

The Pilgrim

Affirming the inherent worth and dignity of every person

The First Sunday: Rev. Kate Braestrup

'Love on the Maas'

Love is, indeed, a many splendored thing, and it touches all of us in almost everything we do.

First, the unconditional mutual love of mother and child, then the love of siblings and more distant kin, then, for one's extended human family, and then, for some, for a divinity or divine spirit or creative force.

At the 1 November service - which is being held at the EUU Retreat location in Maastricht - UU Minister the Rev. Kate

Braestrup, author of *Here when you need me* and a chaplain with the Maine Warden Service in the U.S., will be examining one particular manifestation of love: the love for one's mother.



Kate emphasises that the focus here will not be on an abstract, intangible love for a Mother Goddess, or Mother Earth, but looks at the very real Mother who bore us and, in most cases, raised us to become the fine upstanding individuals we are today.

The sermon will have an even deeper resonance for many people in the congregation, who will also have heard Kate talk on Saturday (31 October), also at the

retreat, about the difficulties of giving a different kind of love - the divine kind: caritas, agape, the kind that the New Testament verses of 1 Corinthians wax on so eloquently about - to the very undivine people that we are in a relationship with. It should be lovely.



The StayOkay Hostel in Maastricht, the site of the EUU Fall Retreat 2009 and the location of the service on 1 November.



The Third Sunday: Rev. Derek Suchard

Charter for Compassion service

In February 2008, noted author Karen Armstrong won the TED Prize, awarded to inspirational individuals in a variety of fields. As part of the prize, the winners are given the opportunity to make one wish to change the world, and with the help of the TED community, they try to make that wish come true.

Karen Armstrong's wish was:

"(...) that you would help with the creation, launch and propagation of a Charter for Compassion, crafted by a group of leading inspirational thinkers from the three Abrahamic traditions of Judaism, Christianity and Islam and based on the fundamental principles of universal justice and respect."

After some preparation, the people of the world were invited to contribute to that project, and on 12 November 2009, the work of a committee to extract from the contributions of more than 150,000

people from 180 countries to create the Charter will have come to fruition with the unveiling of the Charter.

At the service on 15 November, the history of the development of the Charter will be covered briefly, and everyone who attends will receive a copy, followed by a discussion of what it says and whether, and if so, how, it can help us in our ongoing search to put our faith into practice.

Note:

For those who cannot wait until the 15th, the official unveiling of the Charter in the Netherlands is taking place at the Mozes en Aaronkerk in Amsterdam on 12 November.

Reservation (by 1 November) is required.



Karen Armstrong, initiator of the Charter for Compassion.



Charter for Compassion

The November services will be held on 1 November at the StayOkay hostel in Maastricht at 10 a.m. and on 15 November at 2 p.m. in the Keizersgracht Church, Keizersgracht 566, Amsterdam
Bring a friend (or a total stranger)

The Curiosity of Interaction

November is a month of thanksgiving for me. Of course, there is American Thanksgiving, the one day when I feel my only responsibility is to spend time with those I care about and indulge in one of my favorite activities – eating delicious food. (On that note, please join us at Saskia & Wopke's for NUUF Thanksgiving Dinner on Nov. 29.)

But my birthday is also in November, so the whole month is a time when my gratefulness for life, family, and friends becomes more tangible and mindful.

While I am thankful for my material possessions and relative financial security, I am most appreciative of unique moments of interpersonal connection, sometimes lasting only a moment and other times spanning a lifetime.

When I look at the connections that I

value the most, the characteristic that they all share is curiosity. It is a motivation that suggests "pure" intention, without ulterior motives. While sometimes I may approach someone seeking a personal benefit, financial advantage, career advancement, or with a multitude of other goals, I find that the relationships that develop the most beautifully are those based on a sense of mutual curiosity.

Curiosity implies enquiring with an open mind, an inclination to learn more about one another not just for the sake of knowledge, but for experience. An interaction based on mutual curiosity is playful, inquisitive, and energetic. It drives you to explore new possibilities and unexpected topics of conversation. You can experience an interaction in a way that is more than just intellectual; there's the tin-



gling physicality of opening yourself to something new, exciting, adventurous.

Even the word curiosity evokes a sense of childhood, approaching the world with a "beginner's mind" that is free of predefined opinions. Perhaps it is difficult to completely attain that level of open-mindedness as an adult, but the other side of curiosity is the implication that even when preconceptions do exist, you are willing to revise them according to new experiences and knowledge.

I suspect that you need curiosity to be a UU. You can see it reflected in the UU Principles, particularly the free and responsible search for truth and meaning (#4). However, it is also relevant to the acceptance of one another and encouragement to spiritual growth (#3) and justice, equity and compassion in human relations (#2).

Curiosity is a force that prevents non-judgment from becoming apathy, or as Jopie Boeke discussed last month, one that turns toleration into tolerance.

Curious, that.



A curious Benjamin starts a lifelong exploration of life, the universe, and everything. Photo by: Liesbeth Suchard.

NUUF		2007-2009 BUDGET SUMMARIES	
		2009-2010 Proposal	
	ACTUAL	PROPOSED	
INCOME	2008-2009	2009-2010	
	€	€	
Total Pledgers	*(31)	*(35)	<p>Following the 15 November service, the annual meeting of the Fellowship will be held. Everyone may attend and NUUF members may vote on any issues that are raised.</p> <p>On the left, you will see the budget summary prepared by Bill Britt, our Treasurer.</p> <p>This budget statement also includes the proposal for the season year 2009-2010. It will be voted on at the meeting on 15 November.</p> <p>If you have any other issues that you would like raised/discussed at the meeting, please send them in advance to NUUF President Krissy Ferris (kmferris @ gmail.com) to have them included on the agenda.</p> <p>If you have any question after seeing the budget report/proposal shown here, you can either wait for the meeting to ask them or, if you would like to give Bill an opportunity to provide a more detailed answer, please send them in advance to Bill Britt</p>
Pledges received €	2425.00	3000.00	
EUROs from \$ pledge	359.05		
Offerings	709.89	1000.00	
Donations			
Interest	25.98	25.00	
Hymnal Sales	0.00	75.00	
Other			
TOTAL INCOME	3519.92	4100.00	
EXPENSES			
Services:			
Speakers	660.00	1000.00	
Music	0.00	50.00	
Rent/Facilities	1729.00	2550.00	
Religious Education:			
Children	40.00	100.00	
Adult	0.00		
Pilgrim/Office supplies	0.00	20.00	
Postage	82.78	80.00	
Publicity	288.00	300.00	
Website	44.63	45.00	
Liability insurance	108.11	110.00	
Gifts	0.00	50.00	
EUU rep. mtgs	232.00	100.00	
EUU Fall Retreat costs	18.69		
Bank costs	29.65	30.00	
Other (social, pins, etc)	416.83	400.00	
TOTAL EXPENSES	3649.69	4835.00	
BALANCE	-129.77	-735.00	
END-OF-YEAR ASSETS			
ABN-AMRO	1801.62		
Postbank-giro	0.00		
Postbank-plus rekenin	0.00		
ASN Wereld sparen	7000.00		
Petty cash	254.71		
TOTAL	9056.33		
	31/08/2009		

(Fiscal year: Aug 1 - July 31)

24-10-2009

Sleep, glorious sleep

By Christina Tomlow-de Muinck Keizer
NUUF Women's Group

It is November – time of the deep darkness, a time for sleep. After Samhain, when the energies of life turn to death, the natural world slumbers until mid-winter. Then the light will be reborn and the cycle will begin again. This time in between, when energies are transformed, is the dream-time.

Many cultures regard sleep and dreams as a time of creation, transformation and healing. The Australian Aboriginal creation story speaks of the dreamtime as the sacred time when the ancestral spirit beings created the world and all of life. In many Native American cultures dreams are a means of obtaining sacred wisdom and guidance for life. They also believe that dreams can cure you of disease. The Roman god of healing Asclepius was said to help people only in their sleep.

In our own lives, we don't get enough sleep. We work and play hard. There are not enough hours in the day to do all that we want to do. Many of us are deeply weary. November is the time when we often become ill.

Modern research agrees with the ancients: sleep can help. I read an article* recently about how sleep can help us lead healthier lives. Research links lack of sleep to increased risk of heart attack, diabetes, weight gain and other problems. In animals there is a correlation between amount of sleep and longevity. A field mouse sleeps an average of 2-3 hours a day and lives no longer than 3 years. On the



other hand, bats sleep up to 18 hours a day and hibernate. They can live up to 20 years!

Sleep also guides us: it improves our concentration, problem-solving skills, memory and mood. Study has shown that lack of sleep can also affect people's moral judgment. This pertains not only to us but also to the major decision makers of this world!

To access the transformative, healing and creative power of sleep we need an average 8 hours a night. And this is the time of year for it. It is dark and cold out and our bodies long for rest. So, turn off your computer and television and go to bed!

We need our rest: physically, psychologically and spiritually. Not to mention that it makes us look better!

* <http://www.rd.com/living-healthy/the-magic-power-of-sleep/article45808.html>



Colour
me

The seven principles of Unitarian Universalism

The Netherlands Unitarian Universalist Fellowship, as part of the European Unitarian Universalists and affiliated with Unitarians and Universalists around the world, covenants to affirm and promote:

- * The inherent worth and dignity of every person;
- * Justice, equity and compassion in human relations;
- * Acceptance of one another and encouragement to spiritual growth in our congregations;
- * A free and responsible search for truth and meaning;
- * The right of conscience and the use of the democratic process within our congregations and in society at large;
- * The goal of world community with peace, liberty, and justice for all;
- * Respect for the interdependent web of all existence of which we are a part.

The living tradition which we share draws from many sources:

- * Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- * Words and deeds of prophetic women and men which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- * Wisdom from the world's religions which inspires us in our ethical and spiritual life;
- * Jewish and Christian teachings which call us to respond to God's love by loving our neighbors as ourselves;
- * Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit.
- * Spiritual teachings of earth-centered traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.

Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As a free congregations we enter into this covenant with others, promising to one another our mutual trust and support.

Thanksgiving Dutch-oven turkey cook-out

Wopke & Saskia are hosting Thanksgiving dinner at their house in Bennekom.

When: Sunday, 29 November at 3 pm
Where: van Wijnbergenstraat 31, 6721 TH Bennekom.

Please get in touch with us about what to bring: salads, desserts, sweet potatoes, breads or drinks.

Turkeys are rare birds at our local market and must be ordered a week in advance. So, please let us know by 20 November if you plan to attend, so we can determine how many turkeys are needed. And with twenty people our house is stretched to the limits; first come, first served! (We don't have a stable.)



Saskia Beverloo & Wopke van der Werf
Phone 0318-418566

E-mail: saskia@harlekijntje.nl or wopke.vanderwerf@wur.nl

We can pick you up from NS station Ede-Wageningen.

NUUF Services 2009-2010

1 November Rev. Kate Braestrup <i>'Love on the Maas'</i> in Maastricht	20 December Rev. Dr. Derek Suchard	7 March TBA	2 May TBA
15 November Rev. Dr. Derek Suchard <i>Charter for Compassion</i>	17 January TBA	21 March TBA	16 May TBA
6 December NUUF RE class	7 February TBA	4 April TBA	6 June TBA
	21 February TBA	18 April TBA	



The NUUF Women's Group

meets on the second Friday of each month at 7 p.m.
For more information, contact Andrea Landau on 030-604 49 01.



Masthead

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Articles, information or illustrations for publication in *The Pilgrim* may be submitted at the Fellowship service, by post or e-mail by the 10th of the month to Derek Suchard.

NUUF Services

The Netherlands Unitarian Universalist Fellowship services usually begin with a candle-lighting ceremony and sharing of joys or concerns.

Each month a minister or a member of our congregation presents information about a particular religion, spiritual quest or another topic of interest to religious liberals.

Music and singing is always a part of our service but we also provide time for contemplation and meditation. After the service we have a social hour with coffee, tea, juice, refreshments and, of course, good company.

We meet at 2 o'clock in the afternoon on the first or second Sunday of the month (Sept. to

June) at the Keizersgrachtkerk, Keizersgracht 566, Amsterdam.

For more information contact Bill Britt on 015 369-2614 or by email at wwjebritt@gmail.com.

We hope to see you!



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The Caring Group

The NUUF's Caring Group invites you to call someone from the Group if you need some help. You can also call one of us if you know of someone in the group who could use a helping hand, emotionally or otherwise, but who cannot call us for some reason. And, of course, please let us know if you would like to add your name and number to the group list:

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