

VOL. 64 ISSUE 09 • OCTOBER 2023

THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

OCTOBER'S THEME: THE GIFT OF HERITAGE

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When heritage
becomes a box
instead of an
inspiration,
it has gone
too far.

Brandon Sanderson



Land Acknowledgement

In accordance with our principles, we acknowledge with gratitude that we gather on traditional Cree lands that are 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.



Sunday Services, 10:30 am

October 1 ***Singing, Shouting Celebrating*** **Chorealis**

Join with Chorealis to learn about a few of the founders of Universalism in North America, hear a few stories and sing several hymns, all of which illustrate Universalists' gospel of love, their yearning spirit and their social prophecy.

October 8 ***What's First, Joy or Gratitude?*** **Rev. Rosemary**

On this Thanksgiving Sunday we will pause and reflect on what it means to be thankful. Some say that we need joy in our lives in order to be grateful, others suggest that in order to find joy one must first be grateful. Let's explore the connections between being grateful and living a joyful life.

October 15 ***Where We Come From:
How Digging Into Our Roots can Give Us Wings*** **Rev. Rosemary**

In this service we will think more deeply about this month's theme: The Gift of Heritage. We have all inherited traits and gifts from our ancestors. In this service we will explore where we've come from, and how gaining a better understanding of our roots might help to ground us so that we can become more creative and curious.

October 22 ***The Heritage That is Ours*** **Rev. Rosemary**

What stories about UCE do you hold dear? Who do you remember fondly? In this service we will take time to remember some of the customs and culture of UCE over the years, along with a time to remember those that are no longer with us.

October 28 ***Something Spooky*** **John Sproule**

John Sproule will be leading this service. Come prepared to have an "All Hallows' Eve" experience.

If you would like to join us on Zoom from the comfort of your own home, please use this link:

[https://zoom.us/j/97779453314?](https://zoom.us/j/97779453314?pwd=VVB1VWF5ZUd0UGU1ZXQ5UGVxb0tXQT09)
[pwd=VVB1VWF5ZUd0UGU1ZXQ5UGVxb0tXQT09](#)



The Gift of Heritage

Our Soul Matters theme for the month of October is 'The Gift of Heritage.' Heritage can mean so many different things. It could be activities and traditions that we do every year, like going for walks in the fallen leaves, carving pumpkins, or giving thanks. It can also mean the part of the world our families originated. What is the heritage of your people?

Fall is my favourite time of the year marked by the splendour of the trees and shrubs, the crispness of a fall morning, and the promise of a warm afternoon walk. Fall and spring, those transition seasons allow us to take stock of our lives. Transitions ask us to slow down a little and revel in the fleeting beauty, to look back at the past season and plan for the season ahead. Some of us put up stores for the winter, while others, like me, rely on farmer's markets and grocery stores to keep our larders well stocked.

Fall reminds us that life itself is fleeting and can goad us into getting a few last-minute summer things done that we enjoy doing. We here in Northern Alberta know there isn't much time now before the snow flies! By the time the last days of October are upon us, it will be feeling much more like winter than summer, so let's make the most of these beautiful fall days. Find some leaves to crunch under your feet or kick about, enjoy the warmth of the afternoon sun on your face, and allow yourself to notice the changing of the season and more importantly, the changes in yourself since last fall. Here is a piece that may help you think of this time of year in a different way.

Letting Go – New Beginnings

*Watch and learn from the trees,
their leaves are dying.*

*Yet they do not suffer in silence,
they are shouting death from
the tree tops...*

*"Look, look!" each leaf proclaims
in vibrant colour.*

*This is the season of new beginnings,
of fresh starts, a chance to try again.*

Do the trees know they will leaf out again?

*Is that why they bravely allow each
precious little one to fall from their grasp?
Learn from the trees.*

*As they let go, beauty emerges...
with each falling leaf, each bare branch,
and with the promise of new life in the
spring.*

- by Rev. Rosemary

In peace,
Rev. Rosemary



Click [here](#) for
October's Guide

- **Registration Deadline: Oct 8**
- **No Charge**
- **Indicate your interest to Rev. Rosemary**
- **Participants will be divided into groups**

Upcoming themes:
Welcome, heritage,
generosity, mystery,
liberating love, justice
and equity,
transformation,
interdependence,
pluralism and renewal

submitted by Louise Charach

What it is:

Soul Matters Sharing Circle is a network of UUs who follow monthly themes from September to June that link to church themes. It is self study and small group discussion.

Soul Matters overall frame for 2023-24 is "The Gifts of Faith." We will focus on ten UU values and explore their potential to shape us and the world.

My experience

I took a leap to participate last year as I was not clear on what Soul Matter was, but was interested in UCE adult education. (The need for adult education was identified as a need when we did our UCE group work last Spring). We were signed up into groups with a facilitator and at the beginning of each month, we received a package of materials which covered questions, exercises, quotes, articles, videos, books and movies which we worked on independently. At the end of the month, we gathered as a group to share our thoughts. Our group did this on Zoom but there may be an option to meet in person too if there is enough interest.

My recommendation:

What a delight to consider a theme and look at it from several angles. The obvious, the hidden, the thoughts of others ,implications for our own growth and the planet. It is an opportunity to take time for reflection, guided by the comprehensive package which leads you to examine the many layers of the concept under discussion. Spend the amount of time you wish in preparation for the small group discussion. No pressure at all.

Soul Matters is a gift to ourselves and it felt to me as a channel for grace!

NEWS FROM THE UCE BOARD:

- The board had a wonderful annual retreat on Sept. 23 at the home of our president, Brandie Moller-Reid. Great conversation, good food. Zoe Larsen's wonderful salad and Marilyn Gaa's rhubarb cake were standouts.
 - Jones Harvey was approved as our eighth new member of 2023. Jones, who is 23, has been attending services for the past year. Others who have joined our church since Jan. 1 are Lori Campbell, Clinton Ouderkirk, Declan Kiely, Myra Bielby, Grant Harlton, Beth Storheim and Erica Deneve. Please make them feel welcome!
 - Many churches sit empty much of the week; not ours. Thanks to the work of our administrator, Janet Polkovsky, our church has all sorts of groups using it. We have four choirs (plus our own) practising here, as well as an orchestra. We have a Food Bank depot, the Dragging Youth shows, various support groups, and an occasional small church that needs space to meet. Our kitchen has all sorts of renters. In particular, we have a group who make mocktails (non-alcoholic drinks). Other periodic users include Mushrooms and More, Flava Kitchen, Paradise Grill, Nordsea, and Thrill of the Grill.
- Susan Ruttan, board secretary, ruttans@shaw.ca

SOUP'S ON! OCT 15



Welcome back our first Soup Sunday of the year on October 15th after the service.

There is a sign up at the church to make your favorite pot. Please add your name to the list. If possible, bring your soup in a crock pot before the service and make a label indicating the kind and if it is vegan, gluten free, and/or dairy free.

FREE Educational Sessions about Wills

Do you have peace of mind that your wishes are clearly captured in a good will? Why's that important anyway?

UCE's Endowment Trustees (Jan McMillan, John Turvey & Ruth Merriott) encourage you to take advantage of free seminars conducted by qualified lawyers. These are set up by the Edmonton Community Foundation.

WILLS & ESTATES 101 - provides a general overview of things to keep in mind when preparing your estate plan, and addresses common questions for wills and other documents. There are 5 in-person sessions and 1 webinar:

MONDAY, OCTOBER 2 | 10:00 - 11:30 AM, West End Seniors Association (Games Room) 9629 176 Street NW, Edmonton

MONDAY, OCTOBER 2 | 2:00 - 3:30 PM, Central Lions Seniors Association (Small Auditorium, Room 8) 11113 113 Street NW, Edmonton

TUESDAY, OCTOBER 3 | 10:00 - 11:30 AM, Southeast Edmonton Seniors Association, 9350 82 Street NW, Edmonton

WEDNESDAY, OCTOBER 4 | 10:00 - 11:30 AM, WEBINAR: Registration in advance is required via weblink below.

WEDNESDAY, OCTOBER 4 | 6:30 - 8:00 PM, Millwoods Seniors and Multicultural Centre (Multipurpose Gym) 2610 Hewes Way NW, Edmonton

THURSDAY, OCTOBER 5 | 10:00 - 11:30 AM, ACT Aquatic and Recreation Centre, 2909 113 Avenue NW, Edmonton

Check out ecfoundation.org/wills-week for more details, other sessions,, to confirm whether sessions have changed, to register, or for ECF contact email and phone number. Other Wills Week sessions include:

- "Wills & Estates 101" in French,
- "Family Maintenance and Support Claims,"
- "Tax Considerations"
- "Fighting Terms of the Will"
- "Family Feud – Stories from Real Practice"

Fridays are for Food and Fun!

Friday | October 20 | 5:30



Wouldn't it be nice to not have to worry about dinner on a Friday night? Rev. Rosemary is inviting you to 'Fridays are for Food and Fun' on October 20th. Rev. Rosemary will provide a pot of chili, coffee, tea, and activities for you to take part in. You could bring some food to share if you like, a board game or other activity you might like to share, and a desire to have fun. Bring your friends, family, neighbours for this family friendly evening of sharing food, conversation, laughter, and fun.

The atmosphere will be relaxed, casual, and friendly.

Mark off the third Friday of every month for this monthly event.

This month: October 20th at 5:30 at UCE

Next one: November 17th at 5:30 at UCE



OCTOBER

SHARING OUR ABUNDANCE

UU-UNITED NATIONS OFFICE

The UU-UNO is a non-governmental organization in association with the United Nations Department of Global Communications and in consultative status with the United Nations Economic and Social Council. The UUA Office at the UN represents the UUA and the Canadian Unitarian Council at the United Nations, where we promote the goal of world community with peace, liberty, and justice for all, as reflected in the United Nations Charter. Through targeted education, advocacy, and outreach, we engage Unitarian Universalists in support of international cooperation and the work of the UN.

WALKING GROUP



We meet each Friday at 10.30am at the walk site. This is a drop-in group and everyone (including furry friends) is welcome. If you have not joined us before, please call Sheila at 780-243-7581 the day before just in case there are changes.

October Walks:

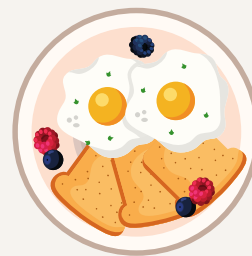
- 6 Government House Park
- 13 Emily Murphy Park
- 20 Muttart
- 27 Nellie McClung Park



UUS on Tap at a New Time!

**5:30 pm, October 30th at
Brewster's in Unity Square:
11620 104 Ave NW**

**Come and take advantage of the
specials that end at 6 pm and
catch up on everyone's news.**



*You're
Invited!*

For several years many of us have met on Sunday's after church at Albert's Restaurant, 10604-124 Street. Anywhere from 6-18 enjoy having brunch together. Feel free to join us any Sunday after the service coffee and fellowship!

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.

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.

**THE EDMONTON UNITARIAN
IS PUBLISHED MONTHLY
by the UNITARIAN CHURCH OF EDMONTON Vol. 64 No. 7
10804 119 Street, Edmonton, AB T5H 3P2
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People Finder

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Vice President: vacant

Treasurer, Finance Committee Chair: Andrew Mills andrew@misc.ca

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Minister: Reverend Rosemary Morrison minister@uce.ca

Church Office: Janet Polkovsky chadmin@uce.ca

Head Teller: David Rae

Chorealis Choir: Gordon Ritchie, Karen Mills

Church Services: Gordon Ritchie

Lay Chaplain: Marilyn Gaa

Building and Grounds: Alan Boyle

2023 October



SUN	MON	TUE	WED	THU	FRI	SAT
1 Sunday Service 10:30 am	2	3	4	5 Chorealis Rehearsal 7:30 pm	6 Walking Group 10:30 am	7
8 Sunday Service 10:30 am	9	10	11	12 Chorealis Rehearsal 7:30 pm	13 Walking Group 10:30 am	14
15 Sunday Service 10:30 am Soup Sunday 11:45 am	16	17	18	19 Chorealis Rehearsal 7:30 pm	20 Food and Fun w/ Rev. Rosemary @UCE, 5:30 pm	21
22 Sunday Service 10:30 am	23	24	25	26 Chorealis Rehearsal 7:30 pm	27 Walking Group 10:30 am	28
29 Sunday Service 10:30 am	30 UUs on Tap 5:30 pm @Brewsters	31	1	2	3	4