



VOL. 64 ISSUE 05 • MAY 2023

THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

MAY'S THEME: PATH OF CREATIVITY



A bird doesn't sing
because it has
an answer,
it sings because
it has a song.

Maya Angelou

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.



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Sunday Services, 10:30 am (unless otherwise stated)

May 7

Creating Mindfully

Chorealis

Chorealis invites you to join in a celebration of creativity. Through songs and readings, we will reflect on the many ways creativity can be incorporated into and enrich our lives.

Following the service, please stay for the Annual General Meeting

May 14

What We Are Creating

Rev. Morrison

On this Mother's Day, please come and participate in this special service. Yes, we will be honouring those who brought us into this world, as well as acknowledging the little ones who have been born recently. Also, during this service, we will be celebrating our new settled minister, Rev. Rosemary Morrison and making a new covenant with her. Rumour has it there may be cake afterward.

May 21 ** 8:30 am National Worship Sunday Service**
Bringing Promises to Life

We will gather from across the nation to celebrate what has brought us to this moment in making manifest our new principle: promoting “individual and communal action that accountably dismantles racism and systemic barriers to full inclusion in ourselves and our institutions.” This is a promise worthy of this time and the fullness of our creative energies.

The Sunday morning worship service will be led by Rev. Eric Meter of the First Unitarian Congregation of Ottawa alongside Rev. Diane Rollert of the Unitarian Church of Montreal, Rev. Fulgence Ndagijimana, youth and young adults, and others.

May 28

What Is Within You?

Rev. Morrison

Vincent Van Gogh said: 'Normality is a paved road: It's comfortable to walk, but no flowers grow on it.' This interactive service for all ages is designed get your creative juices flowing. Come prepared to try something new, have some fun, and discover something out about yourself.

Minister's Reflection: The Path of Creativity

BY REV. ROSEMARY MORRISON

**A child sings before it speaks, dances almost before it walks.
Music is in our hearts from the beginning.
Quote - Pamela Brown**



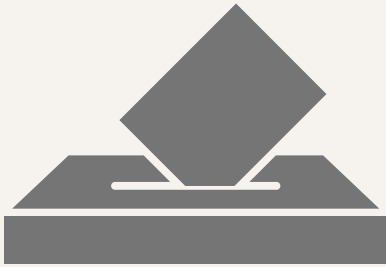
This quote has always struck me, and I was reminded of it when I was with my grandchildren recently. As a newborn, my youngest responded to me singing to him with focused alertness and quietness. My older grandchild is creating constantly; drawing, painting, creating forts, dancing, singing, and so much more. We all start out as creative beings, it is innate in us. The lucky ones among us are encouraged to keep creating, to express ourselves in messy and wonderful ways without worrying about the outcome.

As we mature into adults, the focus unfortunately begins to shift from process to product. It has happened to us all; someone, somewhere, asks us a question that makes us wonder about packing away our crayons and paints and doing something we're better at. Something more important and productive. Then we are told we don't have artistic abilities, can't carry a tune, or have two left feet. Let's push back on that! You're still that same child that created masterpieces, sang to your heart's content, and danced with abandon. What would happen if just once during this month of exploring creativity, you allowed yourself to simply do something creative that you haven't done before or in a very long time? How do you think that would make you feel? What do you think you might try?

Vincent Van Gogh says, Normality is a paved road. It's comfortable to walk, but no flowers grow on it. May thankfully brings us warmer weather, blossoms and flowers, and green grass and foliage. Nature brings beauty and creativity to us in live living colour, so we don't have to look very far for inspiration. During this month of creativity, I encourage you to let go of normal for a moment, a minute, an hour, or even more, and do something that allows flowers to grow in the garden of your soul.

In peace,
Rev. Rosemary

Annual General Meeting



For AGM Reports, please visit:

<https://www.uce.ca/agm-minutes-reports-board-meeting-minutes/>


The church Annual General Meeting will be held after the Sunday service on May 7. Members may attend in person or on Zoom.

We will be approving a budget, choosing new board members, and looking ahead to the next year. A resolution that our delegates to the Canadian Unitarian Council annual meeting will be voting on will also be presented. This motion is to repudiate the Doctrine of Discovery, the idea that Europeans who landed in the Americas 500 years ago “discovered” it, despite the 10,000 years of indigenous life on the continent.



Chorealis would like to thank everyone that supported them and UCE by coming out to their cabaret. The evening was full of beautiful music and wonderful memories. Not only was everyone treated to excellent talent, the event allowed Chorealis to make a financial significant contribution to UCE. Chorealis looks forward to next year and invites everyone to share again in this amazing gala evening.

MAY



YES
youth empowerment & support services

SHARING OUR ABUNDANCE

YES provides immediate and low-barrier 24/7 shelter, a drop-in resource centre, temporary supportive housing, and individualized wrap-around supports for young people aged 15–24.



Soul Matters exists to support this journey of reconnection to life, others and our deepest self.

Click [here](#) for May's packet. Please contact Reverend Rosemary at minister@uce.ca if you would like to join a small group



MOZART TO METAL

Tuesdays, at 7:00 pm.
please contact Alex at 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.

May 5 – Help with Garage Sale

May 12 – St. Albert

May 19 – Emily Murphy (long weekend)

May 26 – John Janzen/Fort Edmonton

UUs on Tap



What a great turn out for April!

Next UU's on Tap:

**May 29 | 6:30 pm at Brewster's in
Unity Square: 11620 104 Ave NW**

Garage Sale Update

The church has been a hive of activity this week with the many volunteers under the guidance of Donna Hamar to sort and price the many treasures that have arrived. As of publication, there is still one more week to go and we are looking forward to even more donations!



Please remember to bring your donated items to Keeler Hall between the hours of 10 am and 3 pm May 1 to 4. Early bird shopping will happen on Thursday between 1 and 4 pm, the garage sale officially kicks off on Friday, May 5 at 8 am. Hope to see many of you drop by for a shop and hotdog!



CASINO VOLUNTEER UPDATE!

About 50% of the Volunteer Spots have been filled. To sign up please go to the link and complete the form for the position you wish to fill.

<https://volunteersignup.org/B73EX>

June 30, July 1
Starlight Casino | West Edmonton Mall

If you have further questions about what is entailed or if you require transport, please reach out to Brandie Moller-Reid. Brandie can be contacted at brmoller@hotmail.com or find her in church! Thank you to all in advance.



When in doubt,
make a fool of yourself.
There is a microscopically
thin line between being
brilliantly creative and
acting like the most
gigantic idiot on earth.
So what the hell, leap.

Cynthia Heimel

Spiritual Exploration
provides opportunities
for growth for all ages.
Contact Oksana at
dre@uce.ca
for more info

MAY

Soul Matters Theme

Creativity



Thursday
11th

Art and Soul
No skill needed,
all ages
7-9pm
large classroom

CUC Symposium
18-23rd

Oksana will be in Ottawa for:

- CUURE meeting with others in the same position
- Symposium to explore dismantling racism and systemic barriers in our institutions.
- OWL training to become a facilitator

Thursday
25th

Art and Soul
No skill needed,
all ages
7-9pm
large classroom

@UCEExploration



www.UCE.ca



UCE Exploration



CARING CONNECTIONS IS FOR YOU



UCE's Caring Connections Project is way for us to help each other out. All members and friends of UCE may access Caring Connections when you need it.

- Are you laid up in a recliner with your leg in a cast?
We can deliver meals.
- Do you need a ride to church occasionally?
Someone can drive you.
- Are you bored to tears in a seniors residence with no car and mobility issues? We can send visitors.

If you need help or you know someone who does, contact your Caring Connections Dispatcher Gloria Krenbrenk at 780-668-9166 or ucecares@uce.com. Let us know if someone should receive a caring card in the mail from their UCE friends.

We need volunteer helpers:

- Nourisher – prepare a soup or meal for delivery
- Transporter – give rides or deliver a meal prepared by a Nourisher
- Visitor – Visit as a friend with someone who can't get out much
- Handihelps – simple repairs or advice on home, garden, auto or technology
- Special Offers – something unique to you than can benefit others

To sign up, contact your Caring Connections Dispatcher Gloria Krenbrenk at 780-668-9166 or ucecares@uce.com. Many thanks to those who have already stepped up.

You are never required to respond to a request. All Transporters, for example, will receive an email request and those who can help will respond, then the Dispatcher matches the request with a Caring Connector.

Confidentiality is maintained at all times, except with mutual agreement of the Receiver and Caring Connector. The Minister is informed of all Caring Connections activities.

Any questions contact Gloria 780-668-9166 or ucecares@uce.com.



CUC May Events and more

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

CUC Annual General Meeting 2023

Friday, May 19: In Person and on Zoom 11:00 am MT

<https://cuc.ca/events/cuc-annual-general-meeting-2023/>

CUC National Symposium 2023

Friday, May 19 – Sunday, 21, 2023

<https://cuc.ca/events/cuc-national-symposium-2023/1684454400/1684684800/>

Chorus: Young Adults at the National Symposium

Friday, May 19 at 11:00 am MT – Monday, May 22 at 10:30 pm MT

<https://cuc.ca/events/chorus-2023/1684501200/1684758600/>

Confluence Lecture: Open Minds | Closed Doors Friday, May 19 5:45 pm MT

UU Ministers of Canada is pleased to announce that Rev. Julie Stoneberg is the 2023 Confluence Lecturer. Rev. Stoneberg ministered for over 17 years with two Unitarian Universalist (UU) congregations in Ontario and recently moved to Wisconsin where she is serving UU Church West as Interim Minister.



"This is the church of the open mind." But beware! Every change involves some loss. Each new idea or concept can threaten our sense of security and identity, causing us to close down and shut our doors. Are the threats we feel real? Are our identities that fragile? A firm foundation that sustains and holds us is a good thing. Yet, I'd like to imagine that the people of the Canadian Unitarian Council can live into our aspirations to be theologically alive (minds open) and radically inclusive (doors open). Can we be the people who risk our comfort to create the life-changing realities that are needed to bring a world of love and justice into being?" Rev. Julie Stoneberg

The Confluence Lecture will be livestreamed on the CUC's YouTube Channel.

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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Minister: Reverend Rosemary Morrison minister@uce.ca
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Head Teller: David Rae
Chorealis Choir: Gordon Ritchie, Karen Mills
Church Services: Gordon Ritchie
Lay Chaplain: Marilyn Gaa
Building and Grounds: Alan Boyle

UCE MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4 Garage Sale 1 pm to 4 pm Choreallis Rehearsal 7:30 pm	5 Garage Sale 8 am to 6 pm	6 Garage Sale 8 am to 4 pm
7 Sunday Service 10:30 am UCE AGM following the service	8	9 Zoom: Mozart to Metal 7 pm	10	11 Art & Soul 7 pm Choreallis Rehearsal 7:30 pm	12	13
14 Sunday Service 10:30 am	15	16 Zoom: Mozart to Metal 7 pm	17 Zoom: UCE Board Meeting 7:15	18	19	20
21 CUC National Service (UCE Zoom Party) 8:30 am	22	23 Zoom: Mozart to Metal 7 pm	24	25 Art & Soul 7 pm Choreallis Rehearsal 7:30 pm	26	27
28 Sunday Service 10:30 am	29 UUs on Tap Brewster's 6:30	30 Zoom: Mozart to Metal 7 pm	31			