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THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON



NOVEMBER'S THEME: THE PATH OF CHANGE

MAY YOU BE CHANGED BY EMILY RICHARDS

MAY YOU LEAVE THIS TIME TOGETHER CHANGED.
MAY THE PROMISES YOU HAVE MADE TO YOURSELF ABOUT WHO YOU WANT TO BE
FEEL CLOSER TO THE REALITY OF WHO YOU ARE RIGHT NOW.
MAY YOU SHARE THAT FEELING OF TRANSFORMATION WHEREVER YOU GO.
MAY IT SPREAD INTO EVERY WORD, DEED, THOUGHT, AND INTERACTION
UNTIL WE ARE ALL CHANGED, TRANSFORMED AND TRANSFORMING TOGETHER,
BECOMING OUR BETTER SELVES

Whatever
you are not
changing
you are
choosing.

Laurie Buchanan



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Unitarian Church of Edmonton



Don't forget to fall back one hour Nov 6!

Sunday Services

November 6 The Why and How of "Being the Change"

Chorealis

It's easy to think others should change, while forgetting how difficult it is to change ourselves. If you've ever tried to break a habit, stick with a fitness program or adhere to a diet, you know! So how - and why - can we change?

November 13 A Season of Change: Digging In-Digging Out

Rev. Morrison

November will certainly bring a change in the weather, getting out the shovels is inevitable. Let's dig into the topic of change as it pertains to ourselves, our relationships, and our congregation.

November 20, 11 am National Worship Sunday Service: Living into Covenant

We Unitarian Universalists are a covenantal people. Our faith tradition believes in the power and possibility of covenant – a set of shared promises, agreements, and understandings to hold us together. How does a vision of covenant hold us together when we disagree? How does our faith community covenant overlap and diverge from the other covenants of our lives (being a partner or parent or friend or citizen of the world)? How is all of this impacted by how well we are keeping a covenant with ourselves, our own wellbeing? Join Revs Shana Lyngood and Anne Barker in exploration and reflection.

Where: Zoom, YouTube Live Use the bitly link to join the service on Zoom, or watch live on the CUC's YouTube channel.

November 27 Ready to Emerge

Rev. Morrison

We mark the beginning of Advent as we wait for the light to return. We know that change is coming as we experience the dark before the light. What do we need to do to prepare for emergence?

November 27: Evening service 7:30 pm Spilling the Light

Rev. Morrison

Please join Rev. Rosemary for this quiet reflective service. As the days grow darker, we share the light that is in all of us. This service will be full of music, readings, poetry, candles and sharing.

Minister's Reflection: The Path of Change

BY REV. ROSEMARY MORRISON

John and Julie Gottman of the Gottman Institute in Seattle are world renowned researchers and clinical psychologists. Their work is based on scientific research on how relationships work. I guess you could say that they are expert change agents. They say that after observing a couple doing their own thing for a brief period of time, they can tell you if the couple is going to make it or not. They are astoundingly accurate. They keep a lot of data.

What is the thing that creates lasting relationships? The Gottman's say it's in the small things, the everyday small details of our lives. It's not the grand gestures or big events, but in noticing the small things like; saying thank you, paying attention, giving a small or warm embrace. It's in responding to what the Gottman's call 'bids.' We might say something like: 'hey, look at that pretty sunset,' and when our friend, partner, associate, fellow UCE member says, 'wow, that's so nice, thanks for pointing it out to me,' we are answering the bid positively, and this builds a strong relational foundation.



As we begin to build back up after COVID-19 shut down our in-person gatherings, how do you wish for UCE to change and what would you like to stay the same? Change doesn't happen with grand gestures or big events, it happens slowly over time, with small acts of kindness and care. We are in relationship with one another, and being part of UCE helps us learn how to be good relationship partners. Let's pay attention to one another's bids, let us make one another feel appreciated and accepted, and most importantly, we need to make one another feel they are basically liked.

As we explore the theme of 'Change' in November, I wonder what things we will discover about ourselves. What might we wish to change within ourselves, our families, and our associations including UCE. Change happens slowly, one positive interaction at a time. Wherever we are headed, however we wish to change, it can only happen when we feel good about ourselves. We have so much to feel good about, let's build on that!

In peace, Rev. Rosemary

It's a fact that people can change only if they feel they are basically liked and accepted as they are. When people feel criticized, disliked, and unappreciated, they are unable to change. Instead, they feel under siege and dig in to protect themselves.

JOHN GOTTMAN
& NAN SILVER

Special Call for Donations to the UCE Endowment Fund

We are having an Endowment Fundraiser in November. The UCE Endowment Fund is our long-term savings account that provides a financial cushion against the unexpected. The recommendations for endowment funds are that they should normally be 2 to 3 times our annual budget. The endowment fund is currently \$39,000, so in the month of November we are going to ask you for a special contribution to help grow this fund.

We are asking you to consider a donation in honour of people (past or present) who have been special to you or to the church. We will acknowledge these donations and the person being honoured during candles in November. While the amount of donations is always confidential, you can indicate if you are comfortable with us naming the person you are honouring, and/or your name.



The Endowment Fundraiser gives us an opportunity to learn more about this special part of our church's finances. It is also an opportunity to talk about charitable bequests and other forms of giving to the church.

Special Endowment Fund contribution envelopes will be available in church during November. There is also an Endowment Fund donation category on the Canada Helps UCE donation page. <https://www.uce.ca/canada-helps-donation-form/>

This special call for Endowment Fund donations does not replace your annual pledge or contributions for church operating costs. We will hold our annual canvass fundraiser from January to March in support of the ongoing operation of the church.

This special call is an initiative of the Finance Committee and the Endowment Trustees.
Thanks!

Andrew Mills, andrew@misc.ca
780-918-3288

Congregational Meeting Announcement

A special congregational meeting will be held after the church service of Sunday, Nov. 6. Purpose of the meeting will be to create a search committee for a new settled minister. Our current minister, Rev. Rosemary Morrison, is in her second year of a four-year contract, but she is not our settled minister. The purpose of this search committee is not to replace our wonderful minister, but to hopefully move her to "settled minister" status.

We need 10 per cent of church members in attendance, in person or on Zoom, to have a quorum. So, please attend if you can.

Anyone interested in being on the search committee should contact me, Susan Ruttan at ruttans@shaw.ca

November Events for Spiritual Exploration

Change

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

Sunday-6th

Chorealis Choral
Service 10:30am

Sunday-13th

Service
10:30am

Sunday-20th

National Service
Online
11:00am
DECK THE HALLS!
12:30PM Snacks, crafts
and decorating for
Christmas!

Saturday-26th

Family Movie Night
6:30pm



Sunday-27th

Service
10:30am

Mark Your Calendar.

MOVIES FOR ALL AGES

The Office of Religious Exploration
provides programs for all ages.
Contact Oksana at dre@uce.ca for more info

@UCEExploration www.UCE.ca UCE Exploration



Walking Group Update

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.

Walks for November:

- 4 Government House
- 11 No walk due to Remembrance Day activities
- 18 Nellie McClung Park
- 25 Hawrelak Park

WALKERS PLEASE NOTE: Audrey made a reservation for 20 at Ernest's Restaurant (NAIT) on Dec 1 at 11.30am. Its buffet style (not Tiffin) and the cost is \$32 including tax and tip. The restaurant is extremely busy in December and I must confirm numbers by Nov 15. Please let me know if you are interested.

November

Sharing Our Abundance:



Make the Season Kind

Formally known as the CBC Turkey Drive. This month, half of UCE's unidentified donations will be shared with the Edmonton Food Bank.



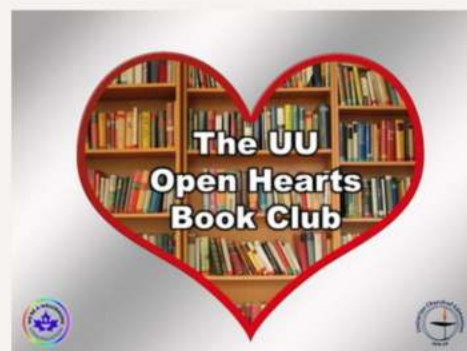
Click [here](#) for November's packet

Please contact Reverend Rosemary at minister@uce.ca if you would like to join a small group

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 -- 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.



This month we are reading 21 Cardinals by Jocelynn Saucier. This award winning book is about the type of unique, indestructible, and often tragic loyalty only found in families.

We will meet on zoom, here's the link:
<https://uuma.zoom.us/j/96692427257>
Meeting ID: 966 9242 7257



All are invited to help decorate the Church for the festive season following the November 20th morning service. We'll bring out the ribbons. We'll bring out the tags. We'll bring out the packages, boxes and bags!



UUs on Tap

Monday, November 28th, 7pm
Blowers & Grafton - Whyte
10550 - 82 Avenue



Karen Bilida will be selling tickets for the dinner for the November Dragging Youth Show. People can buy tickets on Sundays.

Catered Ukrainian dinner including: Braided bread with butter and garlic butter, borscht, 3 types of perogies, cabbage rolls, and whitefish, plus for desert a 3-tier cake

The Unitarian Church of Edmonton proudly supports Dragging Youth. If anyone receives any negative comments about these events, please refer them to the organizers or the UCE office. If the comment is made on a social media post that belongs to Dragging Youth or the UCE, please report on the comment to the moderators/administrators of the page/group. We will document and remove it. We request that you do not engage in conversation and please know we are monitoring the situation.

October was a busy month....



Bridging Ceremony



Congratulations to you, our UCE youth who have now officially 'Bridged' into the Young Adult world. Our thanks to Oksana Atwood, Maria Jenkins, and Erica DeNeve who have guided them through these important years. We look forward to seeing what they'll do next!

Celebrating Samhain





CUC November Events

(Please click heading above to go to CUC's Calendar for more information on the below events)

Gathered Here Monday, November 7, 6:00 pm MT

Connect and Deepen Sunday, November 13, 2:00 pm MT

Inclusivity Forum 5: Welcoming People of All Ages, Wednesday, November 2, 2022, 5:00 pm MT.

Rising Together: UU Youth and Emerging Adults of Colour
November 5, 2022, 2:00 pm MT

Online Fall Youth Con November 11-12, 2022

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!

Online Fall Young Adult Con November 11-12, 2022

Mark your calendars for a fully online young adult con in November! More info and registration coming soon. Questions? Contact Casey Stainsby at casey.stainsby@cuc.ca

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. More info and registration coming soon.

National Worship Sunday Service: Living into Covenant, November 20 11:00 am MT
More information coming soon.

Volunteers Needed



Westwood
Unitarian Congregation

Westwood has a few spots to fill for our Casino Volunteers at Pure Casino, Argyl Rd. on December 30 & 31. Ring in the new year with some Edmonton UU's and friends. You do not need to be a member to fill these positions. Thanks so much for your help.

SIGN UP HERE

Contact: casino@westwoodunitarian.ca

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.

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>

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.



Giving Tuesday – Save the Date!

November 29, 2022 is “Giving Tuesday” this year. In 2021, Giving Tuesday resulted in \$43.6 million raised online by charities in Canada.

If you have a CanadaHelps account or follow your favourite charities on social media, you’ll likely see news of this event. Keep an eye out for special promotions in late November.

What a great way to start off the holiday season ---and get a tax receipt for giving back! For more info:

<https://www.canadahelps.org/en/givingtuesday/>

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Minister: Reverend Rosemary Morrison minister@uce.ca

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Religious Exploration Director: Oksana Atwood dre@uce.ca

Head Teller: David Rae

Chorealis Choir: Gordon Ritchie, Karen Mills

Church Services: Gordon Ritchie

Lay Chaplain: Marilyn Gaa Marilyn

Building and Grounds: Alan Boyle