

## KUUF LINKS

Sept. / Oct. 2010



Seeking Spirituality  
Practicing Community



With Freedom of  
Religious Thought

**Kuff Links**

UNITARIAN UNIVERSALIST FELLOWSHIP OF KAMLOOPS

# Wendy's Words of Wisdom

Some of you know me as an occasional attendee of "TED (Technology, Entertainment and Design) Talks" on the internet. This one ("Simon Sinek: *How Great Leaders Inspire Action*") came to me last May with some growth ideas for us as Unitarian Universalists.

Simon Sinek talks about how we communicate, using the image of three concentric circles. The outside circle represents the "what" of what we're involved with. The middle circle represents the "how" of our enterprise or organization. And the central circle represents the "why".

Sinek says that every organization knows **what** they do. Some know **how** they do it. Few know **why** – the purpose, belief, cause. That is, "Why do you exist as an organization?"

Mostly, when people communicate their message, they go from the outside in – "what", "how", and eventually, maybe, "why". BUT - the inspired communicators go from the inside out. They ask not only what they do, or how they're different from others doing the same thing, but WHY they do what they do.

*I think that the general purpose of Church is threefold : to **build community**... ; to **remind us of our morals and values**; and to **support us in living con-***

In our case, the "what" could be - we have Sunday services and religious education sessions. The "how" might be - A worship committee oversees our services, and we have a minister, and there is a curriculum for our wonderful RE programs. But what about our "why?" Read on.

Sinek says "People don't buy what you do, they buy why you do it."

So, when we say we want to grow, and we want to attract other people to join us in this spiritual journey at UUFK, maybe we should use this

concept in our invitations.

Joan's presidential column asks you to invite a friend to church. But how are you going to invite that friend? (And you'd better know "why" you're going to invite them, too!) How about simply telling them WHY you are part of this Fellowship? People might respond to that, more than if you try to sell them on our history, or our statement of principles and sources, or our RE programs.

In simple form, I think the general purpose of Church is threefold: to build *community* with a spiritual connection; to remind us of our *morals and values*; and to support us in *living consciously*, with integrity, in alignment with our values.

For me, a *community* of like-minded people is *con't on Page 2 .....*

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## The Unitarian Universalist Fellowship of Kamloops

meets every Sunday from September until June at the Valleyview Community Centre on Park St. in Kamloops .

For details on individual Sunday schedules, please see inside, or go to our website at [www.uukam.bc.ca](http://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.

E-Mail to [uufellowshipkamloops@gmail.com](mailto:uufellowshipkamloops@gmail.com)

Website : [http:// www.uukam.bc.ca/](http://www.uukam.bc.ca/)

## Wendy's Whereabouts

very important – a place to belong, a place where I can express my sometimes-far-out ideas and get a fair hearing, a place where I will find friends. I want my life to be witnessed; and I want to be a witness for others.

I want my spiritual companions in community to push me towards *integrity*, when I say one thing and do another, or when I aspire to do social or political actions but can't seem to do anything on my own. I want my community to help me be the person I want to be.

And I want my community to remind me (with kindness) to always *Pay Attention* to what I am doing – to help me, and allow me to help them, resist the temptations to be unconscious as we walk our life paths.

Why am I a UU? I believe in living my life with full attention, allowing my values to direct my behaviours, and affecting the world around me in a positive way. (And the group that supports me in living this way is a UU congregation.) Want to come to church with me?

So – how does your relationship with your UU fellowship affect you? What does it give you? How does it make you a happier or better or more spiritually grounded person? How does it inspire you to make changes in your own life? How does it inspire you to reach out to others, and to change the world around you for the better?

Tell it to your friends. Maybe they will want what you have!

Shalom,

Wendy

IN SEPTEMBER .....

Rev. Wendy McNiven will be in Kamloops from September 9th –12th. She will be staying with Janet K.

IN OCTOBER ...

Rev. Wendy will be in Kamloops from the 7th to the 10th. She will be staying with Jim and Joan G.

Rev. Wendy's phone number can be found in the UUFK Phone Directory. To e-mail her, please use

**wmcniven @ telus.net**

Munch with the Minister – Friday 10<sup>th</sup> Sept. and Friday, October 8th. noon to 1:30. SEE PAGE 10 for more information.

Use your minister well

*"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. We can meet at the Reading Room, your home, or somewhere else." — Rev. Wendy*

## Bid Night 2010

### Get Ready for Bid-Night 2010!

Every year, in the fall, the UUFK hosts the ultimate in a win-win fundraiser. What we fondly call "bid-night" is an auction where members and friends of the Fellowship donate dinners, parties, talents, services, travel opportunities, baking, and crafts. These are sold to the highest bidder in a fun filled evening. We bid against each other, bid each other up and in the end, we have a lot of fun, make a lot of money and have many events to look forward to in the coming year.



You may get an hour of vacuuming from Bob, or two dozen of Enid's cookies once a month for a year. Gerri's butter tarts are to die for, but she will also substitute muffins if you prefer.

You could fly anywhere in North America on Roland's donation of air points, or "buy" the topic for one of Rev. Wendy's sermons. Murder mystery nights are the specialty of Mitch and Heather; games nights at Al and Heather's are a lot of fun — but if "liar's dice" isn't your thing, read Chaucer and Shakespeare with Gerda and Bob. From original art cards to art lessons, from hikes to foot massages, gourmet dinners to movie nights, whatever you want, you will find it at the UUFK annual bid-night.

This year enjoy the fun and frivolity of this important fundraising auction, as well as a fabulous pot-luck dinner AND **COSTUME PARTY** on Friday night, October 29th.

Join the crowd at the Neave's house, 2068 Sifton Ave, with dinner starting at 6 pm, and the auction at 7 pm.



The Neave house will be decorated for **Hallowe'en** and we hope **everyone will come in costume!** Roland has announced that he plans to wear his famous 1970's orange polyester bell-bottom pants, something you must see!

***The auction and small gift tables depend on your generous donations. Please print and use the bid-night form found on Page 12 of this newsletter.***

**Submission deadline is October 20.**

## Upcoming Services

### September

**September 5th : 2nd Annual Homecoming and Water Communion.** Led by E. Damer and J. Gordon. 10 a.m. at the Valleyview Hall

This Worship Service provides a time for sharing a significant spiritual experience represented by water. Please bring a symbolic vial of water to the Service. Welcome back!

**September 12th : “Do Not Go Back to Sleep”** led by Rev. Wendy McNiven. 10 a.m. at the Valleyview Hall.

My title comes from a poem by Rumi. “Conscious living” involves being awake to what is happening in each moment – as much as we can. It is not always easy, as we like to allow distractions to take our attention away from our boredom, or pain, or sadness, or work or relationships or ... . But at the same time, in the attempt to live a life of integrity and wholeness, one must be awake!

**September 19th : Chalice Circle** 10 a.m. at the Hall

A follow-up discussion of “Do Not Go Back to Sleep”

**September 26th : “The Fire of Commitment”** led by Rev. Stephen Atkinson of Vancouver’s North Shore. 10 a.m. at the Hall.

Commitment is almost a dirty, 10-letter word these days, but a fellowship or church both inspires and requires various kinds of commitments from almost every person. Today, let’s look at the call to, and rewards received from, the specific commitment of membership in a religious community.

If you feel any pressure to join the Fellowship today, it will be coming from your own spirit.

### October

**October 3rd : Adult Education : “Simplifying for Wellness”**

**October 10th : “Thanksgiving is a Verb”** - led Rev. Wendy McNiven. 10:00 a.m. at the Valleyview Hall

This day, 10/10/10, is the date chosen for what is being called the “Global Work Party” - a massive, world-wide day of action to help bring our carbon emissions down to 350 parts per million. (Organized by “350.Org”)

Our Thanksgiving service will explore the relationship between gratitude and action, whether it is action for the planet, or any other kind of action that helps to build a better world.

**October 17th : “Chalice Circle”.** 10 a.m. at the Hall.  
A follow-up discussion of “Thanksgiving is a Verb”.

**October 24th : “Death - A Dialogue”**

This will be an inter-active service led by members of the UUFK. It will give an opportunity for all present to honour loved ones who have died. 10 a.m. at the Hall

**October 31st : Social and Environmental Action Service**  
10 a.m. at the Hall

**VOLUNTEERS are needed for the usual Sunday tasks.**  
**Please help out by signing up on the sheets available.**

### Workshop:

#### “A New U(U) Class – For Everyone”

Rev. Stephen Atkinson will be our guest on the weekend of September 25th/26th.

Rev. Atkinson is the minister of the North Shore Unitarian Church in West Vancouver. He graduated with a Master’s of Divinity degree from Meadville Lombard Theological School in Chicago. He was the ministerial intern at First Unitarian Church of Dallas in 2005-6.



Ministry is Stephen’s second career. Having received his Doctor of Medicine from Dalhousie University, he completed a residency and practiced in psychiatry in Toronto between 1980 and 2000.

A native of Fredericton, Stephen returned there after early retirement to pursue a new course in life, first studying creative writing and film before going to seminary.

On Saturday, September 25th, Rev. Atkinson will give a workshop which he describes in this way :

*“At North Shore Unitarian Church , where I serve as minister, a new development in our “New UU” classes is that more and more long-term members and friends are attending – both for a refresher course on the basics of Unitarianism (add Universalism if it fits you) and to meet and connect with newer people they don’t yet know.*

*In this workshop, I’ll talk about our theology, history and organizational basics; there’ll also be a chance to ask me questions within these areas or others of interest to you. ”*

**Place:** Jim and Joan G., 101 Mattoch McKeague Road - 250 578-8287

**Time:** 6:30 Dessert and coffee

7:30 - 9:30 Workshop

# Getting to Know You.....



*This month featuring Joan G.*

I am part of the first wave of baby boomers born just after the war ended. My father had been in the Air Force stationed in eastern Canada, fortunate not to be sent overseas. I was born in Windsor the second child and first daughter. My two younger siblings followed once my parents settled back in Vancouver.

Our family of 6 lived in the rough and tumble village of Lynn Valley with creeks, forests, mountains and canyons as our playground. My father was something of a celebrity wherever we lived as he was an artist of some note. Those of you who are old enough may remember when BC Tel put original art on phone book covers. His 1960 painting of a freighter docked in Vancouver Harbour was in every home in the province for a year. Growing up, an outing with our father meant playing on the docks while he set up his easel and painted.

In September 1963 my father announced that he was quitting his job as a commercial artist to open an art gallery in Kelowna. This was to be the first private art gallery outside the lower mainland but with no guarantee of a regular paycheck. He said we may all have to go pick fruit. This enterprise turned out to be a tremendous success and the Hambleton gallery is still a central part of a thriving art culture in the Okanagan.

The September after I graduated, I enrolled in the Vancouver School of Art. Even though I was always told I had artistic potential, my art career did not flourish and I moved on to some dubious adventures for the next few years. My son Jason was born in 1966 only a few months before my first marriage failed. It was his arrival that spurred me to make positive changes in my life.



**Joan at Cristo Rey, a significant Christian pilgrimage sight for Mexicans. Cristo Rey in the geographic center of Mexico.**

eighties I starting taking university courses. This led me to a wonderful position with Kamloops Youth Resources first working with preschoolers with behaviour problems and then with families with a wide range of issues.

I retired in 2000 to do pursue creative writing and currently have a novel nearing completion. With grandchildren, opportunities for recreation and travel and other life commitments, the writing progresses slowly. The desire to live life frequently competes with the desire to write about it.

My job, at this stage of my life, is to do both well.

Those changes led me back to Kelowna, to my family and to the teachings of Maharishi Mahesh Yogi. I have remained a faithful practitioner of Transcendental Meditation for the past 43 years. In 1972, after one month training in California and three months in Mallorca, Spain, I qualified to become a teacher of Transcendental Meditation. I feel very blessed to have spent so much time in the company of a great teacher such as Maharishi and to have found my spiritual path at such a young age. I am now retired from teaching TM, but still attend courses, take advanced training and since October have been involved in an on-line study of the Bhagavad-Gita.

It was shortly after I got back from Spain that I met Jim, a handsome young lawyer in Kelowna who did not waste much time asking me to marry him. We didn't waste anytime having a family either with Jocelyn in 1973 and Lindsay in 1974. He agreed to learn Transcendental Meditation and I started attending the Unitarian Fellowship.

Jim's appointment to the Provincial Court in 1979 brought us to Kamloops. I spent 12 years at home with my three children and in the late

# UU Kids' News / Adult Program

We have an exciting new program for our children this fall. It comes highly recommended by Lynn Sabourin, RE coordinator of the North Shore Unitarian Church and is in fact her favourite Sunday school program!

“Toolbox of Faith” invites participants to reflect on the qualities of our Unitarian Universalist faith, such as integrity, courage, and love, as tools they can use in living their lives and building their own faith. Each of the 16 sessions uses a tool as a metaphor for an important quality of our faith, such as reflection (symbolized by a mirror), flexibility (duct tape), and justice (a flashlight).



Every session includes an Opening Circle, a story from another culture, a supporting activity, and an opportunity to reflect on the message of the story during our closing Council Circle.

## **Sunday September 12: REGISTRATION DAY and Session One: Faith (Toolbox and Ruler)**

The toolbox symbolizes our Unitarian Universalist faith. In this session, there are opportunities to reflect on what we might put in a toolbox of our faith and what tools our faith can provide. In addition to the toolbox, this session introduces a ruler to illustrate the rules and promises that are decided together. Discussion may include the nature of our faith as something we decide together. There will be time for participants to discuss the differences between deciding together versus being told what to do. We will emphasize the meaning of "to covenant" as "to promise together." Participants will create their own group covenant.

## **Sunday September 26: Questioning (Magnifying Glass)**

The magnifying glass symbolizes questioning and looking deeper. This session focuses on the value of questioning assumptions and wondering, "Why?" The children hear about astronomer and Unitarian Maria Mitchell, who embodied the truth-seeking quality of Unitarian faith in both her spiritual and scientific life.

## **Sunday October 10: Integrity (Compass)**

The compass symbolizes integrity. This session provides opportunities for participants to reflect on the directional compass as a symbol for our inner moral compass. We will guide the children to explore how we listen to our inner voices. Time is allowed for participants to identify times when we feel our moral compass swinging toward truth, and articulate how that feels. We emphasize that to discern what is right is often not easy.

## **Sunday October 24: Flexibility (Duct Tape)**

The duct tape symbolizes flexibility. This session provides opportunities for participants to reflect on the value and qualities of developing an open mind and a flexible faith. A theme of discussion is the Unitarian Universalist expectation of change and flexibility in one's understandings and beliefs. Time is allowed for participants to consider what it means to live with changeable answers. We will emphasize the importance of being informed and being flexible decision-makers.

Wendy Loranger, Children's Program Teacher / Anne Neave, Children's Program Co-ordinator

## **Adult Education — “Simplifying for Wellness”**

We can enhance the quality of our lives and live in a more environmentally responsible manner.

“Simplifying for wellness” consists of six, two hour sessions, to be held on the first Sunday of each month starting in October.

Participants need to bring a journal or notebook, and a pen or pencil. As there are several handouts for each session, we ask that you PRE - REGISTER so we know how many copies to have available. Call Heather or Mitch at 250-573-3506 or email [mitchhez@shaw.ca](mailto:mitchhez@shaw.ca)

Session 1	<b>October 3</b>	<i>Simplifying for Wellness</i>
Session 2	<b>November 7</b>	<i>Simplify by clearing out clutter and saying no to buying more</i>
Session 3	<b>December 5</b>	<i>Stressed? Simplify by taking control of your money</i>
Session 4	<b>January 2</b>	<i>Simplifying with children</i>
Session 5	<b>February 6</b>	<i>Simplifying for wellness at mealtime</i>
Session 6	<b>March 6</b>	<i>The next step: fostering simplicity</i>

Heather Stefanek, as Adult Education Coordinator, is seeking input on ideas for programs which might be of appeal to the general community. Ideas so far include “Women Living Alone” or a discussion of The Fair Country by John Ralston Saul. If you have ideas, please let Heather know. More about this later.....

## Community Outreach

### PitStop

UPCOMING DATES ARE:

October 10th - Thanksgiving

December 5th - will be a bag lunch

#### NEW TEAM LEADERS NEEDED

After more than 6 years as Team Leaders, Mitch & Heather would like someone(s) to take over the position. This is NOT an onerous job, as there are around 14 teams on the roster. This means we are only expected to do about 3 or 4 sessions a year.

Ideally, two team leaders would be good, to share tasks and dates. Mentoring/training will be provided at the next two sessions. (October 10th and December 5th)

Job description is as follows:

- 1) Book dates and advise team, by email or phone.
- 2) Decide on menu a week prior. Check what supplies are at the KUC. Meat out of freezer to fridge for defrosting.
- 3) Wednesday or Thursday: request produce etc from the Foodshare program, by email or phone.
- 4) Saturday morning : be at KUC for delivery, and to refrigerate the food. Buy extra needs if not provided, particularly fruit.
- 5) Sunday : arrive by noon to pre-prepare for team's arrival at 1pm.

Please give some serious thought to this, so that the Unitarian team can continue to be involved with this important volunteer work for the community. Interested parties should talk to Heather or Mitch a.s.a.p..

### Food Bank Helpers



*Team UU started at the Kamloops Food Bank in July. We packed family hampers on a Saturday morning and the Food Bank staff was very grateful for our help. In late August, the Food Bank asked us for more help on a Saturday morning . This time Team UU Two packed hampers for single people. The staff told us that during the previous month they distributed 1,347 hampers to 2,419 people.*

## Choir

### UUFK Choir

*Let's Sing! for the livin', Let's Sing! for the livin' and the lovin', Let's Sing for the livin' and the lovin' of life!*

The first rehearsal of our very own UUFK choir will be on Thursday September 9 at 5:00 pm under the amazing direction of Margaret Waldon.

Please plan to attend this meeting if you are at all interested in the choir, even if you aren't absolutely sure you can/want to attend.

We will prepare music for Sunday's service and discuss how we would like the year to develop for the choir.

Please contact Janet at 250-374-5169 or [jkusler@telus.net](mailto:jkusler@telus.net) if you have any questions and any suggestions for music for the choir.

Meeting place 5162 Kipp Road in Dallas (across the tracks from Tumbleweeds Pub and turn left).



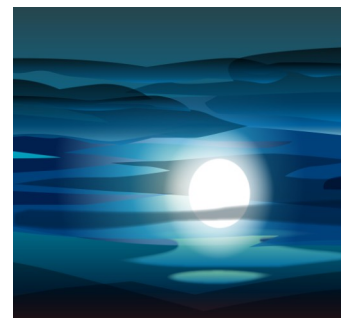
### “Introduction to Paganism” Re-offered

Mitch and Heather Stefanek are offering an “Introduction to Paganism” programme through the Kamloops Adult Learners Society,

There will be 3 sessions in November.

The Kamloops Adult Learners Society website is [www.kals.ca](http://www.kals.ca) for detailed information and registration details.

It may be of interest to those who missed the Paganism 101 that we offered through the Fellowship.



### Vancouver Island 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](mailto:tjhocking@shaw.ca) or phone 250-390-1332.

The retreat is limited to 20 and early registration is advised.

## President's Message

This is the first cool day of a busy summer that started for me around the middle of June. With lots of comings and goings, people in out of our house, the heat and the smoke, it is a comfort to be at home, with the sounds and smells of rain, and thinking of the upcoming church season.

As you read this, we will have had our planning meeting which many of you will have attended. We will have established our goals for the coming year, and I look forward to hearing what is important to everyone. For me, the goals for this year are the same as they always are. : to have meaningful Sunday services, a stellar children's program and a loving community to which people feel welcomed.

These are the things that nourish people, that bring them back Sunday after Sunday and give people confidence to invite a friend. That is what I am asking you to do this year. Bring a friend. Word of mouth, personal invitation, these are the ways that any group grows and our fellowship is no different.

As Unitarians, we do not proselytize.

Likely, this is part of what attracted us to the UU's in the first place. I suspect that many of us have heard the "no proselytizing" theme for so long that we are reluctant to even talk about our fellowship to our friends.

But let's talk about it. Let's not hide our light under a bushel. We are proud of who we are. Let's show it. Let's share this gift of community.

Invite someone to come with you as your guest to a Sunday service. I'm going to. Joan



## Planks from the Board

It feels a little strange giving details of events most of which have already taken place, but nevertheless here is the current happenings of the KUUF Board.

Our last board meeting was held on June 10th at the Reading Room in the United Church.

- 1) Our fellowship did receive the "Sharing Our Faith" grant which is being applied to the choir. We have now secured funding to ensure that our 2010/2011 church season will feature the choir under the direction of Ms. Marg Waldon.
- 2) Tuula attended the CUUL School in Saskatoon this summer as a delegate from the congregation.
- 3) After much discussion our email list has also been switched back to the single email format rather than digest form for all of the email users.
- 4) We are having a "planning day" for the upcoming church season at the Stephanek's on Saturday, August 27th. Everyone is welcome to attend.
- 5) After surveying the congregation it has been decided that our fellowship will have a function at the Valleyview Hall every Sunday of each month at the regular time of 10:00am unless otherwise noted.

Our next board meeting will be held on September 9th, 2010 at 6:30pm in the Reading Room at the United Church.

Respectfully yours,  
Christine Hammonds

Secretary

## "Meatless Monday" Cookbook

In support of Enid's article, "Meatless Monday", in the June newsletter, Enid and Anne will be co-editing a UUFK cookbook, featuring meatless recipes.

We hope that all our wonderful UU cooks will sort through their recipes and send us those that are meatless. These will be compiled into a cookbook which will be available for sale during our annual bid-night on October 29.

What does "meatless" mean for our cookbook? -- any main dish recipe that has no meat, poultry or seafood, but may have eggs and dairy products. Main dishes might include pastas, pizzas, wraps, sandwiches, casseroles, hearty dinner soups or dinner salads.

The deadline for submissions to the *Meatless Monday Cookbook* is October 8. Please send your recipes in .doc format to Anne at [theneaves@shaw.ca](mailto:theneaves@shaw.ca). To facilitate compiling the cookbook, please use this setup for typing your recipe:

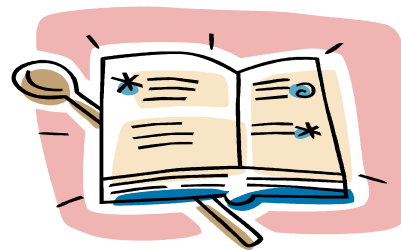
Title

Your name

number of servings

List of ingredients in one column.

Directions



# Visions, Mission and Goals – Planning Day 2010

The planning day on August 28th was attended by 16 people including our facilitator, Rev. Wendy. There were lots of laughs and hard work, a good lunch, but no swimming due to the weather.

A special thanks to the Stefaneks who hosted this event in the midst of a busy weekend. Their hard work in the garden did not go unappreciated as we saw beauty from every window and several of us found a few minutes respite beside their lovely pond garden.

Wendy led us through an exercise to identify, once again, our **mission statement**, as it is the mission that drives the Fellowship. Our mission statement remains the same (see the I introductory words on the home page of the website) with the possible addition of "welcoming" before "religious." This exercise got us thinking about why our church exists and why we attend. Some thoughts expressed were belonging in community, grounding of ourselves and at the same time expanding, community action, a sense of purpose, challenging ourselves, coming alive, changing from within.

Later in the morning, we analyzed the functioning of our church and our place in the community by looking at the strengths, weaknesses and opportunities of the Fellowship, as well as some of the threats. In a nutshell, the **strengths** primarily are the members and friends of the Fellowship and our dear Rev. Wendy, but they also included our principles, history, social and environmental action, our new website, financial stability, our stellar children's program.

**Weaknesses** included our lack of racial and class diversity, lack of visibility in the community, the limitations of our meeting space.

Our **opportunities** were the social networking tools that are available for us to use such as the website and Facebook to attract young adults and families.

**Threats** included our reluctance to shout from the rooftops that we exist, our aging congregation, and the fact other activities on Sundays take precedence over attending church.

In the afternoon, we reviewed the goals that were set out in our last planning meeting in 2006 and were pleased to see that we had made significant strides in every area we had identified.

When we identified **goals for the next five years**, topping the list was a meeting space our own, whether rented or owned, that was for our exclusive use, well located with a sign identifying the space as the home of the Kamloops UU's.

The next goal was a steady increase in membership targeting families and a younger demographic.

Other identified goals for the next five years were to become known in the community as the "go-to" place for social and environmental action projects, for the quality of our Sunday

services and wonderful children's program. Full-time professional ministry, paid administrative staff, worship services every Sunday and a bigger choir were also on the list.

As steps towards these two top goals, a Building Search Committee was formed. For increasing membership, specific ideas were generated including attending the TRU open house in September, a posters campaign, using the Kamloops Unitarians Facebook to generate interest, having "discussion dinners" where people would be invited to bring friends, Rev. Wendy writing articles for the Kamloops Daily News.

Other identified goals for the next year were to see the launch of the Environmental Network in Kamloops and the introduction of an educational outreach component as a tool for both growth and social change. Topics such as "Women Alone" or studying the book "A Fair Country" by John Ralston Saul were discussed.

Thanks to all who attended and whose continued efforts and commitment make our Kamloops Fellowship thrive.

*Joan*

## Building Search Committee Formed

At the Planning Day, a Building Search Committee was formed. It's goal is to identify buildings which will meet our future needs. This may involve partners in the use of the building, to help defray costs.

Members of the Building Search Committee are Joan G. (Chair), Dennis B. and Mitch S.



*UUFK hikers enjoyed an early July excursion to the summit of Greenstone Mountain for magnificent views and lovely wild-flower displays.*

# SEAC News

## UU Water Challenge – Last Chance!

Phase II of the “Take the Plunge” water conservation challenge is wrapping up at the end of September.

After a very successful indoor campaign that saw the congregation reduce its water use by approximately half a million litres per year, the Social and Environmental Action Committee launched the outdoor phase of the challenge at the “SEA Sunday” in May (the 5<sup>th</sup> Sunday of the month).

Those present brainstormed and discussed ways to be more efficient in our yards, focusing specifically on irrigation systems and more drought-tolerant plant species. Many of us had just attended the UU-sponsored workshop on xeriscaping, where the message “Xeriscaping is NOT zeroscaping!” was the mantra.



This came on the heels of a tour of the City of Kamloops water treatment centre tour, which certainly taught us that our endless supply of “free” water is not really free at all.

All UU’s who make improvements to reduce their outdoor water use this summer, whether big or small, are eligible to win a prize by submitting either a note or a photo demonstrating their actions.

Details will be given after the Water Service on September 5<sup>th</sup>. So get out there and buy that rain barrel you’ve been meaning to install, or set up a drip system for your shrubs – it’s the right thing to do, and you might just win a prize!

Submitted by Gisela R.

## Recommended Reading

a thoughtful article that you might enjoy :

"The wisdom tree"

SPIRIT: Sometimes the place where you used to find wisdom gets destroyed.

By Meg Barnhouse, 8.2.10

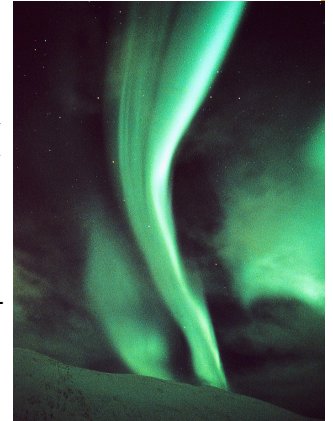
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# Northern Lights

## Northern Lights — A National Fund-raiser

UU Ministers of Canada and the Canadian Unitarian Council have started a fund-raising enterprise called “Northern Lights.”

From the brochure: “Twice each year, Northern Lights (like you and me) will be called upon to support a program or congregation in Canada. You can contribute any amount as a Northern Light, but we are asking for about \$50, no more than twice a year. Each donation of \$50 helps a growing congregation take a significant step forward.”



Congregations can apply for grants, which could be anywhere from \$25,000 to \$60,000. Every Northern Light dollar goes to the specified congregation selected for the grant. If each person who signed up gave \$50 per time, and 20% of UU’s in Canada sign up to be donors, that would make \$50,000 for each call!

We already have a handful of UUFK Northern Lights signed up. Let’s see if we can have a third of our members join this exciting venture to grow Unitarianism in Canada!

Look for the brochures on our literature table, or contact Rev. Wendy to sign up.

## BC Heartwarming: Stories of Transformation in Community

Date: Saturday, November 20th

Location: Unitarian Church of Vancouver – 49th Ave. and Oak St.

- A day long event, with the option of staying for the fun, social program Saturday evening and worship Sunday morning at UCV or any one of the 4 lower mainland Unitarian churches.

Mark your Calendars and meet other UU’s!



# Book Clubs and Lunches

## Morning Book Club

Generally, the A.M. Book Club meets on the third Wednesday of the month at 10 a.m.. The location changes each month.

**Here is the book line-up for Sept 2010 through June 2011.**

Sept 16 - Broken Ground by Jack Hodgins. TNRD 5 copies. Colene hosts/leads.

Oct 21 - The Girl with the Dragon Tattoo by Steig Larsen. TNRD 11 c. Fleurette hosts/leads.

Nov 18 - Mr. Pip by Lloyd Jones. TNRD 4 c. Enid hosts/leads.

Dec. 16 - The Power of One by Bryce Courtenay. TNRD 2 c. Gerda hosts/leads.

Jan 20 - Stones into Schools by Greg Mortenson. TNRD lots of copies. Kay hosts/leads.

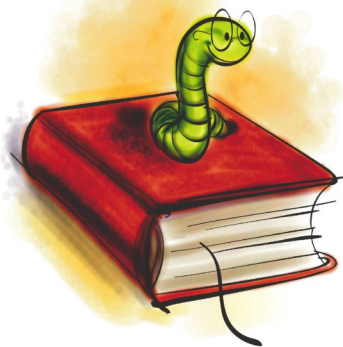
Feb 17 - Shantaram by Gregory Roberts. TNRD no copies -- Suzanne will find extras. Suzanne hosts/leads

March 17 - The Scarlet Letter by Nathaniel Hawthorne. TNRD 2 c. Anne hosts/leads

April 21 - Book Club set - either Some Sunny Day or Secret River (Mitch & Heather choose). Reserve and have books ready to distribute at March 17 bookclub meeting. Stefaneks hosts/leads

May 19 - The Year of Finding Memory by Judy Fong Bates. TNRD 1 c. Host - TBA; Mona can lead over speaker phone from Clearwater.

June 16 - choose next year's books



## Evening Book Club

Generally, the P.M. Book Club meets on the last Friday of the month at 7:15 p.m.. (Note : for October, it is the third Friday. ) . The location changes each month.

**Anyone wanting to join or seeking info. can phone Enid at 250 372 9207.**

**Book Club Fall 2010 Dates and Selections :**

Sept 24 : Kitchen Confidential by Anthony Bourdain Jane Birkbeck hosting (250-372-3690) 137 McGill Rd Apt 30 Kamloops Discussion to be led by Trudy

Oct 22, 2010 The Cellist of Sarajevo by Steven Galloway Location TBA . Discussion to be led by Enid

Nov 26th : The Covenant James A. Michener Location TBA Discussion led by TBA

Dec 17, 2010 Poetry and Pot Luck Location TBA

## UU Women's Lunches

*September* : on Monday September 13th, we will leave the city at 11 a.m. for a trip to Tobiano, with a noon meal at the clubhouse restaurant

The restaurant food is reasonably priced, and the chef is world-renowned. And the view is pretty good, too!

Call or email Heather S. (250 - 573 - 3506 ) ; (mitchhez@shaw.ca ) by September 10th if you want a ride, or are willing to drive.

*October* : Friday, October 15th : A noon meal at "The Bread Garden" on MacArthur Island.



## UU Men's Lunches

*September* : Sept 16th at the Sanbiki Restaurant on the S-W corner of Lansdowne and 5th Ave.

*October* : TBA in the October calendar

## Munch with the Minister

Bring your brown bag lunch, and come and join Rev. Wendy and others for a friendly and lively discussion.

"Munch with the Minister" is held from noon until 1:30 p.m. on the Friday of the week during which Rev. Wendy is in Kamloops. The group meets in the UU Reading Room, which is located in the Kamloops United Church.



*September* : Friday, September 10th Noon - 1:30 p.m.

*October* : Friday, October October 8th

**ALL ARE WELCOME!**

Contact Rev. Wendy if you need more information.

## ***“How Shall We Live?” — Report from the CUC ACM***

**QUOMODO VIVAMUS ? ... HOW SHALL WE LIVE ? ...** was the theme of the annual CUC gathering held this year in Victoria over the May 21<sup>st</sup>-24<sup>th</sup> weekend. This was the third such meeting which I have attended and, again, I came away rejuvenated, inspired and very proud to be part of a principled and purposeful movement that speaks to the highest ideals of the human race.

The opening address was delivered by Prof. Paul Bramadant, who sketched out the historical Canadian context to the theme. His lively, often humorous presentation concluded with the prediction that we are entering a “post secular” era where minorities (those who’s beliefs, preferences or practices differ from those of the majority) will not only demand that their voices be heard but that their diverse and vital contributions to society be recognized and appreciated. The desire by many to see an amended way of voting is an early expression of this.

The AGM of the CUC dragged on throughout the three days. As she had some CUC involvement, my co-delegate, Wendy McNiven, was much more responsible in her attendance, although I did drop in for what I considered the crucial votes. The debate over these items left me encouraged and inspired.

Bruce Hyer, the NDP MP, who drafted Bill C311, was there. I spoke to him about how he managed to get the legislation through three readings in the House and into the Senate where it will now receive “sober second thought.” As a member of the Lakehead Church, Bruce spoke to the AGM. Members didn’t need convincing and unanimously passed the resolution urging the CUC and it’s member congregations to use all reasonable means to let members of the Senate know that, as Canadians, we want this country to commit to CO2 emission standards that the great majority of the world is agreeing to and not just opt out by saying we will do whatever the Americans do.

Rev. Steven Epperson from the Vancouver Church told of how he became convinced that the most effective thing we can do to alleviate the social ills of this country is to ensure there is safe affordable housing for all. Certain European counties have proven this to be the case. Of course there is a moral/ethical dimension involved here, and delegates again voted unanimously for a resolution urging the Canadian Government to design and implement a national affordable housing strategy.

Two other items of interest:

1. The passing of a resolution to have Canada refrain from committing to any agreement or convention that would interfere with the right of farmers to save and use agricultural seeds.
2. General approval was given to the business plan adopted by the Board, which sets out the CUC’s priorities and plans for the next 3-4 years, but which could leave us with a shortfall over those years of about \$ 320 thousand.

The great frustration of attending an ACM is that it is impossible to take in all the workshops that interest you. There are just too many to choose from. I attended sessions on globalization and peak oil, although I skipped further segments in favour of checking out a few others.

No doubt the highlight for most everyone was the 90 minute Sunday service on the theme of “How Shall We live?” and which featured both the premier of a beautiful choral work that was interspersed throughout the service in five movements and a superbly crafted sermon from Rev. Karen Fraser-Gitlitz that provoked more emotion and deep thought than anything I have ever heard before.

It was good to see and talk with many of the UU’s from across Canada that we have met over the years. While it may or may not be that our faith group is growing in number, there is no doubt we are home to the highest ideals, principles and practices, and a force for good in the world. I was proud to carry the banner for the UUFK.

Jim Gordon



# 2010 UUFK GOODS AND SERVICES AUCTION FORM

Friday, October 29, 2010 @ 6pm At Anne and Roland Neave's - 2068 Sifton Avenue

**Return this offer description to Roland Neave by October 20** via: **Snail mail** - 2068 Sifton Avenue, Kamloops, BC V1S 1B1 **OR drop off** : Wells Gray Tours - 250 Lansdowne St (Mon to Fri, 9-5)

*This form cannot be sent by E-Mail.* IF you wish to use E-Mail, please compile a message with the information below, and sent it to [theneaves@shaw.ca](mailto:theneaves@shaw.ca)

**NAME:** \_\_\_\_\_

**TELEPHONE** (day): \_\_\_\_\_ (evening) \_\_\_\_\_

**ADDRESS:** street \_\_\_\_\_

(city) \_\_\_\_\_ (postal) \_\_\_\_\_



**OFFER:** (please describe in detail)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

No. of units \_\_\_\_\_ No. Of times offered \_\_\_\_\_ requested minimum bid \$ \_\_\_\_\_

**To be delivered:**

at the auction \_\_\_\_\_

on or about (date) \_\_\_\_\_

at time arranged with highest bidder(s) \_\_\_\_\_

**Please use a separate description for each offer.**

**If you have questions about the auction or about your offer(s)**

**call Roland @ 374-2351 or Mitch @ 573-3506**