

VOL. 64 ISSUE 10 • NOVEMBER 2023

# THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

## NOVEMBER'S THEME: THE GIFT OF GENEROUSITY



### November's Package

#### THIS ISSUE:

Service Descriptions	pg. 2
Minister's Reflections	pg. 3
Church Business, Directory	pg. 4
Letter from the CUC	pg. 5
Letter from Gordon	pg. 6
Friday Food and Karaoke	pg. 6
November Events	pg. 7
In Our Hearts	pg. 8
Caring Connections	pg. 9
Westwood, CUC Events	pg. 10
Vision, Mission & Covenant	pg. 11
Principles & Sources	pg. 12
Social Media	pg. 13
Listen Everywhere	pg. 14
People Finder	pg. 14
Pullout Calendar	pg. 15

We are cups,  
constantly and  
quietly being filled.  
The trick is knowing  
how to tip ourselves  
over and let the  
beautiful stuff out.

Ray Bradbury



#### 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

### **November 5 *What Are You Doing With All Those Gifts?***

You've heard the expression about letting your little light shine. What are some of the ways in which we need to share our gifts more abundantly and what might happen if we do let our light shine? How will it make us and others feel when we begin to recognize fully our potential?

### **November 12 *What We Give: How Practicing Generosity Changes Us***

There are so many different ways we can be generous, and sometimes we can become generous to a fault. Generosity like gratitude can bring us joy, when we give of our time and talent to the causes and people we believe in, our lives are enriched. How do we maintain a balance, know when to say yes, and also know when we have to say no. Being free to say no makes yes real, welcome, and joyful.

### **November 19 *Title: T is for Transgender***

November 20th is 'Transgender Day of Remembrance,' and so on this Sunday we will explore this topic. Please come to hear many voices that have in-depth and personal experience. As well, we will remember those that have lost their lives due to the fact that they were a trans person.

### **November 26 *National Worship Sunday Service: Reemerging, Reimagining, & Renewal***

Join with Unitarians across the country to watch the service while enjoying a pancake breakfast with the Board! Stay after the service and help deck the halls with Gordon Ritchie!

Zoom and YouTube Live details to be provided soon!

<https://cuc.ca/events/national-worship-sunday-service-reemerging-reimagining-renewal/1701003600/1701010800/>

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



## The Gift of Generosity



*We often associate kindness with giving. I think that's true, but I've also come to believe that there is a deeply spiritual type of kindness that happens when we give ourselves permission to receive.*

**-Brené Brown**

I don't know about you, but this quote by Brené Brown really describes some of my own struggles. How much do I need to sacrifice or give or do in order to be worthy of receiving something special, or even something mundane. Beginning to think of

one's own self as good enough or deserving really touches on some of our core and fundamental issues that we as humans find difficult.

As I look back on my own spiritual journey it doesn't seem very long ago that the negative voice that played in my head (tapes), belonged to my father's voice letting me know that I'm not good enough and that I am not worthy. I grew up in a dysfunctional household: my father had severe PTSD from being on the European front as a wireless operator during the second world war, and he wasn't capable of being a thoughtful parent. Instead, he hoarded his attention unless there was something I was in trouble for. I grew up thinking that I was undeserving of kind attention or nice things, and those negative voices deeply ensconced in my brain confirmed this message.

Little by little as I unraveled the negative tapes, I began to see how they weren't about me, but rather about the negative messages given to me by others that were in pain. This was a gift I was no longer willing to receive or believe about myself.

As we go through this month exploring the vast topic of generosity, keep in mind that it is not just what we give, but how we allow ourselves to also receive. Do you believe you are worthy to accept generosity from others? Is your heart open enough to hear kind words being said to you without deflecting or apologizing? Are you allowing yourself to see the beautiful you that you are that everyone around you sees?

May you know that you are worthy, you are loved, and that you are beautiful!

In peace,

Rev. Rosemary

## NEWS FROM THE UCE BOARD:

- Our church has agreed to host the big annual gathering next May, of Unitarian Universalist youth from across the country. The gathering, called CanUUdle, will use our church on the May long weekend to eat, talk and sleep. We will be needing some volunteers, and staff from the Canadian Unitarian Council will run the event.
  - CanUUdle is a very special event for UU teenagers across Canada. They make deep friendships, and have lots of fun.
  - On Thanksgiving weekend, our church welcomed the Kaleo Collective, a non-profit that supports local single mothers and their children. The collective used our kitchen and social hall to put on a fine Thanksgiving dinner for 65 moms and children. We were happy to help.
  - The board wants to improve its connections to the congregation. Watch for a new poster showing the faces and names of our current board members. As well, the board is going to discuss having several congregational meetings a year where it can share what's going on, and people can share their questions and concerns. More on this later.
- Susan Ruttan, board secretary, [ruttans@shaw.ca](mailto:ruttans@shaw.ca)



Please contact the Church Administrator at [chadmin@uce.ca](mailto:chadmin@uce.ca) or call 780-454-8073 for your copy of the Directory. Please indicate in your message if you would like a paper copy or a pdf emailed to you.



## National Voice Statement on Conflict between Israel and Hamas

### October 12, 2023

FROM

Our hearts are with all in Israel and Gaza who are suffering and living in fear, and with all those whose lives have been lost. To the members of our community who are Israeli, Jewish, or Palestinian, we are with you in your sorrow and your grief.

THE

We join other faith organizations in calling on the Government of Canada to seek a peaceful resolution to the situation in Israel and Gaza, one that honours international human rights agreements and our commitments to international law and international conventions.

As Unitarian Universalists, we affirm and promote “the inherent worth and dignity of every person” and aspire to “the goal of world community with peace, liberty, and justice for all.” Our Principles call us to condemn all acts of violence against civilians.

CUC

“There is no context that justifies the immeasurable suffering civilians in Israel and Gaza endure. People of all ages are being wounded, killed, terrorized, and taken hostage,” says. Rev. Samaya Oakley, President of the Unitarian Universalist Ministers of Canada (UUMOC).

Vyda Ng, Executive Director of the Canadian Unitarian Council (CUC) adds: “We do not believe that the solution is for more armed military, and we are in opposition to actions that violate the spirit and letter of international law. The starting point is to recognize our shared humanity and the interdependent web of life that binds us together.”

Ng quotes Valerie Kaur, author of *See No Stranger* and founder of the Revolutionary Love Project: “If you want to help but don’t know how: begin in relationship. Who in your life is hurting from this? Offer to walk with them, listen to them. There is no fixing grief, only bearing it together.”

We invite Canadian Unitarian Universalists and other people of conscience to write to their Members of Parliament, urging the Government of Canada to take a just, constructive, and human rights-based approach to the current conflict. ([Sample letter](#).)





# NOVEMBER

## SHARING OUR ABUNDANCE

Each month the UCE splits half of the unidentified contributions with a chosen charity. November traditionally is designated for the CBC's Turkey Drive, in support of the Food Bank (now rebranded as Make the Season Kind).



<https://www.edmontonsfoodbank.com/>



## UUs on Tap

**5:30 pm, November 27th 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!



**To download November's theme  
package for small group /sharing  
circles, please click [here](#)**

## 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.

### November Walks:

- 3 – West End Seniors' Centre – walk around the lake and have lunch at the Centre (9629-176 St)**
- 10 - Laurier Park – Happy & Olive (formerly Jeffrey's/Blackbird)**
- 17 - Government House – Café Rista**
- 24 –Griesbach – Café TBA**

# In Our Hearts

## Barbara Appleton

As can be seen by the display of quilts in this picture, Barb was an exceptional seamstress. She once made a special Arctic parka for Rev. John Marsh (who was a very tall person), with a beautiful zippered overcoat. For years Barb had a kiosk at the St. Albert market, where her many creations were displayed. She had a love of chickens, and used their images on many items. Barb was much loved by many people as she had such a welcoming nature. She and Jim Appleton married at UCE 31 years ago, & volunteered their time and joy.



## Bonnie Sharplin



Bonnie will be lovingly remembered by families on two sides of the world. Her son Scott, attended the RE program as a small child and Bonnie became an active participant at the UCE. A person with a heart as big as all outdoors, she helped start a school in Nepal and adopted a Nepalese family who she was helping come to Canada. Gita, her daughter-in-law arrived here from Nepal at the end of September and was able to be a blessing for Bonnie's last days.



## 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](mailto: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](mailto: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](mailto:ucecares@uce.com).



## THE WESTWOOD UNITARIANS PRESENT: BEYOND LAND ACKNOWLEDGEMENTS

Reconciliation Soup & Speaker Series

November 17 | 6 -8 pm

Registration Free and Required

Interested in learning more, and engaging in activities to encourage reconciliation?

Curious about earlier and current indigenous inhabitants of Treaty Six territories, what wisdom has been passed down?

Wondering how (re-)connecting to each other and our indigenous neighbours helps us on the path to truth and reconciliation?

This continuation of Westwood's speaker series adds an opportunity to join us on a Friday evening for soup, stories and conversation.

<https://www.westwoodunitarian.ca/beyond-land-acknowledgements/>

## CANDIAN UNITARIAN COUNCIL

### Gathered Here

Tuesday, November 14, 2023 | 6:00 p.m. MT

<https://cuc.ca/events/gathered-here-november-2023/1699992000/1699997400/>

### Decision Making Exploration Team: Practicing Together – Formal Consensus Decision Making

Saturday, November 18, 2023 | 11:00 am MT

<https://cuc.ca/events/decision-making-exploration-team-practicing-together/1700312400/1700319600/>

### Connect and Deepen: Looking for Light

Sunday, November 19, 2023 | 2:00 pm MT

<https://cuc.ca/events/connect-and-deepen-nov/1700409600/1700415000/>

### Working Well Together: Congregational Workshops for Resilience & Renewal

Saturday, November 25 | Part 1: 10:30 am MT (90 minutes)

<https://cuc.ca/events/working-well-together/1700915400/1700937000/>

### National Worship Sunday Service: Reemerging, Reimagining, & Renewal

Sunday, November 26 | 11 am MT | Information coming soon

<https://cuc.ca/events/national-worship-sunday-service-reemerging-reimagining-renewal/1701003600/1701010800/>



# 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.



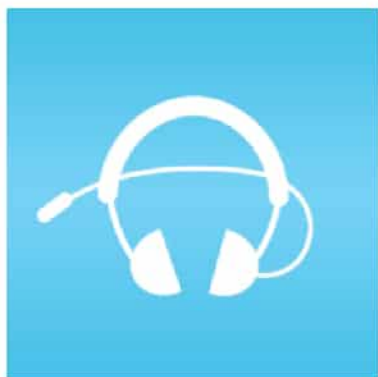
**Please enjoy watching recordings of our Sunday Services again on YouTube or listen as a Podcast on SoundCloud. Just click on the link and don't forget to subscribe while you are there.**

**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. 10  
10804 119 Street, Edmonton, AB T5H 3P2  
Phone 780-454-8073 Fax 780-452-1641**

**E-MAIL [chadmin@uce.ca](mailto:chadmin@uce.ca) WEBSITE [www.uce.ca](http://www.uce.ca)**

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

## **People Finder**

UCE Board: [board@uce.ca](mailto:board@uce.ca)

President: Brandie Moller

Vice President: vacant

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

Secretary: Susan Ruttan

Trustees: Marilyn Gaa, Lynn Wolff, Gerard Hayduk, and Zoe Larson

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

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



11

NOVEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Walking Group 10:30 am	4
Sunday Service 10:30 am 5	6	7	8	9 Chorealis Rehearsal 7:30 pm	10 Walking Group 10:30 am	11
Sunday Service 10:30 am 12	13	14	15 Board Meeting 7:15 pm   Zoom	16 Chorealis Rehearsal 7:30 pm	17 Walking Group 10:30 am Fridays are for Food and Fun @ UCE, 5:30 pm	18
Sunday Service 10:30 am 19	20	21	22	23 Chorealis Rehearsal 7:30 pm	24 Walking Group 10:30 am	25
Sunday Service 10:30 am 26	27 UUs On Tap 5:30 pm @ Brewsters	28	29	30 Chorealis Rehearsal 7:30 pm		