

The Edmonton Unitarian: January 2019, Vol 60.1



January Theme: World Religions: Buddhism

January 6

"The Healing Power of Music"

Chorealis

Music has a way of touching our souls in a deep and subtle way. No other form of creativity has the lasting power of music because it speaks to us in so many different ways – healing us, inspiring us, moving us and uniting us. As French Poet Victor Hugo said, "Music expresses that which cannot be said and on which it is impossible to be silent." Special guest Alison Grant - Preville, flute.

Children's Focus: "Who is Buddha"

January 13

"Awakened Prince"

Rev. Brian J. Kiely

This month we will look at the religion of Buddhism in some depth. This week we will start with the man who became the Buddha. The children will be with us for the first part of the service.

Children's Focus: All ages service

January 20

"Spreading Enlightenment"

Rev. Brian J. Kiely

The Buddha spent the five decades following his Enlightenment spreading the word of his inner peace and devising a path for his followers. Today we will delve into some of the elements of his message.

Children's Focus: "The Peaceful Mind and Meditation for Young People"

January 27

"Buddhist Influences on Unitarianism"

Rev. Brian J. Kiely

From the 19th century onward, Buddhism played a significant role in the development of some parts of Unitarianism. Indeed, we played a small role in bringing that faith to North America.

Children's Focus: "All People Are Connected"

MINISTERIAL MUSINGS

Stuff always happens over the holidays. It might just be the nature of families (for better or worse), or some piece of equipment breaking down just minutes after the stores close for three days. You know what I mean.

Many years ago I was living in Toronto and was planning to drive home to Montreal on Christmas morning. Five-hour drive. No problem. Except there was an uncharacteristic 30 below cold snap. The battery on my 12-year-old Mercury Meteor was as dead as Jacob Marley. I tried to unscrew it and bring it in to warm up when the terminal snapped right off. I wasn't going anywhere.

It worked out okay thanks to the kindness of strangers, but my point is stuff happens.

It especially happens when we try to make the world conform to our expectations, when we anticipate that the holidays of the season will go just so. Sometimes the expectation of 'just so' is perfection. Sometimes the expectation is that overwrought disasters are coming. Most of us probably expect a bit of both.

Maybe the way to manage these days is to let go of expectations. Perhaps the best way through is to seek the enjoyable when it's available, avoid the potentially disastrous as much as possible and just look for a middle path. Let's just try our best and let stuff happen as it will.

See you in Church
Brian



Mitten Tree 2018 was another fantastic success!
UCE collected 169 pairs of socks, 54 gloves, 92 hats, 22 scarves, and some underwear. All these wonderful donations have been given to the Boyle Street Community Services.



Thanks so much once again to all those who helped to make our Blue Christmas such a successful evening.
We provide an important community service at this time of year, and it is all made possible by the generous donations of time and/or goods from you, our members and friends.



INVITATION TO UCE FRIENDS

If you are receiving our monthly *Newsletter* and are not yet a member of the church, but would like to be, please contact our Church Administrator, Janet Polkovsky by phone: (780) 454-8073, email at chadmin@uce.ca or on our [website](#) to start the process of becoming a fully-fledged member of our very vibrant community.

We look forward to welcoming you.



We are all on a journey these days. Some of us are working our way through our working lives, family lives, personal lives, and/or our retirement lives. But the thing we have in common on this journey is our connection with the Unitarian Church of Edmonton. That connection means that we do not need to travel our journey alone. We can come together in this church and see how others are handling their journey and get comfort, inspiration, and support for our own journeys.

But not all journeys are easy. When we look at the news we see the caravan on their journey from Honduras full of people forced from their homes by economic desperation. Closer to home is the family of refugees from Syria; sponsored by Edmonton Unitarians as they fled from their damaged country. How would you react to having your home shot up? Where would you go? Who would take you in on a journey to the unknown?

The Unitarian Church of Edmonton has provided support for refugee families and people at risk for years. Whether it is the direct sponsorship of refugees from abroad, LGBTQ rights, support for local charities, providing food for those in need, or participation in social action to make the world a fairer place, UCE supports the journeys of both our members and the wider community. That journey is worth supporting.

Canvass is our annual call for support to the members and friends of this church. We ask that everyone submit a pledge by the end of March so that we can plan UCE's journey for the next year. You can find more information in the Canvass section of the UCE web page at <http://www.uce.ca/canvass/>. You can also find an online pledge form here <http://www.uce.ca/canvass/pledge.html>.

Please support our journey and pledge to the work of your church.

Andrew Mills
Canvass Chair

**You do not have to be a member of the congregation to make a
Tax Deductible contribution to UCE.**

To have your donation included in the 2018 tax year you must:

- ☺ Have your donation postmarked by Canada Post before December 31, 2018
Or
- ☺ You can donate online by Credit card through [Canada Helps](http://CanadaHelps.org) or [ATB Cares](http://ATBCares.org) until midnight on December 31, 2018 - <https://www.atbcares.com/donate>
<https://www.canadahelps.org/en/charities/unitarian-church-of-edmonton/>
Or
- ☺ Place your donation in the basket during a Sunday service (the last Sunday service of 2018 is Sunday December 30, 2018)

CHURCH EVENTS



Saturday January 12th
4:30-7:00pm
Come raise a glass
- or cup of tea -
to celebrate UCE's Debt Retirement!
Beverages and light snacks will be provided.
Please RSVP to Janet at chadmin@uce.ca before January 7th
<https://www.facebook.com/events/308054323161528/>



RELIGION ON TAP

Religion on Tap is our monthly social/theological chat. It will be Tuesday, January 22nd at 7 p.m. at Metro Billiards, 10250 106 St. These are informal gatherings where we socialize (anywhere from 3 to about 15 people) and have a religiously themed discussion that runs from 5 minutes to an hour depending on interest. Brian Kiely leads and all are welcome. Everyone (over 18) is welcome.



BUILDING BIENVENUE



Get your tickets and mark your calendar for Friday January 25, 2019.

Delicious African inspired food, entertainment, and friends: don't miss out. Rev. Fulgence Ndagijimana, a Unitarian Universalist minister and refugee from Burundi, will be back to talk about his experience as a UU francophone in exile, and his passionate desire to make the transformative messages of Unitarian Universalism available to French speakers throughout the world.

This event is jointly sponsored by Unitarian Church of Edmonton (UCE) and Westwood Unitarian Congregation and will be held at UCE, 10804-119 Street NW Edmonton. [Click here for more details](#) and look for a poster in the UCE lobby. Doors open at 5:30 pm and Martin Kerr starts at 6 pm. [Click here for tickets](#).

MONTHLY FUN SUNDAY - CELEBRATE THE SCOTS



Come and celebrate all things Scottish after church on Sunday, Jan. 27, to mark the birthday of poet Robbie Burns. There will be food – shortbread, Scottish candy and even haggis. There will be poems read and songs sung. No whiskey or deep-fried Mars bars, but good food and good company. Come and take a cup of kindness with us.



YOUNG ADULTS AND ADULTS YOUNG AT HEART



Bring a board game or card game or puzzle to play with others. There will be some games available, and if games aren't your thing, feel welcome to bring your own project/craft to work on. Maybe even teach someone some of your techniques! Watch for dates to be announced!

RELIGIOUS EXPLORATION

Mystery Buddies

Pen pals between the generations - Mystery Buddies will start on January 19th with a Reveal Party in the Keeler Hall after service on February 9th. It will have a small twist. All adults will receive a package with everything you need to send your buddy a great letter and there will be a short description about them. This package will be available on the 12th of January. The children will be doing the letters as their activity for those weeks so no one is running around last minute to try and get one in. Sign-up sheet is on the credenza. The deadline to sign-up is January 10th.



Youth Gatherings

December's gathering will be a New Year's Party on Saturday December 29th with the option for the youth to have a sleepover that night. January's Event is yet to be planned but I will be advocating for a field trip to a Buddhist Temple.

Teacher Needed

We have an opening for a teacher for our Pathfinders group. This is a paid position. Curriculum is provided. All supplies for all classes are prepared and supplied by DRE prior to each Sunday's class. Teaching is a wonderful way to increase your own knowledge of and connection to Unitarian Universalism and is one of the greatest gifts you can give to the congregation and our children. If you are interested, please contact Will at ucekids@uce.ca or in person on Sunday mornings



Volunteers Needed

Do you have a Sunday to two that you could spare? Volunteer to be a second in the Sunday Religious Exploration Classes. (The CUC safe practices states that there should always be two adults with any group of children or youth) Come make a difference! Signup sheet is on the credenza.

Another way to volunteer is to sign up to provide snacks for the classroom. Snacks can be simple things like carrot and celery sticks or assorted fruit and maybe some kind of no-sugar juice. Things to stay away are sugary or really processed food like cookies or chips. Also for allergy alert we ask for things with gluten, nuts, and dairy to be avoided or kept separately and labelled. There is a sign-up sheet on the credenza in the lobby. If you would like to contribute but may not be able to bring a snack on one particular day you could give us a small cash donation and we can use it to up the stuff for snack.



Youth Together in Caring

Afternoon youth drop-in will be a regular weekly event on Fridays from 4:30 to 6:30. It is planned to be a youth safe space that will be youth lead but will conform to safe practices. We desire to have a Peer support element to it. <https://www.facebook.com/events/285400582161572/>

SHARING OUR ABUNDANCE

The Unitarian Church of Edmonton donates half of the loose change collected each month to a different charity.

For the month of January, we will share with Change for Children, a local charity that partners with communities in Latin America and Africa who are struggling with poverty to improve access to basic needs, healthcare and education.



From the month of November, UCE donated \$600.91 to the CBC Turkey Drive, which works with the Edmonton Food Bank to ensure people in need can enjoy a festive meal.

Turkeys are distributed here at UCE every December during one of the Wednesday Food Bank nights.

Please sign up for a shift at the Wednesday nights Food Bank Distribution (sign up in the church lobby), people are hungry year round and the Food bank can always use help.

🌹 HEART TO HEART 🌹

🌹 Sending best wishes for comfort and rest to Bryce Missal as he deals with a back injury.

🌹 Liz Cloutier informed us that her husband Clem was admitted to the Grey Nuns Community Hospital with digestive problems, but is feeling better. Liz is awaiting results of a CAT scan for her benign tumor, will let us know the results.

🌹 Linda Stolee is back at home after a long stay in the hospital, recovering from surgery. Connect with her daughter Corinthe to book a visit.

🌹 Condolences to Bonnie, Marie, and to Scott and Karen, as you say goodbye to dear family members with furry coats and sweet hearts.

🌹 Audrey's daughter in law, Carol Brooks, is recovering from aneurism surgery in the Mazankowski Neurological suite. Thank you to Surgeon, Dr. Chow, and the dedicated and capable nursing staff, for saving her life.

🌹 Thank you to Cathy Loiselle who created and placed much- needed labels on the kitchen cupboards.

🌹 A Safety suggestion for this icy and unpredictable walking weather is to "walk like a penguin," to avoid a fall. Have someone walk you to your car rather than take a chance on getting hurt.

🌹 We continue to support Lynn Wolfe and family as Ed continues to be under care in the hospital.

Please consider becoming a Compassionate Visitor to at least one church member who may feel isolated at this time. Contact Brian Kiely or Erica Deneve for information.

🌹 Sincere condolences and affection are sent to Sara McEwan on the death of her dear niece.

🌹 At our December 16 Sunday service at UCE, several members brought forth the names of their children, grand and great grandchildren to be honoured at our blessing of the children. Candles were lit and some tallow was poured over the large remembrance candle that has held the names of many children over the years.

🌹 "Our Mission is love, our race is humanity and our faith is in each other", Rev. Audrey Brooks 🌹

UCE WALKING GROUP SCHEDULE

January 4	No walk scheduled
January 11	Federal Building. Spanish Flu Exhibition, Lunch TBA
January 18	Buenavista Park, lunch at Crestwood Curling Club
January 25	Muttart – walk into Mill Creek, or around Muttart. Lunch TBA
If weather is really bad, we can go to the museum (discount for 15 or more seniors), Arno's or Planet Organic.	



Walkers carpool from church, leaving at 10:00 am, or meet at the walk site at 10:20 am. There are often changes to the schedule so if you are not on the email list please call Sheila, 780-454-7581 the day before to confirm the walk.



Enrich your life and our community's by volunteering!
This is a great way to meet new people and be more involved in the church community.
Many volunteer opportunities available for sign up on credenza in UCE lobby.

VOLUNTEER SCHEDULE

	Coffee	Greeting	Membership Desk	Ushering	Piano	Sound Tech
January 6	John Turvey	Jennifer Hinchcliffe Lilas Lsyne	Scott Harrison	David Rae	Chorealis	Marg Booker
January 13	Clair Horne	Maurice Bourgoin		Art Breier	Gordon Ritchie	Kat Hartshorne
January 20	Clair Horne	Maurice Bourgoin		Barbara Forbes	TBD	Bill Lee
January 27	Clair Horne	Maureen Day		Jeff Bisanz	TBD	Bill Lee

SOUND TECH TEAM



We're looking for people to join our small team who do the sound for Sunday services. You don't have to be a techie, just someone who pays attention to detail. And it isn't a major time commitment: you can still enjoy coffee hour after the service.

We will train you gently at your own pace. You will shadow a tech for a Sunday or two; then when you're ready, you'll take over on some Sundays. Current team members are Marg Booker, Kat Hartshorne, and me. If you're willing to give it a try, catch one of us in church, or email, call or text me. Bill Lee: billlee@ualberta.net, mobile 780-435-7477.

COMMITTEE MEETINGS

We are excited to have more committees and working groups meeting in the church all the time. Please remember that sometimes space can be limited. Please contact our Church Admin, Janet, at chadmin@uce.ca to book a space.

TEAM WORK



Last year the meeting rotation was:

RE met on the 1st Sunday of each month*

Social Justice met on the 2nd Sunday of each month*

Currently:

UCE Maintenance team meets every Wednesday from approximately 10am-2pm *

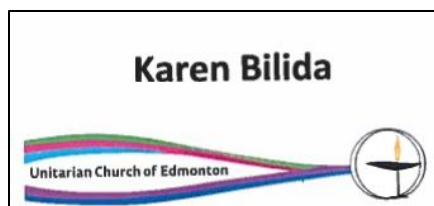
UCE Board meets on the 4th Wednesday of every month.*

*make sure you check the website calendar and orders of service for changes in schedules

Kitchen: If your gathering or meeting uses the coffee nook and/or the kitchen:

- ⌚ Please wash, dry and put away your dishes.
- ⌚ Make sure the counters and tables are cleared and wiped down.
- ⌚ Mop up any spills
- ⌚ Make sure food is labeled and stored correctly.

IS YOUR MEMORY PERFECT?



My memory sometimes fails me. I hope that more people will wear their name tag to help everyone out. When we wear name tags, it's easier to greet and get to know each other!

If you would like a permanent name tag, please sign up on the side credenza in the lobby. If you need a nametag just for the day, please use one of the sticker name tags at the membership desk.

Thank you for helping. – Karen Bilida

UU BOOK CLUBS

- ⌚ The Edmonton UU Literary discussion group will be reading four Alberta award winning novels this year. We are made up of people from both UCE and Westwood. We meet every couple of months at the home of one of our members. For more information, contact John Pater at johncpater@gmail.com.
- ⌚ The Westwood Unitarian [FreeThinkers' Book Club](#) meets in the basement of the Westwood Unitarian Church at 7 pm on the last Wednesday of the month from October to March. All are welcome.
- ⌚ There is going to be a national book club for Unitarians! This will be held on an online meeting platform (Zoom). Decisions for the January book and date/time will be made by Dec. 28 and announced by Jan. 3. Watch Facebook for final dates.... <https://www.facebook.com/groups/41659071349/>



SOCIAL MEDIA CANNOT BE SUCCESSFUL ALONE

Help us help communicate to the outside world what a great community we have and stay tuned to all the latest! Every comment, like, share, retweet, and invite helps us.

Social Media is ever changing. It can sometimes be overwhelming with so many different platforms to reach out to each other through our computers and smartphones. I wanted to take a moment and chat about what we like to use the different social media platforms for within the Unitarian Church of Edmonton.



Instagram is a photo sharing application that allows users to share photos and videos to preapproved followers. UCE is excited to announce we now have an Instagram page! You can follow us at [@UnitarianUCE](#), please tag us and share your adventures within our beautiful community.



Twitter is an online news social media application where users post messages known as Tweets. Get notified with the most up to date information on meetings and events happening in the community throughout Twitter page! Feel free to tag, share, and Tweet [@UnitarianUCE](#)



Facebook - As always, Facebook is our core social media platform, we use the Facebook group for information, events, photos, and even link to Twitter and Instagram feeds. We currently have 332 followers on our Facebook group, so log on, be our friend, and join in the conversation!

We have some of the diverse interests that Unitarians have on the Group (<https://www.facebook.com/groups/41659071349/>)

The group has too many updates? Join the page for UCE specific updates (<https://www.facebook.com/UnitarianChurch/>)

Need help with Facebook, Instagram, or Twitter? Contact Karen Bilida Unitarian.Edmonton@yahoo.ca

YouTube is a video sharing service where users can watch, like, share, comment and upload their own videos. The video service can be accessed on PCs, laptops, tablets and via mobile phones. We post the sound from our sermons, so you can revisit interesting points you heard or if you missed a Sunday you can have a listen and catch up, a great “podcast” to listen to.



Need help with YouTube? Contact Bill Lee @ 780-435-7477 or billlee@ualberta.net

MESSAGE FROM THE CUC



CUC eNews: A New Look and Format

The CUC eNews will move to a new weekly format in 2019. Starting in January, subscribers will receive a short weekly email from the CUC featuring introductions to a limited number of articles, with links to the website for more in-depth information. The goal is to provide you with news and information that is timely, engaging and easier to read.

The CUC manages a variety of grants to support congregational outreach, innovation, and seminarians. Descriptions and application information for each fund are available on the website and in the CUC newsletter (descriptions also available in UCE's [December](#) newsletter): [Sharing Our Faith](#), [Theological Education Funds](#), [Northern Lights](#)

Canadian Unitarian Council (CUC) Call for Nominations 2019 Board of Trustees & Nominating Committee

Would you like to make a difference to Unitarian Universalists in Canada? Do you have an enthusiasm for the Unitarian Universalist faith? Our Canadian Unitarian Council is an intentional community of Unitarian Universalist congregations that jointly work to create connections, to be inspired, and to have a national voice.

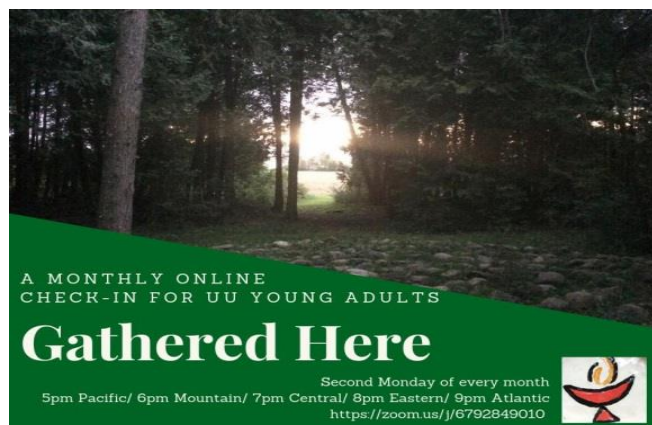
CUC Board Members are elected at the Annual General Meeting in May for a three-year term. In May 2019, two current CUC board members will be retiring from their positions. We are searching for 1 board nominee in the Western Region (Alberta to Thunder Bay, ON) and 1 nominee in the Eastern Region (Kingston ON to Nova Scotia) to begin terms in May 2019. Submit expressions of Interest no later than **January 8, 2019** to nominations@cuc.ca.



Become a facilitator for Our Whole Lives sexuality education – Junior high and High school levels (grades 7-9 and 10-12). Friday, January 11, 7:00 am - Sunday, January 13, 3:00 pm, Unitarian Church of Vancouver

The upcoming training will be hosted by the Unitarian Church of Vancouver and is open to Canadians and Americans. OWL facilitator training provides theoretical and hands-on training to facilitate Our Whole Lives program for teens. **[More information and registration](#)**

For more CUC events and educational opportunities please see Event section of the [CUC Facebook page](#), on the [CUC website](#), and in the [eNews](#), the CUC's newsletter.



Join other UU 18-35 year olds on Zoom (a video-conferencing platform) for the sharing of joys and concerns, deeper check-ins, prayerful reflections, and an opportunity to process current events with a spiritually grounded community. Every 2nd Monday of the month, you don't need to sign up in advance, just show up online. <https://www.facebook.com/events/1894212357364432/>

AROUND OUR CHURCH (Updated)

- **UCE Board meetings are once a month.** Want to see how they operate? If you want to attend a Board Meeting please contact the UCE Board President, Karen Mills (karenmills@me.com). The next Board Meeting is Wednesday January 23rd at 7:15pm.
- **A question or concern?** Please feel free to put a note in the suggestion box in our lobby. Messages will be forwarded to the board at the monthly meetings.
- **Chorealis:** Choir practice begins again in the New Year on Thursday January 3. You are welcome to join us.
- **Snow Removal** – We are looking for some hardy volunteers who can keep the main doors and fire exits clear of snow on Sundays before the service and throughout the week if possible. The city sidewalk also needs to be maintained.
- **Kitchen:** 1) Please put away your dishes. 2) Make sure the counters and tables are cleared and wiped down. 3) Mop up any spills, 4) empty full garbage and bring the bags to the dumpster. 4) Ensure all the doors to the kitchen are locked. 5) Make sure food is labeled and stored correctly.
- **If you see a non-emergency problem**, i.e. something that is broken or a spill not cleaned up, please follow these guidelines (if you are able): 1) Photograph the issue and email it to chadmin@uce.ca . 2) If it's a hazard please do your best to clean it safely 3) If it's something that will stain please attempt to clean it. 4) If it's broken, please ensure that it will not get damaged further or cause injury to anyone and notify the Administrator. Thank you for your vigilance! (All cleaning supplies you'll likely need are in the Caretaker's Room in the back hallway.)
- **UCE is a scent-free zone.** We have members, some of them small children, with severe allergies. So avoid wearing any scents when you come to gatherings at the church – colognes, hair spray, etc. Also please remember when cleaning church property (tablecloths, counter tops, dishes, etc.) to use scent-free products.
- **Brunch:** Going for brunch after church is a UCE tradition. Want to join? Contact Marge Roche or Jennifer Hinchcliffe at church.
- **Recycling:** We don't have recycling pickup at the church, so we need help with taking blue bags home for home collection or to the Recycle Centre. The bags are in the kitchen and/or social hall
- **Walls:** Please do not use scotch tape on a painted wall. If you need a sign printed and posted in the church please contact the office, chadmin@uce.ca .
- **Pop Cans:** We raise money from returnable bottles, tetra packs etc. donated by members. Drop your contribution in the second storage room (the single door) in Keeler Hall.
- **Security:** If your committee or groups are meeting after Church hours, please make sure all the exit doors are locked before setting the alarm and leaving. The exits that need to be checked are Keeler Hall and the side door (on the same as the main doors, by the picnic table).
- **UCE Equipment:** from time to time, members and friends of UCE find themselves in need of certain tools or other items for the short term and would like to borrow them instead of purchasing. If you are someone who would like to use something that belongs to the UCE, please let the [Church Administrator](#) know that you need something and for how long. We hope to prevent additional costs to the church by not having to replace items that are "loaned out".

The Unitarian Church of Edmonton is a liberal, multi-generational, religious community. We celebrate a rich mosaic of free-thinking, spiritually-questing individuals joined in common support and action. We welcome diversity including diversity of beliefs from divine believers to humanists, from pagans to atheists and agnostics. We believe in the compassion of the human heart, the warmth of community, the pursuit of justice and the search of meaning in our lives.

We gather with gratitude on traditional Cree lands that are now a part of Treaty Six and shared by many nations. A treaty is an inheritance, a responsibility and a relationship. May we be good neighbours to one another, good stewards to our planet and good ancestors to our children.

THE EDMONTON UNITARIAN PUBLISHED MONTHLY BY THE
UNITARIAN CHURCH OF EDMONTON Vol. 60 No. 1

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Newsletter Submission Deadline is the 20th of every month.
Please send your article to chadmin@uce.ca

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Religious Exploration Leader: Will Adair ucekids@uce.ca	780-454-5816
Head Teller: Edwina Madill	780-462-2089
Canvas: Andrew Mills andrew@misc.ca	780-432-0826
Communications: Karen Bilida Unitarian.edmonton@yahoo.ca	780-807-6380
Chaplain Services: Reverend Audrey Brooks audbrook@telusplanet.net	780-489-8842
Property Management: Mike Keast	780-497-1303

*****Please note: The UCE office will close at 1:30pm on December 21,
And will reopen January 2nd at 9:30 am*****