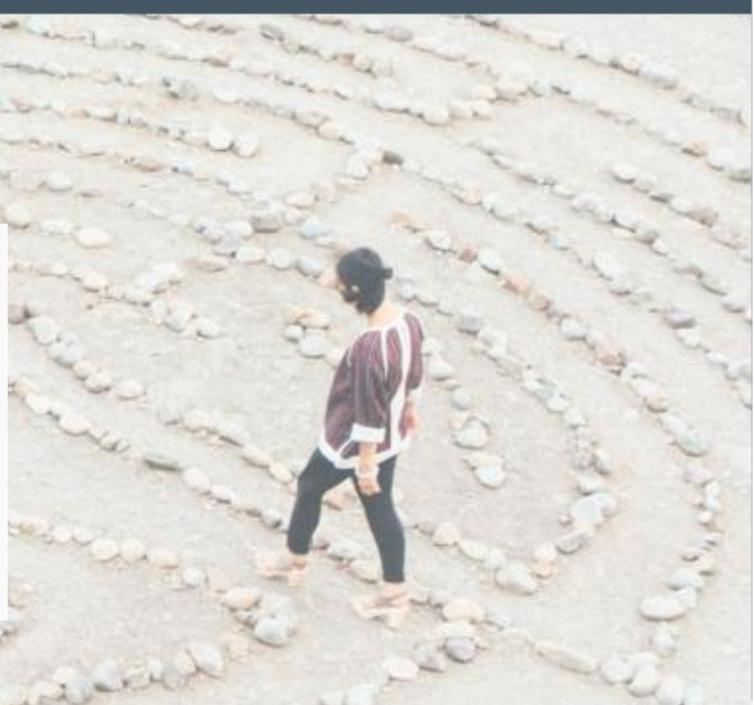


VOL. 64 ISSUE 01 • JANUARY 2023

# THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON



## JANUARY'S THEME: FINDING OUR CENTRE

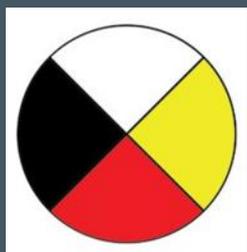
May we dare to live from the center of our being.

May we make our own choices before  
others' choices make us

May the fire that burns in our belly,  
light our way.

And may the courageous commitment  
to our own inner lights,  
make the world shine anew.

Rev. Kaaren Anderson



### 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.

## THIS ISSUE:

[SUNDAY SERVICES PAGE 02](#)

[MINISTER'S REFLECTION PAGE 03](#)

[INTO THE ELEMENTS PAGE 04](#)

[RESILIENCE: CANVASS 2023 PAGE 05](#)

[RELIGIOUS EXPLORATION PAGE 06](#)

[SERVICE LEADERS WKSHP PAGE 06](#)

[JANUARY EVENTS PAGE 07](#)

[SOUL MATTERS](#)

[WALKING GROUP](#)

[BOOK CLUB](#)

[MOZART TO METAL](#)

[UUS ON TAP](#)

[CUC EVENTS PAGE 08](#)

[EDM INTERFAITH EVENT PAGE 08](#)

[VISION, MISSION, COVENANT PAGE 09](#)

[PRINCIPLE AND SOURCES PAGE 10](#)

[SOCIAL MEDIA PAGE 11](#)

[LISTEN EVERYWHERE PAGE 11](#)

[PEOPLE FINDER PAGE 12](#)

[CALENDAR PAGE 13](#)

# Sunday Services

## January 1 Meet the Neighbours

Susan Ruttan

Susan will share stories of some of the interesting people and groups who use our building. And we will have spoken candles, to mark a new year. This service is in-person only, to give our techs a day off.

## January 8 Be still, look up and listen

Chorealis

Out of the din of the city away from the noise of the crowds, we come to rest in this moment in this place set apart from the never-ending to-do lists. We ask, "How will you know what wondrous beauty the night beholds until you look up and listen?" Join Chorealis for their Annual Taizé Service.

## January 15 Reflecting on the stories of 2022

John Pater

This service will be a time of reflection on the year past and those lived and cultural stories we have experienced in 2022. This will be an opportunity to remember and bear witness to the stories of our lives.

## January 22 Learning to Be You: Everyone Else is Taken

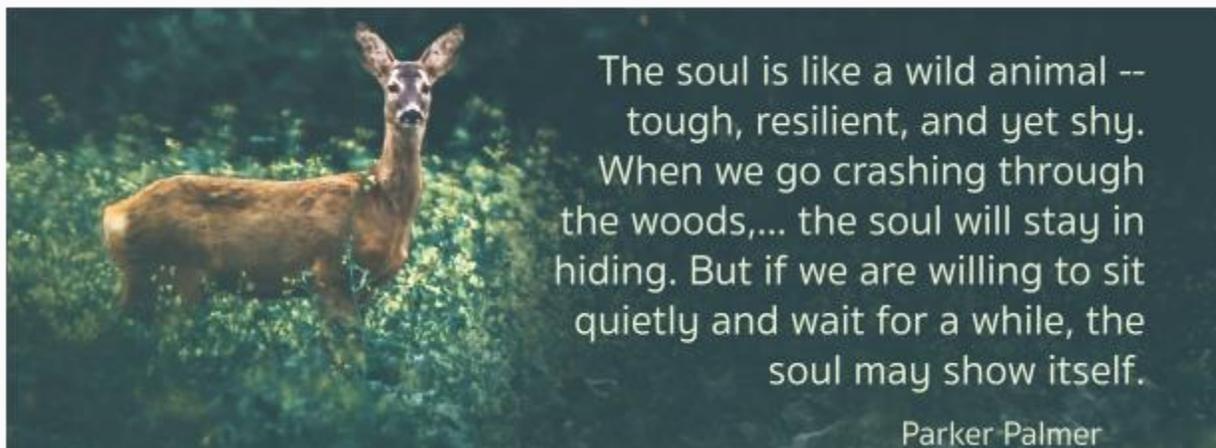
Rev. Morrison

The theme for this first month in 2023 is 'Finding Our Centre.' This service will explore some of the ways we can begin to experience and understand what this phrase means. The path to our centre or core being is often described as a never ending spiral: we think we have something sorted out, and then it appears over and over again in a different forms. What are some of the skills needed to forge the path to our centre? Plan to attend this thought provoking service. We might just poke a little fun at ourselves while we're at it!

## January 29 Hidden Directions: Navigating Wholeness

Rev. Morrison

Parker Palmer says: [There are] moments when it is clear--if I have eyes to see "that the life I am living is not the same as the life that wants to live in me..." Are you living the life that makes you feel fulfilled and alive? Let's explore this together, as we conclude our month of exploring our Soul Matters theme: Finding Our Centre.



# Minister's Reflection: Finding Our Centre

BY REV. ROSEMARY MORRISON

[There are] moments when it is clear--if I have eyes to see—that the life I am living is not the same as the life that wants to live in me... Before you tell your life what you intend to do with it, listen for what it intends to do with you. Before you tell your life what truths and values you have decided to live up to, let your life tell you what truths you embody, what values you represent.

Quote – Parker Palmer, from *Let Your Life Spark*

This quote from Parker Palmer is one of my favourites. It makes me stop and listen, listen to what my heart is saying. Am I following my centre, or is the business of the day keeping me from living close to the life that wants to live in me?

I'm excited to be exploring this topic in January, such a good month to reflect back and forward to discover where we've missed the mark, what we might strive to do better in the future, and how fulfilling and rich our lives are and could become.

Something that has always wanted to live in my life is organizing events and opportunities that enrich, enliven, and improve the life of others. One way I have done that is coordinating and directing child, youth, and family camps. To that end, I have begun planning a family camp for Edmonton (and beyond) Unitarian Universalists. You will find a 'Save the Date' page with more information in this newsletter. 'Into the Elements,' is booked for the first weekend in September, it is the long weekend. Your planning team has already begun planning this camp. Please mark your calendar and plan to attend for an afternoon, one night, or just come out for Sunday Service and lunch afterward.



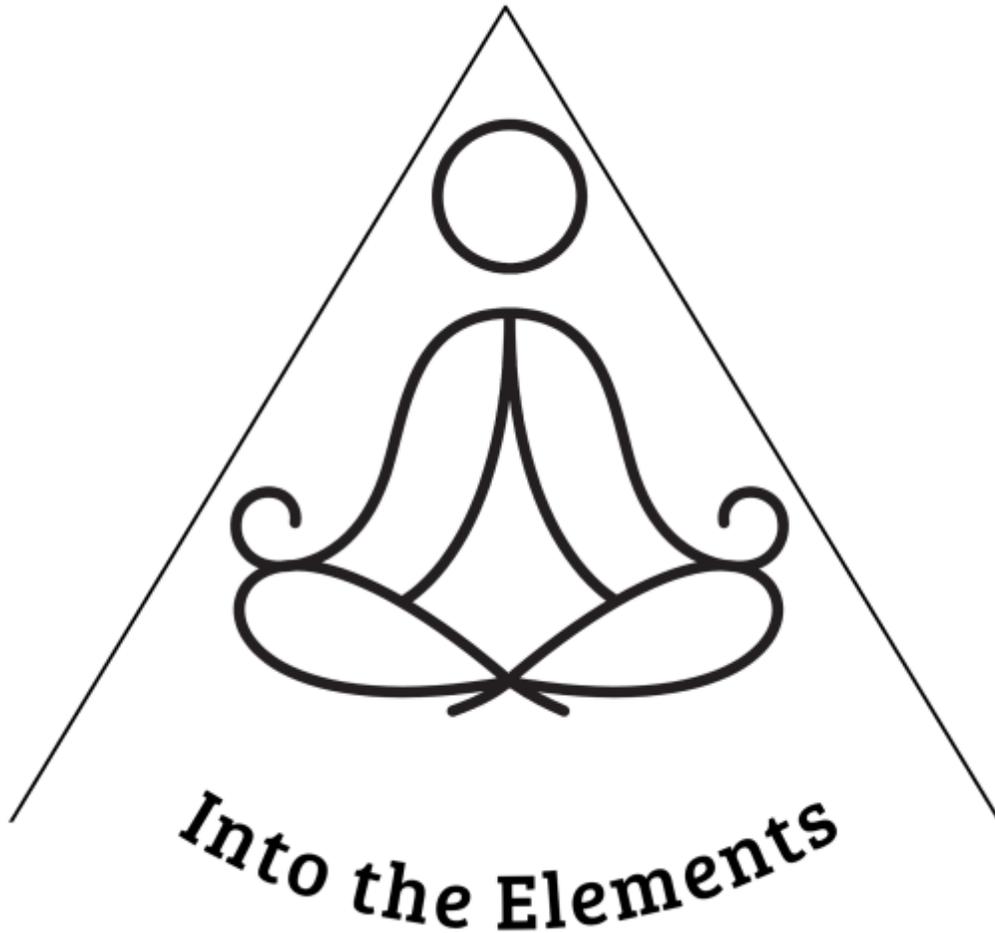
What is something that has always wanted to live in you? Is it time to begin exploring your truths and values? Is now a good time to begin to listen more intently to your inner teacher? Our lives personally and congregationally can only improve if we let our lives speak.

In peace, Rev. Rosemary

# save the date!

SEPTEMBER 2 - 4, 2023

Summer Retreat for all ages at Camp Mackinicholea, Long Island  
Lake, Alberta



Come and enjoy sessions to explore and refresh your spirit and meet Unitarians from across western Canada on a peninsula surrounded by the clean, clear water. In addition to the workshops you will be able to enjoy the water front and water craft. Opportunities for campfires, singalongs, skits, adventure games and nature skills will abound! So please bring along your sunhats and sense of childlike wonder and join us for camp!



We are a resilient church. We have bounced back from the recent pandemic with a new minister, new mission and vision statements, and a new covenant of right relations. We are back to church in-person, the rentals of our shared spaces are recovering, and our Sunday broadcasts are reaching out to more people.

Our church community is doing well. But not everyone has a resilient community to rely on. Some of our members are welcoming Ukrainian refugees fleeing war. Our church hosts a Food Bank depot to help those dealing with food insecurity. By keeping our own church resilient we provide a caring community to support our members, our friends, and the wider community.

Our church is self-supporting. We need to raise all the money to operate our church and to run our programs. We've done our best to make our finances resilient. We lease space in the front of our building, we rent shared spaces, we participate in casinos, we hold garage sales, and we run fund raisers. But we still need our member contributions to support our staff and our programs. The good news is that our annual contributions have been resilient. During the pandemic our donations remained stable and that has allowed us to reopen and thrive.



You can help us be a resilient church. If you haven't already done so, then set up an ongoing monthly donation to the church. These monthly donations account for 64% of our donor contributions and provide stable, predictable support for our staff and programs. We have monthly donations that range from \$10/month to hundreds of dollars per month. Please [consider setting up an ongoing monthly donation if you haven't already. See the canvass web site or contact Andrew for further details.](#)

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 31st.



Thank you for supporting the work of your church!

JANUARY  
Youth and  
Young Adult  
Events

FINDING  
Our  
CENTER

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

**Sunday**

8th

Chorealis  
Taize Service  
10:30am  
Young Adult  
Check-in  
After church

**Sunday**

15th

Service  
10:30am  
Young Adult  
Check-in  
After church

**Sunday**

22nd

Service  
10:30am  
Youth & Young Adults!  
CanUUdle/Chorus will  
be in Ottawa this May!  
Travel info and lunch  
after church.

**Saturday**

28th

Saturday Morning  
Cartoons and  
Cereal  
9am-12pm  
All ages welcome

@UCEExploration



www.UCE.ca



UCE Exploration



## LET YOUR LIGHT SHINE!

'Are you currently a service leader or would like to discover more about it? Please plan to attend the Service Leader Workshop on January 21st starting at 10:00 a.m., and ending at 2:30 p.m. Lunch will be provided, as we work together and learn skills from one another. Rev. Rosemary and Gordon Ritchie will be leading this workshop. If you already are a service leader, you are strongly encouraged to attend.'

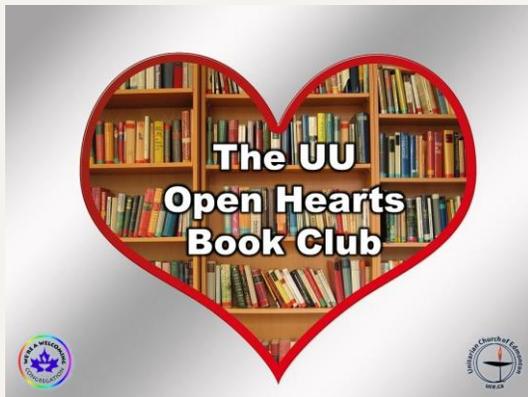
# JANUARY



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

Please contact Reverend Rosemary at [minister@uce.ca](mailto:minister@uce.ca) if you would like to join a small group

## BOOKCLUB



The book club will be on January 25th on zoom at 7:00 pm. Here's the link: <https://uuma.zoom.us/j/96692427257>  
The book is: Indians on Vacation by Thomas King

## MOZART TO METAL



Mozart to Metal will return to zoom after taking a holiday break on Tuesday, January 17 at 7:00 pm. please contact Alex at [tunes@uce.ca](mailto:tunes@uce.ca) to join.

## WALKING GROUP



Walkers carpool from church, leaving at 10:15 am, or meet at the walk site at 10:30 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.

- January 6 – Mackenzie Ravine
- January 13 – Government House
- January 20 – Laurier Park
- January 27 - Hawrelak Park

## UUS ON TAP



6:15 pm, January 30th at  
Brewster's in Unity Square:  
11620 104 Ave NW

## [CUC January Events](#)



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

### **Rising Together: UU Youth and Emerging Adults of Colour**

January 7, 2022, 2:00 pm MT

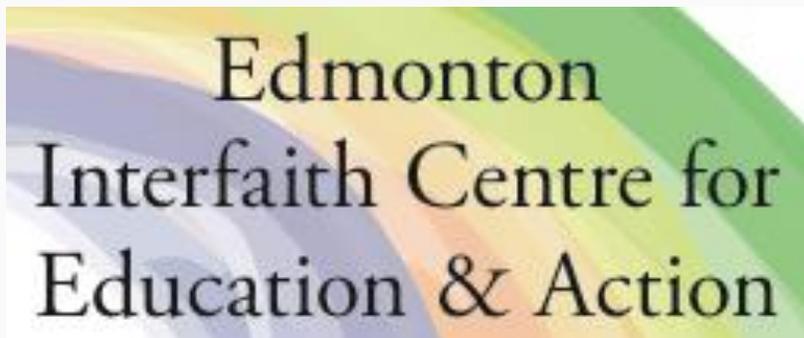
**Connect and Deepen**, Sundays , January 8 and 22, 2:00 pm MT

**Listening Circle with Widening the Circle Canada Team**, Saturday January 14, 10:00 am MT

**UU Connecting**, Sunday, January 15, 5:00 pm MT

**Gathered Here**, Monday, January 16, 6:00 pm MT

**MyceliUUm Youth Network of Canada Gathering**, Saturday, January 21, 12 pm MT



### **Building Bridges Among Faith Traditions**

The Edmonton Interfaith Centre will be hosting an event at the Unitarian Church of Edmonton on Sunday February 5th, 2023 at 2:00 pm. Their annual “Building Bridges Among Faith Traditions” multifaith concert and fundraiser. Performances include classical music; a Hannukah choir from the Jewish Senior’s Centre; a Ukrainian trio, and much more.

# Shaping Our CommUUnity



## **Vision:**

**We open doors to all seekers of spiritual growth and nurture positive change for a just and healthy world.**

## **Mission:**

UCE Mission is to inspire social justice by questioning the status quo, engaging community and inviting all to the table.

We do this by providing an intentionally inclusive home to:

- nurture spiritual growth and transformation
- foster learning opportunities and outreach experiences
- welcome all age groups
- support action for social justice
- be guided by the principles and sources of Unitarian Universalism

## **UCE Covenant of Right Relations:**

With love as our guide, we pledge to create a beloved community of peace and compassion. We trust our ability to work through conflict. As members and friends of UCE, we agree to:

- Honour and respect diversity in values and beliefs as a source of communal strength
- Be truthful, kind and open minded
- Assume good intent and goodwill
- Listen with open hearts and speak with care even when it is uncomfortable
- Talk to, not about, others
- Accept responsibility for our individual acts
- Address conflict promptly and ask for help when conflict is too difficult
- Be steadfast in support of our community in times of disagreement
- Share the ministry of the congregation through our gifts of time, talent and money
- Express encouragement and appreciation for the gifts of others

# 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.

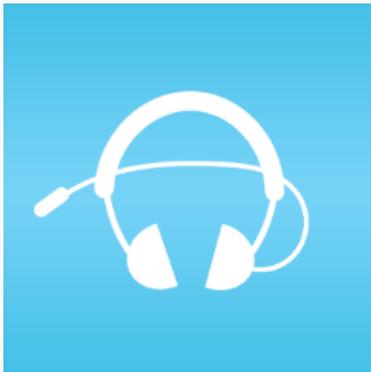
**Please enjoy watching recordings of our Sunday Services again on YouTube or listen as a Podcast on SoundCloud. Just click on the link and don't forget to subscribe while you are there.**

### **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.

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

## People Finder

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President: Mike Keast

Vice President: Brandie Moller

Treasurer, Finance Committee Chair: Andrew Mills [andrew@misc.ca](mailto:andrew@misc.ca)

Trustees: Marilyn Gaa, Susan Ruttan, Lynn Wolff and Gerard Hayduk

Minister: Reverend Rosemary Morrison [minister@uce.ca](mailto:minister@uce.ca)

Church Office: Janet Polkovsky [chadmin@uce.ca](mailto:chadmin@uce.ca)

Religious Exploration Director: Oksana Atwood [dre@uce.ca](mailto: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

# JANUARY 2023 @ THE UCE

SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	31
1 Sunday Service 10:30 am	2	3	4	5 Choraleis Rehearsal 7:30 pm	6 Walking Group 1030 am	7
8 Sunday Service 10:30 am	9	10	11	12 Choraleis Rehearsal 7:30 pm	13 Walking Group 1030 am	14
15 Sunday Service 10:30 am	16	17 Zoom: Mozart to Metal 7 pm	18 Zoom: UCE Board Mtg 7-15 pm	19 Choraleis Rehearsal 7:30 pm	20 Walking Group 1030 am	21 Service Leader Workshop 10 am
22 Sunday Service 10:30 am	23	24 Zoom: Mozart to Metal 7 pm	25 Zoom: Open Hearts Book Club 7 pm	26 Choraleis Rehearsal 7:30 pm	27 Walking Group 1030 am	28 All Ages Cartoons & Cereal 9 am
29 Sunday Service 10:30 am	30 Brewster's: UUs on Tap 6:15 pm	31 Zoom: Mozart to Metal 7 pm	1	2	3	4