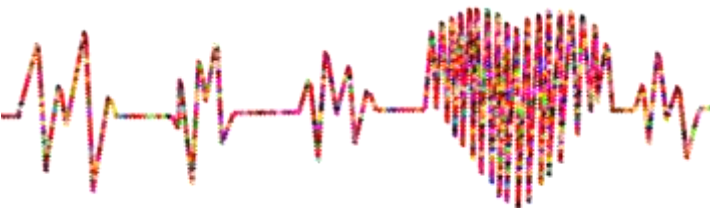


November Theme: **Healing**



November 1 The Healing Power of Rituals Rev Lee Anne Washington

The loss of a loved one -- whether by death or by separation -- is excruciatingly painful and disorienting. The world as we know it is turned upside down and inside out. Rev. Lee Anne will explore public rituals around All Hallows Eve, All Saints Day, and All Souls Day as models for the creation of our own private healing rituals. *** Please remember the time change ***

November 8 The Threat to AISH Susan Ruttan

As a spiritual community committed to social justice, how do we respond when our provincial government talks about cutting back the Assured Income for the Severely Handicapped program, on which thousands of vulnerable Albertans rely? Speaker: Susan Ruttan. Susan is a veteran journalist and a former editorial page editor of the Edmonton Journal

November 15 CUC National Service: "Sustaining Our Light", 11:00 pm MT

**** different link, different time, watch on YouTube or join by zoom ****
 Be part of the National Sunday Service on November 15, hosted by 5 ministers from across the country. During this music-filled service, our focus will be "Sustaining Our Light" and how we need each other to create community.
[Click here to preregister for zoom](#) 1-587-328-1099 Meeting ID: 839 7977 9704 Passcode: 365599
[Click here for CUC's YouTube channel](#)

November 22 Spiritual Healing Through Storytelling Rev Lee Ann Washington

Everyday, we tell ourselves stories -- about ourselves and about those around us. Some stories celebrate our strengths. Some stories reinforce our feelings of inadequacy. Rev. Lee Anne will explore how taking charge of our stories, or rewriting their central themes, can help us tap into unexpressed emotions, discover new talents, and free our spiritual selves from the unconscious expectations or limitations that we have imposed on our lives.

November 29 Loving Kindness Meditation Heals Rev Lee Ann Washington

The social isolation caused by the COVID-19 restrictions have brought on feelings of isolation, stress, anxiety, and frustration, among others. As an antidote to these negative emotions, Rev. Lee Anne will guide us in a loving kindness meditation -- which studies show reduces stress, anxiety, and anger, while increasing empathy, compassion, and feelings of well-being.

All Sunday Services EXCEPT the NOV 15TH NATIONAL SERVICE
 have the same Meeting ID and link.

Join Zoom Meeting: uce.ca/service
 Meeting ID: 200 338 874 +1 587 328 1099
 Please sign in before 10:20 am for the services.

Ministerial Musings

Dear Ones,

November's theme is healing. And, it couldn't come at a better time for me. Lately, I've been feeling subdued and resigned -- as though something heavy is weighing down my spirit. Everywhere I turn, there seems to be something else I can't do because of the ever present COVID-19 restrictions.

Most recently, despite having a passport, I cannot cross the Canadian border because of certain COVID-19 restrictions. I just want to throw my hands up in the air and rant against the vagaries of the universe. And then, I remember that ranting isn't good for me. So, I internalize my angst -- and that isn't good for me either. Maybe, the internalization is what's weighing me down.



I know that I'm not the only one who feels this way. Many of us are feeling anxiety, stress and sadness about the things that we have lost during this time -- such as the presence of loved ones, secure employment, or free and unencumbered movement. Even people who haven't suffered significant losses have experienced social isolation, inconvenience, and a profound sense of uncertainty. We all share in a kind of collective sorrow and communal grief.

David Kessler, an expert on grief who collaborated with Elisabeth Kübler-Ross, put this experience in terms of the familiar five stages of grief, which are not necessarily sequential: "There's denial, which we say a lot of early on: *This virus won't affect us*. There's anger: *You're making me stay home and taking away my activities*. There's bargaining: *Okay, if I social distance for two weeks everything will be better, right?* There's sadness: *I don't know when this will end*. And finally there's acceptance. *This is happening; I have to figure out how to proceed.*" I've experienced all five stages. Kessler says that there's power in acceptance because it allows us to retake control of our lives. In the case of COVID-19, we find control in following safety protocols such as washing hands, wearing masks, social distancing, and meeting virtually.

Finding control, however, is not the same thing as finding healing. Rumi, reminds us that spiritual healing comes not from control, but from embracing and honoring the myriad emotions that visit us -- while being open to the possibility that life may yet hold something good for us.

*This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
Some momentary awareness comes
As an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
Who violently sweep your house
Empty of its furniture,
Still, treat each guest honorably.
He may be clearing you out For some new delight.*

May you be peaceful and at ease,
Rev. Lee Anne

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

Covid Refresher

The Board has put in protections for our staff which include no in person meetings or drop ins, please use phone or email.

- ☞ Janet's office hours are Tuesday - Friday: 9:00 am to 2:00 pm.
- ☞ Will's office hours are Tuesdays and Thursdays: 9:00 am to 2:00 pm.
- ☞ To reach Rev Lee Anne, please call 780-455-9797 or email: uce.interim.minister@gmail.com
 - Sunday - Thursday (Available by Appointment, 8:00 - 4:00 MT)
 - Friday (Final Sermon/Service Preparations)
 - Saturday (Sabbath) – not available for appointments

Help Stop The Spread

<https://www.alberta.ca/covid19-edmonton-zone-public-health-measures.aspx>

The Edmonton Zone is seeing a rapid rise in active COVID-19 cases. To stop the spread before it gets out of control, additional voluntary public health measures are strongly recommended.

Starting October 8, all residents and visitors of Edmonton and surrounding communities should:

- Keep your family and social gatherings small - no more than 15 people
- Wear a mask in all indoor work settings, except when alone in a workspace like an office or cubicle where you are safely distanced from others, or an appropriate barrier is in place
- Limit your cohorts to no more than 3: your core household, your school, and one other sport or social cohort.
 - Young children who attend child care could be part of 4 cohorts, given that child care settings have not been a high risk for spread.

Health officials are closely monitoring the Edmonton Zone. Additional measures may be recommended if needed.

We must take action now to help slow the virus's spread and make sure the health system can continue supporting patients with COVID-19, influenza and many other needs.

There is a time lag between transmission and new case identification. This means the cases we see today were infected up to two weeks ago.

We must work together to protect each other. The greater the community spread, the more likely it will infect our loved ones most at-risk of severe outcomes, including death.

What else you can do

We must continue following existing public health measures to keep ourselves and others safe:

- Keep 2 metres apart when you can, wear a mask when you can't
- Practice good hygiene: wash your hands often and cover coughs and sneezes
- [Monitor your symptoms](#) every day
- If sick, stay home, get tested, and follow [mandatory isolation requirements](#) while waiting for results:
 - if positive, isolate from others for 10 days or until symptoms are gone, whichever is longer
 - if negative, stay home until you're better
- Limit your [gatherings and cohorts](#)
- Avoid [non-essential travel](#)
- [Get the flu shot](#) to keep influenza cases low so health workers can focus on the COVID-19 pandemic

Worship Leaders Signup



Rev. Lee Anne and the Church Services Committee invite you to add your voice to our Sunday worship services. We are seeking worship readers who are willing to read a chalice lighting, a chalice extinguishing, or a short written work. For more information and sign ups, go to <https://www.signupgenius.com/go/10C0D4FAFAA22A0F9CE9-uceworship>.



Endowment Committee Members

Help Wanted: UCE is resurrecting the Endowment Committee. The primary function of this group is to prudently manage & invest the assets of the UCE Endowment Fund. The Endowment Funds have been donated or bequeathed to the Church. These funds are currently held in a mix of redeemable and non-redeemable GIC's, they all mature in Spring 2021.



This is an excellent for members to contribute to the financial direction of UCE. If you are interested or wish more information, please contact Doug Eastwell, Treasurer at eastwell@telus.net or Janet Polkovsky, Church administrator at chadmin@uce.ca.

What's scarier than any ghost?



Getting up for church on Sunday morning and realizing you could have slept another hour.

Don't forget the time change Halloween Night.

RE Update

Hi Everyone,

I hope you are all doing well. It has been bizarre not seeing you all in person. This month's mailout theme is healing, and I will be including some fun and thoughtful extras for all ages. I feel this is an essential focus for this coming month; as the weather changes, our outside activities may start to be limited. As it will be harder to socialize safely with less outdoor activities, we may again feel that sense of isolation. So this month, take a moment to reflect on your well-being, your mental health as well as your physical.

I hope you have seen our Storytime videos that have already gone up on [YouTube](#). We have a few more that have been recorded and are just being edited and will be posted soon. The youth Sunday zoom meeting is at noon, and if anyone needs the link, please email ucekids@uce.ca, and I will send that right out to you.



New to this coming month, we will be starting a UCE Family Gathering on zoom every second Sunday @ 2 pm. Our first one will be on November 1, and we can all wear our costumes one more time. The zoom link is <https://zoom.us/j/9336736158>, or call in at +1 587 328 1099 and will be posted to the calendar and on the RE Family group.



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

Teach My Heart Healing Words,
by Samuel A Trumbore

Teach my heart healing words.
Show me the words that help rather than harm.
Instruct me in the verbs that bring energy,
the nouns pointing to the real,
the adjectives describing your subtleties.

Reveal to me how words can be offered
in a way that connects rather than separates,
that develops trust and eschews suspicion,
that opens the heart and relaxes the mind.
Amen.



I hope you all are well.

Stay safe,
William
ucekids@uce.ca
780-454-5816

Next UCE Board meeting is Wednesday November 4th at 7:15pm via Zoom.

The use of the Unitarian Church of Edmonton building is being reviewed by the Rental Committee and the UCE Board. All are welcome to attend UCE board meetings, please contact board@uce.ca a minimum of one week before the scheduled meeting to add any items to the agenda.

Sharing Our Abundance for November

Each Sunday we usually collect money for a different charity. We hope that you will take time to go to the charity of the month's website and donate what you are willing and able to.

November -- CBC TURKEY DRIVE, Edmonton raises cash and collects donations for Edmonton Food Bank to ensure people in need can enjoy a festive meal. <https://www.edmontonsfoodbank.com/ways-give/>



Let's Keep Connecting



[Click here to see Rev Lee Anne's personalized videos on Facebook](#)

- 🔗 [Facebook Group - uce.ca/FBgroup](https://www.facebook.com/groups/ucecafbgroup)
- 🔗 [Facebook Page - uce.ca/FBpage](https://www.facebook.com/ucecafbpage)
- 🔗 [Twitter - https://twitter.com/UnitarianUCE](https://twitter.com/UnitarianUCE)
- 🔗 [Instagram uce.ca/instagram](https://www.instagram.com/uceca)
- 🔗 [YouTube - uce.ca/youtube](https://www.youtube.com/uceca)
- 🔗 [Podcast - uce.ca/podcast](https://www.uce.ca/podcast)



[Please click here to watch the stories read online](#), the latest story was read by Michelle Van Der Molen.

If you would like to volunteer to read a story please contact DRE Will Adair.

Tuesday Night, Music Night!

With Pauline Atwood hosting at 7pm on Tuesday nights, 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](https://www.uce.ca/tuesdaynight) Meeting ID 956 5643 4070



🌹 Heart to Heart 🌹

- 🌹 The silver cord that binds us together as members of the Unitarian Church of Edmonton is challenged by situations we did not create.
- 🌹 It can never be broken if we let go of the things in our world, and in our personal lives that we cannot control or change.
- 🌹 We know that Covid cannot defeat our goals; it cannot shatter hope or drive away our peace with one another. It cannot shut our eyes to reality, but it can bind us closer at the heart level.
- 🌹 We can stay home in isolation, reading, working, calling our friends, learning to be present on zoom for church services, choirs, long distance family talks, listening to music, with a full pantry of food and drink.
- 🌹 Might we not be grateful, just a bit: be reminded to rise every morning, tune ourselves up for the day, perhaps make a call to someone who could use one, give thanks for this astonishing earth that sustains us?

“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 Brooks.

UU Participation In The International Women's Convocation

Rev. Audrey Brooks, Canadian Ambassador

The International Women's Convocation includes worldwide Unitarian Universalist women. It is recognized and has consultative status with the UN Economic and Social Council as the International Women's Convocation. Our focus is on global women's rights and empowerment.

As one of two Canadian ambassadors, of the outreach committee, along with Marilyn Shinyea in Halifax, I invite you to become involved with the work that the IWC does to empower women and girls worldwide. IWC partners with UU women and other grassroots and NGOs to implement locally based programs that enable women to effect transformative changes for families and communities. We work for peace, gender equality and improvement of lives. For more information about IWC I invite you to visit their website www.intlwomensconvo.org to watch a short video that highlights our work worldwide and with the United Nations.

We also invite you to join IWC's gathering of UU women, worldwide, which meets every other Tuesday at 8 a.m. Mountain Time. The next zoom meeting is on Tuesday November 3rd (check with Audrey to confirm the date). Take this opportunity to connect with IWC and its network of UU women from around the globe, open your heart and become inspired. Learn more about this gathering and how to register here: <https://intlwomensconvo.org/page/u-u-women-together-in-solidarity-during-pandemic>.



Canadian Unitarian Council (CUC)

Here is a sample of events happening from around the country.

Please go to <https://cuc.ca/events/> for a full listing.

To be included on CUC email list, please sign up at <https://cuc.ca/news/communications-publications/>

Connect and Deepen – Virtual Gathering (Online)

Sundays, October 25, 2 pm MT (90 minutes) – Register Now!

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.

Continues: Nov. 8, Nov. 22, Dec. 6, Dec. 20, We'll resume Jan 10 and 24th for 2021

<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://cuc.ca/events/leaders-roundtable-oct/1604145600/1604151000/>

CUC 2020 Virtual National Fall and Regional Gathering

Friday, Nov 13, 6:00-7:30 MT

Join friends from your region for our opening event filled with music and reflection. Each event will provide opportunities for us to deepen our regional connections and have meaningful small group facilitated conversations about interesting topics.

Saturday, November 14, 10:00-5:00 MT

Workshops, Coffeehouse, Conversation

Sunday, November 15, 11:00-12:00 MT

National Sunday Service

There is no charge for the Friday regional gatherings or the Sunday service. There is a fee to attend one or more streams of Saturday's National Gathering.

<https://cuc.ca/events/national-fall-gathering-2020/1605294000/1605466800/>

Lay Chaplaincy Ask Us Anything Session

Thursday, November 26th, 2020 10:00 am MT

Please join with members of the National Lay Chaplaincy Committee for an informal information session. This session is open to people considering applying to be a Lay Chaplain, for congregational Lay Chaplaincy committees, and others who are curious.

Please register: <https://forms.gle/8Q4n9x5VQcPBirdw9>

Part of a Larger Life



I invite you to join me in a time of prayer, meditation, and reflection
—to be fully present here and now.

Source of All, All Life, All Love, All Hope, known by many names and in many ways:

We don't know who or what you are or even whether you can be called a who or what. Our words fail us. Our minds fail us when we ponder the enormity, diversity, complexity, wonder, and beauty of the universe and this world. And yet we sense, more than know, that our lives are part of a larger Life, that we are indeed connected with everyone and everything in one interdependent web of being, and that there is something, both immanent and transcendent, that nurtures and sustains our lives and Life itself: something that calls us and all life to greater wholeness and harmony.

We give thanks for all of the gifts and blessings of life: for this day, for the beauty and wonder and mystery of life, for our families and friends, for health and work, for opportunities to learn and love and grow, for the love and support of others in times of illness or despair. But we remember, too, that others, here in this room, in this city, and around the world, live in poverty, hunger, fear, illness, isolation, violence, and economic insecurity.

In the silence of your room and in the silence of our hearts, may we hear the call to a wider perspective and a deeper resolve.

May we live with greater compassion and care for ourselves, others, and creation. May we touch each other more deeply, hear each other more clearly, and see each other's joys and sorrows as our own. May we strive to be and become more than we are: more loving, more forgiving, more kind, more honest, more open, more connected, more whole.

May we heal and be healed. May we face the uncertainties and tragedies of life with hope, faith, and courage, knowing that Life is good and that we are not alone.

And in these moments of silence, may our hearts speak silently all the prayers of our lives—our souls' greatest joys and deepest sorrows, our triumphs and failures, our regrets and fears, our disappointments and losses, our hopes and dreams.

May it be so.

By John Saxon

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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Please send your article to chadmin@uce.ca

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