



The Signal

Unitarian Fellowship of Kelowna Newsletter
April 2009

Upcoming Services

April 5th: "Roots and Wings: Celebrating our Partner Church"

- Rev. Linda Weaver Horton, Louise McKenzie and Audrey Pekrul

People newer to our congregation may not be aware that we have a partner church in Transylvania (northern Romania), where some of the oldest roots of Unitarianism have tenaciously persisted through numerous persecutions, most recently Communist repression. This connection stretches and deepens us, and reminds us to be grateful for the religious freedom Canadians have always enjoyed.

Our special collection this month will be for our Partner Church in Transylvania. Some of us have already made a pledge to support them (this would be a good time to follow through on those pledges). Others who have not are encouraged to add their support.

This is also our Community Sunday, so please stay for lunch and socialization. If you have a favourite Hungarian dish to offer, it would add to our celebration!

April 12th: "Mythic Faces of Jesus: Holy Fool and/or Hero?"

- Rev. Linda Weaver Horton

Easter can be a challenging holiday for Unitarians and Universalists. Yet our very discomfort can offer an opportunity for deepening our connection with the hope we see in the greening earth and in the human struggle for meaning through the ages. In the West, we usually turn to the archetype of the 'hero' for wisdom about handling life's challenges. Rev. Horton is more fascinated by the power of another archetype: the "holy fool."

April 19th: "Earth Day Service"

- Simonne Macklem and the Green Sanctuary Committee

For Earth Day 2009, we honour the Four Elements of Earth, Air, Fire and Water. This will be an interactive service and will involve the children, who in the coming weeks, are preparing gifts to share in the service. Weather permitting, we will follow the service with an outdoor action.

April 26th: "Shantivanam - Forest of Peace"

- Mary Lou Johnson

Mary Lou recently returned from 3 months in India. She will talk about her time at Shantivanam, a Christian ashram, and how it changed her.

Minister's Musings

"A Blessing and Permission to Fly"

While researching my recent sermon on Mentoring, I came across a fascinating book co-authored by one of Hajime Naka's Taoist teachers. What has remained with me most powerfully is the observation that, of all we do to mentor and support others, especially the young, nothing is more important than offering a "blessing and permission to fly when they are ready." Even though my own youngest child "flew" from home 15 years ago, that statement still brought tears to my eyes. As parents, we never lose the protective instinct where our young are concerned. When their lives bring them sorrow and challenge as adults we feel our helplessness and our wish that we could shelter them from suffering. As my grown daughters have both suffered painful loss in the past six months, I am more aware than usual of how heartbreaking our inability to protect those we love from life's storms can be. Yet I have also seen how able they are to fly, and been tremendously proud of their grace in the midst of trials.

My heart is also touched by the generations of children and youth in the churches I have served who have reached that point of being ready to fly. In addition to my own children, I have experienced the poignancy and hope of many such moments - dozens of young folk to whom their church family has offered a "blessing and permission to fly." It doesn't happen all at once. There are hundreds of moments in their growing up when they take a new risk with our support, and discover more of who they are and of what they are capable.

It isn't just the young, either. As a young adult, returning to my home church and tradition, I experienced such a mentoring from many elders and others in that community. In fact, whatever our age, we are blessed when people around us empower us to fly - to stretch ourselves, to take risks in order to grow, to believe in ourselves and our ability to make a difference in the world.

In this community, in our workplaces, in our families, in our lives we tend to be busy about tasks and projects. How often in our daily encounters with the peoples around us do we focus upon what we find lacking or what we feel has gone "wrong?" Little limits us as much as the fear of making mistakes and being judged inadequate. How much more powerful it can be to gift those around us, young and not so young, with a "blessing and permission to fly."

In Faith, Rev. Linda

Religious Exploration

Children's Program

With Easter, our Groovin' Green group (8-12) completes its winter term study of the socially radical teachings of Jesus, and will move on to a program called "Worth and Dignity" that explores how we can better respect the worth of groups that are often marginalized as a result of racism, homophobia, sexism, and lack of understanding of people with disabilities.

Our Yellow group (3-7) will also be engaging with age-appropriate exploration of the "isms" that deny some in our society full respect and belonging. As Spring progresses, both groups will do a bit of gardening and take part in our Earth Day service.

Youth

Our Coming of Age program continues, with our four youth/mentor pairs checking our opportunities to serve community and church, and looking at other spiritual paths, as well as learning a little about Unitarian Universalism. We will celebrate these young people in May.

A warm thank you to those of you who hosted participants in the BC Youth Advisor training on the weekend of March 20-22nd, and particularly to Fae Shaw, the local Coordinator, who arranged billets, took care of all meals personally (and were they ever good!) and gathered supplies. Thanks also to our office volunteers Linda Sampson, Audrey Pekrul, and Liz Earl for their practical support of this and so many other on-going projects and communications of this congregation.

Adults

Our Spring term small group ministries begin in April, so if you have been thinking of trying out a "circle", contact the person listed below, or call the office. The **Women's Circle** will definitely continue, and is open to several new participants. The **HUUmanist Circle** would like to continue, but feels the need for some additional committed participants before making that commitment. They are open to changing their meeting time to accommodate you if you are interested, please contact Al Earl. There has also been interest in a **Wellness Circle** to support those of us working on lifestyle changes to be more healthy, whether in body or spirit. Contact Rev. Linda with your interest and availability, and we will see if we can find a mutually agreeable time. Whether we continue a **Mindful Living Circle** monthly on second Thursdays also

depends upon a minimum number of folks making a commitment, attendance has been low. Let us know ASAP if you would like it to continue.

These groups are "covenant circles," which means a commitment to as regular attendance as possible, as well as relational guidelines. Centering and check-in will be followed by and hour or so reflection on a topic. They usually meet alternate weeks for 5 sessions per "term." If on of these groups appeals as a way of deepening your connections with one another and reflections around things that matter, please be in touch with the contact person or Rev. Linda.

GROUP	DATES	TIME	SCHEDULE	CONTACT
HUUMANIST Circle	April 9&23 May 7&26 June 4	1:30PM	Alternate Thursdays	Al E.
Women's Circle	April 3&17 May 1, 15&29	10:30AM	Alternate Fridays	Jean C.
Mindful Living	April 9& May 14 (to be confirmed)	7:00PM	One Thursday a month	Rev. Linda, Judith G.
Wellness Circle	To be arranged if sufficient enrolment			

Our monthly **Philosopher's Cafe** is open to all. Our own Simmone Macklem will be presenting in April.

President's Message

Written March 14, 2009.

I am starting to write this after the musical concert that was held last night. For those who missed it, Phyllis Cannell, Hugh Macpherson, Peter Vreeswijk, Sharon Sebo and partner, and the Kelowna Unitarian Concert Choir did a fantastic job. Those of you who were not able to make it missed a great evening. However, do not despair; there may be another one next year.

With these messages I hope to let everyone know; A) the high lights of the board meeting, B) any items of interest that have come into the office and should be shared with you, or matters pertaining to the life of this church, and C) some thought from my "President's Perch."

It was with regret that the board accepted Jean Christensen's resignation as the Lay Chaplain. In her letter Jean explained that her resignation was due to personal reasons.

The **CUC ACM** meeting will be held from in Thunder Bay, Ontario May 15th to the 18th and Rev. Linda will be going. If there is anyone who is interested in attending as a delegate, please let Rev. Linda know BEFORE April 14th. There are registration forms in the office and UFK can offer a cheque exchange for registration and travel for delegates.

The board has had a long discussion about the CUC. As you may be aware, the CUC has lost most of its staff members over the last year. Currently, they are in the process of hiring a new Executive Director and input to the board is being sought from all congregations in Canada.

I hope that you have noted the sign in our Wayside Pulpit, giving the public information about us, our minister, RE programmes and the times of service. Thanks to Al Earl who discovered a printer who had the ability to do this, until we are able to get our original sign back in place.

If anyone is planning to go to Ontario this summer, there is a Unicamp (Unitarian Universalist Camp) that is held in Honeywood (North of Guelph), an easy drive. I have a certificate that is good for two days at the Unicamp during the 2009 season. Contact me for more information.

We welcome Sherry Johnson who will be sharing the editing of the Signal with Kathy and Jamie. Thank you Sherry.

Namaste, Maggie

Green Sanctuary

Green Sanctuary Presents: "Positively Green!"

March brought the return of the sun and the promise of Spring (at least by date). Most of us are impatiently watching for new shoots of green growth. Spring's dreams are of gardens and of first fresh green salads. **Outdoor Farmers' Markets** begin again April 1st from 8:00am to 1:00pm.

March also brought many special evenings and speakers, with very exciting Green messages, to Kelowna. In honour of spring and gardens, this month we are featuring **Positively Green News about Food**. Here are a few highlights:

Kelowna hosted the Sustainable Communities Conference with speakers from around the world. Claire Hope-Cummings, Environmental Lawyer, author and journalist, spoke of the incredible agricultural success, built one farmer at a time, in Marin County, California. Their organization's guiding principles are to foster relationships, support local leadership, reward innovation and cultivate land stewardship. Visit www.marinorganic.org. Through their efforts, GMOs have been banned from Marin County. Their model is so successful that large public universities are now responding to what has been created from the ground up.

Laura Kalina, author of **Building Food Security in Canada** and the dynamo behind the Kamloops Food Policy Council, talked about how the Food Bank has gone from emergency food supply to sustainable food supply and helping people to help themselves. They have a community garden, community kitchen, and a gleaming program. The city's food policy is embedded in their social plan: food production to create employment, a farm to school program, use of school grounds and parks to grow edible landscapes, etc.

Chris Turner, author of **The Geography of Hope** was the distinguished speaker in the UBCO lecture series. In his travels around the world, looking for signs of hope in our climate challenged world, Chris found a host of encouraging signs. In regards to food, he gave small but powerful examples: The Brooklyn Rescue Mission (a food bank and shelter for street people) made a food garden in the vacant lot next door, and are now self sufficient in produce for 10 months of the year. The Farmer's Market in Lakewood Colorado (near Denver) took a parking lot in a dying shopping mall, and transformed it through Smart Growth into a 14 block pedestrian friendly neighbourhood. The Farm Folk City Folk movement believe it is the connection between farm and city, producer and consumer, grower and eater, that creates sustainable communities. Vancouver is currently creating guidelines to allow backyard chickens in the city, an example of a Farm Folk City Folk supported initiative. Victoria already allows this. How about in Kelowna??

Dr. Vandana Shiva, a four time Nobel Peace Prize nominee, a physicist, author and environmental activist, spoke to an overflow crowd at the RCA. She shared her passion for biodiversity conservation, organic farming, the rights of farmers, and the process of seed saving. She is one of the founders of Navadanya, whose mission is to protect nature and people's rights to knowledge, biodiversity, water and food. Examples of Navdanya's achievements are the training of 20,000 farmers and the conservation of 2,000 varieties of rice! Some of her words of wisdom for us in Kelowna included: **Grow local food! Create local economies! Build local communities! Local! Local! Local!**

"The Real Dirt on Farmer John", a very uplifting DVD shown at the World Film Festival, is about a man who lost most of his 3rd generation family dairy farm to debt in the 1980s (as did his neighbours). His struggles to continue farming on the last 25 acres included growing organic vegetables following methods he observed in Mexico. There was no market for organics in Chicago back then however a family found his organic onions in a supermarket, contacted him and convinced him to become a **Community Supported Agriculture (CSA) farm**. Now about 75 families pay him at the beginning of each year to grow all their produce. Some help on the farm at planting and harvest time. A large box of produce is delivered to each family every week. City children get to experience a farm and all the animals. There is a harvest celebration feast. Real community is created!!

Local Green Action

Exciting news - we now have a **Slow Food Convivium in Kelowna**, joining 83,000 members in 122 countries. The Slow Food movement incorporates a long list of objectives in its mission, including preservation of heirloom varieties of seeds and food species; preservation of local and traditional food products and knowledge; promotion of "taste education" (especially in schools); education of citizens about the risks of fast food, commercial agribusiness, monoculture, genetic engineering, and pesticides; and the development of an "Ark of Taste" where local culinary traditions and foods are celebrated.

After much fund raising and presentations by students to the School Board, ground was broken in March at Glenmore Elementary School to create food and native plant gardens. Students will plant and tend the gardens. It is hoped this will happen in all schools in the District very soon.

Now is a perfect time to start planning **your own food garden**. It can go in any sunny spot right on top of some of that lawn you no longer need! If you have no land, there are still plots available in the Community Garden on St Paul at Cawston. If you are a beginner here are some great books to help you get started in as small a way as you want: "The Sixty Minute Garden" by Jeff Ball, "Square Foot Gardening" by Mel Bartholemew, "Lasagne Gardening" by Patricia Lanza

Happy Spring, Simone Macklem & Gwen Steele

Social and Environmental Justice

Social and Environmental Justice Action Committee Launched!

Last month a new Committee formally organized again within our congregation. It has been a long time since we had meetings of the **previously entitled Social Responsibility Committee**. This first fledgling meeting was attended by Fae Shaw and Carol Kergan as they met to plan how to bring our activism and concerns into a more concrete association with the goals of our Fellowship to act to ensure that our shared UU goals of social and environmental justice are supported openly and tangibly here in Kelowna. Another meeting is planned for 1pm Wednesday April 15th at Fae Shaw's home. We will be planning a presentation for April 25th after church about the subject of Run of the River Projects and how they contradict all aspects of social and environmental responsibility...and place profits of private companies above local communities' wishes, and destroy river habitat, and hit your pocket book as BC Hydro is immasculated in the process. Please think of attending the following events as well as the meeting on April 15th.

Upcoming Social and Environmental Justice Action Events to put on your calendars:

Thursday, April 2nd @ 7:30 pm

TAR SANDS: THE DARK SIDE OF THE BOOM

Southeastern BC Speaking Tour on the Impacts of the
Tar Sands in BC and Alberta

Okanagan College Theatre - 1000 KLO Road, Kelowna

ADMISSION FREE – Donations Appreciated

Please join us for a very important panel about the largest industrial project in history that has been devastating the environment and communities in Alberta. This enormous development is expanding across the continent with little to no regard for the eco-systems and communities that lie in the path of the infrastructure. While public is slowly being informed about the devastation in Alberta, few BC residents are aware of the tar sands related infrastructure and operations extending into BC. Come find out about how projects in BC are supporting this project and what residents of BC can do to help stop the devastation in Alberta.

Speakers: Dawn Paley, journalist and Harjap Grewal, new Regional Organiser for the Council of Canadians make up the panel for the evening's discussion. The Panel will include a short film and slideshow presentation.

Sunday April 5th, 2009, 1-4pm

PULLING THE PLUG ON INDEPENDANT POWER PROJECTS!

First United Church, 721 Bernard Ave, Kelowna

ADMISSION FREE, donations appreciated.

Rafe Mair, Broadcaster, writer, former MLA and Spokesperson for "Save our Rivers" is speaking along with Grassroots Campaigning Workshop: Melissa Davis, Executive Director, BC Citizens Public Power.

Saturday April 18th, Okanagan College Theater 7pm.

The Council of Canadians also is sponsoring a premier of a Canadian made documentary entitled: 'MYTHS FOR PROFIT: Canada's Role in Industries of War and Peace'. The film is an exposé documentary which explores 'Canada's role in Industries of War and Peace'. Through diverse interviews and case studies this documentary unveils the specific interests and profits that are made by certain corporations, individuals and agencies within Canada.

Thank you, Carol Kergen

Building Futures Team Report

Members of the Fellowship have indicated that they want to include an investigation of the potential for environmentally sound initiatives and practices in any future building plan. To that end, several topics were developed. Gary Hamilton and Margaret Wendells have offered to take on three of the research tasks which may inform our building project. Thank you Gary and Margaret.

There are three additional topics to be researched. The Building Futures Team hopes that other volunteers will take on these topics. The Team will keep you up to date, but it is possible that this information may be needed sooner than we had anticipated.

The Team expects that a meeting will have been held with Brij Mathur, Keith Funk and the City of Kelowna Planning Department by the time you read this newsletter. We will advise you of the outcome.

Treasurer's Report

For February 2009

	Current	Year to Date	Budget	Diff
TOTAL INCOME	16,045	26,505	18,853	7,651
TOTAL EXPENSE	7,525	14,897	15,460	(564)
NET INCOME	8,520	11,401	3,392	8,215

The Fellowship received a special gift of \$5,000 this month as well as a total pledge for 2009. These two things explained the increased current income. Although there are no special requests by the donor we will be keeping the funds in savings and moving it out for special purposes. This month, we reinstated the professional development budget item for the RE and Music Director of \$300.00 each. As well, we brought the minister's professional expense budget back to last year's total. This amount was \$280.00

As we currently have a floating mortgage we have been able to pay down more of the principal because of the low interest rates.

We remain ahead of the Budget by \$8,000.

Liz

Announcements

SPRING GARAGE SALE

Saturday May 9th from 8am-12pm with a give away at the end

Our garage sales are a major fund raiser for the fellowship. Let's make this one the best yet!!

Items accepted:

Kitchen items, tools, household goods, small furniture, garden items (no nursery containers), books, games, cds, dvds, videos, toys, in season sports equipment

Please include only what is clean and in good repair. Group and bag together all parts of sets. No clothing please. Contact Rick H. regarding large and/or valuable items which will be listed on the Electronic Garage Sale.

Plant Sale: Judith G. welcomes your LABELLED garden and house plants

Bake Sale: Bread, cookies, muffins, etc.

Sewing Get together! or sew on your own!

There are some gift bags left from our Fall Garage Sale and lots of material waiting to be sewn. If you are interested in getting together as a group or are willing to sew individual bags please see Audrey P. The wine bags are very popular and sell well. They will be on sale at the Garage Sale. Another effort to go "greener" and make some money!

Please bring donations: Friday May 8

If you have a problem storing your donations until then, please contact Audrey P, Bonnie or Laila.

Volunteers: We will have the sign up chart available soon. Mark your shift, volunteers get fed and spots go fast!

SPRING GOODS AND SERVICES AUCTION

****NEW DATE - APRIL 25TH - NEW DATE****

As we go to press I have been advised we have a double booking at the church the night of April 18th. So the new date is April 25th!

Please get your offerings ready and be prepared to enjoy a spring and early summer of shared events. These auction events are wonderful ways to build community. We would like you to think, this year, of community outside our church doors so think about extending an invitation to friends and neighbours.

We will begin the evening at 6:30 with a pot luck dessert table and refreshments will be offered. This is a time to visit and to browse through the silent auction items available. Our MC Wayne Broughton will start the auction at 7PM.

Louise M

SORRENTO 2009

Mark your calendars! Join us at Sorrento on beautiful Shuswap Lake for a **"Midsummer Night's Festival"**, June 19-21. This year our annual family retreat is during the summer solstice, and we will have great activities for all ages, celebrating all things "midsummer", when some believe the veil between the worlds is thin --- starting the weekend with a scavenger hunt, then inspirational workshops, midsummer rites, possibly a mini-pageant, and of course the ever popular talent show and campfire sing-a-long! This is a great opportunity to make a deeper connection with our Kelowna community and friends in Kamloops, but it is also open to guests from congregations as far as Vancouver and Victoria; invite your friends from other communities to share this wonderful weekend with us. Watch out for more information and registration forms soon.

RELAY FOR LIFE

Fight back against cancer - sign up for **our very own "Relay for Life" UFK team** to raise money for the Canadian Cancer Society. We need about 10 people to walk or run for about an hour or so, but mostly to help raise funds and have a great time together! You don't need to be an athlete. Relay for Life is the night of June 6/7 from 6pm to 6am, at City Park. You can join the team online at <http://www.kintera.org/faf/home/default.asp?ievent=291299>, or for more information, contact Wayne B.

THE WAY OF THE CROSS: A Walk Through the City of Kelowna

Co-sponsored by Kelowna Kairos and the Central Okanagan Ministerial

Good Friday, April 10th, 2009 12:30pm-2:15pm. Beginning and ending at First United Church (Bernard and Richter)

An invitation to all people to join together and walk the streets of Kelowna, remembering Jesus and 'The Way fo the Cross' and asking for today: **"What is the Cross in our Time and Place?"** This is not a demonstration, buta time of reflection and witness, to lift up the struggles of many people in our society and those who care for them. For further info call Roy Lechner at 250-717-7437.

ADULT MENTORING

Are you interested in inter-generational adult mentoring? Sharing skills, or making a meaningful personal connection? Examples: You might be in your young parenting years and would appreciate getting to know a grandma, or grandpa aged person. You would love to share your hobby or skill. You would like to

learn to sew or pursue photography and would enjoy learning from a fellowship member. Or maybe you don't have a particular interest in mind, but would like to get to know someone better!

If you are interested - please mention it to Rev. Linda and she will try to make a connection for you.

LOOKING FOR 4X24 POEMS FOR THE SIGNAL

Short poems wanted: maximum 4 lines or 24 words. UU Haiku and short snappy lines please send to Sterling at jshaynes@shaw.ca for editing and publication in the Signal.

Cheers, Sterling Haynes

NARAMATA 2009 - Joyful And Liberating!

Eliot Institute offers a seven day, one-of-a-kind experience of play, community, and worship for the whole family in beautiful Naramata, on the shores of Lake Okanagan in British Columbia. This year's session runs June 27 - July 4, and will feature Rev. Amanda Aikman and Julia McKay as the theme speakers. Come join us!

Visit www.eliotinstitute.org or call 206-374-2497 to learn more.

Thanks, Donna (Beacon Unitarian Church)