

# Unitarian Fellowship of Kelowna



# SIGNAL

Summer Newsletter, July 2008

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## **SUMMER SERVICES:**

**July 6<sup>th</sup>:** "Summer Labyrinth Walk" --Lindsay Atkinson - Smith

*Take some time out for yourself at the beginning of the summer. After an introduction to the labyrinth, we will walk the labyrinth accompanied by meditative music. After the walk there will be time to discuss our individual experiences. If you haven't walked the labyrinth before this will be a good opportunity to experience it. If you have walked it before, come prepared to enjoy it again!*

**July 13<sup>th</sup>:** "Nature in its Perfection and Imperfection" --Jennifer Clark

*Observation in the natural world leads to better appreciation. If the weather is fine, we may do a walk around the church building.*

**July 20<sup>th</sup>:** "The Laughter Factor" --Louise McKenzie

*What emphasis do you place on humour and laughter in your spiritual life? Have you thought of these two concepts hand in hand? Come and explore this idea and share a smile or two.*

**July 27<sup>th</sup>:** "Come sing a song with me" --Phyllis Cannell

*This is a sing-along service. Come prepared to sing your favorite hymns.*

**August 3<sup>rd</sup>:** "Circle Dance as a Spiritual Practice" --Simonne Macklem

*Dancing in a circle is an ancient tradition common to many cultures for marking special occasions, creating and strengthening community, encouraging togetherness, and expressing spirituality. Come and experience a taste of Circle Dance.*

**August 10<sup>th</sup>:** "Carminism" --Chad Pratch

*In this service I will present my individual spirituality through art/substitute imagery. Carminism is my title and philosophical theme to this body of work. Carminism came to me through a number of inspirational occurrences, such as hidden notes, the study of Hinduism and Buddhism, being a witness to absolute caring, and an anonymous spiritually inspired philosophical message. The art that I will be bringing will have a direct correlation to all of these inspirational occurrences.*

**August 17<sup>th</sup>:** "The Spirituality of Politics" --Sherry Postma

*What kind of boss are you? The government works for the people and we often forget to be involved in the decisions our 'employees' make. Many citizens of North America are turning away from politics with a feeling of powerlessness and disconnectedness. Others are seeking to know more about their own individual power through education and action. Some are very specific on what is 'worth' taking action on, we often have to be, there's not enough time in the day to fight everything we don't like! Both ends of the spectrum experience frustration and liberation on different levels and there is no one size fits most mold. How do we feel when we*

*stand up and are heard? How do we feel when we stand up and are not heard....by our government, our peers, our family and friends? We will have a talk on these issues that is sourced from my own personal experience and reading of that of others and will open up the floor for discussion.*

**August 24<sup>th</sup>:** "The Butterfly Effect" --Jean Christensen

*How every event in life affects everything else.....*

**August 31<sup>st</sup>:** "Music and Unitarian Poetry" --Sterling Haynes

*Please participate by bringing your own writing... short prose and poetry. Cathryn is going to start the show with a delightful reading about a romantic **Flood** that she just read on CBC radio. Maggie will be playing the harp. Please don't miss it.*

## **MINISTER'S MUSINGS:**

### **Reflections on Midsummer's Day**

As many of you know who were in church on June 22<sup>nd</sup>, I've done a lot of research on the Summer Solstice in the past few weeks. I'd never really thought about the fact that we tend to make a big deal of the Winter Solstice, but often let Midsummer's Day pass without celebration. The "thin Christian cloak" this pagan holiday has been dressed in is called the "feast of St. John" – he of "Baptist" fame. St. John was named the patron saint of Quebec by the Pope in 1908, so as a result, Midsummer's Day is a public holiday – the only region of Canada where the celebration sometimes known as "the feast of the fairies" is a big deal.

But we might want to reconsider! Pagan by inclination or not, celebrating *sol -sistere* – the time of sun standing still, has the power to enhance summer's potential of *soul-sistere* – or "soul standing still." The creative, life-enhancing power of this time can empower us to re-creation of body and spirit.

Summer at its best is a time to be active – to get outside, to exercise, to eat fresher and more wholesome foods, to be more fully embodied beings. It is also a time for stillness – "for loafing and inviting the soul" if we are lucky enough to have time free from work. It can be a time to still the soul and remember what is important to us – to renew our connections with deeper selves, with the natural world, with cherished friends and family.

This midsummer season can be a time to slow down and risk seeing beyond the surface of things – perhaps even to catch a glimpse of the realm of "fairy" out of the corners of our eyes! A time to be thankful for the abundance in our lives, and to acknowledge the mystery that abounds in the primal creativity within and around us..

So I invite you to take time to sit still by the lake and watch the ducks swim by – to wander the hillsides without one eye upon a watch – to laugh with a friend or a grandchild at the antics of a puppy – to try something new or travel to a place where you have never been, even if it is only over the next hill. Preferably not "under-hill," though – the land of fairy is still too perilous for the likes of us!

What would it mean for you this summer to take time for your soul to stand still?

I invite you to take a few minutes at a quiet time to imagine waking to a day where nothing is demanded of you and anything is possible. What would you choose to do, or not do? Where might you choose to go? Who would you like to spend time with? What creative dream might you take a step towards realizing?

Did anything surprise you? Is there something about your soul-stice day you would like to make happen in the days ahead? I hope for you all a summer accented by "soul-stopping" moments.

In Faith, Rev. Linda

Note: *I'll be available for consultation the first week in July, and in and out until July 28<sup>th</sup>, when I'll be away until about August 18<sup>th</sup>. If something urgent comes up, try giving us a call, or check with the office or a Board member for contact information. You can try my e-mail – usually I'll be able to check it. When I am in town, I am on call. Summer includes helping my mother move into a smaller house in Southern California, and supporting my daughter Lauri through the birth of her second child.*

## **PRESIDENT'S MESSAGE:**

Summer's coming or is it here already – the new bridge is fully open – what more could we ask?

The Earls in Winfield are getting paintings up and settling into a home rather than a house. Our personal move makes me see how wonderful, wild, satisfying, unsettling terrific, terrible, hard and enjoyable the next years at our Fellowship will be; as we plan eventually to grow into something bigger than all of us.

At every Board meeting, we confirm new members and sometimes even between official board meetings. Our survey told us that with 25% growth, most of us would find our sanctuary unsuitable. We are headed for that level of growth – so the output of the Building Futures Committee is incredibly important.

Their information session a couple of Sundays ago was filled with data. Your take on the meeting may be different from mine but I'll give you my take if only to help focus your thoughts (as you poke holes in mine):

The smaller we make our “reno”, the more expensive it is? Seems strange but I believe it.

The more exclusively Unitarian we make our “reno”, the more expensive it is! That's obvious and in any case it's greener to share.

But for our eventual building, even greenness comes at a price – perhaps offset by grants from ever more parsimonious governments.

Since the board recently approved an application on behalf of our group to become a green sanctuary, we've got some commitment -- That alone will not solve our energy and pollution crisis but it's one step. All of us have to change our ways if we don't wish to suffer the fate of the General Motors truck plant in Ontario and it's many workers and suppliers.

That is not to say growth will be a bed of roses if we “go high and sell condos” but I did hear that the “profit” might cover our costs.

Of course we are still dealing in possibilities and the building futures group is doing tremendous work in setting them out. But lets make sure we hear what they are saying. Let us not kid ourselves with thoughts of non-profit affordable housing in the same breath as using condo profits to pay for our building.

The board has approved an attempt at an “electronic garage sale” and you'll probably read more about it in this issue. Do support this initiative so we can save ourselves hassling with everyone's old stuff – into the garage, then into the sanctuary, then priced, some sold and finally the remnants into trucks for disposal. We've always done it because we depend on the proceeds. Let's see if we can get the “proceeds” in an easier, greener way.

Have a great summer – come to service when you're in town – and treat yourself, your friends and your world as if they cannot be replaced!!!!

Al Earl

## **RELIGIOUS EXPLORATION UPDATE**

Over the summer, we have no formal children's program, but there will be childcare available. In late August, families will receive the RE Brochure for the coming year, and registration forms are already available. We are planning on three classes – trusting that the volunteer help we need to make this happen will appear! Drop Linda and Lois an e-mail if you are interested.

Save this date: Saturday, September 13, 1-4 PM for “Frodo's Birthday Party” –our start-up RE Open House. Details to follow!

## GREEN SANCTUARY UPDATE:

Prior to their June meeting, all members of the UFK Board had the opportunity to read a thirteen page document containing the information required by the UU Ministry for Earth for our application to be approved to begin the process of becoming accredited as a Green Sanctuary. This included Fellowship history, our congregation's size, results of the audit to see where we are now in our practices and how green our building is, and to tell them what projects we plan to undertake in the coming two years to complete the requirements for accreditation. Simonne Macklem attended the Board meeting to answer questions. The Board gave unanimous approval to send in our application and thanked Simonne and the committee for all the hard work that has been done to get to this point.

One of the projects selected at the Brainstorm meeting in March was to create a Unitarian Green Award. To help keep Green Sanctuary objectives in mind over the summer, we would like to begin this now with everyone in the congregation. Over the summer, we invite everyone in the congregation to watch for people, businesses, or organizations who have Good Earth Ethics. Examples could be people who plant gardens and share their produce with the needy, restaurants who serve Fair Trade products or local produce, businesses who have bike racks for their customers or who donate part of their profits to an Earth honouring charity. (We are Unitarians so let's look outside the box...) A person would write up a nomination for a person, business or organization and tell us why they think we should give their nominee an award. The committee would review the nominations and choose one to award for the month. We hope to have this submission of nominees and selection of one award per month as an ongoing program. The award/certificate itself is still in the creation stage. We would appreciate help from anyone who has ideas or wants to share their artistic/computer graphics talent.

Another project that we are starting is to create a list of local Green businesses and Green products available here so that we can all become aware of them and "vote with our money". We plan to link this list to our UFK website and add to it as the congregation supplies the information. So please watch out for ones to add to the list and pass on the information to a Green Sanctuary committee member.

We wish you a happy summer and look forward to hearing of your Green discoveries and actions when we start up again in the fall!

Simonne Macklem  
& Gwen Steele

## CARE & CONCERN COMMITTEE:

*-- tries to be aware of and respond to the various joys and challenges in the lives of our members.*

Many Thank yous to committee retirees, **Jessie and Sterling Haynes**, for their generous 15 years of service in this essential area of fellowship life! Bouquets & Hugs to you both! **Linda Sampson** and **Bonnie Williams** will be trying to fill those BIG shoes - well, Jessie's are kinda little, but Sterling's are **huge!**

Bouquets and Hugs to **Gerda Rothe** who continues to share her time, wisdom & humour on this committee.

Caring committee members include Marilyn **Strachan**, **Rev. Linda**, and **Peter Vreeswijk** and we welcome any new people . . . We won't be meeting, formally, again until September but please feel welcome to contact us at any time:

Bonnie Williams 868 2861 [bonnieavon@shaw.ca](mailto:bonnieavon@shaw.ca) or Linda Sampson 763 7411 [gemspirit@myway.com](mailto:gemspirit@myway.com)

### **Here are some ideas to practice C&C over the summer months:**

- Practice random acts of kindness (eg: send a note to a randomly selected member telling them you are glad they're part of the church)
- If a person looks particularly **splash** (don't you love that adjective) offer to take their picture and send it to them.
- Organize, or help to organize fun events at church -- (dances, concerts, picnics etc.)

## **IS THERE A FUTURE FOR UFK GARAGE SALES??????**

Our last sale was not as financially successful as previous sales and the man who took our leftovers will be out of business in 5 months. There are some great things about our yard sales-they bring in outside money, are consistent with our Green Sanctuary principles of reduce, reuse and recycle, they build community, help integrate new members, and our presence is made known to the outside community.

The problems are we get too much stuff, a lot of which is not saleable. Last sale 7 truckloads were leftover. What will we do with this stuff?? The quality of goods was poor and the time of the sale-later than usual- might have contributed to the poor results. It is hard to get help, even though we announce the date 6 weeks ahead of time. Some feel the yard sales are a drain on the workers, perhaps other events should be planned. Past events have made about \$500-\$600 and we would need about 10 events to cover previous yard sale revenue. Carrie Broughton has a list of potential fund raising ideas and some might be more profitable than previous ones. As always we need volunteers to implement them.

**PLEASE DO NOT PUT ANYTHING IN THE GARAGE UNTIL THESE ISSUES HAVE BEEN RESOLVED**

Our budget allocates a revenue of \$5000 from garage sales and how will we replace this????  
Any suggestions??

The #1 problem is what to do with the leftovers-we have not been successful at finding a place for them to go other than the dump which would cost money

**DOES ANYONE ELSE HAVE ANY SOLUTIONS to this problem?**

- Perhaps we could rent out space for individuals to sell their stuff-re a flea market? 2 churches are doing this now at \$10 and \$12 a table
- Add ons to Garage Sale-baked goods,silent auction items,etc
- Rent out the storage space in the garage? It has been suggested we not allow storage for yard sale in garage as it duplicates work to get it to church building from garage on sale day.
- Have a Bazaar or Church Fair
- Do a bake sale or a dinner-re Buddhist chow mein dinner
- Green Craft Sale-rent spaces eg rain barrels,worms
- Sustainable Living Fair- a percentage given back to church
- Make a "green product" to sell? The Grandma's re Stephen Lewis Foundation are selling handmade bags

I suggest we look at making cloth gift bags to sell, timely before Christmas, in keeping with Green Sanctuary principles and a possible on- going source of revenue. We could do different sizes e.g. wine bottle, shoebox, small, medium, large. We could do work parties to make and sell at garage sales, craft fairs, etc

- Rent out our space for others to have garage sales
- Have an "Electronic Yard Sale" on the internet-Rick Hardman will do some research on this
- Have a fee-eg \$3 to bring your stuff to the sale
- Have a raffle
- Have a musical event-perhaps partner with The Gay and Lesbian community and have an Ellen Churchill concert-would reach out to that group,we could supply the place

Please give us your suggestions and feedback so we can make the best decision for all regarding future Garage Sales. E mail Audrey Pekrul at [audrayp@shaw.ca](mailto:audrayp@shaw.ca) or call 862-9312

The Yard Sale Committee  
Audrey Pekrul, Laila Isaak,Bonnie Williams  
Advisers Rick Hardman and Gwen Steele

## **ANNOUNCEMENTS:**

### ***You are invited!***

Since Sherry Postma and Sean Johnson were married back East, they are holding a Blessing of their Marriage ritual and party on Saturday, July 26<sup>th</sup> at the church (time to be announced – stay tuned to the list-serve!).

***Everyone is invited to come and share their warm wishes with Sherry, Sean and Ivy.***

### **GIFT BAG FUND RAISER???????**

An idea from the discussions about the Garage Sales was to sew gift bags to sell. They would be cloth and all different sizes. This is in keeping with our Green Sanctuary project to reduce and reuse-eliminate the need to buy and use paper gift wrap. It could be a year round project-make to sell at craft fairs, have available at church, sample sets to sew orders on demand, etc. We could use leftover fabric and recycle and also buy plain fabric we <and the children> could decorate or "funky" new stuff. We could gather as groups - similar to the old "stitch and bitch" sessions or have the work ready to be done at home. Carrie Broughton has some great ideas for sayings and other ideas. We can do a brain storming session and come up with lots of great ideas. We could start in September. Is anyone interested? Are you willing to help? What ideas do you have??

Please contact Audrey at 862-9312 or [audrayp@shaw.ca](mailto:audrayp@shaw.ca)

### **UFK Building Futures Team Follow Up**

Copies of the slides presented at the Building Futures Team information session as well as copies of the questions asked and the responses given are now available electronically for anyone who missed the meeting or anyone who wants copies for their own information. Contact Barbara Bowmar, [bbowmar@telus.net](mailto:bbowmar@telus.net) if you would like copy.

### **CUC Sponsors Teleseminars**

The CUC sponsors Teleseminars on a variety of topics which provide an opportunity for Unitarians from across Canada to meet and consider an issue. Teleseminars usually begin at 5:30 p.m. Pacific Time and last about one hour. The first forty five minutes is devoted to a presentation which is then followed by discussion by the participants. To participate you need a dial number and an access code which I can provide for you. The cost to participants is just the cost to the connecting phone number. There are several of these events planned for the fall. For more information go to the CUC website at [www.cuc.ca/events/events calendar](http://www.cuc.ca/events/events%20calendar), or contact Barbara Bowmar for more information.

### **Meet Life Courageously**

The First Unitarian Congregation of Toronto, in partnership with World Accord, invites you to help build schools in the mountains of Honduras or a home in Chichoy, a Guatemalan community devastated by Hurricane Stan. These are hands-on opportunities to make a difference in the lives of subsistence farmers and their families. Please join a two-week trip: beginning November 1, 2008, February 7 or March 7, 2009. Construction and Spanish language skills are not required but would be welcomed. For more information contact Richard Kirsh (416-767-5837 or [richardkirsh@sympatico.ca](mailto:richardkirsh@sympatico.ca)) or see our poster on your congregation's bulletin board.

*The Unitarian Fellowship of Kelowna, is located at 1310 Bertram Street, Kelowna, BC V1Y 2E8.*

*Our telephone number is (250) 763-7212, and our email address is: [unitarian@silk.net](mailto:unitarian@silk.net).*

*For more information about our congregation please visit our website: [www.unitariancongregation.org/kelowna](http://www.unitariancongregation.org/kelowna).*

***Sunday Services begin at 10:30 am. Childcare and programs are available year round.***

*The Signal is distributed on the last Sunday of each month. Deadline for submissions is the Monday prior to distribution.*

*Please email submissions to: [ufksignal@hotmail.com](mailto:ufksignal@hotmail.com)*