



The Edmonton Unitarian, April 2020, Vol 61.4

Although UCE has suspended in-person worship services, we invite you to participate in our compassionate, supportive community via our Sunday services online and by phone.



March 29: *How to Connect in This Time of Physical Isolation*, UCE Youth

<https://zoom.us/j/950297072> or +1-587-328-1099 Meeting ID: 950 297 072

<https://www.facebook.com/events/178754043573813/>

April 5: *Wisdom From Africa*, Karen Mills and Gordon Ritchie

Every continent has its proverbs; single sentences crafted with wisdom and passed down through the generations. Africa is no exception, and each of its countless ethnic groups has its own set of traditional sayings. Some are comical, some are cryptic, but all of them offer subtle grains of truth that remain relevant today—no matter where you live or what your circumstances may be.

<https://zoom.us/j/200338874> Meeting ID: 200-338-874 Or phone +1-587-328-1099

<https://www.facebook.com/events/515220879160611/>

April 12: *Easter Spirit, Open Mind -Edmonton UUs Together*, Rev Anne Barker

How do we engage with the spirit of Easter, if we don't connect with the Easter story? Join us as we explore a potentially complicated topic in a surprisingly simple way.

Guest Musician: Carrie Day

<https://uuma.zoom.us/j/840706165> Meeting ID: 840 706 165 Or phone +1-587-328-1099

<https://www.facebook.com/events/513701125969311/>

April 19: *New Birth Earth Day*, Corinne Jackson, Maria Jenkins

April 23, 2020 is the 50th anniversary of the first Earth Day celebration in North America. Rebirth - a celebration of spring through poetry and song.

<https://zoom.us/j/200338874> Meeting ID: 200-338-874 Or phone +1-587-328-1099

<https://www.facebook.com/events/2547974388748390/>

April 26: *Protecting Pollinators*, Beth Jenkins, Mike Jenkins

City of Edmonton, will talk about native species as pollinators, how to encourage them, and why they're important even if you aren't interested in honey.

<https://zoom.us/j/200338874> Meeting ID: 200-338-874 Or phone +1-587-328-1099

<https://www.facebook.com/events/2949743475047415/>

Please sign in before 10:20 am for the services.

If you need technical assistance, please sign in between 9:30-9:55am.

You are welcome to come in early and stay after to chat – double coffee hours!

To keep up on details and get a reminder of the event, please mark yourself as “going” to the “Facebook events”.

President's Message

This pandemic is demonstrating just how very connected we are – and how connected we need to be. While it is an anxious time, it is also a time where people are showing the best of themselves.

That is certainly true at UCE. Thanks to everyone who has made phone calls, sent texts and emails, run errands and performed numerous other kindnesses to make sure we can all stay connected, safe and healthy. I want to say a special thanks to Karen Bilida and Scott Harrison for being a tech team extraordinaire and getting us up and running on Zoom. For those who participated in the shared service with Westwood on March 22nd, you'll know just how meaningful it was to see each other's faces and hear familiar voices and songs. I hope you will all join future services.

I am grateful to be living in a time where technology allows us to stay in touch with each other and the world. I've been thinking a lot about gratitude and connection and how important they will be to weather a long period of increased isolation.

I'm grateful for the creativity people show to make connections. I'm sure many of you have heard the stories of Italian neighbours singing to each other from their balconies, and a Spanish apartment block doing aerobics together with the instructor leading from the roof.

And there are great stories in our own city – people posting pictures in their windows or writing chalk messages on their sidewalks. Younger, healthy people volunteering to get groceries for those at higher risk. We even had an opera singer give a free concert from her river valley apartment balcony.

These acts of gratitude and kindness are what will get us through these uncertain times. We have always known our congregations are not just our buildings, and they are not just on Sundays. They are each of us, and they are every day. They are the connections that we create between ourselves and our world.

May we all be well, may we hold each other in community, and may we take the strength we gain from each other to better serve the world.

I want to share an article with you that I'm finding helpful. I've edited it for length; the link to the full article is at the end.

Living Gratefully in the Time of Corona Virus

--by The Gratefulness Team, syndicated from gratefulness.org, Mar 15, 2020

In the midst of times of uncertainty it serves us to reflect on how gratefulness might help to calm us, reduce fears and expectations, open us to greater clarity and love, and fuel action grounded in our deep intentions.

So, what might [gratefulness] mean with regard to how we respond to the immediate concerns of COVID-19? In the midst of losses, how can we direct our attention toward the gifts that remain in our lives so as to build greater capacity to face what is challenging?

Here are some possibilities:

Reflect on Goodness — Reflect with gratitude on the sacrifices of front-line workers and all those who are self-quarantining; adjusting habits and lives; working overtime to do research, make tests and vaccines, and provide important, accurate and timely information. Notice the many ways you can orient your attention to notice all the ways that people are caring for fellow human beings around the globe.

Wash your Hands — The 20 seconds recommended to “lather up” offer us an opportunity to slow down to experience gratitude for the gift of hot and cold running water, the miracle of soap, and the wonder of our hands themselves. Consider making a sacred ritual of washing your hands, welcoming the opportunity to meditate on these blessings.

Stay Connected — If steering clear of events, might this be an opportunity to connect by phone, text or email with family, friends, and neighbors? How does it feel to reflect with gratitude on the relationships in our lives and let people know we care about them? Keep in touch and offer connection in all the ways that you can.

Be Generous — Extend compassion to those whose lives are impacted most by this crisis. Give to organizations whose operations and fundraising efforts are being impacted but whose services will be needed more than ever. Support local businesses struggling as many of us stay home. Consider making a donation in someone’s honor or buying a gift certificate.

See the Privileges of the Ordinary — In the midst of a focus on how much is being lost, keep noticing all the blessings that remain. Allow yourself to appreciate and be in awe of what is available to you: phones, electricity, showers, the beauty and resilience of the natural world, all the parts of your body that work, the services and systems that serve your ability to function, and so much more.

Commit to that which Sustains You — Allow yourself to stay grounded in the things that preserve your integrity and reinforce the beliefs that help you have faith and hope in difficult times. Maintain or increase the rituals, traditions, reminders, and practices that help you to find calm in the midst of any storm.

Full article at: <http://www.dailygood.org/story/2473/living-gratefully-in-the-time-of-corona-virus-the-gratefulness-team/>

P.S. If you are a UCE member and would like to connect directly with other UCE folks but don’t have their phone number or email, please contact Janet, chadmin@uce.ca or 780-454-8073 and ask for a UCE Directory.

Even Though We Are Physically Isolating, We Don't Need to Be Socially Isolated.

Every Tuesday from 7pm-8pm there will be a Unitarian Coffee Hour.

DRE Will A. will be online to say Hi. Plus, various techs will be signing in to help with your zoom questions. And numerous people will be joining us to chat.



Like in-person coffee hour, you can stop by for a chat for a couple of minutes or stay for the whole hour.

There will be the large chat room and if enough of us join we will also have smaller rooms available.

<https://zoom.us/j/118017807> or Phone +1-587-328-1099
Meeting ID: 118 017 807

Phone Visits

If you're feeling housebound and cut off from your church, perhaps you'd like a phone call from someone from UCE. A couple of us are going to start calling church members just to chat and to share any church news we might have. You are probably on our list, but if you want to make sure, give us a call or email. This Covid-19 business could last months, so we need to stick together.



Susan Ruttan, 780-477-3663, ruttans@shaw.ca and Lynne Turvey, Lillias Cowper

Please make sure that your contact information is up to date

<https://www.uce.ca/membership-information-update/>

"Regular verification" will be appropriate for most

NEEDED: A Help Coordinator

We have people offering to help isolated individuals (e.g., pick up groceries, run errands) and people needing help. What we need now is someone to connect these folks as we weather the pandemic.

Could that be you?

If you like connecting people, are good with telephone and email communication, and have an hour or two per week to spare, please contact Karen Bilida (Unitarian.edmonton@yahoo.ca, 780-807-6380). She will let people know that you are the point person to contact if they need help or if they want to offer help. (Pssst... More than one person is OK too – we can take turns!)

It's this type of support that will help us all get through the pandemic as a healthy, whole community. Thanks to everyone for your offers of assistance and thanks to everyone who is taking good care of themselves by asking for help.



There is rather a large dose of irony that surrounds this year's canvass theme of "Here Together." Back in November there was no way that I could have imagined that by March we would be cancelling church services, closing schools, and having everyone work from home. There's not much that we can do together right now.

But we are still together in community. There are people working hard right now to get online church services set up. They are also helping those church members who are not familiar with online meetings get set up so that we can meet, talk, and share with each other. Let us know if you need assistance, there are people here that can help.

The church continues to need your financial assistance. We still have staff costs and our rental income is down as renters cancel their gatherings. We still need your help to support our church together. If you haven't returned a pledge for this year's canvass then I ask you to please send one now. The best way to do this is through our online pledge form. That link is here:

<https://yxd.wufoo.com/forms/z1fiv5eb0y2rv84>.

Thank you for your continued support of our church.



<https://www.canadahelps.org/en/charities/unitarian-church-of-edmonton/>

<https://atbcares.benevity.org/community/cause/124-129539201RR0001>

The First Ever Online Joint Westwood and UCE Sunday Service was a Great Success!

There were 101 devices (program maximum!) signed in with multiple people watching/listening. There were people from Westwood and UCE and people from other provinces and countries joining us! I saw Nathan joining from Holland, and Susan Ruttan reported that, “Stella Clarke and Bryce Missall, a UCE couple who don't have a computer, listened to the service on their phone. They called me to say how much they loved it, and they stayed afterward for the small-group chat on Zoom”. It was so heartwarming to see so many new and familiar faces. Rev Anne Barker's words were just what I needed to hear.

If you missed it or want to experience it again, go to [YouTube](#) or [SoundCloud](#)



Westwood president Lorian Kennedy shared the following poem.

Thank you so much to UU Rev Theresa Inés Soto for giving us permission to share these beautiful words.

People wake up to ordinary days all the time and then, somehow, as though things were just too peaceful, they experience drastic reversals of fortune. The car resting on its roof. The fall, the broken bone. The less than hoped for grade, the broken heart when a pet dies. You get it. You never know what's in a day. Except you; you are the golden thread running through. I know that these reversals will test you. You may move through, burdened with a fresh, wet grief. Or for now, you may arrive at this moment unscathed:

What you need to know is that there is nothing larger than the love that is your destiny. And the love may, at times, feel opaque and distant, like a looming thundercloud, too far to reach. If that's too hard to locate, find your breath, a thread of your life. Find your community, friendly face and open hand. What's true is that some changes call for every skill that we possess. The deeper truth remains: changes will eventually change. Let your heart flex. Let it grow. Allow a reversal to be a moment in which you are the constant, while you give yourself kindness and heaping, joyful love.

~ Submitted by Karen Bilida

Leadership Committee Seeks Committed and Engaged Candidates!

Our UU Principles call us to affirm and promote the right of conscience and the use of democratic process within our congregations and in society at large. Each year our Annual General Meeting (AGM) provides us with the opportunity to act on that principle as the congregation elects candidates for the Board, the Ministerial Relations Committee and the Leadership Committee (formerly known as the Nominating Committee). Our Bylaws require all candidates to be members of the Congregation.

The **Board of Trustees** is responsible for managing the property of the Church, the conduct and administration of its business and general supervisions of the programs and activities of the Church. At each AGM we elect a President and a Vice-President to serve a one-year term each, and two Trustees to serve a two-year term each. We also elect a Secretary or a Treasurer in alternate years, and each of these officers serves a two-year term. A member of the Board may serve a variety of positions but only for six consecutive years.

The **Ministerial Relations Committee** acts as liaison between the Minister and the congregation and provides insight to the Minister regarding the life of the Church and how it is functioning. This committee consists of four members elected by the congregation, and a fifth member named by the Minister. Two members of this committee are elected at each AGM to serve a two-year term.

The **Leadership Committee** is responsible for presenting to each AGM a list of eligible candidates willing to stand for election to vacancies on the Board of Trustees, the Ministerial Relations Committee and the Leadership Committee. In 2017, bylaw changes added facilitating the training, election and succession of Church leaders to the duties of the committee. This committee consists of four members. Two members are elected at each AGM to serve a two-year term. We have one candidate willing to serve on the committee, and will be seeking an additional candidate to serve for a two-year term.

At the 2020 AGM, the Secretary will be elected for a two-year term and we have already confirmed one candidate for that position. We also have one candidate for Trustee, and will be seeking an additional candidate.

A slate of nominated individuals will be presented at the AGM. If there are more candidates than there are vacant positions, elections by written ballot will be conducted. Nominations may also be made from the floor.

If you are interested in any of the positions, please contact one of the Leadership Committee members:

Rosemary Falconer
rfalcon@shaw.ca
ph. 780-472-9287

Erin Thackeray
erin_thackeray@hotmail.com
780-218-5958

Beth Jenkins
jenkibeth@shaw.ca
780-267-2384 (mobile)

RE Update

Hello Everyone,

I hope you are all doing well, and I get to see you all again soon. In the meantime, I hope to post to the UCE RE FAMILY Facebook group. They may be small things for reflection, activities for the family, and colouring sheets to help keep us connected. If you need to contact me, I will be available throughout this time and would be happy to hear from you. I will check the FB group and emails regularly and please feel free to message me directly.

William

UCE Operations Update

While it may look different, life at UCE is still rolling along.

- Services continue to be planned for each Sunday. They will be delivered via Zoom, a virtual meeting platform that you can join on computer or phone.
- Our staff are able to work from home. Calls and emails to the church office are still being promptly responded to.
- Our chaplains are still available by phone and email.
- The Board continues to meet via the wonder of technology.
- The application for the interim minister is still in progress.
- Someone is in the building every day to ensure it is safe and secure.

Some things are being postponed:

- The congregation dinner, scheduled for April 4, will be rescheduled.
- Choralis practices are suspended for now.
- Food Bank distribution from UCE has been suspended.
- The Tuesday Work Crew has suspended their work.
- As physical distancing will need to be in place for several months our garage sale will be rescheduled.
- Our casino in May will be rescheduled.
- We are looking at different online options for the AGM.

Things change quickly right now. Please watch the website, uce.ca, and the UCE Facebook page and Twitter accounts for updates. We'll also send emails as needed.

- Submitted by Karen Mills

Calling All Committees and Working Groups



The Deadline for submitting the Annual General Meeting Reports is Monday, April 6th. Please email your reports in either a MS Word or PDF format to chadmin@uce.ca. Reports will be posted to the UCE website as they are received.

Our History: Chapter 2

One of the most interesting ministers the Unitarian Church of Edmonton ever had was Bob Wrigley. Although he was with us only a few years, 1965 to 1969, Wrigley is still remembered for his powerful sermons. Most of them were on social and political issues – the Vietnam War, Malcom X, premarital sex – and they reflected Wrigley’s radical take on things. When he left UCE, he quit the ministry and worked for years in rural Alberta as an oil rig worker, electrician and other jobs. He was always as much a Quaker as he was a Unitarian, so it was fitting that his death in 2011 was marked by a memorial meeting in the Quaker manner held at our church.

Wrigley’s sermons were printed at the time as pamphlets, for sale for 15 cents. Want to read one of them? Send me an email at ruttans@shaw.ca and I’ll send you a 1965 sermon titled *Our Friendship with the Society of Friends*.

~ Submitted by Susan Ruttan

Now more than ever Social Media is a great way for us to stay connected.

**We would love to see more comments and conversations on our posts – please give it a try!
Every share, and comment helps our community.**



Facebook Group - <https://www.facebook.com/groups/41659071349/>
Facebook Page - <https://www.facebook.com/UnitarianChurch/>



Twitter - <https://twitter.com/UnitarianUCE>



Instagram - <https://www.instagram.com/unitarianuce/>



YouTube - <https://www.youtube.com/user/EdmUnitarian>



SoundCloud Podcast - <https://soundcloud.com/user-189401827>



“Our mission is love, our race is humanity and our faith is in each other.”
Rev. Audrey Brooks

Remember that if you are experiencing loss, or would just like to chat about something, email audbrook@telusplanet.net, or phone 780-489-8842 and ask for Chaplain Audrey

Words for these Difficult Times

*Lockdown
Yes there is fear. ...
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan after so many years of
noise
You can hear the birds again.
They say that after just a few weeks of quiet
The sky is no longer thick with fumes
But blue and grey and clear.
They say that in the streets of Assisi
People are singing to each other
across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of family around them.
They say that a hotel in the West of Ireland
Is offering free meals and delivery to the
housebound.
Today a young woman I know
is busy spreading fliers with her number
through the neighborhood
So that the elders may have someone to call
on.
Today Churches, Synagogues, Mosques and
Temples
are preparing to welcome
and shelter the homeless, the sick, the weary
All over the world people are slowing down and
reflecting
All over the world people are looking at their*

*neighbors in a new way
All over the world people are waking up to a
new reality
To how big we really are.
To how little control we really have.
To what really matters.
To Love.
So we pray and we remember that
Yes there is fear.
But there does not have to be hate.
Yes there is isolation.
But there does not have to be loneliness.
Yes there is panic buying.
But there does not have to be meanness.
Yes there is sickness.
But there does not have to be disease of the
soul
Yes there is even death.
But there can always be a rebirth of love.
Wake to the choices you make as to how to live
now.
Today, breathe.
Listen, behind the factory noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always encompassed by Love.
Open the windows of your soul
And though you may not be able
to touch across the empty square,
Sing.*

*Fr. Richard Hendrick, OFM
March 13th 2020*

Submitted by Rev. Audrey Brooks



Recordings of UCE Services for February & March 2020

UCE podcasts the audio of Sunday services on our SoundCloud.com channel. Anyone using a podcast app can subscribe to the channel and receive new episodes as soon as they are published. To subscribe, open your app and search for Unitarian Church of Edmonton or for UCE. Once subscribed, you can stream any service or you can download it to your phone, tablet, or computer

and then listen without an internet connection.

If you don't wish to use a podcast app, you can stream the services directly from SoundCloud. Here are direct links to all February services and to the March services uploaded prior to the Newsletter publication.

Feb 2 Taizé Service, Chorealis

<https://bit.ly/2tt63pK>

Feb 9 Joining Hands, Changing Lives, Social Justice Group

<https://bit.ly/2SD0mvX>

Feb 16 You People..., Susan Ruttan

<https://bit.ly/31VImmC>

Feb 23 Making Waves, Rhonda Jessen & Maureen Crawford

<https://bit.ly/3c4Bb0b>

Mar 1 Radical Hospitality, Jennifer Askey & Yvonne Mireau

<https://bit.ly/3coNmVO>

Mar 8 International Woman's Day, Rev. Audrey Brooks with Yvonne Mireau & Ruth Patrick

<https://bit.ly/38lrJMQ>

Mar 15 The Rhythms in Life, Chorealis

<https://bit.ly/2ITqUNO>

Mar 22 Connection in a COVID-19 World, Rev. Anne Barker

<https://bit.ly/33FUKlw>

List of Services Sep 2018 to Jun 2019

<https://bit.ly/2PnYPef>

List of Services Sep 2019 to Present

<https://bit.ly/3bYzAJ8>

Lists Services on YouTube

Each playlist covers a church year.

<https://www.youtube.com/user/EdmUnitarian/playlists?view=1&sort=dd&flow=grid>

Earth Hour

Join the world on Saturday March 28, 2020.

Switch off your lights at home for an hour on Saturday, March 28, 2020 at 8:30 pm your local time. Find out more at <https://www.earthhour.org/>



From UU's Around Canada



From Westwood



Zoom on in for
Spruce's Saturday Story Corner!
Visit with Ilara, Spruce and
new Animal Friends!
Every Saturday at 3pm

https://www.westwoodunitarian.ca/online-programming-for-children-and-youth-now-available/?fbclid=IwAR2sTGWOZe1SOPyzzh8Sxx-S0MPC_a4G4zIFHZSMolpwz4JNxGDNMX0jJVA

Zoom meeting ID 297544652

"Westwood Coffee Hour" All Are Welcome

Monday March 30, 2020 (2-3 PM)
<https://uuma.zoom.us/j/212579579>
Or phone +1-587-328-1099
Meeting ID: 212 579 579

"Rev Anne's Coffee Chat" All Are Welcome

Wednesdays (10:00-11:30 AM)
<https://uuma.zoom.us/j/492570211>
Or phone +1-587-328-1099
Meeting ID: 492 570 211

From Vancouver Unitarians

Book (and Poem and Video) Sharing via Zoom

You are invited to the book (and poem and video) sharing discussion via zoom video conferencing starting this and future Wednesday 10 am - 11:30 am Pacific time

https://vancouverunitarians.ca/events/potluck-book-and-poem-and-video-club-via-zoom-2020-03-25/?utm_source=mailpoet&utm_medium=email&utm_campaign=connect-and-engage-zoom

Check in and Zoom Practice

Every Thursday between 2 - 3 pm with Mary hosting. Questions? ucvconnect@gmail.com Join URL: <https://us04web.zoom.us/j/753478945> You are welcome to just drop-in - wave, chat, say "hello" or stay as long as you want to.

From the CUC

CUC's National Conference and Annual General Meeting Update

The cancellation of 2020's conference has been a hard decision to make. The planning and program teams met to explore options, and for now, the conference has been rescheduled to May 2021 in Halifax.

Connect and Deepen

Connect and Deepen are online gatherings for forging connections across the country, especially important now in this time of physical distancing. CUC staff host the groups, and welcome you to this on-line opportunity to gather with other kindred spirits in small groups to discuss matters of personal, spiritual, theological and lifestyle significance. <https://cuc.ca/events/connect-and-deepen/1585497600/1585503000/>

The Truth, Healing, and Reconciliation Film Series is back!

Engage with themes of colonization and Indigenous resilience through film with our online national film screenings.

How it works: Participants have 2 weeks to view a film, read supporting materials and then come together for a scheduled video conference call to debrief.

The films we will view are:

1. *nîpawistamâsowin: We Will Stand Up* – Saturday, April 11, 12:30-2 ET:
Registration (ends April 3)
2. *Freedom Road* – Saturday, June 6, 12:30-2 ET:
Registration (ends May 22)

It's simple to join!

We look forward to connecting with you!

<https://cuc.ca/social-justice/truth-healing-reconciliation/thr-films/>

Gathered Here

Join other UU 18-35-yearolds on Zoom (a video-conferencing platform) for sharing of joys and concerns, deeper check-ins, prayerful reflections, and an opportunity to process current events with a spiritually grounded community. <https://cuc.ca/community/young-adults/gathered-here/>

CUC Update Session – COVID-19 Virus

Join the CUC's weekly update on the COVID-19 virus. Congregational leaders are invited to share resources and information about planning for and coping with the impacts of Covid-19 on their congregations. Time: March 28, 2020 01:00 PM Eastern Time, Meeting ID: 735 214 568 April 4, 2020, Meeting ID: 748 939 235

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.

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

People Finder

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Church Office: Janet Polkovsky chadmin@uce.ca	780-454-8073
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
Lay Chaplain, Marilyn Gaa marilyngaa@telusplanet.net	780-432-7660
Property Management: Mike Keast mikekeast@shaw.ca	780-497-1303

**You do not have to be a member of the congregation to
make a tax-deductible contribution to UCE.**

- ☞ You can donate online by Credit card through [Canada Helps](#) or [ATB Cares](#)
- ☞ Contact the office for other donation methods