



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

Please go to  
<https://www.uce.ca/calendar/> for links and updates.

## October Theme: Resilience

### October 4th: **Simplicity**

Our lives have become increasingly complex. We have to manage greater and greater demands on our time and our financial resources. When life becomes overwhelming, we can regain some sense of control over our lives and our resources by focusing on what is essential for a life well-lived. Simplifying many aspects of our lives can both anchor us and free us. Join us as Rev. Lee Anne explores strategies for inviting simplicity into our lives.

### October 11th: **Gratitude**

When life throws us a curveball, and we find ourselves facing challenges that we did not see coming and for which we were not prepared, remembering those people, places, and things for which we are most grateful can calm our anxiety and strengthen our resolve. Gratitude is a powerful and accessible spiritual practice. Join us as Rev. Lee Anne shares three ways to practice gratitude on a daily basis.

### October 18<sup>th</sup>: **Learning from the Past**

A wise choir director once said, "If you don't know where you're going, look where you've been." One of our UU sources is "words and deeds of prophetic people". Perhaps, part of being resilient is being able to draw on lessons from the past when faced with adversity or a new situation. We'll look at those who persevered in uncertain times, and see what tools they can help us add to our own kits.

Service Leaders: Karen Mills, Gordon Ritchie

### October 25: **Naming What Pains Us and What Gives Us Hope**

We cannot recover from that which we cannot name. During our normal services, we limit our joys and sorrows to those occurring in our personal lives. And yet, we are constantly reminded through social media and other information outlets of all that is broken in our world. Join us as Rev. Lee Anne leads us in naming some of the structural, societal, and systemic brokenness that harms or hurts us deeply, and makes us feel powerless. We will also name that which gives us hope and the courage to work for change. Through this balanced and communal spiritual practice we will comfort and inspire each other.

All Sunday Services have the same Meeting ID and link.

Join Zoom Meeting: [uce.ca/service](https://www.uce.ca/service)

Meeting ID: 200 338 874 +1 587 328 1099

"Doors" open at 10:00amMT. Please sign in before 10:20 am for the services.

## MINISTERIAL MUSINGS

Dear Ones,

Our theme this month is resilience. With so many changes in our lives, so many new restrictions, so many new fears, discovering or rediscovering what we know about resilience seems like a good idea.

Taming the COVID-19 beast presents a uniquely individual challenge in the form of a question, variously asked as: Will I accept (and in deed, embrace) limitations on my individual freedom? Will I endure immeasurable discomfort and social isolation to ensure that our hospitals are not overwhelmed and the most vulnerable among us are protected? Will I have patience with those who, operating from a place of reasonable fear, do unreasonable things?



The individual nature of this particular challenge makes it seem as though it is up to each of us alone to find resiliency -- as if it is a lone endeavor. But, it isn't. For sure, resiliency is something that we can nurture in ourselves. And, intentionally working on individual resiliency can have profoundly positive effects in our own lives. But by the same token, as we intentionally reach out and share with others the internal resources we have developed, we can have a profoundly positive effect on others, as well as they can have on us.

UCE's mission has been distilled into four precious words: searching, learning, connecting, and serving. Connecting is an important reason for our existence as a community. And, it is our connections to one another that pick us up when we stumble on our journey, that hold us so we can bend without breaking, and that inspire us to continue on our path by lighting our way during dark times. So, as we go through the month of October, let's remind each other that resiliency isn't only about personal resources, but is also about community resources -- and our willingness to offer them and to use them.

As I close this message, I share with you the words of my friend and colleague, Mark Morrison-Reed (whose extended family hails from, here, the Northern Neck of Virginia). He reminds us that the task of a religious (Latin: to bind) community is to unveil the bonds that connect us and in so doing, strengthen us:

*The central task of the religious community is to unveil the bonds that bind each to all. There is a connectedness, a relationship discovered amid the particulars of our own lives and the lives of others. Once felt, it inspires us to act for justice. It is the church that assures us that we are not struggling for justice on our own,*

*but as members of a larger community. The religious community is essential, for alone our vision is too narrow to see all that must be seen, and our strength too limited to do all that must be done. Together, our vision widens and our strength is renewed.*

Blessings, Rev. Lee Anne

P.S. There's a great [little animation](#) on YouTube that illustrates that it is when we are in community that we are best able to develop resilience. After the animation ends, you will see a logo from "Christian Aid." There is no attempt to proselytize or to obtain money -- just a great lesson.

## CASINO

As of Sept 3, 2020, AGLC started to reassign Casino dates and we have now been scheduled to host our Casino **Oct 15 and 16<sup>th</sup>, 2020**.

As most of you know this is a huge Fundraiser for the Church and assists in funding a lot of what we do and keeps us up and running. While we could request a postponement or pull our name altogether from this Casino, it could take up to 2 years to be rescheduled. Plus, we would still be responsible for the advisor fees. Therefore, we are going to try to meet our commitment.



We understand that this is a very personal decision for each of our members to make and respect your right to choose what is right for yourselves and your families. If you are unable to help that is fine. If you can help but are hesitant, I thought I would let you know some of the measures are in place to keep everyone safe.

Casinos must adhere to the same public health guidelines that have been put in place in other facilities. Which includes but is not limited to:

- Hand sanitizing and washing of hands
- Masks to be worn indoors
- Physical distancing encouraged
- Flow of traffic signs as well as, separate entrances and exits.
- Enhanced cleaning of the facilities

The province has also released specific guidelines and limitations in the casinos to help ensure all customers, volunteers, and staff remain as safe as possible. For Charitable Organizations, AGLC has allowed a reduction in the number of volunteers. Please contact Brandie for more details of all of the many ways that the AGLC and UCE have planned to keep the volunteers safe.

UCE volunteers will also be asked to do their own part and remain as you do every day, personally responsible to adhere to all public health guidelines, such as frequent handwashing, do not come into the Casino if experiencing any symptoms. Please continue wearing a mask and maintaining physical distancing when and where required.

AGLC has also allowed charitable organizations such as UCE to purchase PPE for our volunteers to be used during the event. UCE will ensure that we will have masks, gloves, sanitizer and disinfectant available for all our volunteers.

You can also find more information in Stage 2 relaunch guidelines on the AGLC website <https://www.aglc.ca/gaming/stage-two-relaunch-gaming>

**If you are able to help out at this very important fundraiser, especially if you fall into a lower risk group, please follow the link below to help out.**  
**[www.volunteersignup.org/EE4QC](http://www.volunteersignup.org/EE4QC)**

As always if you have any questions please reach out to me and I am happy to assist [brmoller@hotmail.com](mailto:brmoller@hotmail.com)

Thank you, Brandie Moller-Reid

## Can You Help Create UCE's Future?

Do you want to play a role in determining what's next for UCE?  
Here are two ways you can help shape our congregation's future

1. the Interim Transition Team
2. the Committee on Ministry

### Interim Transition Team (ITT)

The 3-5 member Interim Transition Team acts as a think tank, sounding board, and organizer for transitional matters. They will meet at least monthly with Rev. Lee Anne to:

- Reflect on the past, claiming and honoring all that has shaped UCE
- Determine UCE's strengths, needs and challenges
- Clarify the multiple dimensions of leadership needed for UCE to thrive
- Identify ways to renew and connect with relationships and resources in the wider community
- Prepare the congregation to engage in a new future with renewed vision, stewardship and commitment.

### Committee on Ministry (COM)

This 3-person committee focuses on all aspects of the congregation's ministry, including professional leadership, music, social justice, religious education, pastoral care, and so on. This model helps the congregation make sure that its ministries are serving its mission and vision using a whole-church assessment lens. This committee will replace the Ministerial Relations Committee in the interim period.

**If you are interested in this crucial and rewarding work, please contact Reverend Lee Anne at [UCE.interim.minister@gmail.com](mailto:UCE.interim.minister@gmail.com) – deadline has been extended to Thursday, October 1<sup>st</sup>.**



### Coffee Hour with Rev Lee Anne

Please join Rev Lee Anne in casual conversation every Tuesday morning from 10am-11pm on Zoom.

Drop in for a couple of minutes or stay for the full hour.

All Are Welcome!

You can join by regular phone or online.

<https://bit.ly/3j4ePPv> Meeting ID: 984 8583 4810 +1 587 328 1099

## RE UPDATE

Hi Everyone,

So, we are into a new church year, and we are unfortunately unable to meet. Hopefully, all the families have received their first mail-out package. These packages will include activities for both the children and families. Anyone that has not and would like to receive them, please complete the registration form on [uce.ca](http://uce.ca). We will hope to have of first few story-time videos up for viewing very soon. They will be posted to the Facebook family group, [uce.ca](http://uce.ca), and the new YouTube channel "UCE Story Time." The Youth will continue to have weekly check-in over zoom. The discord as a notice/info board. Also, we will be starting an online curriculum that uses Minecraft as its platform.

We hope to set up a regular family check-up time; please email [ucekids@uce.ca](mailto:ucekids@uce.ca) with preferred times and days that work with your families.

To close out, I would like to leave you with these words,

*If just for this hour* by Martha Kirby Capo

In this hour may we be open  
To a rededication of treasured friendships, a renewal of spirit;  
May we relinquish the worries and anxieties of the past week,  
if just for this hour, and regain our strength  
Through this community of faith.



I hope you all are well.

Stay safe,  
William  
[ucekids@uce.ca](mailto:ucekids@uce.ca)  
780-454-5816

### RE Registration:

<https://www.uce.ca/wp-content/uploads/2020/06/RE-Registration-Form-2020-21.pdf>

## TUESDAY NIGHT MUSIC SOCIAL!



With Pauline Atwood hosting, each person brings their music choice and we talk about why we chose the song, what was happening in our lives, what was happening in the larger society, the artist, the context...

[uce.ca/tuesdaynight](http://uce.ca/tuesdaynight) Meeting ID 956 5643 4070



## 🌹 Heart to Heart 🌹

In these days, we say good-bye to summer, and make the best of being outdoors in our safe “bubbles” of close friends and relatives, protecting ourselves from the Covid 19 virus.

We worry about forests burning in our world. We feel helpless watching people and creatures run for their lives. The times in which we live, and the reality of climate change have altered our perspective about the world in which we live with our families and communities.

September 21 was the UN Day of Peace, which is held all over the world. This year, a few members of our church joined a small service at Government House at the old museum, under the sponsorship of the Edmonton Interfaith Centre. Rev. Audrey shared the words of Unitarian minister, Rev. Harry Meserve. Here are some of his words:

*“...From making war and calling it peace, special privilege and calling it justice, indifference and calling it tolerance, pollution and calling it progress, may we be forgiven. For telling ourselves and others that evil is inevitable, while good is impossible, may we stand corrected...”*

- 🌹 From our hearts, we send love to members of our congregation who are in senior’s homes, have mental, physical, financial or family issues to deal with. Let us know when to visit, or call you.
- 🌹 Farewell to Lillias Cowper who joins her family in Calgary in October, to do granny stuff.
- 🌹 The indomitable Andrew Mills has finished installing solar panels on his new garage. What next, Andrew, now that you are retired?
- 🌹 Liz Cloutier was in hospital for a few days, came out as feisty as ever, out for walks, visiting and chatting as usual.
- 🌹 Gerald Hayduk will inter the ashes of his beloved Stephen, in October, at the memorial dedicated to the memory of this special sweet man.
- 🌹 Lynn Wolfe, Shirley Edgar, and Audrey Brooks have entered the Society of Aging Eyes. What a surprise! Creeps up on a person when least expected. However, we have dibs on a driver for night driving.
- 🌹 Let us keep in touch with each other: Yvonne Mireau; Jean Lomow; Bev Romanyshyn; Lilas Lysne; Loise Charach; Bonnie McMillan; Starr Curry; Suzette Chan; Mary Freed; Ernie Korchinsky; Inge Hess, and anyone we haven’t seen for a while

“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](mailto:audbrook@telusplanet.net), or phone 780-489-8842 and ask for Chaplain Audrey Brooks.



### THANK YOU!

A donation of a manual wheelchair for the UCE was given by our former church administrator, Linda Stollée.

## SHARING OUR ABUNDANCE FOR OCTOBER



**CHILD HAVEN INTERNATIONAL, Maxville, Ontario** was started by Unitarian Minister Fred & Bonnie Cappuccino. Child Haven supports children and women in developing countries who need food, education, health care, shelter and clothing. Child Haven has five homes in India, Nepal, Tibet, China and Bangladesh. <https://www.childhaven.ca/>

If you would like to see the presentation given by Camp Fyrefly along with the Sept 13 service you can watch or listen on [youtube](#) or [soundcloud](#).



### THE ABUNDANCE OF OUR LIVES TOGETHER

By [Katie Gelfand](#)

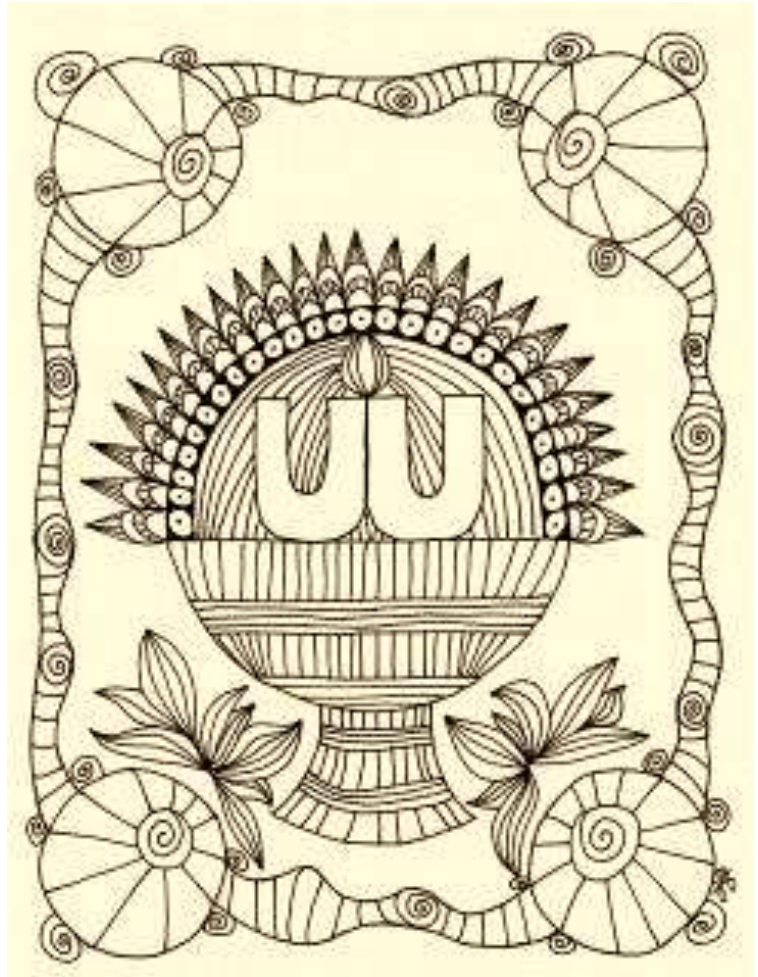
We light our chalice as a symbol of gratitude  
as we celebrate the abundance of our lives together.

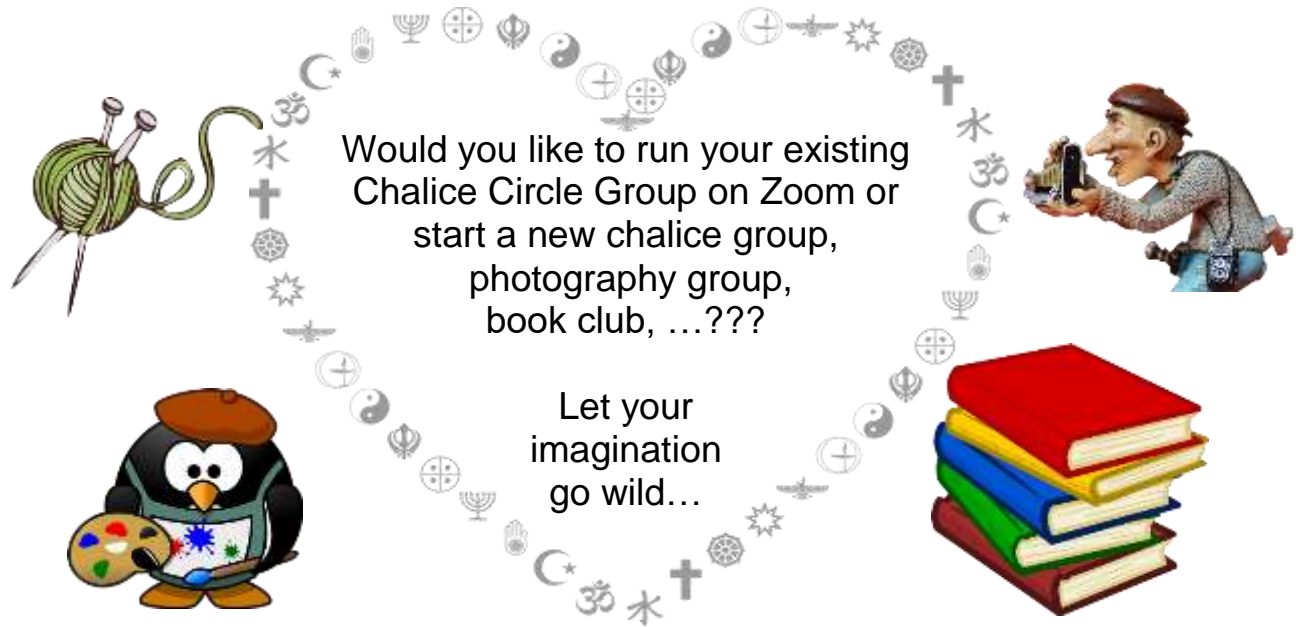
In this sanctuary we harvest bushels of strength for one another,  
and offer our crop with the hands of compassion and generosity.

In the authentic and gentle manner of our connections,  
we cultivate a simple sweetness to brighten our spirits.

May we be grateful for the ways we nourish and uplift each other,

For it is the sharing of this hallowed time together that sustains us.





Would you like to run your existing Chalice Circle Group on Zoom or start a new chalice group, photography group, book club, ...???

Let your imagination go wild...

**We encourage all Committees and Working Groups to meet via phone, email, text, &/or Zoom.**

Please let Karen Bilida ([Unitarian.Edmonton@yahoo.ca](mailto:Unitarian.Edmonton@yahoo.ca))

know if you would like to book the UCE zoom account, or need help setting up your own zoom account.

**Have you missed a Sunday Service or Want to Watch or Listen again?**  
Go to Our [YouTube Channel](#) or our [Podcast on SoundCloud](#).

### Let's Keep Connecting

What's one of your favourite things about UCE? I bet most of you said, "the people"! I would agree. Keeping up these conversations while we're physically distancing is important – for UCE attenders and for those who are seeking community. How can we do it? Online! UCE already has established social media accounts, but they need your help to keep them engaging, conversational and diverse.

- [Facebook Group - uce.ca/FBgroup](https://www.facebook.com/uce.ca/FBgroup)
- [Facebook Page - uce.ca/FBpage](https://www.facebook.com/uce.ca/FBpage)
- [Twitter - uce.ca/twitter](https://twitter.com/uce.ca/twitter)
- [Instagram uce.ca/instagram](https://www.instagram.com/uce.ca/instagram)
- [YouTube - uce.ca/youtube](https://www.youtube.com/uce.ca/youtube)
- [Podcast - uce.ca/podcast](https://www.soundcloud.com/uce.ca/podcast)





## NOTES FROM THE BOARD

The Unitarian Church of Edmonton will resume rentals of our facility within the recommendations of the UCE Rental Committee and following Alberta Health Services guidelines and recommendations. There will be an additional cleaning charge to all renters to help ensure that all people that enter our facilities can be kept as safe as possible. The UCE Board continues to monitor the situation and is constantly reevaluating.

If you have questions in regards to renting the facility please contact Janet at [chadmin@uce.ca](mailto:chadmin@uce.ca) or at 780-454-8073.

**Next UCE Board meeting is Wednesday October 14<sup>th</sup> at 7:15pm via Zoom.**

All are welcome to attend UCE board meetings, please contact [board@uce.ca](mailto:board@uce.ca) one week before the scheduled meeting to add any items to the agenda.

**UCE Board** – Karen Bilida (President), Doug Eastwell (Treasurer), Gloria Krenbrenk (Secretary), Robert Begg (Trustee), Brandie Moller-Reid (Trustee), Jennifer Askey (Trustee), Gerard Hayduk (Trustee), Karen Mills (Past President), and Interim Minister Rev Lee Anne Washington

## SCAM ALERT

Spoofed email scams continue throughout congregations around the world.

Unfortunately, there is not much we can do about it except mark the email as spam and let your friend know that there is someone pretending to be them.

A “spoofed” email is an email that looks very similar to an email from a friend or colleague that you know but the email address will be slightly different. This is not a case of “hacking”, it is someone pretending to be someone, not somebody actually getting into an email account. The person that has created this imitator email is trying a scam to get your personal information.

- ! Please do not respond to the email.
- ! Mark the email as spam.
- ! Let the person that is being imitated aware of the situation.

As always do not send your personal information through email. UCE has secure websites to gather information Plus you can always call the church administrator (780-454-8073) with any questions.

Some commonly spoofed emails and scams include:

- Church ministers
- Church board members
- Netflix
- CRA (Canadian Revenue Agency)
- PayPal
- Service Canada

[Click here to read more in the UU World article from 2019](#)

To continue to support our community and have peace of mind, the best way to donate to our church is by setting up ongoing monthly donations. We receive about 1/2 of our donations this way and it is an important source of income for monthly expenses. Please contact Janet (780-454-8073) or Andrew Mills (780-918-3288) to set up ongoing donations. You can also donate online using credit cards using the secure sites [Canada Helps](#) and [ATB Cares](#).

[Please visit our website for more information.](#)



<https://cuc.ca/events/>

The **CUC 2020 National Fall and Regional Gathering** will take place from **Friday, November 13 to Sunday, November 15**. Join us for regional conversations, interesting workshops, and a national Sunday Service.



### **Fall Youth Con - HalloUUeen Con 2020**

You are cordially invited to HalloUUeen Con!

Canadian youth from across the country are welcome to join our one-day online event in the tradition of the Western Regional Fall Gathering Youth Con. The program is open to all Canadian junior and senior youth (ages 12-19) and advisors (ages 25 and up).

### **THR – RECONCILIATION THROUGH FILM: THE WHALE AND THE RAVEN – Registration (ends Friday, October 2)**

Participants have 2 weeks to view a film, read supporting materials, and then come together for a scheduled video conference call to debrief. Watch the film and read the materials: October 3 – October 17

Reflection Group: Saturday, October 17, 12:30-2:00 pm ET



### **CONGREGATIONAL CONFLICT LEVELS AND INTERVENTION STRATEGIES**

**Saturday, October 17, 2020 10 a.m. MT (6.5 hours)**

Led by Joan Carolyn, Congregational Life Lead – BC/Western and Rev Linda Thompson Congregational Life Lead – Central/Eastern Region.

No one likes to deal with conflict. But avoiding it can keep people and organizations stuck in unhealthy patterns and rob us of opportunities to grow and change.

<https://cuc.ca/events/congregational-conflict/1602936000/1602959400/>



[Click Here For More Info on Gathered Here](#)



## CONNECT AND DEEPEN

**October 11 and 25, 2 pm MT (90 minutes)**

Connect and Deepen is a regular small group ministry. We gather, virtually, for meaningful discussion, connection and reflection. If you are not connected to a local congregation, or just want the opportunity to explore spiritual topics within a guided small group we encourage you to join us.

<https://cuc.ca/events/connect-and-deepen-october-2020/1602432000/1602437400/>

## LEADERS ROUNDTABLE

**Saturday, October 31, 10:00 a.m. MT**

Congregational leaders are invited to gather monthly to share ideas and insights with each other and CUC staff. Our conversations will explore different topics with the goal of supporting our congregations and each other as we navigate the post-pandemic world with resiliency and grace.

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

## CUC eNews

The Canadian Unitarian Council's eNews is the digital monthly newsletter of the CUC, connecting and informing Canada's Unitarian Universalists. [Subscribe to the eNews.](#)

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 20<sup>th</sup> of every month.  
Please send your article to [chadmin@uce.ca](mailto:chadmin@uce.ca)

**People Finder**

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Reverend Lee Anne Washington: <a href="mailto:uce.interim.minister@gmail.com">uce.interim.minister@gmail.com</a>	780-455-9797
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Lay Chaplain, Marilyn Gaa <a href="mailto:marilyngaa@telusplanet.net">marilyngaa@telusplanet.net</a>	780-432-7660
Property Management: Mike Keast <a href="mailto:mikekeast@shaw.ca">mikekeast@shaw.ca</a>	780-497-1303

**You do not need to be a member of the Unitarian Church of Edmonton to make  
a tax deductible donation to UCE.**

**Please visit <https://www.uce.ca/support-our-work-donations-planned-giving/>  
Or call Janet (780-454-8073 ) to learn more.**