



# “Voices of Our Hearts”

The Avalon Unitarian Fellowship Newsletter

March, 2007

## Greetings!

YAY!!! Winter will soon be over...won't it? Here's what's happening in here...

- 1 - our temporary **new location** /  
“Coffee House for Love” Report
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Tammy's poem

## BUT first & VERY IMPORTANTLY...

The Anna Templeton Centre is into its last phase of renovations, and so we have to be adaptable for a few weeks. As of this date we have booked the lecture hall at Gower Street United Church for the next little while, **BUT** we have also had to change the time we gather to **7pm**. Let us know how this feels.

### Happening This Month:

Friday, March 2<sup>nd</sup>: **Soulful Sundown #2**

location & time: 7:30pm Gower Street U.C.

**Board meeting:** 7pm, Tuesday, March 13<sup>th</sup>, Kate Morrison's, 18 Conway Crescent

All are welcome!



### March Birthday:

Len (28<sup>th</sup>)

Any others? Got one, or another event you wish to share?

email: [terryrielly@nf.sympatico.ca](mailto:terryrielly@nf.sympatico.ca)

## Report on our ♥ 3rd Annual Coffeehouse for Love ♥

One word heard to describe it **“WOW!”**

We worked together to create an evening of love and joy and music & we raised close to a thousand dollars for R.I.A.C.



B'ys in the Shtetl closed 'er off!

The Neighbourhood Strays

Do you have any thoughts, ideas...? Already pondering Coffee House for Love #4.



Art Stoyles & Bob Rutherford

Thaddeus Dreher, Emcee

and then there was Coco & Lindsey; “Just Us”; Bani & Arya Bal; “Cyanne” with Mary Barry; Len & Catherine; Acousmata; Susan Hill ...

Thank you to everyone who helped out!



# Worship Committee News

## “Soulful Sundown”

Yes indeed, Soulful Sundown #2 is booked for Friday, March 2<sup>nd</sup>, 7:30-9pm at Gower Street United Church, in the lecture hall. In case you missed the notice last month, it is coordinated by Sherril & Tammy and is designed to be a “radically inclusive, participatory, heart centred community experience that celebrates the mystery and wonder of being alive. An exploration of spirituality through music, dance, gentle movement, meditation, drumming, and chant.”

Did you attend the first one? How did it feel? Any suggestions.

Call Tammy or Sherril to share your thoughts.

~ ~ ~

**Sunday Services:** The slight alteration in timing for Sunday services may be inconvenient for some. Please let us know if this is a problem for you.

At press time a time for meditation has yet to be worked out

Coffee/hot water will be put on for those who want to arrive by **6:30pm** for a little time of socializing. Service starts at **7pm**.

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Please let Tammy (576 3646) know if you'd like to consider leading or co-leading a service. Your thoughts and ideas on how we gather are always welcome.

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## **This might be the very thing for you!!!**

**CU\*UL School** - July 19-22, 2007

(Canadian Unitarian\*Universalist Leadership School)

Where: McMaster University, Hamilton, ON

Consider attending if:

- you are a current or emerging leader in your congregation
- you want to become a better leader
- you are open to challenge and changes in outlook & practice
- you have the support of your congregation's Board

For more information:

<http://www.cuc.ca/programs/cuul.pdf>

(or) talk to someone on the board.

## Anyone want a hug?

### FREE?



Well okay...it might have seemed a little silly, but Valentine's Day, Terry did go to Water St. over the lunch hour holding a sign saying simply “FREE HUGS!”. Inspired by the campaign that has been circulating in an email it seemed like a good idea. Penny had sent this email to Terry.

Fun? Was it ever!!! About a hundred or more shared hugs in a little over an hour's time. Whole family hugs, bunch of friends hugs, street people, business men and women, straight, gay, young, old, The one that touched Terry the most was a woman who had likely seen the sign, drove around the block, pulled in, jumped out, and in tears said ‘I really need a hug right now!’ She got several and a sign to take with her.

## Board News



Your board welcomes Kate Morrison once again to the board. A long time member of the fellowship, Kate has served our community in several

capacities. Welcome back Kate!

**And so your board is** Tammy MacLeod /Pres, Diane Ryan/Vice Pres & Secretary, Carol Butler/Treasurer, and members-at-large: Yvonne Hurry, Louis Chiramonte, Jan Dicks, & Kate

And your prez sez...

Your board welcomes those who can to attend a series of Governance meetings.

This committee will review the board's bi-laws and consider policy and a congregational covenant to make an effective board even more effective. If you have an interest in such matters your participation would be **greatly** appreciated.

The first meeting is Tuesday, February 27 at 7pm at Kate Morrison's, and more will follow. If you need directions or a ride please reply and let me know.

Enjoy your day, Tammy MacLeod



### The Tree

"How can I do what you say," asked the child, "and still be me?"

"Look at me," said the tree. "I bend in the wind, droop in the rain. Yet I always remain myself, a tree."

"Look at me," said the man. "I can't change."

"Look at me," said the tree. "I change every season from green to brown to green again, from bud to flower to fallen leaf. Yet I always remain myself, a tree."

"I can't love anymore," said the woman. "With my love, I have given away all that I am."

"Look at me," said the tree. "There are robins in my branches, owls in my trunk, moss and ladybugs living on my bark. They may take what I have, but not what I am."

Whether we know it or not, we are like the tree. Only our pride hangs on to a false sense of self, wanting to keep everything, refusing to follow advice or spiritual direction.

What we do doesn't matter; how we do it is what counts. Change and growth is as natural as the sun coming up every morning and the setting of it every night. Go with what is inside you and listen to what your heart tells you. Why not if even for just today, reach out once more to a place that exists outside yourself without fear or judgment for yourself or from others . . . just once more.

We can easily forgive a child who is afraid of the dark; the real tragedy of life is when people are afraid of the light. - Plato (submitted by Keith Pike)

someone asked that this be printed...

### Rhythms of Our Life



Rhythms of our life.

Rhythms of our hearts.

Can you hear them calling to us?

For we are a part

of rhythms that are sacred,

the rhythms of our life.

Listen to the willow,

the song within the wind.

On the path, go gentle

where ancestors have been.

Listen to the raven.

Hear the silent call

of ripples on the water.

We're a part of it all.

- Terry Rielly

## Eastern Regional Gathering

November 2 -4, 2007

Where? **HERE!!!**

Vyda Ng & Terry Rielly are co-chairs of the organizing committee and welcome your input as we get rolling with the planning for this BIG undertaking for our small little community.

This is an exciting opportunity for us to host approximately 100 Unitarians from Kingston, Ottawa and points east.

This will include adults, youth, and children.

### Our Website:

[www.avalonunitarian.ca](http://www.avalonunitarian.ca)

**Phone:** 709 437 1067

### Mailing Address:

Suite 363, 38 Pearson Avenue

St. John's, NL A1A 3R1

**President:** Tammy MacLeod

576 3646 cel: 7467091

tmdances@hotmail.com

### Lay Chaplains:

Louis Chiamonte

895 2561 - louisc@mun.ca

Sherril Gilbert

895 8333 - sherril\_g@hotmail.com

**Music Director:** Terry Rielly

895 8333 - terryrielly@nf.sympatico.ca

### Affiliated Community Minister:

Rev. Penny Allderdice

pallder@mun.ca

### Our Mission Statement

**We** gather together to form a caring & compassionate community whose members nurture each other's growth & support each other on life's journey.

**We** honour the inherent worth & dignity of every person

& welcome diversity in our midst.

**We** celebrate life, individual experience, openness to new ideas,

wonder & creativity.

As part of our commitment to fair & democratic processes, we value participation & consensus when dealing with each other & with society.

**We** promote social justice, & respect the environment

& our kinship with all life.

**Everyone** is welcome to join in an ongoing search for truth

& meaning in our spiritual home

~ ~ ~

**Upcoming Services:**

**March 2<sup>nd</sup>** "Soulful Sundown"  
7pm, Gower Street U.C.

**March 4<sup>th</sup>** with Gary Palen

"The Psychological Teachings of Jesus"

**March 11<sup>th</sup>** with Sherril Gilbert "Rabbi Joshua"

**March 18<sup>th</sup>** with Nathalie Brunet "Prayer"

**March 25<sup>th</sup>** "Spring Equinox"

Our Triplets are growing...

Rachel



Rebekah

Rhiannon



**Some thoughts from Tammy...**

Spirit Draw Near....

We sing this lovely chant and it fills me with Spirit. After reading 'Making Space for Spirit' by Keith Wilkinson, I recognize the strength of Spirit for me during our services. Whether it is sitting quickly after Joys and Concerns, or listening, with my body relaxed on the swivel chair. I feel the presence of the circle gathered around the candle-lit chalice.

Spirit Draw Near....

from within to  
myself, a weaved  
tapestry colourless  
and colourful  
bold blue brazen  
placed before  
me in the light

I spin from within. - Tammy MacLeod

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Our A.U.F. has several sub-committees that can be very active from time to time. You might want to inquire about a) our local C.U.S.J. (Canadian Unitarians for Social Justice) b) the Worship Committee c) our Member Care Committee d) hmm...what am I forgetting?

We also welcome and encourage small group gatherings. These can range from "film nights", an impromptu sing-along evening, and a variety of other focuses. Got an ideas?

Deadline for submissions and ideas for April Newsletter: March 20<sup>th</sup>

**Unicamp?**

Check it out... [www.unicampofontarion.ca](http://www.unicampofontarion.ca)

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A little chuckle...

A young girl was watching her father, who was a minister, write a sermon. "How do you know what to say?" she asked. "God tells me" said the father. "Oh.... then why do you keep crossing things out?"

**Have a GREAT month everyone!!**

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