves, for each other, and for your larger community.

Wendy's Whereabouts

Contact information

Wendy's telephone in Kamloops: 250-819-5777

e-mail: wmcniven @ telus.net

I will be staying with Annelise in May, c/o 374-5169.

THANK YOU to all of you who contributed to the success of our Covenanting Ceremony and Reception on April 9th. There was a lot of planning and preparation and clean-up that went into it, and you did a wonderful job of putting it all together. Particularly I want to thank Gerda M for her coordination of set-up and reception; Enid and Heather A for their preparation of a meal for the visiting clergy; Janet K for offering her house for the meal, and for her work on set-up and aesthetics; Annelise for her help with invitations; Marg W and Bruce for the music; the choir; and all of you who contributed food, drink, set-up and take-down labour.



What a community!

My May schedule as of this writing for May 6 - 9th

I will be in Kamloops and available to meet with any of you from Thursday 12:30 pm through Sunday 5 p.m.

Thursday, May 6th

6 pm – choir practice at M. Waldon's home

Friday, May 7th

Friday Noon –BYO Lunch and Munch with the Minister : noon to 1:30, Reading Room at Kamloops United Church, 4th / St Paul St. – **ALL WELCOME**

1:30 p.m. — Sorrento planning committee — KUC Reading Room

Saturday, May 8th

Morning and Afternoon workshops at Jim and Joan's house (see information on Page 4)

Sunday, May 9th

Sunday morning service – bring a friend!

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.

Upcoming Services

MAY

May 2 : Chalice Circle : “Caring in Times of Need”

10 a.m. at the Hall

"In the presence of compassionate non-judgmental listening and sharing, miracles happen."

Chalice Circles are small groups of people who meet to deepen their relationships with each other and to grow spiritually. People experience a Chalice Circle as a safe place to talk about what is most important to us, as well as a wonderful context to know others, and to be known, in meaningful ways.

Members share with each other what is going on in their lives, and discuss a topic of spiritual or personal importance chosen for that session. The UUFK Chalice Circle meets on the first Sunday of the month at 10 am at Valleyview Hall.

With several people in our congregation giving and needing care at this time, the topic for May 2nd Chalice Circle will be Caring In Times of Need. Some of the questions we will be pondering are :

Have you been the recipient of care? What kind of care did you need? What felt like good care, un-helpful care? How did you respond to it?

Are you able to accept care when in need? What is the nature of a caring response; a caring community?

These questions are only guidelines for discussion and, as usual with our group, the exploration will take us lots of places and by doing so, strengthen our caring response and our connection to each other. Hope to see you then. Joan

May 9th : Worship Service : “Transformed by Love”

led by Rev. Wendy McNiven

10 a.m. at the Hall (Sing-A-Long @ 9:45)

Sometimes the role of women, and mothers, is held in low esteem. But in my experience, motherhood is sometimes the epitome of that evocative and idealistic phrase, “the transforming power of love.” On this year’s Mothers’ Day, I will explore the lives of some women whose inspiration and contributions to the betterment of society arise out of the fact of their being mothers.

Invite a friend!

The goodwill offering at this service will be for the Canadian Unitarian Council’s “sharing our faith” fund. Congregations across the country are contributing to the “Sharing Our Faith” Fund. All the offerings collected will be given back to congregations who apply and are approved for funding for a particular project.

This year, UUFK is applying for a grant to help fund our choir. Please give as generously as you are able.

Sunday School : “Bless This Meal”

May 16th : Paganism 101 : “The Moon”

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

The theme is Moon, dreams and divination, facilitated by UUFK presenters Heather Allen and Mitch Stefanek. Remember to bring items symbolic of the moon.

Homework in preparation for this session is keeping a notepad and pen by your bed to record your dreams the moment you waken.

May 23 : Worship Service : “Elements of Surprise”

offered by UUFK members - Gerda Morrow, Heather Stefanek and Mitch Stefanek

10:00 a.m. @ the Hall (9:45 Sing-A-Long)

With change in facial expression and increase in depth of breathing, 'surprise' touches an individual profoundly or as lightly as a falling petal. Emotions of joy or fear well-up resulting from being caught unawares by a happening or an image. The astonishment could simply be the result of a reaction to sensory perception. What value, if any, should human beings attach to 'surprise'? Or more specifically to the 'element' of activation? Yabba-dabba-doo! or two or tree!

Sunday School : “Exploring Faith Homes — Mohammed’s Story”

May 30 : SEAC Service : “Take the Plunge : Part 2”

10 a.m. at the Hall

Members of the SEA Committee will present a “Water Conservation Workshop”. The workshop will feature some of the hardware options available to reduce water use, and everyone will have a chance to ask questions. We’ll provide the information and the resources to support each of you to make some significant changes in your own gardens.

JUNE

June 6 : Chalice Circle 10:00 a.m. @ the Hall

June 13 : **NO SERVICE OR SUNDAY SCHOOL AT THE VALLEYVIEW HALL.** RATHER, the Worship Service for this Sunday will be held at the Sorrento Retreat. The Service will start at 10:30 a.m. .

June 20 : Paganism 101 : 6:00 p.m. at A. Raven’s home.
NO SESSION AT THE VALLEYVIEW HALL

June 27 : Flower Communion

10:00 a.m. @ the Hall

Volunteers for May

The set-up in particular requires 2 volunteers

May 2: Chalice Circle Set-up: Joan and Jim; Greeter: Heather G. ; Coffee : ?? ; Take-Down : ??

May 9: Worship Service: Set-up: Tuula and _____; Greeter: Jan; Coffee: Christine and Shannon ; Take-Down : ??

Sunday School Helper : Heather S.

May 16: Paganism 101: Set-Up : ?? Coffee: Heather S. ; Take-Down : ??

May 23: Worship Service: Set-up: Pat Mc and _____; Greeter : ?? ; Coffee : ?? Take-down: Gerda;

Sunday School Helper : Anne N.

May 30 SEA (Social and Environment Action): Set-up: Joan and Jim ; Coffee : ?? ; Greeter : ?? ; Take-Down : ??

N.B. There will be NO Service at the Valleyview Hall on June 13th or June 20th. Rather,

The June 13th Service will be held at the Sorrento Retreat, starting at 10:30 a.m.

The June 20th Paganism session will be held at the home of A. Raven, starting at 6:00 p.m..

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

We can send two voting delegates (those who can vote at the business meeting), but **as many as want to go** can attend the conference.

It will be at UVic; accommodation in residences ranges from about \$27 to \$45 per night, depending on sharing, etc.

The early-bird fee is \$150 registration, not including meals or accommodation, by March 31.

If you would like more information, please talk to Jan G. or Joan G..

May 8th Events

SATURDAY May 8th

WORKSHOPS & Lunch



Morning - Training for Chalice Circle facilitators.

9:30 to 11:45 May 8th at the home of Jim and Joan Gordon in Pritchard. Please contact Joan for directions.

Apply to Rev. Wendy or to Pres. Joan if you would like to attend this training. We will offer a short training session for people who are willing to facilitate groups for one of our First-Sunday Circles.

Potluck lunch – noon to 1:00

CREATIVE WORSHIP PLANNING

1:15 to 4:45 – There will be a work-bee to *create* the frameworks for a few worship services. Again, *your creative ideas* are invited, as is your presence.

The idea is to have a handful of services that are almost ready to go, except for the specific input of the participants in the “sermon” time. I envision three or four people in each case, pooling their thoughts on the particular theme of the service, which could be prepared a week or three in advance of presenting it.

Will you contribute?

UUFK Choir and Choir Practice

Choir practices are ongoing, three per month plus one church attendance. This will carry on for May and June.

Practices are generally from 6-7 p.m. on Thursdays . Please watch for May and June dates. (The Choir Leader has requested some flexibility so we don't want things too tied down.)



The next practice will be on Thursday, May 6th at 6:00 p.m. at the home of Marg W. , 5162 Kipp Road in Dallas.

Newcomers are welcome — you don't need to be an experienced singer.

If you need directions to the Waldons' home, please ask Joan G. or Heather S.

UU Kids' News

Action! Lights! Camera! Our UU Kids' Program is looking great with attendance at almost 100% last month! As you can see from the photo, our activities have been popular, especially when edible!

On March 28th, our session was called **Animal Homes & Environmental Stewardship**. Dawn Brodie of the local Burrowing Owl Conservation Society kindly loaned us her education kit. The children heard a story about burrowing owls and were able to look at an artificial burrow and nest box, owl feathers and eggs, and banding and tracking equipment. In the kitchen, rice krispie nests were created with candy eggs in the center -- much loving care went into forming those delicious nests!

On April 11th, **Homes on the Move** presented the theme of homelessness. We read a story about a family which lived in an airport, and talked about why people might be homeless, and where in Kamloops they might live. Then we got to tie knots -- yes, we became very good at tying square knots as we constructed a double layer knotted fleece blanket. It looked gorgeous when we were done! Amberley, Andrea, and Sharla are going to deliver it to a homeless shelter.

Coming up! Teacher Wendy and her loyal assistants will present the following sessions:

On April 25th, **Homes in Nature** -- Lessons from Walden's Pond, will be held at the labyrinth in Riverside Park. After using our portable labyrinth for previous sessions, this is an opportunity for UU Kids to walk a full-sized labyrinth and learn about this ancient meditative device. They will also hear a story about transcendentalist, Henry David Thoreau, and his keen observations of nature. We hope to practise this by journaling nature observations while in Riverside Park.

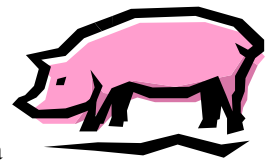
On May 9th, **Bless This Meal** will introduce the topic of Gratitude. Stand-up cards with printed meal blessings will be made for family table centers.

On May 23rd, our session is called **Exploring Faith Homes -- Mohammed's Story**. We will explore feelings about one's faith home, and will introduce UU Kids to one of the world's most influential prophets or teachers and the world's second largest religion. They will have an opportunity to examine values that Unitarian Universalism shares with Islam. You may hear special recorded music as we decorate cookie hearts, symbols of love.

Anne Neave, Children's Program Co-ordinator



HEIFER INTERNATIONAL -- GOING WHOLE HOG!



Yes, we are in the farm business again! Thanks to donations from the UU Kids Program and the Fellowship, we collected over \$200. The children voted to purchase a pig (which won out over the goat), a flock of chicks, a flock of ducklings, and a flock of goslings. Roland wants to know if we were really singing "Chicks and ducks and geese better scurry..." when we voted! John Hunter was holding out for a hive of bees and we had just enough money to get that too, thanks to the Canadian dollar being almost equivalent to the US dollar.

Along with animal donations from other individuals and groups around North America, these animals will be gifted to communities in need. Recipients of the animals are trained in animal husbandry, and must pledge to share the offspring and/or products with their communities.

President's Message

We are coming to the end of a busy church year. A lot has happened since September, it feels like we've been swept up in a whirlwind. Now it feels, for me at least, as though the wind has stilled somewhat and we can look around to see where we have landed.

We are in a good place in every respect. Rev. Wendy McNiven is our settled minister, we have a first-class website, a sound financial picture, a budding UU choir. I know there are more ideas, more innovation, more action to come, but for now, let us just breathe, and smile and bask in the glow of many jobs well done.

All of you are so wonderful! Everyone contributes in so many ways and with loving hearts and the result is a multi-faceted, loving, vital community.

As we wind down from this Church season and prepare for the next, the Board will be asking you for your input on how to proceed next year.

This was the second time in our history that we have experimented with a church service or program every Sunday. For all but one of our formative years, we had a UU service twice a month with the SEA committee hosting the fifth Sundays. At various times, we have had adult religious education programs and Chalice Circles, usually during the week and in someone's home.

Last spring, the Board decided to have a Church program every Sunday at Valleyview Hall starting September 2009 offering an adult RE program and the Chalice Circles. The goal was to have a church presence in Valleyview Hall every Sunday. These added programs created new opportunities for many of us, the opportunity to explore the New Paganism and to participate in Chalice Circles. All of these programs have been well attended and the feedback on both programs has been that of great appreciation. The Sunday worship services with our rituals of candles, singing and a sermon along with the children's program continue to draw the most people with attendance overall being very good.

So in the next few weeks, we will be asking the congregation what they want for next year.

do you want to continue with a Church program every Sunday for the 2010/11 season?

if so, to what extent will you be able to attend?

to what extent will you be able to participate in putting on the program?

what type of program/service would most meet your needs for spiritual growth and development?

Would you prefer a 10:30 start time?

Please ponder these questions and be prepared to answer them when you someone contacts you.

Thank you, again and again. Joan

Planks from the Board

The latest board meeting was held at our reading room on April 11th. Highlights of old business included an overview of the Kerry Ann Kutz concert (an overall success with much positive feedback), remuneration for our new choir director, and an update on the Farm Prisons letter sent to government.

There will be a workshop held next month on leading Chalice Circles – details to follow. The SEA Committee will soon be launching the Water Challenge part 2: Outdoors, and they are working to get an email list up and running.

Penny has graciously consented to continue as editor-in-chief of our newsletter for another year, and we will be looking to the congregation for some increased involvement in the near future... if any of you have the journalism bug, please let us know!

Finally, the board will soon be looking for everyone's input on how to structure our gatherings next year. We will be circulating a survey about service schedules, what worked this year and what can be improved. It will be an opportunity to share your thoughts and help to shape our community in the future, so start formulating some good feedback!

Christine Hammonds, Secretary to the Board

MAY BOARD MEETING

The board is having a **dinner meeting**, Friday, May 7th at 5:30 at the Oriental Gardens. This meeting is open to all but in this case, if you plan to attend, please let us know in advance so we know how many to reserve the restaurant for.

UU Women's Retreat

The Vancouver Island UU Women's retreat will be held at the Bethlehem Retreat Centre in Nanaimo on the weekend of September 17 to 19, 2010.

For further information about the weekend and registration contact Janice Hocking at tjhocking@shaw.ca or phone 250-390-1332.

Camp Sasamat

Camp Sasamat 2010 - registration deadline April 30.

Some of you may be interested in this camp, which is organized by the Coquitlam UU's and held in the lower mainland. They have a **great choral workshop** on the Saturday. If you would like more information on this camp, please talk to Heather S.

SORRENTO 2010 : “Beginning with Ourselves”

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

It runs from Friday, June 11th in the late afternoon until mid-day on Sunday, June 13th. The theme of this year’s retreat is “Beginning with Ourselves”

THE Schedule and the REGISTRATION FORM FOR THE SORRENTO RETREAT have been sent out to you in an E-mail. It will be available on the UU website the first week of May. Please go to www.uukam.bc.ca .

If you would like a copy sent to you, please contact Heather S. (250 - 573 - 3506).

It is important to us, as a Fellowship, that as many “barriers” to participation in this special weekend be broken down.

Thus, if you would like to go, but NEED A DRIVE, please let Heather S. know . Alternatively, if finances pose a barrier to you or someone you know, there are

BURSARIES AVAILABLE

After several years of hosting the Sorrento Retreat, the UUFK has accumulated a small surplus fund. This money is available to help people in the congregation who would like to attend the Sorrento weekend but for whom finances are a problem. If you want to attend the Sorrento retreat but feel you cannot because of the cost, please do not hesitate to approach Joan Gordon or Tuula H. Deadline May 15th.

SOME HIGHLIGHTS OF THE SORRENTO WEEKEND

TRUE COLOURS – Anna Peron

Intrinsic to human nature is the need for self esteem and confidence, two characteristics widely recognized as the basis for successful behaviour. “True Colours” has been created as the vocabulary through which people can communicate the expression of their characters as a spectrum of colour.

“True Colours” uses four colours to identify four distinct perspectives and personalities. Most of us have a dominant colour and are influenced by the three other colours, thus creating our True Colours Spectrum. This establishes a common language by which we communicate core motivations, needs and behaviours.

Discovering and exploring your True Colours Spectrum is FUN and exciting! It helps us to better understand ourselves.



The True Colours Workshop is very much an interactive and fun way to get to know ourselves and others and learn about who we are and how we relate to those around us. There are lots of laughs and lots of "ahahs" as we explore together how we innately respond to the world around us and how we use this knowledge to "brighten" our colour strengths.

“ True Colours ” - Author and founder, Don Lowry earned his Education degree from the University of Washington. His True Colours personality identification process - a sound, non threatening approach to better communication - has helped people to see themselves and others in a new light and learn to improve relationships that lead to new successes at home, at work and in life.

A booklet is available to take home following the workshop, but this must be pre-ordered with your registration.

Cost \$10. One per family is sufficient.

Anna Peron , the Workshop Instructor, was born and raised in Victoria and moved to Kamloops in 1986 where she works as a Registered Nurse. She is the happy mother of three rather large boys, and has had the opportunity within the scope of her 25 year Nursing career to develop her own, and assist others to develop skills in effective communication, relationships and leadership.

Most recently she is working in the position of Clinical Nurse Educator after having been a Head Nurse on a busy Surgical ward for the past 10 years.

Self discovery, communications, and how these relate to interactions with family, friends and co workers have

SORRENTO 2010 : “Beginning with Ourselves”

always been a keen interest for her. She had the opportunity to take the True Colours Facilitator course a couple of years ago and has been facilitating workshops at Royal to various groups of nurses, and support staff.

There has been a shift in the hospital culture which includes staff speaking in the Spectrum of True Colours and wearing their colour beads with pride, a symbol to represent their True Colours.

INTERGENERATIONAL CONFLICT ?? or VIVE LA DIFFERENCE!! – Jim Gordon

“I just don’t understand young people. They just want to do their own thing. They don’t understand hard work. They never return your calls and yet they expect you to get right back to them. I’m ready to give up.”

“Old folks just aren’t with it. They are stuck in the stone age. They take so long to make a decision. Procedure and tradition...forget it.. It’s too frustrating.”

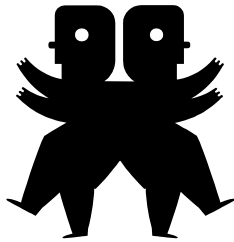
If these or similar statements resonate with you, you might be fighting with inter-generational conflict. Just as the pace of change has been accelerating in our world, the differences between the generations have become more dramatic. Understanding those differences can make life not only more simple but a whole lot more enjoyable.

Jim Gordon is no expert in the field, but he has great notes from two sessions on this subject that he has attended. He will share his insights and understanding in this two hour session. Of course, everyone belongs to a particular generation (Traditionalist, Boomers, Gen Xers, Millennials etc,) so it is expected there will be lots of anecdotes and discussion. Prerequisites: an open mind and a sense of humour.

IT TAKES AGES AND AGES – Rev Wendy McNiven

An interactive opportunity to explore the gifts and challenges of the age you are now. For example: What is important to you about this age, is it what you thought it would be, who was your role model for this age, what questions do you have of people in another age-group, what advice would you offer to someone approaching your age, what do you celebrate most about this age, what do you resist most about your age ... et cetera!

Rev Wendy McNiven is the minister at the Unitarian Universalist Fellowship of Kamloops



RECYCLING GREETING CARDS – Enid Damer

This is a hands-on session where you will put to practical use the Reduce, Reuse, Recycle mantra. Bring any old used greeting cards you have, as well as any unused envelopes. Additional materials and cards will be provided.

Enid Damer is a long-time member of the Kamloops Unitarians

Environmental Issues

Members of the UUFK’s Social and Environmental Committee will give a workshop. Details to be confirmed.

Another Wonderful UU Retreat/Camp :

ELIOT INSTITUTE AT NARAMATA

July 3 - 5 : Eliot Institute is a one-of-a-kind intergenerational experience of stimulating speakers, discussions, music, activities and worship for the whole family.

<http://www.eliotinstitute.org/pages/Naramata10.pdf>

For more information, see last month’s issue of “Kuuf Links” and the article by J. Kusler entitled “Okanagan Lake Camping Retreat”.

“THE PLACE WE BELONG”

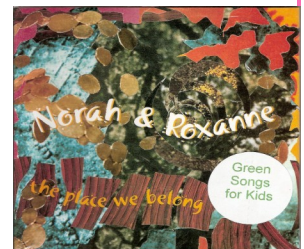
A fundraiser for the UUFK

A cd of 17 songs for children, written and performed by Kamloopsians Norah Ashmore and Roxanne Hall.

Most of the songs have a theme of caring for the environment.

Cds sell for \$10.

A perfect gift for your children or grandchildren. Contact Mitch or Heather to place your order. 250-573-3506 or email mitchhez@shaw.ca



Getting to Know You.....

Will be back next month, when our featured UU’er will be Heather S.



Social and Environmental Action Committee News

Take the Plunge: Part II

WE'RE MOVING OUTDOORS!

Pumped up (ahem...) by the success of the recent indoor water challenge, the intrepid Social and Environmental Action Committee of the UUFK is planning a sequel to the Take the Plunge Challenge: WE'RE MOVING OUTDOORS!



That's right, folks. After collectively saving approximately half a million litres of water annually by improving our habits and indoor fixtures, we're now going to make it easy for our fellowship to become equally water-wise in the great outdoors. And the timing couldn't be better – with Council's recent decision to install water meters in all Kamloops homes, we expect there will be great interest.

The committee plans to arrange tours through gardens that demonstrate good water stewardship, schedule a xeriscaping workshop for our fellowship, and organize a Water Conservation Workshop on May 30 at the Valleyview Hall. The workshop will feature some of the hardware options available to reduce water use, and everyone will have a chance to ask questions. We'll provide the information and the resources to support each of you to make some significant changes in your own gardens.

At the end of the summer, all those who have taken actions resulting in a tangible reduction in outdoor water use will be eligible to win a prize. We'll wrap up the challenge with a "Water Celebration Tea" in the fall, featuring watermelon and watercress and cucumber sandwiches. Doesn't that sound ducky?

So, dear friends, stay tuned and prepare to be challenged (insert bugle call here) – WE'RE MOVING OUTDOORS!

Gisela Ruckert

Member, Social and Environmental Action Committee

UUFK

Walk for Peace the Environment and Social Justice

When : Saturday, May 1st

Activities and Displays : 10:30 a.m.

The Walk : meet by the UU banner at Stuart Wood School around noon (walk starts at 12:30 p.m.)

Where : Stuart Wood Elementary School ;
245 St. Paul St., Kamloops

Xeriscaping Workshop

"xeriscaping" : designing a landscape to use less water

The SEA Committee is sponsoring the City of Kamloops'

"Xeriscaping" seminar on

Wednesday, May 26th at 6:00 pm.

The SEA committee will pay your registration fee to the City of Kamloops if you let me know you wish to take the course. I have 10 people signed up at the moment, and have another potential seven spots available.

Sincerely, Tuula H.



350 . Org

As you know, climate change isn't going away, and the work continues to build political will amongst our leaders for effective and timely action on the issue. The folks at 350.org have set a goal for this October 10th (10/10/10) to have a Global Work Party.

In order to plan a 350 action for Kamloops this October, there is a **350 Meet-Up** at TRU on Tuesday, May 4th at 7 pm in the TRUSU Boardroom, which is right beside the Campus Activity Centre.

We invite you to join us for a brainstorming session – bring your ideas! If you can attend, please rsvp to the-cap@shaw.ca

or via the 350.org site:
<http://www.350.org/node/16590> .

Lunches , Book Clubs & Other Things

UU Men's Lunch

Montana's Cookhouse
600 - 1055 Hillside Drive
Tel: 314-0714
[In Wal-Mart Mall]
on Thursday, May 13th.



UU Women's Lunch

Friday May 28 @ noon
Udon lunch at the Japanese Cultural Centre
160 Vernon Ave. , North Shore
Please let Heather S. know by May 24
if you plan to attend : 250-573-3506

PTISTOP RETURNS

...on Sunday, August 8th, members
of the UUFK's "PitStop" Team
will prepare a meal for those in our
city who may be without a home.



Workers gather at the Kamloops United Church at
1 p.m., and everything is done by 5 :00.

Drop in for an hour or tow to see what we are up
to . It is always a good time!

Kamloops Garden Boxes — Summer Project

Project Director : Joel Dyck
Email : joelfish@hotmail.com
Phone : (250) 573—2479

Take advantage of this award-winning summer pro-
ject to increase your ability to make use of your gar-
dening area, however small it may be!!

Morning Book Club

May 20, 10:00 a.m. Thursday Morning Book Club hosted by
Heather and Mitch.

May's Book : "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 next book club will be at Wes and Norm's (374-0142) at
#36 - 255 Pemberton Terrace on Friday, May 28th starting at
7:15 pm.

The movie we will be watching is "Doubt" (104 min) ;
presented by Mitch and Heather.

Set in 1964, **Doubt** centres on a nun who confronts a priest after
suspecting him of abusing a black student. He denies the
charges, and much of the play's quick-fire dialogue tackles
themes of religion, morality, and authority.

Starring:

Meryl Streep ... Sister Aloysius Beauvier
Philip Seymour Hoffman ... Father Brendan Flynn

UUFK Summer Picnic

On Sunday, August 25th, join your fellow UU'ers at
the Riverside Park for our Annual Summer Picnic.

This is a Potluck affair, and is held from 3 —7 p.m..

Munch with the Minister

Friday, May 7 at noon

in the UUFK Reading Room (Room 201
— 2nd floor of the Kamloops United Church) Bring your bag
lunch & join us for tea and conversation.

ALL ARE WELCOME!

Contact Rev. Wendy if you need more information.

