

The Edmonton Unitarian

Unitarian Church of Edmonton

10804 119 Street NW, Edmonton, AB T5H 3P2

Phone 780-454-8073 Fax 780-452-1641 E-Mail chadmin@uce.ca

Volume 49 Number 10 November 2008

Services for November

Services Begin at 10:30 a.m.

November 2, 2008

“Green Sanctuary”

**Rev. Brian J. Kiely
and members of the GS Team**

In May, UCE voted to pursue Green Sanctuary status. This means engaging in a careful assessment of where we are (environmentally speaking) as a congregation, planning reasonable projects to make us more green and more green aware, and carrying out those projects over a year or so. Today we will discuss the spiritual and the practical aspects of this process.

Chorealis will sing for us this morning.

Daylight Savings Fall Back!!



Our Vision
The Unitarian
Church of
Edmonton— a liberal
religious, multi-
generational
congregation. We
celebrate a rich
mosaic of free-
thinking, spiritually-
questing individuals
joined in common
support and action.
We welcome
diversity, pursue the
common good, and
work for justice. We
believe in the
compassion of the
individual heart, the
warmth of community,
and the search for
meaning in our lives.

November 9, 2008

“The 23rd Psalm”

Rev. Brian J. Kiely

“The Lord is my shepherd...” begins one of the best known hymns in the western world. It’s hard to go to a hospital room or a funeral (even a non-Christian one!) without running into this powerful piece. Today I will offer a Unitarian interpretation scored by a few musical takes as well.

November 16, 2008 “When Do We Become Alive?”

**Dr. Keith M. Bagnall B.Ed, M.Sc.,
Ph.D. Professor, Department of Surgery, U of A**

When do you think you became alive and what is meant biologically as 'death'?

Dr. Bagnall’s talk will describe and illustrate a continuum of time which might be considered as representative of a person’s life. The focus will be on the beginning and ends of the continuum so that the concepts of Life and Death can be discussed. The idea of the Law and its involvement in this continuum will also be brought in - When do you become Human?. The talk will therefore involve biology, the law and, quite possibly, religion! What other ingredients do you need to make a hot, conversational stew?

November 23, 2008

“The Evil Within Us”

Rev. Brian J. Kiely

Unitarians are sometimes (and with justification) criticized for our lack of a doctrine of evil. Does evil exist? Is it part of us or a separate demonic force in the world? How do our mostly positive Principles hold up against some of the heinous acts humans perpetrate on one another?

The Children will join us for the first part of our service

November 30, 2008 “Our Justice Seeking History” Rev. Brian J. Kiely

Our faith has a powerful history with many themes. One is justice making. Today I will consider a few of the moving stories from our past.



Ministerial Musings

On October 5th we had a great discussion of approaches to Pastoral Care needs in this church for the future. In addition to the conversation in the service, 26 people took the time to write comments and submit them. Some comments gave new ideas, others looked fondly towards things that worked in the past. A few were helpful criticisms, reminders that not everything we try suits every member of our church. Their suggestions follow below.

I have chosen to simply include the 26 written suggestions because this is meant to be a community discussion. If one or more of them strike your fancy, please let us know. You can call (780-454-8073) or e-mail the office (chadmin@uce.ca) or me (briekie@aol.com) or call me at 780-455-9797. There will also be a collection box for written responses in the Foyer.

As well, a good portion of the spoken discussion involved creating a Facebook page just for UCE members. We have set that up. Those of you with e-mail have probably received invitations to join. It's not for everyone, but it is another way to reach members and friends who are tuned into that kind of community connection. We have 22 members so far. If you are interested in checking it out, register as a Facebook user (it's completely free) at www.facebook.com and then search out Unitarian Church of Edmonton. You will have to join the group, but if it's not for you, leaving the group is as simple as a mouse click. We'll be having a Facebook workshop on November 23rd (see separate item below)

The best things we do in this church usually start with our members. As we seek to revitalize and renew our pastoral care services and reinforce our sense of community, we can do no better than to look again to our members for ideas and support. Please, get in touch.

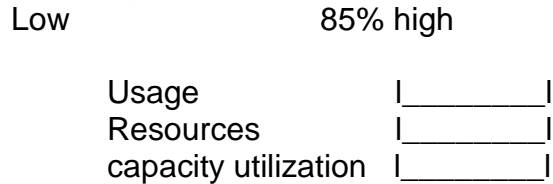
*See you in church,
Brian*

26 Ideas for Revamping Pastoral Care and Community Connection Pastoral Care

1. Mentoring - Works well in clubs - member working with new member as well we could break into groups - for neighbors Gathering site
2. We should try reaching out to the younger generation. In their medium. I like coming here for the people, events (silent auction) getting volunteers, giving thanks. Sharing peoples ups and downs. Meeting people from different life styles, walks of life and background.
3. I think a men's group that meets once (or twice) a month would promote fellowship and camaraderie. Perhaps we could canvass the congregation for interest.
4. I like reaching out to others through Facebook. A list of persons acknowledgeable different areas of need perhaps should be available to Facebook coordinator.
5. I appreciate this discussion. I want to be more involved in this church. Being more flexible in ways of connecting with each other can help many of us feel more connected. At the moment my work schedule gets in the way of committing to ongoing meetings but I would be happy to be part of a Facebook group, for example, to provide mutual support.
6. Christine Keast's idea of chatting with a volunteer partner is great -natural - face to face - sharing - personal. I also like the idea of casual and informal groups - put together by proximity of homes - potpourri of participants - already friends - get together once a month (or 2 months) for a potluck meal. Sharing hosting sharing joys or concerns can be enough support or can be further directed to someone else (pastoral member) Someone with expertise in a particular area? Minister?
7. We should offer compensation for members driving others, also parking fees. This could take the form of a cheque exchange or a budget item. Candles of Concern are definitely a downer for me. Twice a month would be ok. Not at all would be perfect. Too many negative

- thoughts. Too much soap boxing. Should not be used for announcements. Boring! Let me out! I feel like a captive audience.
8. Some thoughts related and not - 1. As a long time member of the church I regret feeling that there appears to be an "inner circle" running things, aloof and unapproachable (except for the minister) 2. I find the candles part overly long and distracting to the service - distracting enough 3. Let's run some sign-up friendship dinners. 4. Our church cannot be all things to all people
 9. The world changes so quickly. If our Unitarian Church would like to include many younger people what about conducting a questionnaire about what truly interests them? A questionnaire could be used every 2 years as an information gathering tool. Also, what about facebook workshops in small groups?
 10. I love the idea of a small group getting together to learn how to use Facebook. Also, that allows for individual relationships forming.
 11. "Collective Caring Thoughts" Being involved or contributing in a defined way builds a sense of inclusiveness for me. - creating increased opportunities to gather - and connect. Hosting events that are fun - more of them Concerts Bollywood dance afternoon, Poetry nights, Invitations to 'lunch' after church, Theatre nights, 'Advertising via church - the new technologies - events that members may think strongly about - social action opportunities being one. Some of the above multi-generational.
 12. To Brian: I talked with you about idea I mentioned - group phoning...I saw topic in last weeks order of service and got as far as phoning up a friend who was part of phoning committee at her church but forgot to ask her about this!! I promise to get back to her and get her ideas. Thanks - a good discussion.
 13. The bottom line here is communication. It is an issue with every community. I wish I had an answer - we are struggling with this in a group I belong to that addresses senior issues.
 14. Setting up carpooling to events or even to Sunday Service as a part of registering for event or welcoming newcomers would be a great idea. For events when registering you could ask if the person had transportation or if they would be willing to transport others in the area. Many younger members who rely on public transit and live closer to campuses may be more willing or able to come if there was a system in place to help them get to this part of the city.
 15. Why? (Come) Fellowship and developing relationships. Lack of dogma. What to do? (To help others).
 16. Divide up work i.e. driving, e-mail, /Facebook contact. Telephone contacts. Hospital visits. Long term care. Ambassadors. Course on Facebook!! Business card to each other and newcomers.
 17. Would the Blue Christmas model work at another time - maybe in a way that would be less work?. Blue Sunday evening once per month> Family Sunday? Chaplains lead. One choir night per month on Sundays.
 18. Neighborhood groups. Let everyone know who are their neighbors - perhaps by postal codes - this will possibly lead to neighborhood meetings - help in providing transportation - create mini-support groups - many other possibilities
 19. People have very busy lives, so one approach to pastoral care may be to think about how to build community and connection through ways that relieve the busyness/stress, rather than add another thing that takes up time. Example - plan events that result in a practical payoff like: cooking large quantities, share, and go home with meals made. Create Christmas gifts together: scrapbook etc. also find ways to get to know people better so I feel more comfortable asking for the help I need. Some care issues may be better dealt with in silence. Perhaps a set time before/after service, darkened space, when no discussion is permitted. Just joined hands to share connection with others, much like silent candles. Another idea: small groups that meet at each others home with a purpose (curriculum,

- focused book club, etc.)
20. Suggestion for Pastoral Care Usage Meter Due to privacy concerns and anonymity issues, it is difficult to gauge pastoral care supply and demand, and therefore difficult to determine 'market equilibrium'. A gauge, like a bar chart could show on a weekly basis if resources are being under utilized, or if needs are not being met



22. In regards to Facebook - Great idea of UCE home page - also like the workshop - you can also set up chat rooms on current events. The pastoral care stuff that is in place is good - just a little up-dating.
23. Sunday school for adults - broken into smaller groups we'd get to know each other better and form relationships. Could be before church or after. Could run all year or just for segments of the year.. Men's and women's and parents and singles groups or variations all around.
24. Pastoral Care Suggestion. There should be a UCE rebirth of extended families on a volunteer basis. Each family would be about 15 to 25 persons, of at least 3 generations, young singles, old singles, families etc. Sorting and choosing would be by postal codes. Rules should be similar to the ones formed in 1972.
25. More LAY participation in services. Readings etc.-
26. I come for the personal connections and chances to really get to hear others' insights and thoughts. Therefore I'd like more 'conversation starter' activities like small group discussion, world café, interactive discussions. These could be post-service or as services.

The Green Space

Updates on the Green Sanctuary Project and other environmental news, tips and ideas.

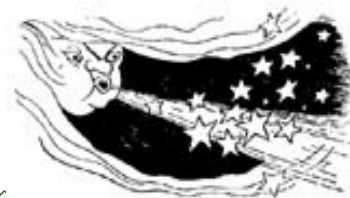
Starting our Green Journey!

Since September members of the Green Sanctuary committee have been busy poring over the Green Sanctuary Manual getting familiar with the work that needs to be done to transform UCE into a congregation that lives their commitment to ecological and environmental health. There are several steps in this process - the first being to figure out what we are doing well right now! This is a congregation that is eager to do this work and we are already getting ideas and suggestions from many of you in the congregation.

At the UCE Board retreat on September 21st the Green Sanctuary program was explored with the growing of our own UCE Board Ecological Tree. This workshop gave board members an opportunity to explore the roots of their own personal concern for the environment and share that with each other. We also looked at how we could see ourselves living this commitment both at a personal level and as a UCE board member.

The UCE Green Sanctuary program is currently at the assessment or evaluation phase of the program. Over the next couple of months we will be talking to committees and programs in the church to find out what we are proud of right now – we know there is good work being done already and we have an excellent base to build on for future programs and events. Our service on November 2nd will be an opportunity to share our current successes and get everyone thinking about what they do now that helps our congregation, community and ultimately our planet.

*Karen Stevenson
Chair – Green Sanctuary Committee*





President's Message

Well Thanksgiving is past and the last of my garden has been harvested. In fact, it's time to get the yard all ready for winter! All around me the earth is getting ready for its sleep and quietly starting to doze off. Yet I look around at church and I see everyone coming back from a great summer, and programs getting underway. In short, a flurry of activity, which is a sharp contrast to nature around us.

The annual Board retreat was held on a beautiful fall day, which made it hard to concentrate on working. Add to that the fact that your Board is made up of a group of really terrific people, and it was almost like that first day back at school, I don't think anyone wanted to work. But kudos to Brian for leading a great retreat and the even better meal afterwards. Thanks also to Karen Stevenson – now we all have a really good idea about the Green Sanctuary process and I do have to say, if you haven't heard about it make sure to attend any upcoming events,

As a group we set nine goals for the coming church year, some of which are already underway and some that will require support and action from other areas or groups in the church (they are listed below). Please take the time to review them; you may be able to help, or you might have ideas about one or all of them. Feel free to give me any ideas or suggestions, either in person or by phone or e-mail.

Are they all plausible goals? We think so. Are they realistic goals? We think so. Will they take some work? Absolutely.

Well, it's time to start shopping for the next holiday season. Remember, if you are planning to purchase gift cards for those people on your list who are hard to shop for, you can purchase many different types through the church. They cost the same, but the service is friendlier and the church benefits from the purchase.

See you in church!
Mike Keast

UCE Board Goals for 2008-09

1. Monitor Tenant Situation
2. Monitor developments with Kitchen and Social Hall
3. Encourage and support Green Sanctuary Program
4. Increase accessibility and usage of Library
5. Inspire a more active membership
6. Review activities of committees
7. Look into publicizing church school
8. Rebuild Membership and Pastoral Care Committees
9. Encourage and support the Ruth Patrick History Project

Treasurer's Report

More red ink to report, I'm afraid. We spent \$3,400 more in September than we brought in, and that's on top of the \$6,800 deficit for the month of August. We are owed a chunk of money from our tenant Design 21, so we continue to work on that problem.

Susan Ruttan

Council of Committee Chairs

A meeting of committee chairs will take place at the church on **Saturday, November 8th 10:00 am - 2:00 p.m.** This is an opportunity for all church committees chairs to connect, coordinate and celebrate our successes for this year and begin planning for the next. Please mark the date and if you have any items for discussion please pass them on to Lynn Wolff (lynxwolf@shaw.ca)

The New U

New to the church? Want to learn more about our Unitarian Universalist roots, our Principles and this congregation? Join Rev. Brian Kiely, leaders of the church and the Membership Committee for The New U, a two part orientation session taking place on Sunday November 2nd and 9th, 2008. We will meet following the church service from Noon to 2 p.m. each day, and if you can attend only one of the sessions, you will still be very welcome.

The Membership Committee will provide a free soup and sandwich lunch and childcare is available upon request. To register, look for **The New U** sign-up sheet on the credenza in the lobby or phone the office at 780-454-8073.

Blue Christmas Help Needed

After several years of leadership, Arlene Zajic is taking a well-earned rest from leading the dinner portion of Blue Christmas. What's Blue Christmas? For the last 11 years UCE has offered a special service on December 23rd for those who struggle with the holiday season. There is a quiet service honouring grief, pain and loss, led by Brian. It is followed by a simple supper of soups, breads and pies prepared by members and served by volunteer waitstaff.

If you have never been part of the service or the supper it is renewing, refreshing and rewarding. We need soup makers, bread and pie makers (or providers), set up and clean up people and servers. There will be sign-up sheets in the foyer throughout November and December.

Most importantly we need a coordinator for the dinner! You need to be a willing and enthusiastic organizer. Arlene has detailed plans and support documentation and will talk you through the process. Blue Christmas is a great gift to our church and our wider community. If you would like to get a further sense of what's entailed, please call Arlene at 780-465-6284 or talk to Brian Kiely.

Entertainment Books 2009

One of the annual fund 'raisers' for our church is the sale of the Entertainment Books and they are available NOW! The cost of a book is still only \$40.00 and features many savings. Take for instance Safeway Store coupons that offer \$5.00 off a \$50.00 order, or M & M Meat Shops with \$5.00 coupons for each month of the year, as well Cineplex movie coupons, live theatre productions, sporting events and many more.

Come by and look at a book any Sunday. Florence Campbell and Shirley Edgar will be available to answer your questions and sell you a book.

Do You like Live Music at Our Services?

Martin Kerr was the wonderful singer-songwriter at our Thanksgiving service. And what a memorable performance he gave! I

still get goose bumps when I think of his version of Leonard Cohen's Hallelujah for our prelude. He also spent part of the hour with our children before coming back to end our service. A special thanks to Larry and Louise Charach who paid his honorarium. You too can sponsor a guest musician for only \$100.

Just contact me at janjimmc@gmail.com or call me at 780-453-2097 if you would like to sponsor one for any month over the next year. You may like to do it as a tribute to someone special in your life or to mark a birthday, anniversary, or in memory of someone. Your contribution would be a charitable donation to the church, so actually, your cost would be as little as \$50. If you have a musician that you would like to sponsor, let me know. Otherwise, I can find one for you.

Jan McMillan

Facebook Workshop, November 23

Interested in the UCE Facebook group? Interested in this social networking phenomenon in general? Join Brian Kiely and Kat Hutter for an hour long workshop on Facebook on Sunday, November 23rd at noon. We'll show you how in real-time. It's easy. It's free. It's a fun way to stay in touch.

Safari in Kenya and Tanzania

Slides to be shown by Dorothy Keeler and Sylvia Krogh at the Stanley A. Milner Public Library downtown and across from Churchill Square on Thursday, November 20th at 7 pm. Free. Everyone welcome.

Edmonton Schoolboys' Alumni Concert Band

The ESBACB will be giving their appreciation concert. The Big Music = Small Loans UCE concert will be held on Dec 5 from 7:30 - 9:30 pm.. All tickets that were purchased for the cancelled concert will be honoured. Please see Kathy Stanley or call her at 780-423-1407 if you would like to purchase tickets.

Gordon Ritchie and Choralis CD Release Party

The CD that we produced last year is finally going to be released in early December. "My Song" will feature choral and also some Celtic harp music composed by our own Gordon Ritchie. Sunday, December 7th is the day that Choralis will do their annual Christmas Carols and Lessons service. Plan to stay for lunch and our exciting CD Release party when we will perform a selection of the pieces.

Some of you have prepaid the \$20 to buy the CD and I have a record of all those who have done so.

Jan McMillan

We are going to City Hall! Westwood's Winter Solstice Service

Over the summer the Westwood Winter Solstice Planning group met to consider the pros and cons of moving our cherished service to a larger venue. Even with three services we had to turn people away last year because we were too full. We decided to go ahead with a move to City Hall! It will mean lots of benefits along with lots of changes so we want to make sure everyone knows what is going on and can pitch in and help us make this a wonderful, meaningful event.

City Hall (the gorgeous, marble clad central open area) will allow us to experience the unity of a single service with room for everyone (including wheelchair users). Invite your friends and family – there will be ample space along with heated underground parking! Although this change will mean lots of new learning, the single service means shorter time commitments and fewer volunteers to hold the service itself. City Hall has chairs and other resources and there is no fee for using the space.

As the December 21st 2008 solstice falls on a Sunday we will have the service from 2-3 PM to allow time for refreshments and clean up and be out of the building by 5 PM. City Hall does not permit any candles (which would not show up well during the day anyway) but rest assured that we treasure our solstice candles and have other means of honouring that tradition. We need to ensure our annual solstice crowd knows where to find us so publicity is

important- start talking it up! (We will have more publicity of course.) We want to make sure that the event is linked to Westwood so people can join us for the rest of our year so we are planning a new display and other information. Rest assured we will still have our traditional elements: calling the directions, readings, chants, choir music, Gordon Ritchie and his harp and participatory elements. The service will be family friendly but there will not be separate childcare.

Some people have asked about having an additional service at Westwood that same evening. We have decided against doing this and will focus on the one service and getting the word out about that. There will be a breakfast event at Westwood in the morning.

Rev. Anne Barker has agreed to be our service leader (hurray!) and is collaborating closely with the planning group. Many people have already volunteered to help out with this service. Melissa Henderson is redesigning our Westwood display and she would welcome help. And is there anyone with a flair for design who would like to create our posters? We want to get cracking on that. As we clarify our needs and get closer to the time we will be asking for others who want to be involved (we have some of your names already).

Winter Solstice Planning group

Lorian Kennedy, Leigh Bornn and Bette Ilich

First Annual UCE Bottle Drive

Do you have bottles and cans cluttering up your space? No time to take them into a recycling depot? Want to participate in something huge?

Well UCE wants to help you out. Bring in your bottle, cans, and juice boxes and let's see how big of a pile we can make in the social hall!

Mike Keast

Labyrinth Walk for Reflection

Saturday, November 29, 2008

noon until four p.m.

You are invited to attend a labyrinth walk

of reflection and quiet, a time to reflect on what meaning this season of darkness holds for you.

facilitator:

Bonnie Kyle

780-453-1331



News from the UCE Social Justice Committee and Sharing Our Abundance

Half of the unidentified contributions of October's Sharing Our Abundance will go to assist Iniat (age 22) and Dagim (age 18) Befekadu, the children of an Ethiopian refugee. They came to Edmonton last December (as landed immigrants) to join their father. It didn't work out living with their father whom they hadn't seen for 12 years since he had spent time in a Kenyan refugee camp. Iniat and Dagim are attending school and learning English as well as working on weekends. They are hard working and will make great Canadian citizens. Canadian Citizenship and Immigration has sent them an invoice of \$2248 to pay for their airfare to come to Canada.

The following information about the unfairness of the Canadian refugee transportation loans program was provided by Jim Gurnett, executive director of the Mennonite Centre for Immigrants web-site at http://www.emcn.ab.ca/WFD_Letter.pdf It would be appreciated if church members would read it and act on it.

Thanks for your generosity to Dagim and Iniat. For further information, contact Sylvia Krogh.

Of Interest

Faith and Politics: Crossing the Undefended Border--On November 4, 2008, the University of Alberta Interfaith Chaplains' Association is hosting a faith and politics forum in the Maple Leaf room at Lister. Keynote speaker Molly Worthen will present a lecture entitled Reclaiming Culture for Christ: Intellectual Renewal in American Evangelicalism, 1947-2008. The lecture will be followed by an interfaith panel discussion and break-out sessions. The cost for the forum, including lunch, is \$50 (\$25 for students). Molly Worthen will also be giving a free public lecture at 7:00 p.m. at the TELUS Centre. The lecture is titled, Jesus for President: Faith, Politics, and Why Americans Can't Keep Them Apart". The public lecture is free of charge but guests are invited to bring an imperishable food item for the U of A

Campus Food Bank. To register and for a detailed schedule, visit the Chester Ronning website at www.augustana.ca/centres/ronningcentre/work/forum.

For more information, please contact: Rick VanManen CRC Campus Minister, University of Alberta 780-492-5327 (O) rpvanmanen@ualberta.ca

Attention!

Needs to be drawn to Diabetes. I am Corinthé Stolee, Linda's daughter, and I have committed myself to running a marathon in support of Diabetes research. I am going to Athens, Greece in November 2009 to run the marathon, and must raise a minimum of \$6,100 to help fund that research (and get me to Athens!). I need your help to do this. \$6100 is a LOT of money, and every little bit helps.

How to help: I am registered to race through the Canadian Diabetes Association with Team Diabetes, so if you go to their website: www.teamdiabetes.ca, on the left hand side it offers the option to "Donate online now". If you click that link, and scroll to the bottom of the page, there is another link for "Pledge a Team Diabetes Participant". That's me. Type in my name, Corinthé Stolee, and my city of residence--Edmonton, and that should link you through to my donor page. Any donations help me reach my goal, and donations over \$15 will generate a tax receipt which, if you donate online, you can print off right there. If you prefer to pledge in person, I am leaving some pledge forms at the church with my mum for your use.

Another way to help would be to pass along this information to people you think might be interested in the program, in donating, or even just getting more information out there. I am positive that diabetes touches the lives of at least half the people who read this newsletter, maybe more than that. It is the only non-infectious disease that affects the global population, and at least 60% of the money I raise is going to help with research, spreading awareness, and finding a cure. Please help me run a marathon and provide funds to further Diabetes research.

Kidstuff

Michelle Van Der Molen, DRE

Chalice Children (ages 4-7) meet in the large classroom, located in second hallway. They will be “Celebrating Me and My World” through song, movement, crafts, stories and other activities. November is the “Sense” month, with lots of activities exploring the senses (sight, sound, touch, smell) that we share.

Pathfinders (ages 8-12) will meet in the small classroom located at end of second hallway. Pathfinders celebrate “Holidays and Holy Days”. In November they will celebrate the Birthday of Mohammed (Maulid al-Nabi), the father of Unitarianism (John Murray), Hannukah (Jewish Festival of Lights) and “Dussehra” (an ancient Hindu story of good triumphing over evil). Thank you to all the teacher and helpers that will make these lessons happen!

If you are new to this program, please make sure to ask for an introduction packet, including registration forms. Registering means that we have some contact information about you; we can keep up to date only if you update that information! Whether you are returning to us or new to us, we’d sure like to make sure that we are informed.

There will be a large calendar of events in the second hallway as well, on the outside wall of the large classroom. Please check here if you’d like to see what is happening, as well as in the newsletter and the orders of service.

The Nursery will be staffed by Youth again this year. Many thanks to our able staff– Erin Vandermolen-Pater, Graeme Battigelli, Hannah Jackson and Chandra Smith. If YOU are 11 or older, and have taken the Babysitting course and have an S.I.N., you are invited to apply to be part of our Nursery staff for 2008/09. Please pass on any concerns or comments you might have about the Nursery to Michelle (780-454-5816, dre@uce.ca).

The Youth have decided... youth ages 12-18 are invited every second Sunday for Popcorn Theology..movies, snack, discussion. The next session will be held at the Church on November 2nd from 12pm to 3:30pm. We’ll be watching “Little Buddha” and talking about Karma. Lunch provided; we’ll meet in the Social Hall at the Youth corner. November 16th will be the following meeting – the location will be announced. Please check with Michelle at 780-477-7576 or mavdmolen@shaw.ca if you have any questions.



**Retired and Semi-Retired
Christmas Friendship Luncheon
at the
Unitarian Church of Edmonton
Friday, December 5th, 2008
12 noon**

Lines from Laura

I like Star Trek. I'm not totally obsessed, but I do know more about Star Trek than I probably should. Anyway, if you've ever seen an episode of the original series you know about the Red Shirt. A party is formed to investigate something on an alien planet. The party consists of Mr. Spock, Captain Kirk, Dr. McCoy and some guy in a red shirt. We all know what's going to happen to Red Shirt - he gets shot by an alien or eaten by an alien or turned into an alien. Whatever happens, we all know when we see a lone ensign in a red shirt on the transporter pad that some horrible fate awaits Mr. Red Shirt. So that's what fans mean when they say, "Some days you just feel like the Red Shirt in the Star Trek episode of life."

Have you ever felt like the Red Shirt? You know, like the aliens are out to get you, nothing is going right, and why did Captain Kirk choose you for this mission in the first place?! I have been there so many times! And, what do you do? In real life there aren't actual aliens that are going to eat you - feeling like the Red Shirt doesn't necessarily mean that your life is in any actual jeopardy. You feel put upon, like you just don't have any more to give, like you can't possibly do what's being asked of you, or whatever bad feeling you're having. What do you do? I know what I do - after I've had a good cry or vented to a really good friend or my mom. I think and make decisions. This certainly has a lot to do with my personality and temperament. I like to think things through logically. And, I'm blessed to have a faith tradition that supports this way of being in the world. Our Fifth Source encourages us to use thinking and reason in our lives. I spend time thinking about the situation, how I feel, what might be the consequences of one reaction over another, what is possible, and so on. Once I have reached a decision I no longer feel like a Red Shirt. Somehow just making a decision, any decision, keeps the aliens from eating me!

As Unitarian Universalists we're blessed with the freedom to choose our theologies, our beliefs and our spiritual practices. In times of stress my best defence is to turn to reason and logic. Recently, I've also incorporated walking

into my spiritual practice of thinking. Others meditate, pray, or find inspiration in religious and secular texts. Still others find it important to connect with people, share feelings and receive comfort in human touch and interaction. Many use the arts in their spiritual practice and stress management. And, of course, many of us use a variety of these techniques at different times and in different situations. It's not important, in my opinion, how we manage those Red Shirt days. What is important is that this faith tradition gives us many options for working through and dealing with all the difficult things that come our way.

The next time I start to feel like a Red Shirt I know I have many options for dealing with my stress and anxiety. If you don't have a spiritual practice that helps you with your bad days, I encourage you to explore the great variety that's out there. Maybe your congregation offers yoga classes, a meditation group, a walking group, a circle dance group. Or maybe there are folks in your congregation who would love to work with you to create such a group! Let's all take care of ourselves and take care of each other. I'd hate to find out that one of you was eaten by aliens!

*In Faith and Love,
Laura*

Just a Reminder

If you have a fund-raising idea for the church, please make sure to run it past the Ways and Means Committee to make sure that it fits the schedule and that is appropriate and supported! Please contact Michelle Van Der Molen, Acting chairperson at 780-477-7576 or mavdmolen@shaw.ca with your ideas.

Avgen Gift Card Fundraising

Thanks to all those who have participated in this ongoing fund raiser for UCE. You've seen the notice board and the order forms....some of you now have collections of gift cards and certificates to spend or pass on....but did you know... This is a **year-round** opportunity for UCE— not just for the holidays. Even a small order every month can add up to money for the church. If you get into the habit of ordering for stores you are at regularly (like gas stations, or department stores, or grocery

stores), we can see this grow! If you would like ideas for making this work for you, please talk to Michelle Van Der Molen. Please turn your order forms (found on credenza, in the foyer) in to Michelle (Barb is away) with a cheque to "Michelle Van Der Molen", not Barb, for now.

Church Photos

I have collected photos and articles of friends and members of our church and church activities. These photo albums are on the desk in the library for your viewing. Please feel free to add any photos, newspaper articles, etc. It would be nice if you dated and labelled the people and activities. And please feel free to label, add names and dates of any of the present photos and put them in chronological order (in case they are not!). Thanks for any contributions you may add to the albums. It will be nice to have this visual memory of our church people and activities.

Sylvia Krogh

Fabulous Food

Food, food, fabulous food and a big problem in our kitchen. If you are involved in an event that includes food and there is some left over, please make sure that is removed from our tiny kitchen. If you wish it to be used for an event the following day you need to mark it clearly and to see that it is used at that time, including cleaning up. Public Health Regulations prohibit the storing of perishable food for more than one day. It is impossible for the wonderful coffee makers to handle more than coffee and tea on Sunday mornings.

Property Management Committee

Protecting Our Floors

When it is wet or snowy or muddy outside we really appreciate your taking time to change or clean your footwear just as you would in your home.

Property Management Committee

UCE is a welcoming congregation, which means our community is open to all, without regard to sexual orientation, race, gender, age, ability, or income. It's nice to have you with us.

THE EDMONTON UNITARIAN PUBLISHED MONTHLY BY THE

**UNITARIAN CHURCH OF EDMONTON
10804 119 Street, Edmonton, AB T5H 3P2
PHONE 780-454-8073 FAX 780-452-1641
E-MAIL chadmin@uce.ca WEB PAGE**

www.uce.ca

Vol 49 No. 10

**Deadline for the December newsletter is
November 21, 2008**

People Finder

Minister: Reverend Brian J. Kiely

minister@uce.ca 780-455-9797

President: Mike Keast

president@uce.ca 780-497-1303

Religious Education Director: Michelle Van Der

Molendre@uce.ca 780-454-5816

Canvass: Andrew Mills 780-987-2174

Campus Ministry: Rev. Audrey Brooks

audbrook@telusplanet.net 780-489-8842

Chorealis: Karen Mills 780-432-0826

Gordon Ritchie 780-420-9018

Church Office: Linda Stolee

chadmin@uce.ca 780-454-8073

Donations Secretary: Marge Roche .. 780-464-3348

Head Teller: Edwina Madill 780-462-2089

Lay Chaplaincy: call office 780-454-8073

Denise Wenzel and Pam Willerton

Ministerial Relations:

Pastoral Care: vacant

Property Management: Bernie Keeler

btkeeler@shaw.ca 780-458-1250

Social Justice Committee: Sylvia Krogh

skrogh@shaw.ca 780-454-6216

Vision: Gilbert Bouchard 780-439-8149

Worship Committee: John Pater 780-477-7576

UCE Walking Friday Mornings

This group is open to everyone who likes to walk (and talk) and eat! Join us and bring your spouse and friends.

SCHEDULE - October 31, 2008 to Jan 09, 2009

(Entertainment Books are often useful for the Lunch component of these walks)

Leaders are assigned arbitrarily so exchanges are expected and possible.

1. We always meet at the church at 9:30 on Friday mornings and car pool from there to the walk of the day. (A loonie for in town and a twoonie for out of town to the driver is suggested.) If you prefer to meet us at the starting point of the walk please let the leader (or Dorothy or Helen or UCE office) know.
2. We try to maintain an email list to update you on changes. If you wish to be added to that list please contact Helen Ready or Dorothy Keeler. Many of us carry cellphones.
3. Sometimes we change routes or leaders to accommodate weather or other activities. Check the Order of Service each week. We will try to advise those on our email list in advance but sometimes you will not get that news until you arrive at the church at 9:30.
4. Many, but not all walks, finish with lunch at a restaurant before returning to the church.
5. Many of our walks are dog friendly. If you want more information please contact the leader for the day.
6. If you have a favourite trail please let us know so we can incorporate it into our schedule.
7. Call one of us if you need more information about a route or this program.
8. During the nicer weather we try to go further afield.

Friday Oct 31 - Riverside Reverse

leader - Dorothy Keeler

Friday Nov 7 - Sherwood Park Natural Area (Apple)

leader - Marjay Russell

Friday Nov 14 - Whitemud Ravine from the Campbell bridge

leader - Christine Bak

Friday Nov 21- Strathcona Science Park (park at Rundle golf course)

leader - Lise Cloutier

Friday Nov 28 - Southwest Highlands and Blackmud Creek

leader - Dorothy Keeler

Friday Dec 5 - River Valley Road and Victoria Park Rd with Seniors Lunch

leader - Kathy Stanley and/or Shirley Edgar

Friday Dec 12 - Louise McKinney Park and look at the Blodgett poetry

leader - Marlo Miles and/or Elin Logan

Friday Dec 19 - St Albert (a new walk there) - Potluck Christmas Lunch at Dorothy's

leader - Jolien Pauw

Friday Jan 2 - Historical Walking Tour in Downtown Edmonton

leader - Helen Ready

Friday Jan 9 - Emily Murphy Park to Hawrelak Park (cross country ski if there is snow and you can)

leader - Donna Hamar

Dorothy Keeler (780 458 1250) and Helen Ready (780 454 8054)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2008



2 "Green Sanctuary"
noon, Youth,
Membership cttee,
New UU
5:00 renter



3
6:30 renters

4 9:30 renter
1:00 & 7:15 Spirit
of Life
5:30 renter

5
7:00 renters

6 11:00 renter
7:30 Chorealis

7
7:00 renter

1
6:00 Fine Dining
7:00 renter

9 "The 23rd
Psalm", noon,
Social Justice,
New UU
1:30 renter

10
6:30 renters

11 9:30 renter
OFFICE
CLOSED
1:00 & 7:15 Spirit of
Life
5:30 renter



12
7:00 renters

13 11:00 renter
7:30 Chorealis

14
7:00 renter

8 10:00-2:00
Council of
Committee Chairs
7:00 renter

15
5:00 renter
7:00 renter

16 "When Do We
Become Alive"
noon, Green
Sanctuary, Finance
cttee

17
6:30 renters

18 9:30 renter
1:00 & 7:15 Spirit
of Life
5:30 renter

19
7:00 renters

20 11:00 renter
7:30 Chorealis

21 Newsletter
Deadline
5:00 renter
7:00 renter

22
9-5 renter
7:00 renter

23 "The Evil
Within Us"

24
6:30 renters

25 9:30 renter
5:30 renter

26
7:00 renters

27 11:00 renter
7:30 Chorealis

28
7:00 renters

29 noon-4
Labrynth Walk for
Reflection
7:00 renters

30 "Our Justice
Seeking
History"
1:30-5:00 renter