

Searching Learning Connecting Serving
The Edmonton Unitarian

November 2017, Vol 58 No. 10



November 5

Healing Source(s)

Chorealis

Sacred writings, caring communities, and nature can all provide balms to sooth what ails us. We'll take an interfaith approach to answering, "How do we heal?" this month's theme question.

Adult Program: Managing post retirement years: Rev Brian J. Kiely

Many of us plan well for retirement, but what about 20 years later when age and illness start to catch up? How many of us plan well for the years in which we need increasing care and support. That's the focus of this session. Brian will have some tools to share.

November 12

Healing the World

Rev. Brian J. Kiely

Healing is typically a subject that starts with self and moves outward, but on this Remembrance Day weekend it makes sense to look at the wider world first.

Adult Program Talking with family about hard things: Ann Nelson.

Ann is a UCE member who is also a Chaplain at Edmonton General. She will help us think about the conversations we need to have as death or illness looms.

November 19

Healing the Body

Rev. Brian J. Kiely

Traditional medicine, holistic care, self-care, there are so many ways to approach physical healing.

Adult Program Wills, Advanced Care Directives and Estate Planning: Michael Simons.

Mike is an estate lawyer here in Edmonton with years of experience and a good sense of humour.

November 26

Healing the Heart

Rev. Brian J. Kiely

The hardest wounds to heal are those that touch heart and soul. These are the wounds of betrayal and destroyers of self-esteem.

Adult Program Assisted Dying: Rev Brian J. Kiely.

Brian will update the status on Assisted Dying in Alberta and look at where legislation may go next. We can discuss the philosophical questions and the steps facing anyone contemplating this avenue.

A note on services this month:

In my [column last month](#) I talked about an experiment for all the church Sundays that we will try in November. This month the children and youth will be in the service for about 40 minutes before going to their activities. That time will include the major program pieces of the morning. After they leave for their classes, the adults will experience meditation, brief conversations and the usual conclusion of the service. After coffee hour we will be running the “Living and Dying” adult program on all four Sundays (see below).

Ministerial Musings

This month UCE President Karen Mills and I and several other UCE folk attended the Western Regional Fall Gathering. We were introduced to Rev. John Pentland, a United Church minister who has led the transformation of his 60 member congregation to one of over 600 people. He was our keynote speaker and a workshop leader who gave an overview of his book “Fishing Tips”.



We bought several copies to share amongst Board members and others to see if there are ideas that could be useful around here. Mostly he speaks about keeping the things that work and letting go of traditions ideas and programs that don’t serve us anymore. The encouraging part of his book (which I have not yet finished) is that it seems we have already done some things - like streamlining or deleting some committees and creating focused task groups as needed, using more contemporary music, creating programs that serve present needs, celebrating what we do and engaging with the wider community.

To me it feels like his book will offer us useful tweaks on which we can build. We are doing the right things overall, and that’s encouraging. This month we will try an experiment with the children’s program having our younger community members spend more time with their parents in church. That way the leaders of our children’s programs get to be part of our communities and parents get to spend some time in the service with their kids sharing the idea of what ‘church’ is.

Will it work? We don’t know. Must it work? No. If it’s a good idea it will survive and be improved and if it does not suit us, we will drop it.

See you in Church!

Brian

Religion on Tap – Metro Billiards!



Join us for our informal drop-in social and theological discussion evening. On Tuesday, November 21st at 7:00 pm. Brian Kiely will host the gathering and start a conversation. Everyone is welcome. Metro Billiards is located at 10250 106th Street.

INVITATION TO NEWCOMERS

If you are receiving our monthly *Newsletter* and are not yet a member of the church, but would like to be, please contact [Church Administrator, Janet Polkovsky, Phone: (780) 454-8073 -- chadmin@uce.ca to start the process of becoming a fully-fledged member of our very vibrant community. We look forward to welcoming you.

Sharing Our Abundance



During the month of November, we share our abundance in support of the CBC Turkey Drive. This is an annual event, well supported in our generous city. Raising cash and collecting turkeys for the Edmonton food bank ensures people in need can have a festive meal. Please share your abundance with those who need your support.

Louise Charach, Communications Committee

Treasurer's Report

We have begun a streamlining and modernizing of how we handle our finances and bookkeeping. My goal is to make this work simpler and less burdensome for those who deal with it – including the next treasurer. I will be stepping down as treasurer in the spring, as required by the bylaws.

First step will be to consolidate the staff RSP plan at our main bank, Servus Credit Union. Right now, it's at Bank of Montreal. At Servus, we'll be able to transfer money into the RSP plan automatically. We recently moved the bulk of our Endowment money to GICs at Servus, instead of a savings account at the Tangerine bank. I like Servus; they have real people to help you and answer your questions.

Second step will be to hire a payroll company, taking one burden off our bookkeeper. The plan is to have this company in place for Jan. 1. And third goal will be to make full use of the Power Church software that we have installed. My thought is that we should hire someone experienced with Power Church to guide us on this.

Susan Ruttan, Treasurer

ruttans@shaw.ca

Hold the Date!

Are you a senior/retired? So you like turkey? Do you like talking to people? If so, please reserve Friday, December 8th for the annual UCE Seniors' Turkey Lunch. Details will follow by email and in future Orders of Service.



Religious Exploration



The RE program is going splendidly! I want to say thank you to Andrea, our new RE assistant for her wonderful care of our children. They really do enjoy her classes. Also, thank you to all the volunteers who teach, bring snacks and support this program. The Pathfinders (8-11yrs. Old) are enjoying having their own classroom this year. Please feel free to come by and visit any classroom to see how our children are enjoying their church school.

Youth Con

The UCE youth group attended the youth conference in Calgary in mid-October. We had nine participants and Wren was there as a youth leader this year! They spent the weekend in worship, conversation and meaningful activities. They were exhausted and fulfilled by the end. They cannot wait to attend the next one. It was a great success! Thank you to Maria and Brandie for being youth advisors for the weekend.



Edmonton UU Literary Reading Club

Members and friends of Westwood Unitarian and Unitarian Church of Edmonton are invited to join in the second year of a book club that discusses Canadian finalists and winners of top literary awards and competitions. For this year we will be reading four great novels and meeting on the following Sunday evenings (6-8pm):

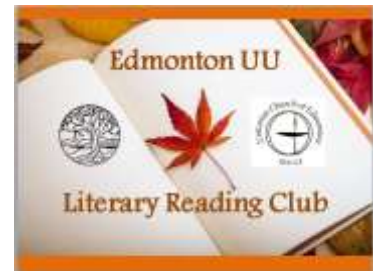
October 29 - Timothy Findley: Not Wanted on the Voyage

January 7 - Louise Penny : How the Light Gets In

February 25 - Michael Ondaatje: A Cat's Table

April 22 - Richard Wagamese - Ojibway Author: Indian Horse

In our discussions we explore what these books mean to religious liberals. You are welcome to come to one or more of the group discussions. For more information and for meeting locations (we meet at members' homes) please contact johncpater@gmail.com



FIFTY SHADES OF OWL

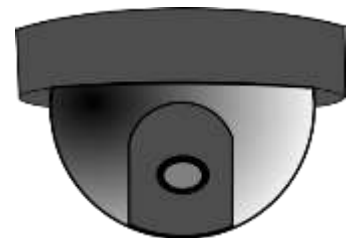


Come join us for OWL (Our Whole Lives), November 20th, from 6:30-8:00! All adults, 18+, are welcome! Our introductory session for this year will include playing the FIFTY SHADES OF OWL game!

Fifty Shades of OWL Party Game, based on the novel Fifty Shades of Grey, has questions that can be played by anyone. When you play this game you will learn to know people in a whole other way. DON'T WORRY.... all players have the option not to play or speak if needed. This session is about getting comfortable with each other and choosing the topics for the upcoming sessions. Please email Lauren Kay at ucekids@uce.ca to let her know if you can make it!

Security Concerns

Over the month of October, our Building and Grounds Committee worked hard to install cables for our new security cameras. The system is operational and the feed is being displayed on a monitor in the Administrator's Office. **The cameras are only positioned in and displaying public areas in and outside of the church.**



A set of keys that is normally stored in the Administrator's Office has gone missing, so this increase in surveillance is welcome. In addition to the cameras, the door code to the Administrator's Office will be changed in the very near future and access will be more limited. If you would like more information, please contact Mike Keast, Chair of the Building and Grounds Committee at 780-471-0872.

Letter to the Journal

A few days after the news broke about the Catholic superintendents wanting a Catholic focused sex education curriculum (rejected by Minister Eggen and Premier Notley) I submitted this letter to the Edmonton Journal.

I imagine Galileo once received a letter like the statement of the Catholic superintendents on sex education. Only it might have said, "We cannot promote modern (heliocentric) theory or anything that is ideologically opposed to Catholic teaching." Of course when he refused, he was convicted of heresy. It was 200 years before the Church admitted its scientific error.

Science does not follow theology. More importantly for religion, compassion, does not follow doctrine. It comes first. There is no major religion that does not preach compassion first.

A broad and open sex education program is not about sex, it is about countering bullying those who are different by giving good and accurate information. It is about protecting people from forced sexual activities. It is about teaching children to have pride in their bodies and their sexuality. It is about erasing the shame so many religions have heaped on this most fundamental human dimension. And it is about compassion.

LGBTQ youth are 4 times more likely to attempt suicide than their peers. Refusing to teach about the full range of sexuality will not help those numbers. 1 in 4 women will be sexually assaulted in their lifetimes. Refusing to teach about consent will not help those numbers. But back to compassion. As a minister I have sat with young people agonizingly struggling to understand their own sexuality. They want to be affirmed and loved. I have sat with sexual assault victims. They want to know why their "NO!" was not respected.

If religion wishes to take a stand, it must be in favour of protecting potential victims against abuse. The job of religion is to affirm the worth and dignity of every person. The job is not to reinforce rape culture, bullying and shaming. Where is compassion and affirmation in the Catholic superintendent's plan?

Rev. Brian J. Kiely

ART THERAPY @ UCE

Karen Stevenson will be continuing her art therapy services for adults this Fall at UCE as she completes her Post-Graduate Art Therapy training at St. Stephen's College, Edmonton. Her training also includes Expressive Arts and she continues that work focusing on trauma through the European Graduate School program this fall. Engaging in a creative process is a way to explore life questions, shift perspective and can be a healing experience. That creative process has informed her own life journey that includes 35-year recovery from alcohol-use issues and coming out as lesbian in her 40s. Her work with seniors through her practicum experience has given her a unique perspective to her own and others aging challenges and opportunities for growing wisdom.



November Workshop; a Time for Change: Creative Recovery

Are you a woman in recovery from alcohol-use issues, curious about expanding your life? Themes of self-care and spirituality on a path of 'uncovery' are the focus of this workshop.

The first offering of this workshop is already full but another is scheduled for November 25th. This is a closed group and a pre-registration interview is required.

If you are interested in setting up a focused workshop or confidential individual counselling, please contact Karen at sustainingwonder@gmail.com or call/txt 587.338.9661 for more information.

🌹 HEART TO HEART

- 🌹 Best wishes for Bev Romanyshyn who is recovering her health at the University Hospital.
- 🌹 Yvonne thanks Kat, Dave, and others who visited her and Gidget. By doing tasks that can help a house-bound person, as well as sending get well greetings, we can be active participants in maintaining a comfortable space for them. We just ask what is needed, roll up our sleeves, and pitch in.
- 🌹 On October 9, several UCE friends of Jean Roth's attended her memorial service at the restored heritage Bailey Theatre in Camrose Alberta. Jean was an amazing renaissance woman who studied mystical belief systems, became a master potter, and artist who painting Canadian nature sites in oils; was a world traveler; a decoder of military transmissions during WW 2, with many other adventures packed into a life shared with teaching and mentoring others along life's journey.
- 🌹 We welcome our Food Bank leader, member Maurice Bourgoïn who has returned from Quebec; he informs us that Annabelle has had a fall, and is recuperating at the Misericordia Hospital.
- 🌹 Chaplain's office hours are from 1 to 4 p.m. on the first and third Wednesdays of each month. For November the days are the 1st and 15th - Call 780-4899-8842 for an appointment.

“JOURNEYING—a Cabaret”



Friday, December 8th, at 8pm, come join performers Erin Vandermolén-Pater, Camille Holland, and Talesa Cauffield (with drummer Nathan Vandermolén-Pater) for their second collaboration on the UCE stage, where they will present a concert of varied repertoire from musical theatre, jazz, pop, and opera. They met in high school here in Edmonton, and then went on to post-secondary education in their chosen artistic disciplines (Erin in musical theatre, Camille in opera, and Talesa in jazz—voice and piano), all of which they bring to the table when performing as a group. They were

last seen here at UCE last December, with a well-received cabaret of winter songs.

Tickets are available now, at \$20 each, and there will be a cash wine bar at the event. Tickets can be purchased in person from Erin, John Pater, or Michelle Van Der Molen, or you can e-mail erinvandermolénpater@mail.com for more information.”

National CUC News

- **Motions for 2018 Annual General Meeting:** If your congregation or community is considering submitting a motion to the AGM, all the information you need, including process, timelines and whether a new motion on your topic is necessary, can be found in the article here: <http://mailchi.mp/cuc/cuc-enewsletter-may-2676257>
- **Letter from CUC staff:** What have we been up to and what are we planning? Read our letter to you at <http://cuc.ca/letter-cuc-staff>
- **CUC Vision Contests:** Sermon-writing and art contests on our national vision, "As Canadian Unitarian Universalists, we envision a world where our interdependence calls us to love and justice," are opportunities to express your thoughts and creativity on any aspect of the vision. Details here <http://cuc.ca/posts-page/vision-contests-2017/>
- **Tips for Intentionally Inclusive Congregations:** suggestions for how to approach that person you haven't met, conversation-generating questions for young adults, helpful signage, and more on how to help newcomers feel welcome and included <http://cuc.ca/congregational-life/tips-for-intentionally-inclusive-congregations/>
- **'Love Will Guide Us:'** A statement from the CUC National Voice Team on racial intolerance and hate. <http://cuc.ca/love-will-guide-us>

Truth, Healing, and Reconciliation Facilitator Training

Are you interested in becoming a facilitator for the CUC Truth, Healing, and Reconciliation Reflection Guides? The next Facilitator Trainings will be held via Zoom video-conference Saturday, November 4 from 9 a.m. -12 p.m. Pacific, 12 - 3 p.m. Eastern.

Please take special note about the facilitation training and its requirements. We approach this work knowing that we are all learning how to walk the path of reconciliation – in short, none of us are experts. We know that true reconciliation comes from the creation of safe space in order to engage in authentic dialogue. The materials used in the Reflection Guides are complex and the activities and group facilitation requires skill. This topic is sensitive in nature and facilitators need to be able to respond to sensitive group dynamics and responses to the material being provided.

For that purpose, we require facilitators to have a basic understanding of our approach to this work. Congregational approval and a \$25 participation fee will be required to register for the training. Congregational support means that your minister or religious educator knows that you have signed up for the facilitation training and are in agreement that you'd make a good facilitator in this area.

Follow this link to register <http://cuc.ca/event/thrrg-facilitator-training/2017-11-04>

(Submitted by Sylvia Krogh and Jeff Bisanz of the Social Justice Committee)

The 51st Annual General Meeting of the Northwest Wilderness Society of the Unitarian Church:

6 pm. Saturday, November 17, 2017

Unitarian Church of Vancouver

949 49 Avenue West

CONSIDER JOINING THE BOARD Two Board of Director positions are coming open at this year's meeting. Anyone who might like to help can contact President Anne Marie Shaw, Keith Wiley or any of the directors to find out more.

GOOD NEWS Inside the newsletter there is the annual call-out for the Camp Director. We include it every year as a matter of course so anyone interested can come forward. This year we received some good news from John Doyle. He and Suzi Dogged have volunteered to serve again in the summer of 2018.

SPECIAL APPEAL The Board agreed it was important to put out a special appeal for past members to show support for Camp with a membership renewal.

The small donations from memberships help a great deal with Camp finances. So consider mailing in your membership right away.

AND A PARTY The short meeting will be followed by a Party to celebrate Camp and our 50 year association with the Unitarian Church and the Unitarian Church of Vancouver in particular.

And remember, the latest information on camp is on kootenaywildernesscamping.org. and on the Facebook page: Friends of Kootenay Lake Wilderness Camp.

Submitted by Sylvia Krogh



Famous UUs: Harriet Martineau



Harriet Martineau was born in 1802 in Norwich, England, the sixth of eight children in a middle class Unitarian family. Her father was a textile manufacturer and deacon of the Norwich "Octagon Chapel." Harriet's mother was the daughter of a sugar refiner and a grocer.

Harriet was educated mostly at home, often self-directed. She attended schools for about two years in total. She was considered something of a prodigy, though her mother required that she not be seen in public with a pen.

Martineau wrote many books and a multitude of essays from a sociological, holistic, religious, domestic, and perhaps most controversially, feminine perspective. She believed a thorough societal analysis was necessary to understand women's status under men. She is often considered the first woman sociologist. She earned enough to be supported entirely by her writing, a rare feat for a woman in the Victorian era.

Her denunciation of American slavery, during and after her tour of America, saw her excluded from most American circles there except for abolitionists.

She died of bronchitis at age 74 in 1876.

https://en.wikipedia.org/wiki/Harriet_Martineau

<https://www.thoughtco.com/harriet-martineau-quotes-3530199>

<https://www.thoughtco.com/harriet-martineau-biography-3530871>

Quotes

- *Things were pressing to be said, and there was more or less evidence that I was the person to say them.*
- *All women should inform themselves of the condition of their sex and of their own position.*
- *I am in truth very thankful for not having married at all.*
- *The sum and substance of female education in America, as in England, is training women to consider marriage as the sole object in life, and to pretend that they do not think so.*
- *Is it to be understood that the principles of the Declaration of Independence bear no relation to half of the human race?*
- *Fidelity to conscience is inconsistent with retiring modesty. If it be so, let the modesty succumb. It can be only a false modesty which can be thus endangered.*



Enrich your life and our communities' by volunteering; any time you can find to help is greatly appreciated.

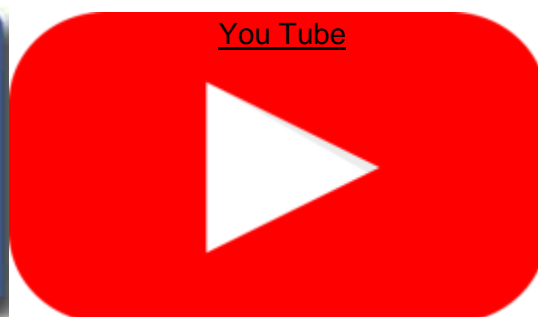
Volunteer opportunities available for sign up on credenza in UCE lobby.

Ushering, greeting volunteers needed in November and December, please see Jennifer Hinchcliffe to sign up.

Around Our Church

- **Scented** products such as hair spray, **perfume**, and deodorant can trigger reactions such as respiratory distress and headaches. We thank you for keeping your scents at home.
- **Sermons:** On the YouTube website, <http://www.youtube.com/EdmUnitarian> Need help: Contact Bill Lee billlee@ualberta.net or 780-435-7477
- **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
- **Bissell Centre:** All items donated to our church green box in the foyer go to the Bissell Centre Thrift Shoppe on 88st & 118 Ave. There they are sorted, some going to the store, some to various other programs including the Community Closet at 105 Ave & 96 St where they are dispensed for free. Earnings from the Thrift Shoppe support the Community Closet. Also accepted is all bedding and linen with the exception of cushions and pillows, small household items, CD's and videos but no books or tapes.
For further information contact Barbara Forbes 780 439 4553 or Rosemary Falconer 780 472 9287.
- **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.
- **Food:** If you use our kitchen, clean it up afterward and don't leave any food behind. Public Health Regulations prohibit the storing of perishable food for more than one day
- **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).

Thank you to the Communications Committee and their hard work on [Facebook](#), [You Tube](#), and our new [Twitter](#) Account. Please also look for links throughout this newsletter. Social Media cannot be successful alone. Every comment, like, share, invite helps us. Please share with your friends and family.



Sunday Volunteer Schedule

Date	Greeter	Usher	Sound Technician	Piano	Coffee
November 5 th	Barbara Forbes	Donna Hamar	Marg Booker	Chorealis	John Turvey
November 12 th	Youth Group	Youth Group	Shiraz Kay	Karen Mills	Clair Horne
November 19 th	Michelle VanDerMolen	David Rae Will Adair	Kat Hartshorne	Gordon Ritchie	Clair Horne
November 26 th	Barbara Forbes	Jeff Bisanz	Bill Lee	Karen Mills	Clair Horne

UCE Walking Group Schedule

Walkers carpool from church, leaving at 10 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.

November 3 rd	Laurier Park
November 10 th	Rundle Park, meet by the ACT Centre
November 17 th	Beaumont – Meet/lunch at Chartier Restaurant, 5012 – 50 th Street, Beaumont
November 24 th	Patricia Ravine, meet by Elin’s house, 16112 – 78 A Avenue
December 1 st	Greenland Garden Centre
December 8 th	No walk – UCE Seniors’ Lunch

If we want our own Walkers’ lunch, we cannot use the kitchen on Fridays as it’s already booked. If we want our own lunch in the kitchen, it would have to be on a Tuesday, or go to a restaurant on Dec 15?

Reflections on October’s Theme, Democracy Evolving: A POEM FOR DEMOCRACY

*When humans left the wild places
that demanded cooperation or death
they thought they left a brutal world
for one of safety and progress.*

*Let it not be said that this is not true
for the most part, as anyone can see:
We have made ourselves the good life
those of us with opportunity and skill*

*It is those who come into the world
at the bottom end of things, the poor
neglected, tired, hungry and abused
that charity reaches to ameliorate.*

*Our duty is to create inclusion
to build societies that encourage
nurture, educate, and equalize
rights, prosperity, and justice.*

*Our faith is based on democracy:
the freedom to believe, to grow,
to be welcome at the voting places,
to have a say about our governance.*

*We come together with regularity
to celebrate and promote these values,
so that all seekers after truth
find it here and in the world*

*Democracy is a work in progress.
We know we must be ever vigilant
against principalities and powers
that would see its very death*

*We are the voices and the actions:
our shoulders rest duties
that will take us a long time to do.
But we will get there, We know we will.*

Rev. Audrey Brooks October 8, 2017

Minister's Office Hours

Brian is usually in the office Tuesdays through Fridays from 10 until 2:30. Sometimes community meetings and visits cause him to be away. People dropping by are most welcome, but it's always best to call ahead and check to make sure he is there.

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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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