



# *The Path of Courage*

Anyone can slay a  
dragon but try waking  
up every morning  
and loving the world  
all over again.



That's what  
takes a real hero.

Brian Andreas

## **Contents**

Sunday Services at the UCE	2
Sharing Our Abundance October 2022	2
Minister's Reflection : The Path of Courage	3
FOOD BANK SUNDAY	4
UUs on Tap	4
Next Board Meeting	4
Rentals Helper	4
Land Acknowledgement	4
Join the Tech Team!	4
Soul Matters Small Group Ministry	5
Religious Exploration	6
Walking Group	6
Celebrate Samhain	7
The UU Open Hearts Book Club	8
Motzart to Metal	8
Listen Everywhere	8
Dragging Youth: Halloween Enchantment	9
CUC Events	10
Who We Are	11
The Principles and Sources of our Religious Faith	12
People Finder	13

## Sunday Services at the UCE

**October 2**

***Where Do You Go to Find Courage?***

**Chorealis**

The Cowardly Lion went to the Wizard of Oz to find courage. Dory repeated, "Just keep swimming" when she was anxious in *Finding Nemo*. Merida, an atypical princess, had to look in many places to discover her own courage in the movie *Brave*. We're not movie characters though. Where or what can we look to in scary or daunting times?

**October 9**

***Giving thanks for Sacred Space***

**Lewis Cardinal**

This Thanksgiving Sunday, we harvest bushels of strength for one another, and offer our crop with the hands of compassion and generosity. Our guest speaker Lewis Cardinal will be talking about Kihciy Askiy ('Sacred Earth' in Cree); a permanent Indigenous ceremonial and cultural site within the City of Edmonton. We will ask Lewis, "What does the idea of reconciliation mean to a group like UCE?"

**October 16**

***Stepping Out: The Courage to Let Ourselves be Known***

**Rev. Rosemary Morrison**

Why does it take so much courage to let down our guard and be truly seen for who and what we are? October is LGBTQ2+ month, and October 11th is National Coming Out day. Let's join together and celebrate courage and vulnerability in story, music, and ritual.

**October 23**

***Where Do You Find Hope?***

**Rev. Rosemary Morrison**

Being hopeful is an act of courage. And courage is born of vulnerability. How can we find the courage to be hopeful and help bring justice into the world and our daily lives?

**October 30**

***Celebrating Samhain: The Thinning of the Veil***

**Rev. Rosemary Morrison**

They say that the veil between dimensions is the thinnest this time of year. We are also marking the end of harvest season. In this service we will honour our ancestors and celebrate the changing of the seasons.

## Sharing Our Abundance October 2022



**Child Haven International** was started by Unitarian Minister Fred & Bonnie Cappuccino. Child Haven supports children and women in developing countries who are in need of food, education, health care, shelter and clothing. Child Haven has five homes in India, Nepal, Tibet, China and Bangladesh.

<https://www.childhaven.ca/>

## Minister's Reflection : The Path of Courage



Quote: All around you, people will be tiptoeing through life, just to arrive at death safely. But dear children, do not tiptoe. Run, hop, skip, or dance!

*Shane Claiborne*

One of the requirements I had to complete on my journey to ministry was to take a psychological assessment. I traveled to Seattle, Washington to spend the weekend with psychologists who turned me upside down and inside out. Thankfully they decided I was fit for ministry; however, they did let me know that I had a pretty high tolerance for risk. I found that disturbing until a very successful leader and mentor I admired told me they found the same thing in them. I guess it's okay to be tolerant of risk, and be a good leader and minister.

But that doesn't mean it's okay to take unnecessary risks. I have learned to temper my desire to run, hop, skip, and leap through life with the necessity of stability, responsibility, and integrity, especially while in leadership. I wonder if it's the same for us here at UCE. What a fine line we have to balance in our congregation if we want to play it safe, and also carry out a vision that will allow us to be the vibrant community I think we wish to be.

This month, our Soul Matters Theme is: *The Path of Courage*. You now have a link to the small group packet, and I encourage you to go through it. It is an amazing resource of music, poetry, spiritual exercises, questions to ponder, videos, blogs, and pod casts. Even if you choose not to join a Soul Matters small group, this resource will help you dig deeper into the monthly theme. As I read through it, I felt inspired and challenged, and I think you will too.

As we embark on theme based small group gatherings, think about whether or not you would like to enliven and enrich your experience by being in a small group. In these groups you will learn to listen well, as well as be given opportunity to discuss and share your thoughts and feelings. Please email me at: [minister@uce.ca](mailto:minister@uce.ca) if you would like to be included in this new and exciting adult educational program. I hope you do!

In peace, Rev. Rosemary

## FOOD BANK SUNDAY

Thanksgiving Sunday, October 9th is Food Bank Sunday at UCE. Help feed the Food Bank by bringing a non-perishable food donation to the morning service. Let's share our abundance!

## UUs on Tap



Reverend Rosemary would like to gather you all, UUs and friends, at [Secret Pizza](#) 6:30 pm on Monday, October 24. Join her for an evening of food, beverages and conversation as we breathe new life into this beloved UCE tradition. Rev Rosemary chose the first location herself but is looking forward to experiencing new establishments and their gluten free offerings

## Next Board Meeting

The UCE Board will meet October 19 at 7:15 pm. Please email [board@uce.ca](mailto:board@uce.ca) if you would like to attend. You are always welcome to attend our board meetings. The board has recently approved a policy on guest attendance at board meetings. Check out those guidelines if you have any questions.

<https://drive.google.com/file/d/1n2ViuWJYViPX7SVaS9Xi8AxTRQL05O2/view?usp=sharing>

## Rentals Helper

Our church has all sorts of renters, from chefs to singers to teachers. The rentals committee helps with that, giving advice on rentals of our church space, and negotiating leases with major tenants at the front of the building. We could use a new member or two; it's not a lot of work, and it's an interesting glimpse into the rental side of our building.

If you're interested, contact chair Susan Ruttan at [ruttans@shaw.ca](mailto:ruttans@shaw.ca)

## 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.



## Join the Tech Team!



It's time to start church services for the new year! Join us on the tech team to help us produce and record these services. We are looking for people to help with the sound board, cameras, production, slides, zoom greeting, and recording. We provide training. Contact Andrew at [andrew@misc.ca](mailto:andrew@misc.ca) for more information.



## Soul Matters Small Group Ministry

*"Each month I waited eagerly for the package to arrive and never did it disappoint. I go through the contents and follow through on links. There is a big variety of sources - all meaningful. It feeds my soul." (Pauline Atwood)*

You are very warmly invited to participate in small groups connected to our Soul Matters monthly worship themes, with a unique practice component that helps us not just think about the themes, but to live them.

Soul Matters Small Groups invite people to deepen their connection to self, others, and spirit, through regular monthly meetings and individual reflection and spiritual practice. It enhances the practice of deep listening and provides an opportunity to hear others and to be heard in ways that doesn't happen often in the rest of our lives. It's a process that can lead to knowing each other and ourselves more deeply. Each participant gets a packet of resource material before the meetings to help them explore the theme on their own, as well. Soul Matters Small Groups consist of 6-9 people, one of whom acts as facilitator, who meet once a month for 2 hours, plus reflection and practice time on your own. Participants are asked to commit to 1 year. Please contact Reverend Rosemary at [minister@uce.ca](mailto:minister@uce.ca) if you would like to join a small group that will be starting in October.

Click [here](#) for the Soul Matters Participant Guide

Click [here](#) for October's Theme Packet

## Religious Exploration

# UCE October Events

# Courage

Coffee for parents, and toys for toddlers can be found in Classroom 3

Youth / Young adults come do a fun checkin before church in The Library

Sunday-2nd	Sunday-9th & 16th	Thursday 20th	Sunday - 23rd	Sunday - 30th
Chorealis Choral Service 10:30am	Service 10:30am	Family Night 6:30pm	Service 10:30am	Service 10:30am
Pizza and PowerPoint Youth/Young Adult Lunch 12 PM			Bridging Ceremony For Young Adults	

**Samhain Saturday Oct. 29th at UCE**  
**Youth and Young Adult Volunteers needed!**

The Office of Religious Exploration provides programs for all ages.  
Contact Oksana at [dre@uce.ca](mailto:dre@uce.ca) for more info

@UCEExploration   [www.UCE.ca](http://www.UCE.ca)   UCE Exploration



## Walking Group

Walkers carpool from church, leaving at 10:00 am, or meet at the walk site at 10:20 am. There are often changes to the schedule so if you are not on the email list please call Sheila, 780-243-7581 the day before to confirm the walk. Most of our after-walks will be picnics (we hope) so bring a snack and chair.

### Walks for October:

Oct 7 – McKinnon Ravine  
Oct 14 - Fort Edmonton  
Oct 21 – Mackenzie Ravine  
Oct 28 – Emily Murphy to Hawrelak

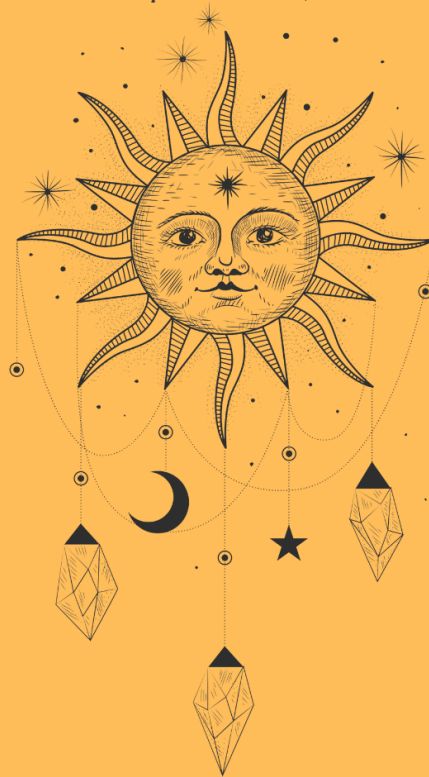
## Celebrate Samhain

# CELEBRATE SAMHAIN

Pumpkin  
Carving

Games and  
Face Painting

Labyrinth  
Walk



Tarot Card  
Readings

Bonfire

Refreshments

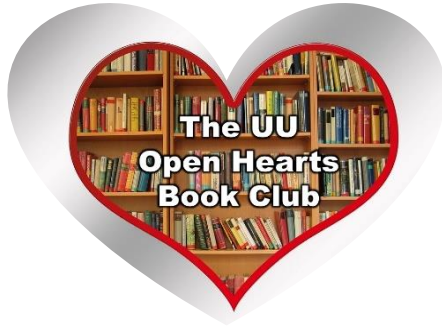
Special  
Guests  
and more!

## COMMUNITY EVENT

Outdoor Events as Weather Allows  
Come in Costume and Enjoy!

Unitarian Church of Edmonton  
Saturday, October 29 2022, 3 pm  
10804 - 119 Street NW Edmonton

## The UU Open Hearts Book Club



The Open Hearts Book Club will gather next on October 26 in the UCE Library at 7 pm. The first book chosen to be read this fall is *Bellevue Square* by Michael Redhill.

**November:** *Twenty-One Cardinals* by Jocelyne Saucier

**December:** no book

**January:** *Indians on Vacation* by Thomas King

**February:** *Lesser Known Monsters of the 21st Century* by Kim Fu

**March:** *Half Blood Blues* by Esi Edugyan

## Mozart to Metal

**MOZART TO  
METAL TO  
EVERYTHING  
IN BETWEEN**

Join our musical evenings  
on Tuesdays at 7 pm.  
Send in some YouTube links  
to [tunes@uce.ca](mailto:tunes@uce.ca) -- keep it to  
2 or 3 tracks of under 5  
minutes, please.  
Questions are welcome.

My name is Alex and I will be your host.

## Listen Everywhere



We have installed the Listen Everywhere service to replace our aging FM radios. This system will be in use for every service and available everywhere in the Church building and some of the parking lot.

To use the system, you will need to download and install the Listen Everywhere app from the google store, or apple store and you will need to connect to the UCE WIFI (password posted in church). Once you have done both steps, just open the app and start the session. It allows you to listen using your own headset, wireless earbuds, or if your phone is connected to your hearing aids, you will hear it there. Just as if you are listening to a phone call.

We will have people around to help if you need it, please ask.

For iPhone users, click [here](#)

For Google Play Store, click [here](#)

## Dragging Youth: Halloween Enchantment



Saturday October 15  
Doors 5:30 show 6:00  
Cover \$5  
Cash bar and snack table  
[Draggingyouthshows@gmail.com](mailto:Draggingyouthshows@gmail.com)



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>

## CUC Events

### **CUC Fall Gathering: Living into Covenant Online, November 18-20, 2022**

The Canadian Unitarian Council (CUC) will hold a virtual fall gathering on the third weekend in November. We will explore this year's theme—Living into Covenant—in regional breakout sessions on Friday evening and in workshops on Saturday. On Sunday, everyone is invited to attend a national service. We encourage each congregation to send at least two members to the fall gathering. CUC National Symposium on our 8th Principle

### **Online Fall Youth Con November 11-12**

Mark your calendars for a fully online youth con in November! We are in need of a team of youth and adult volunteers to help make this event happen! If you're interested in contributing, [please fill out this form](#). More info and registration coming soon!

## October Events

### **Connect and Deepen** 2:00 pm MT (90 minutes)

October 16: Thanksgiving from a Range of Perspectives

October 30: All Saints Day Celebrations

More information and registration is available [here](#).

### **Rising Together: UU Youth and Emerging Adults of Colour** October 1, 2:00 pm MT (90 minutes)

For Youth (14-19) and emerging adults (18-24) of colour. Registration is ongoing. If you have registered for one iteration of this program, you do not need to register again. However, your RSVP for each event to [risingtogether@cuc.ca](mailto:risingtogether@cuc.ca) would be appreciated!

More information and registration is available [here](#).

### **Inclusivity Forums: Session 4: Welcoming People of All Gender Expressions and Identities**

Wednesday, October 5, 5:00 pm MT (2 hours)

Guests Alex Kapitan and Teo Drake of the [Transforming Hearts Collective](#) will bring their experience to this forum which will focus on the experiences of UUs of All Gender Expressions and Identities within UU groups/congregations. More information and registration is available [here](#).

### **Gathered Here** Thursday, October 13, 12:00 pm MT (90 minutes)

Ages 18 to 35. <https://bit.ly/GHThurs22-3>

### **The MyceliUUm Youth Network of Canada** Saturday, October 22, 12:00 pm MT (2 hours)

For Junior Youth and Youth (ages 12-19) and their Adult Advisors (25+)

The MyceliUUm Youth Network includes an ongoing virtual community space using Discord. Our [Discord](#) server is a private, moderated space that has been designed according to the CUC's Online [Youth Safety Policy](#). If you have any questions or concerns about the MyceliUUm Discord, please contact [youth@cuc.ca](mailto:youth@cuc.ca)

More information and registration is available [here](#).



## 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

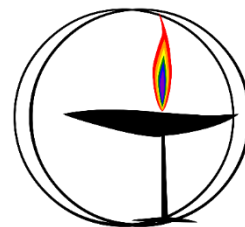
**Actively Engaged:** We strive to work joyfully for a just and compassionate society, experimenting with new forms of community.

**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.

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### People Finder

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Vice President: Brandie Moller	
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Trustees: Jennifer Askey, Marilyn Gaa, Susan Ruttan and Gerard Hayduk	
Minister: Reverend Rosemary Morrison <a href="mailto:minister@uce.ca">minister@uce.ca</a>	780-455-9797
Church Office: Janet Polkovsky <a href="mailto:chadmin@uce.ca">chadmin@uce.ca</a>	780-454-8073
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