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**January Services**

**January 2 *Reflecting on the stories of 2021* with John Pater**

This service will be a time of reflection on the year past and those lived and cultural stories we have experienced in 2021. This will be an opportunity to remember and bear witness to the stories of our lives. The service will also feature, live and in-person, musical guest performer Erin Vandermolen-Pater.

**January 9 *Why I Go to Church* Rev Rosemary Morrison**

Why do we go to church anyway? What do we actually get out of it? In this service Rev. Rosemary will talk about why church is important to her, and what others have to say about it too.

**January 16 *Thomas Merton: A Unitarian Universalist at Heart* Rev Rosemary Morrison**

This service will explore the life and writing of Thomas Merton. He was a cad, a devoted Cistercian Monk, and someone with a view of the world that was exceptional. They say he was thinking of becoming a Buddhist, so maybe he might have ended up Unitarian.

**January 23 *Reflections from our Start Up Workshop* Rev Rosemary Morrison**

In this service Rev. Rosemary will summarize and reflect on our start up workshop. This important service will help us continue on our journey toward fulfilling the goals we talked about on Jan 22nd.

**January 30 *Children Are Sacred***

**Speaker: Susan Ruttan**

When governments spend money on children and families, they are investing in our nation's future. Are we doing enough? Speaker: Susan Ruttan

Services Begin at 10:30 am,  
Join Zoom Meeting: <https://bit.ly/3jBOnwi>  
Meeting ID: 200 338 874 +1 587 328 1099



Sunday Services Waiting Room. We begin admitting people at 10:15am. Until then, you will be placed in our waiting room.

## UCE Shared Ministry Start Up Day INVITATION

Welcome to the whole congregation, for a day  
**Exploring our UCE Shared Ministry!**  
[Jan. 22, 9:30 am - 3:30 pm\*]

Join us as we:

- ★ Learn about each other's areas of interest, desires to learn and aspirations
- ★ Connect to understand Congregational Shared Ministry and
- ★ Create plans for our first year of Shared Ministry with Rev. Rosemary Morrison

In preparation for our day together, we invite you to review:

- ★ Summary of the UCE five year strategic plan doc
- ★ Letter of Agreement with the Minister so that everyone is aware of role expectations

Together we will

- ★ Share our dreams for UCE's future
- ★ Prioritize a short list of goals for short and mid- term plans
- ★ Record all participants' ideas for future reference and planning

We invite you to reflect upon your personal relationship with the UCE Community

- ★ What drew you here?
- ★ What keeps you here?
- ★ What are some of the challenges here?
- ★ What are your dreams for the future?

We, all those within UCE, are our greatest strength! Please join us to share your wisdom as we together plan future directions!

[\*Note: breaks will be provided throughout the day to provide time away from zoom screens for those joining us online. Schedule for the day: 9:30- 11:00 am// 11:30 am- 1:00m pm// 2:00 pm- 3:30 pm]

## Minister's Reflection: Happy New Year, and Why I Don't Make New Year's Resolutions



I would like to take this opportunity to wish everyone a happy and healthy New Year. I know that we are all hoping that 2022 brings with it a reprieve from COVID-19, with all its Greek lettered variants. This latest one, Omicron, appears to be rampant but not as severe. I hope for you all is that you stay safe and warm this January, and put precautions in place to help you miss Omicron's spikes.

January often brings with it the pressure and expectation to set New Year's resolutions. I for one will not be doing that, and I intentionally stopped making traditional New Year's resolutions years ago, and I encourage you to stop making them as well. Here's why. New Year's resolutions suggest that there is something wrong with you that you need to fix: that you're too this, or not enough of that. I wholeheartedly shout, NO, there is nothing wrong with you that you need to fix. You don't need to do anything

to make you a better person, and you certainly don't need the pressure of a New Year's resolution.

In my experience, and from the research, most New Year's resolutions fail, and then we go about the business of feeling bad about that too. So now we've doubled down on having bad feelings and thoughts about ourselves. First, we thought about what was wrong with us and set a New Year's resolution to fix it, then, we lasted a month or two, maybe even a few months and the new behaviour slowly ebbed away. Now, we get to not only feel bad about the original 'something is wrong with me that I have to fix,' but now we can add, 'I can't stick to anything, what is wrong with me?'

I say: STOP MAKING NEW YEAR'S RESOLUTIONS!!

Instead, think about adding something that you enjoy. If we want to determine how to succeed, we look to our past. What brought you joy? What do you like doing that you stopped doing (perhaps to make room for doing something you think you should but you don't actually like doing). There is the fuel for ideas of how to make 2022 delightful. For me, I like going for walks in amongst the trees and I have gotten away from that. It brings me joy, and helps me feel good about myself. I'll be adding more scenic walks in the New Year. I love doing puzzles, so I will definitely keep doing those. I haven't read a really good fiction book in a while; I have a library card now and I'm going to use it!

Gone are the days of telling myself I need to be better, or thinner, or be more organized or have a cleaner house. It's clean enough, and I'm good enough and so are you.

What are some things you can add to your life to make your New Year more delightful! Don't take away, add!

In peace, Rev. Rosemary

## President's Letter

Happy new year, May 2022 be a better year for everyone than 2021 was. Wow 2022 already, where does the time go.

A little update on the return of the Mitten tree from 2021....

6 Days before Christmas

UCE gave to Boyle St

104 pairs of socks,

46 pairs of gloves,

33 hats and scarfs,

And 1 can of coffee! (in a pear tree)

Well I never claimed to write music.....

I hope to see as many members as can make it at the UCE Shared Ministry Start up meeting on Jan 22. It's the perfect time to have your voice heard and to hear what other UCE members have to say.

## Head Teller Needed

UCE is looking for a volunteer to be head teller. The head teller is responsible for counting, documenting, and depositing revenue received by the church each week. The head teller will recruit and supervise other tellers to assist with these tasks. The head teller will also become a member of the finance committee. If you are interested in taking on this interesting role please contact the Treasurer; Andrew Mills [andrew@misc.ca](mailto:andrew@misc.ca).

## Next Board Meeting

The UCE Board will meet January 19 at 7:30 pm. Please email [board@uce.ca](mailto:board@uce.ca) if you would like to attend and find out what the meeting format will be (online or in person).

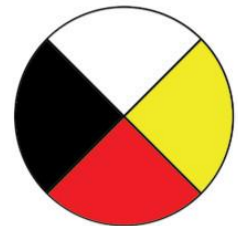
## Did you Know that UCE Board Minutes Are Online?

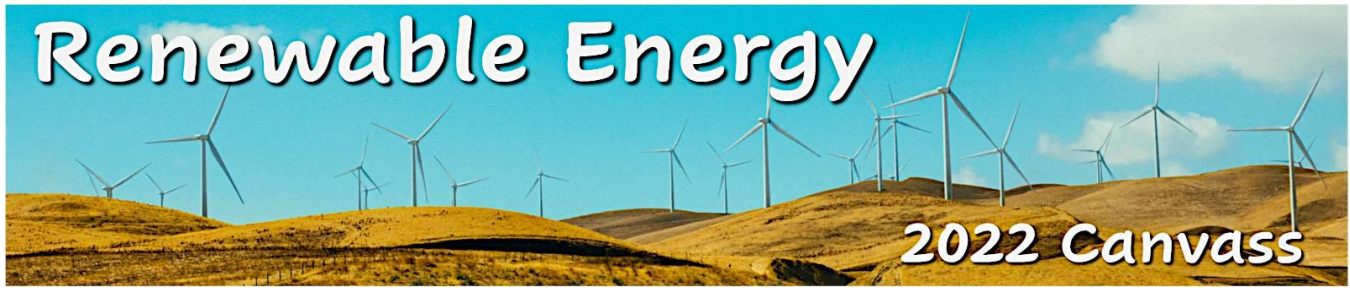


Minutes of UCE Board meetings are available for anyone to review on the UCE website [www.uce.ca](http://www.uce.ca) under the tab "Church Business" or click the link <https://www.uce.ca/agm-minutes-reports-board-meeting-minutes/>

## Land Acknowledgement

In accordance with our principles, we acknowledge with gratitude that we gather 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.





All the energy we use in our lives comes from the sun. The sun has always provided the energy for the plants we eat and for the fuels we use to warm ourselves. As our climate changes we recognize how the ancient sunlight in the fuels from the earth can no longer be used without replenishment. People of the world are reaching back to the sun for the sustaining power of renewable energy.

All the energy we have in our church comes from our people. The members and friends of our church have always provided the energy for the volunteer work that needs to be done and the financial support that sustains the programs of our church. Over the past two years our “climate” has changed due to the pandemic and many of us have been feeling a depletion of our energy. It’s time for us to reach back to our people to tap the renewable energy of our church.

This year our canvass theme is renewable energy. How do we renew the energy in our church?

I see two areas where we need renewal. The first is in volunteer time. As we re-emerge and make our way back to church in person, we need to renew our involvement in helping each other in the work of the church. We’ve spent a lot of time in front of the computer on Zoom calls; now is the time to pick an area where you want to be involved and to volunteer your time. We have a number of roles where you could help; ask Rev. Rosemary or a board member where your talents could best be directed.

The other area is the renewal of your financial commitment to the church. During last year’s canvass we raised an average of \$1000 for every active member of our church. If you were above the average, then thank you for sustaining our church! If you are donating less than the average, then please consider raising your pledge a bit each year (as you are able) to get closer to that average. Help us renew the financial energy of our church!

Canvass runs from January until the end of March each year. During this time we ask all of our members (and generous friends) to pledge their financial support for the coming church year. Your pledge directly affects our budget as we plan for next year’s church programs and activities. Please return your pledge form before March 31<sup>st</sup>.



Thank you for supporting the work of your church!

## Walking Group

If you are double-vaxxed, you are welcome to join the UCE walkers at 10.30am each Friday at the designated location. Be well and bundle up! Sheila Parr

### January Walks:

7<sup>th</sup> Hawrelak Park  
14<sup>th</sup> Laurier Park  
21<sup>st</sup> St. Albert  
28<sup>th</sup> Emily Murphy Park

## Tuney Tuesdays



At Tuney Tuesday we take in your music suggestions, by way of YouTube videos, and play those videos. In between, we'll share thoughts about music and related reactions. You can find a link that connects to our Zoom session in the UCE calendar, the church bulletin, and on our website, [uce.ca](http://uce.ca).

If you wish to find out more, need to be shown how to share a YouTube link, or have any other questions, email [tunes@uce.ca](mailto:tunes@uce.ca) and I will answer. My name is Alex Polkovsky. I hope to see you on my screen soon.

Participants: please send two video links under 5 minutes in length each. That's our content. If you would prefer to just join in and interact without suggesting any video to play, that's alright, too. Come and hang out. Come every week or just now and again, it's all good. I'll open the Zoom room at 6:45 just so we can banter a bit, and then on to the music.

## Sharing Our Abundance for January



UCE donates half of the loose cash collected each and every Sunday to a different charity. For the month of January UCE will be sharing with **CHANGE FOR CHILDREN**, Edmonton which partners with communities in Latin America and Africa who are struggling with poverty to improve access to basic needs, healthcare and education. It is a local organization but aid goes to developing countries. <https://changeforchildren.org/>



Please enjoy watching recordings of our Sunday Services again on YouTube or listen as a Podcast on SoundCloud. Just click on the link and don't forget to subscribe while you are there.



### Join us in conversation on Social Media

- Facebook Group: <https://www.facebook.com/groups/41659071349/>
- Facebook Page: <https://www.facebook.com/UnitarianChurch/>
- YouTube: <https://www.youtube.com/channel/UCmpm5DXHKM7pRnnzcC75txQ>
- SoundCloud: <https://soundcloud.com/user-189401827>
- Twitter: <https://twitter.com/UnitarianUCE>
- Instagram: <https://www.instagram.com/unitarianuce/>

Please make sure that you continue to update your Zoom account. Zoom regularly updates to release new features and fix bugs. We recommend upgrading to the latest version once it is available.

How to update Zoom: <https://support.zoom.us>

### Join UCE TV!



This season, the UCE tech team has been working on the details of broadcasting our Sunday services. What we have been doing is a hybrid service where the in-person service is streamed live to zoom and recorded. For the last few weeks we have been getting about 30 people in-person and 30 people on Zoom. Once we post the recorded services another 30 to 50 people view each service on YouTube.

To help us broadcast the services we have installed a very impressive new audiovisual system. The new equipment includes microphones and a digital sound board, video cameras and a video mixer, a computer and software. We are rapidly learning how to use this new equipment and are making progress each service. It's like a TV control room now on the mezzanine!

Now we'd like to get more people to help! We need 3 people in the church on Sundays to help us operate the sound system, the cameras, and the computer. We also need 2 online helpers each Sunday to host and record the Zoom session. Training is provided. Send an email to Andrew Mills [andrew@misc.ca](mailto:andrew@misc.ca) to join our team!

Come out and help us with Edmonton's newest broadcaster UCE TV!

## Who We Are



The Unitarian Church of Edmonton (UCE) 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 a full range of theological perspectives -- from theism to atheism -- as well as a full range of spiritual traditions and practices. As a Unitarian Universalist (UU) congregation, we strive to be a community where everyone is able to fully participate, regardless of gender, gender expression, race, colour, ethnic or national origin, religion, sexual/affective orientation, age, class, physical character or disability.

### UCE is a congregation openly and honestly:

- ⊕ Searching for spiritual meaning in our lives
- ⊕ Learning to understand ourselves and others
- ⊕ Connecting to build fair, just, caring communities
- ⊕ Serving each other and our communities near and far

### As Canadian Unitarian Universalists, we aspire to be:

**Deeply Connected:** We strive to foster healthy relationships amongst and within UU communities, with the broader world and with all life

**Radically Inclusive:** We strive to create hospitable, diverse, multi-generational communities

**Actively Engaged:** We strive to work joyfully for a just and compassionate society, experimenting with new forms of community.

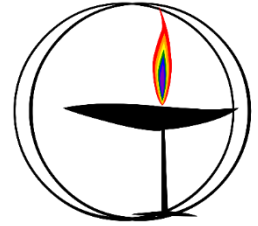
**Theologically Alive:** We seek to be ever-evolving in our understanding, open to new knowledge.

**Spiritually Grounded:** We seek transformation through personal spiritual experiences and shared ritual.



## The Principles and Sources of our Religious Faith

UU congregations affirm and promote eight principles, which we hold as strong values and moral guides. As Rev. Barbara Wells ten Hove explains, “The principles are not dogma or doctrine, but rather a guide for those of us who choose to join and participate in UU religious communities.”



### Our Eight Principles

- ⊖ The inherent worth and dignity of every person;
- ⊖ Justice, equity, and compassion in human relations;
- ⊖ Acceptance of one another and encouragement to spiritual growth in our congregations;
- ⊖ A free and responsible search for truth and meaning;
- ⊖ The right of conscience and the use of the democratic process within our congregations and in society at large;
- ⊖ The goal of world community with peace, liberty, and justice for all;
- ⊖ Respect for the interdependent web of all existence of which we are a part.
- ⊖ Individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions

We live out these principles within a “living tradition” of wisdom and spirituality, drawn from such diverse sources as science, poetry, scripture, and personal experience.

### Our Six Sources

- ⊖ Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces which create and uphold life;
- ⊖ Words and deeds of prophetic people which challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love;
- ⊖ Wisdom from the world’s religions which inspires us in our ethical and spiritual life;
- ⊖ Jewish and Christian teachings which call us to respond to God’s love by loving our neighbours as ourselves;
- ⊖ Humanist teachings which counsel us to heed the guidance of reason and the results of science, and warn us against idolatries of the mind and spirit;
- ⊖ Spiritual teachings of Earth-centred traditions which celebrate the sacred circle of life and instruct us to live in harmony with the rhythms of nature.
- ⊖ Grateful for the religious pluralism which enriches and ennobles our faith, we are inspired to deepen our understanding and expand our vision. As free congregations we enter into this covenant, promising to one another our mutual trust and support.

## Holiday Office Hours



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Church Office Hours: Tuesday to Friday, 9:00 am to 2:00 pm

## People Finder

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Vice President: Brandie Moller  
Treasurer, Finance Committee Chair: Andrew Mills [andrew@misc.ca](mailto:andrew@misc.ca) 780-918-3288  
Trustees: Jennifer Askey, Marilyn Gaa, Susan Ruttan and David Hagel  
Past President: Karen Bilida  
Minister: Reverend Rosemary Morrison [RevRosemary@uce.ca](mailto:RevRosemary@uce.ca) 780-455-9797  
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Interim Religious Exploration Leader: Maria Jenkins 780-454-5816  
Head Teller: Edwina Madill 780-462-2089  
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Karen Mills [karenmills@me.com](mailto:karenmills@me.com) 780 240 4884  
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