

## Creating Sanctuary

by **Ellie Lagarde, editor**

It's shaping up to be a good year for NUUF - our September and November had very high attendance numbers (for us), there are new projects starting up, and the old ones are going steady. But numbers mean little without considering content and meaning.

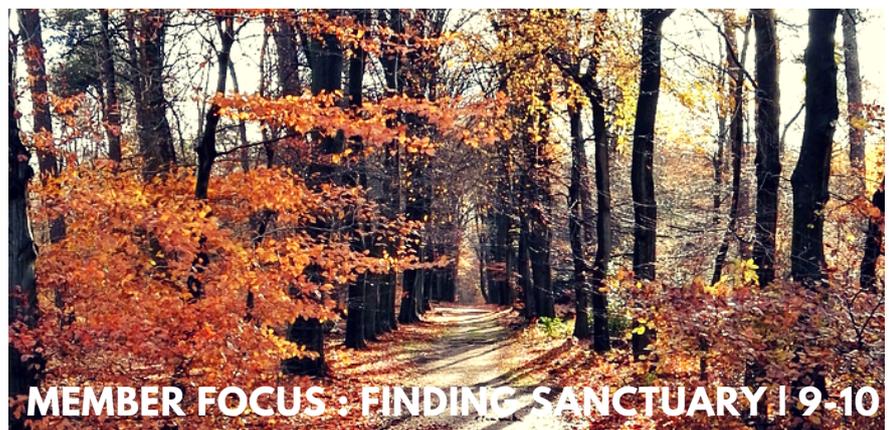
During our last sharing of joys and concerns, it's become clear that a lot of you have been deeply, personally affected by the current political events of the world, and came to NUUF for comfort. As the values that UU upholds, such as diversity, tolerance, hospitality and rationality, don't seem to have a lot of sway in the world we see in the news at the moment, this feels important and inspiring to notice. Politics, after all, starts at people level, and it is beautiful to see that the first impulse is most often, to seek each other out.

May this community be a sanctuary for you in times of trouble and despair, as well as a place for you to celebrate hope. May it be a reminder that even though human history has always been dark and difficult, we are neither the first nor the last to seek to create pockets of light around us, together. May this be a place where you can express yourself freely, and soothe your fears and hurt through the balm of community, and know that you are not alone in caring for the world. And may this sanctuary give you the strength and the power to carry this love outwards.

**comments, feedback, suggestions for the newsletter ? contact [nuufnews@nuuf.nl](mailto:nuufnews@nuuf.nl)**

## Next Events

**Nov 4th Remembrance Service**  
**Nov 24th Thanksgiving Potluck**  
**Dec 2nd Chalica Service**



# PREVIOUS AND UPCOMING

## Your NUUF Fall Calendar

Our next service will take place on the **4th of November** and will be led by Claire Fitzpatrick and Ellie Lagarde. The theme will be **Remembrance**. Through myth and reflexion, we will examine what our ancestors mean to us, as individuals, as part of the world, and as UUs. We will look at spiritual ways of processing grief and the legacies from the past that allow us to build ourselves as people. We will also build an altar together to honor our ancestors of blood, spirit and place.

We ask you to bring, if you want, stories and mementos of the people you consider ancestors - it can be pictures, objects of sentimental value, your ancestor's favorite food, a symbol of an old mentor's teachings - be as creative or as circumspect as you like, as long as it honors our departed.



Registration is still open for the **EUU Fall Retreat** in Cologne, Germany. It will be a weekend full of learning, discussion, worship, contemplation and friendship with UUs from all over Europe. Learn more here (<https://mailchi.mp/22f97fd3761d/euu-spring-2018-retreat-april-1315-you-are-invited-2768605>)

# PREVIOUS AND UPCOMING Your NUUF Fall Calendar

You are cordially invited for a Traditional Thanksgiving !  
**RSVP Required**

Thanksgiving Potluck at the de Jongs / BYO Dish and Beverage / **Saturday November 24, 2018, 3:00 PM**  
**Please plan to arrive at about 15:00, and we will hope to begin the feast at about 15:45.**

Brenda and Michael will get the turkey(s), wine and waters. As much as possible, please bring food ready to serve, with hot food already hot, as their kitchen is typically Dutch: SMALL! Of course, we understand that it is not always possible to keep everything warm -- just do what you can. We DO have a normal oven and a microwave.

**Please RSVP by email no later Nov. 15 to Michael de Jong, mbgdejong@gmail.com.** Please specify: NUUF THANKSGIVING in your subject line. In the email body, please advise (specifically) what dish you are bringing.

We reserve the right to ask you to bring something different depending on how the emails are shaping up.

Please bring the drink / drinks of your choice. Be sure to mention any special dietary restrictions or other special needs in your email. Volunteers for set up and clean up would be greatly appreciated. You can call the de Jongs at 020-3379961 or Michael at 06-57189003.

The address is Chirurgijn 51, 1188 Amstelveen. There is plenty of free parking as well as excellent access from Metro 51 and buses 347, 348 (Poortwachter halte). We hope to see you on Saturday November 24. Together, we will give thanks and celebrate this beloved American holiday.

**Address:** Chirurgijn 51 Amstelveen

**Public Transport:** Metro 51 direction Westwijk, Bus 347, 348 Direction Uithoorn

Metro/Bus EXIT: Poortwachter Stop

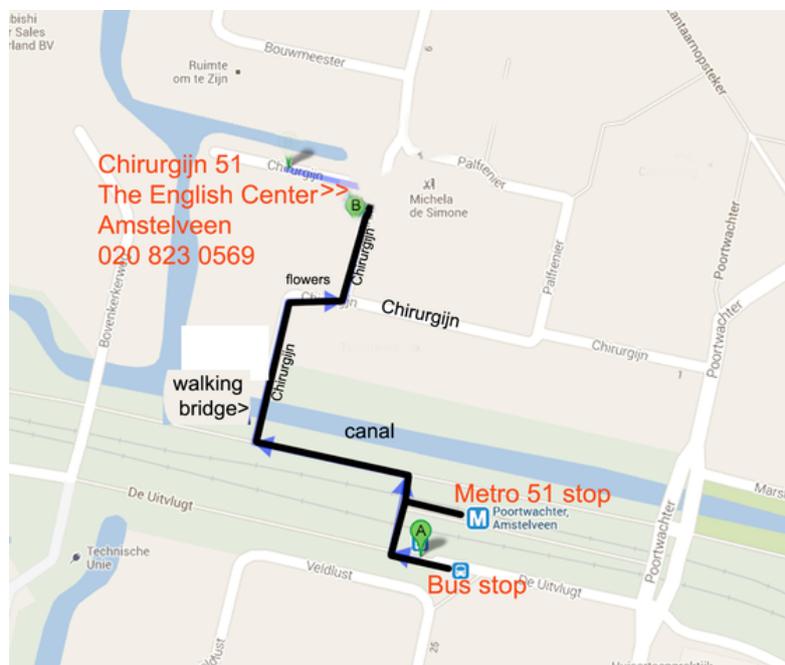
Walk: 2-4 minute walk (walk any longer and you have missed us), See directions below

**Phone numbers:** 020 337 9961 or 06 57 18 90 03!

**email :** mbgdejong@gmail.com

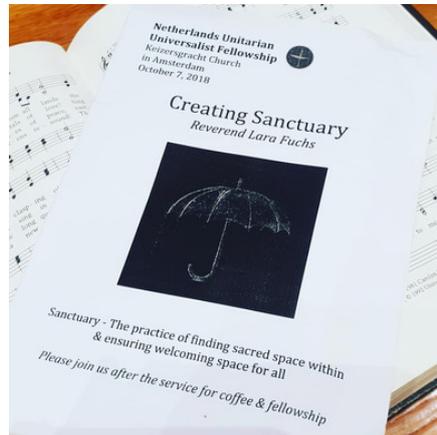
**Drinks:** We will provide wine and water, bring your own other drinks of choice

## Michael and Brenda



# PREVIOUS AND UPCOMING

## What happened at NUUF ?



October's service was led by Rev. Lara Fuchs, on the theme of Creating Sanctuary. Finding sanctuary, places where we can rest and recharge when we are tired, hurt or lost, is essential to a sane and happy life. Therefore, when we are doing better, it is very important in turn to look after the places, communities and places that healed and supported us. She told us the story of a little girl who is given an umbrella in a storm, and then passes this portable sanctuary around to others who need it, a beautiful illustration of our abilities to pass forward whatever help has been granted us freely, especially when it creates the habit among people in her city to always keep an umbrella with them in case someone might need one. And so helping others in turn nurtures our own soul and creates long lasting habits in our communities.

The choir also had its quick first practice. It sounded really, really good for a first practice. We are lucky to have some musically gifted people among us !

After the service some of us had a cheerful dinner at an Italian restaurant, followed by warm ciders and honeyed whiskey's at Murrey's, which is becoming our new favorite haunt with its jovial yet peaceful atmosphere. Here's to hoping you join us next time ! The ad-hoc Restaurant Committee (yes, another one..it never ends.) is always looking for suggestions. The women's group had another lovely gathering this month as well.



# SEASONAL INSPIRATIONS

## September Theme : Sanctuary

from 'Voices from the Margins, an Anthology of Meditations', by Jacqui James and Mark Morrison-Reed (UU Ministers)

### Harvest Time, by Manish K., Mishra-Marzetti

"Let us ground ourselves  
in this season,  
ground ourselves  
in this time and space.

Winter is near upon us,  
our last task before it  
is the harvest.

Seeds have yielded all manner of fruit,  
all manner of consequences.  
We enter this sacred space  
bringing our whole selves,  
the parts we like,  
and the parts we do not.

We come together, each with our own harvest,  
seeking here a word  
of comfort,  
an experience of beauty,  
inspiration to guide us.

Let us ground ourselves  
in that purpose,  
ground ourselves,  
in body and soul.

Winter is near upon us,  
sunlight gives way to night,  
the coldness grows closer.

Gathering together, we  
seek warmth  
in one another's company,  
seek the eternal light that permeates all.

Whatever your harvest,  
whatever your pain or joy,  
here you are welcome,  
and will be held.

Let the warmth flow to you,  
and through you  
feel the healing strength  
of this community.

Know that here you are not alone,  
that here you have found  
companions for the journey.

Grounded in that spirit,  
grounded in the spirit of thanksgiving.  
Come, let us worship."

## Monthly Global Chalice Lighting

by Lene Lund Shoemaker, Danish Unitarian Church.

Let this flame symbolize the divine spark of light embedded in all living beings.

May its flame lead us to greater knowledge and tolerance.

May its warmth lead us to deeper love and compassion.

And may its light lead us toward greater wisdom and understanding.

Yes, each of us is but a tiny flame.

But together we can enlighten the world !

# SEASONAL INSPIRATIONS

## September Theme : Sanctuary

*October is a month for spooky stories, as the days shorten and we draw inwards. Winter might not be as terrifying as it used to be, but there is no shortage of uncertainty in these troubled times.*

*Stories are one of the best ways to give fear a transformative spin. Sanctuary is also made through words. This one comes from Angela Carter's Book of Fairy Tales, a compendium of folk tales gathered by the feminist author with a decidedly more adult spin. This one, in particular, struck me as particularly relevant after recent events, a tale about 'respectable' predators, the importance of female intuition, speaking truth in the face of danger, and community support. So join me around the metaphorical fire for a while, and don't forget to -be bold, nevertheless.*

### Mr Fox. (English)

Lady Mary was young, and Lady Mary was fair. She had two brothers, and more lovers than she could count. But of them all, the bravest and most gallant, was a Mr Fox, whom she met when she was down at her father's country house. No one knew who Mr Fox was ; but he was certainly brave, and surely rich, and of all her lovers, Lady Mary cared for him alone. At last it was agreed upon between them that they should be married. Lady Mary asked Mr Fox where they should live, and he described to her his castle, and where it was ; but, strange to say, did not ask her, or her brothers, to come and see it.

So one day, near the wedding-day, when her brothers were out, and Mr Fox was away for a day or two on business, as he said, Lady Mary set out for Mr Fox's castle. And after many searchings, she came at last to it, and a fine strong house it was, with high walls and a deep moat. And when she came up to the gateway she saw written on it :

*Be bold, be bold.*

But as the gate was open, she went through it, and found no one there. So she went up to the doorway, and over it she found written :

*Be bold, be bold, but not too bold.*

Still she went on, till she came into the hall, and went up the broad stairs till she came to a door in the gallery, over which was written :

*Be bold, be bold, but not too bold,  
Lest that your heart's blood should run cold*

But Lady Mary was a brave one, she was, and she opened the door, and what do you think she saw ? Why, bodies and skeletons of beautiful young ladies all stained with blood. So Lady Mary thought it was high time to get out of that horrid place, and she closed the door, went through the gallery, and was just going down the stairs and out of the hall, when who should she see through the window, but Mr Fox dragging a beautiful young daly along from the gateways to the door. Lady Mary rushed downstairs and hid herself behind a cask, just in time, as Mr Fox came in with the poor young lady who seemed to have fainted. Just as he got near Lady Mary, Mr Fox saw a diamond ring glittering on the finger of the young lady he was dragging, and he tried to pull it off. But it was tightly fixed, and would not come off, so Mr Fox cursed and swore, and drew his sword, raised it, and brought it down upon the hand of the poor lady. The sword cut off the hand, which jumped up into the air, and fell of all places in the world into Lady Mary's lap. Mr Fox looked about a bit, but did not think of looking behind the cask, so at last he went on dragging the young lady up the stairs into the Bloody Chamber.

# SEASONAL INSPIRATIONS

## September Theme : Sanctuary

As soon as she heard him pass through the gallery, Lady Mary crept out of the door, down through the gateway, and ran home as fast as she could.

Now it happened that the very next day the marriage contract of Lady Mary and Mr Fox was to be signed, and there was a splendid breakfast before that. And when Mr Fox was seated at the table opposite Lady Mary, he looked at her. *'How pale you are this morning, my dear.'* 'Yes', said she, *'I had a bad night's rest last night. I had horrible dreams.'* *'Dreams go by contraries'* said Mr. Fox; *'but tell us your dream, and your sweet voice will make the time pass till the happy hour comes.'*

*'I dreamed,'* said Lady Mary, *'that I went yestermorn to your castle, and I found it in the woods, with high walls, and a deep moat, and over the gateway was written :*  
*Be bold, be bold.'*

*'But it is not so, nor it was not so,'* said Mr Fox.

*'And when I came to the doorway over it was written :*

*Be bold, be bold, but not too bold.'*

*'It is not so, nor it was not so,'* said Mr Fox.

*'And then I went upstairs, and came to a gallery, at the end of which was a door, on which was written :*

*Be bold, be bold, but not too bold,*

*Lest that your heart's blood should run cold.'*

*'It is not so, nor it was not so,'* said Mr Fox.

*'And then - and then I opened the door, and the room was filled with bodies and skeletons of poor dead women, all stained with their blood.'*

*'It is not so, nor it was not so. And God forbid it should be so'* said Mr Fox.

*'I then dreamed that I rushed down the gallery, and just as I was going down the stairs, I saw you, Mr Fox, coming up to the hall door, dragging after you a poor young lady, rich and beautiful.'*

*'It is not so, nor it was not so. And God forbid it should be so'* said Mr Fox.

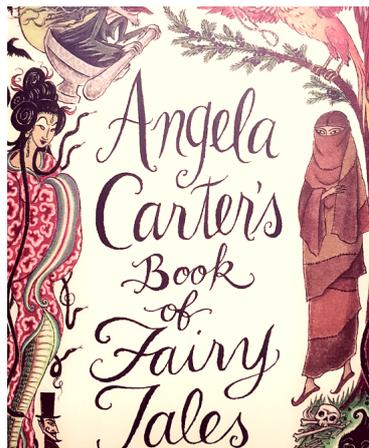
*'I rushed downstairs, just in time to hide myself behind a cask, when you, Mr Fox, came in dragging the young lady by the arm. And, as you passed me, Mr Fox, I thought I saw you try and get off her diamond ring, and when you could not, Mr Fox, it seemed to me in my dream, that you out with your sword and hacked off the poor lady's hand to get the ring.'*

*'It is not so, nor it was not so. And God forbid it should be so'* said Mr Fox, and was going to say something else as he rose from his seat when Lady Mary cried out :

*'But it is so, and it was so. Here's hand and ring I have to show.'*

And pulled out the lady's hand from her dress, and pointed it straight at Mr Fox.

At once her brothers and her friends drew their swords and cut Mr Fox into a thousand pieces.



# COMMUNITY NEWS

## Return of the Committees

We are very happy to say that several volunteers have joined our new and old committees already. Welcoming ([welcome@nuuf.nl](mailto:welcome@nuuf.nl)), Hospitality ([helpers@nuuf.nl](mailto:helpers@nuuf.nl)) and Environmental Justice ([social-action@nuuf.nl](mailto:social-action@nuuf.nl)) are still looking for people. We've also heard rumors that the LGBTQ committee wanted to become more active, so ask around if you are interested.

Pam Morton has started a choir and you can still sign up :

*"Good morning all! I think most of you know we are starting a choir at NUUF. If you would like to be part of this musical endeavor, please send me or Brenda an email with your phone number and indicate if there are times when you cannot rehearse. I was thinking twice a month rehearsals to begin with - once before or after the monthly service and one other time - location to be decided. OK. Happy days to all and I hope to hear from you."*

[pkmorton46@gmail.com](mailto:pkmorton46@gmail.com)

[brendadejong@englishcenter.nl](mailto:brendadejong@englishcenter.nl)

## Feedback survey

**We want to know what you think ! In order to put together services that give meaning to your life and keep you coming back, we need know what your experience of previous services was.**

**Do you have some brilliant ideas to make our community warmer, more involved ? Here's your occasion to shine :**

<https://nl.surveymonkey.com/r/TJRK3PB>

# FINDING SANCTUARY

*As Rev. Lara Fuchs encouraged us to recognize and nurture the places, people and communities that take care of us in turn, I was curious to know what that meant, tangibly, for our members, so I asked around, and this is what you came up with. I loved how diverse the answers were.*

## How and where do you find sanctuary ?

### **Eva**

"To be honest, just my bed with a warm blanket, a cup of tea or chocolate milk, a cookie and a nice book. This is where I recharge and come back to myself after a busy day."

### **Derek**

"I go and play chess. Because you have to completely focus and shut everything out. It's a great place to take a break."

### **Misha**

"The beach, especially at night, with a new moon. It's a time and place to reconnect with my mother goddess. It calls on trance-like feelings of love and safety."

### **Lara**

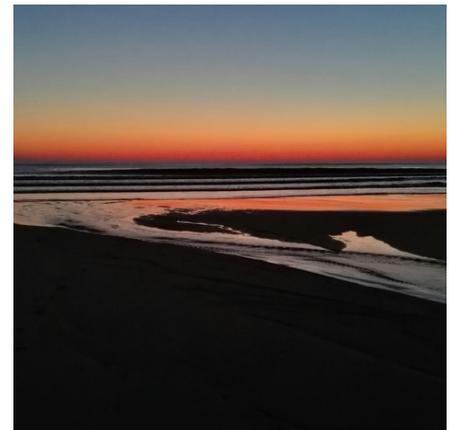
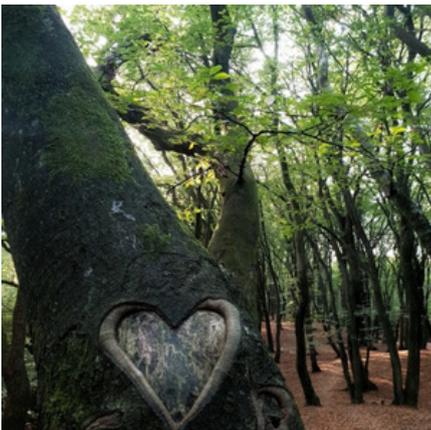
"There is a lake in Canada I go to. Being near water in general, in nature, the peace of it, the wind, the sounds, the whole experience."

### **Lawrence**

"Whenever I can talk to someone and share ideas. And when I'm teaching, in front of my class."

### **Brenda**

"Netflix with my headphones in bed and pajamas. But more generally my spirituality, NUUF and the women's group."



# FINDING SANCTUARY

## How and where do you find sanctuary ?

### Michael

"My house, my church, my tennis, my yoga. Many places really, I've travelled a lot and seem to create sanctuaries wherever I go. It can be me in a hotel room. It has to do with creating a happy sphere around myself. You can always find people who like being around you when you find joy in life. And I meditate everyday, it helps with that. "

### Ellie

"I like taking long walks in the forest to unscramble my mind, and when I come back I feel wild and free and present in the moment and the world is wonderful again. My volunteer work is also very important to me, to be surrounded by people who care about the world and want to support each other in making it better, it gives me energy, helps me move beyond apathy and hopelessness. In general, places where people are creating intentional community with each other, and being mindful on how to accomodate diversity and each other's specific stories. "

### Pam

"I would have to say "home" is my sanctuary, but it is also sometimes boring and not very inspiring. However I feel safe at home, in the clutch of my habits ( watching tennis, Netflix, looking at FB (all screens which screw up my eyes). I find sanctuary in the homes of friends and family. Books give me so much and it's not always the feeling of safety, it's the deep feelings of sadness, joy, alienation, connection, and love. A good writer is for me a well of sweet inspiration and a sort of emotional sanctuary. Music also touches me in a very deep place and there are certain pieces of music which I return to over and over again. As I get older and my social life gets more restricted, I feel very much the challenge of self-reliance and of supplying myself with what I need, but there is a real longing for connection which I think is hard to realize in this modern world. Tai Chi is something which helps me return again to stillness and calm. It is definitely part of my every day sanctuary. "

