

VOL. 65 ISSUE 07 • SUMMER 2024

# THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

## Church Office Summer Hours

9 am to 2 pm  
Sunday, Monday,  
Tuesday, Wednesday

The office will be closed on  
July 1, August 5 and Sept 2.

"To see the summer  
sky is poetry, though  
never in a book it lie—  
true poems flee."

– Emily Dickinson

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### 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.





**The Summer Services** at the UCE beginning June 30th and throughout July and August will be brought to you by the members of the UCE congregation, our friends and special guest speakers. **Services will not be broadcasted and will only be in person.**

This will give a much needed break to all of our AV and online volunteers so they can greet you refreshed and ready to zoom in September! Please visit [page 5](#) for online alternatives to get your UU fix!

## Sunday Services, 10:30 am

**June 30**

**Summer Share and Sing**

**Ilara Stefanuik-Gaudet**

Join us for an in-person sharing and singing circle to launch our summer services! Our Soul Matters theme for June is "Renewal," and we will be exploring this theme together to celebrate the end of our church year and the beginning of a new season!

**July 7**

**A Journey of Faith**

**Martin Kerr**

**Service Leader: John Sproule**

This morning we welcome special guest Martin Kerr. We know Martin as a singer/songwriter but today he will share with us his experience as a member of the Baha'i faith.

**July 14**

**Music and the Spoken Word**

**Audrey Brooks**

Audrey Brooks will host this well attended event, where church members and guests from the Stroll of Poets will share a broad range of offerings, while the audience enjoys tea, coffee and goodies. If you would like to offer music or words, please let Audrey know [audbrook@telusplanet.net](mailto:audbrook@telusplanet.net)

**July 21**

**The Malleable Mind**

**David Haas**

"Look what they done to my brain, ma" (Melanie Safka)

This service will delve into the unsettling realm where attempts to alter attitudes and behaviors bypass rational discourse or coercion, instead targeting the very fabric of human perception and thought. Through the examples of "The Manchurian Candidate", the MKUltra project and the Recovered Memory Movement, this service will illuminate the enduring ethical and psychological implications of controlling human behavior.

**July 28**

**Acupuncture**

**Dr. David Leicht**

The practice of acupuncture began approximately 3000 years ago and is accepted worldwide as an effective healing modality. Acupuncturist, Dr. Dale Leicht, will introduce history and application of this ancient art and science.

# Sunday Services, 10:30 am

**August 4**

**Return of the Buffalo**

**John Walker**

Bison are reclaiming their ancestral grounds across the Great Plains of North America, from Colorado's Laramie Foothills to Montana's American Prairie herd, and from Saskatchewan's Grasslands National Park to Alberta's Banff National Park. This return marks a pivotal moment for ecological, cultural, and spiritual rejuvenation in the heart of North America. The Foothills Bison Restoration Society aims to reintroduce Bison to significant public lands on Alberta's Eastern Slopes, fostering ecological restoration, reconciliation with Indigenous and Métis communities, and renewing cultural ties to Canada's and Alberta's history.

John is an avid amateur naturalist, a socialist and passionate explorer of the Alberta wilderness. He works as a psychotherapist, primarily in the area of complex trauma. Educated as a Geographer/Biologist, Pastoral Counsellor and Clinical Social Worker he is preoccupied with the relationships between ecology, capitalism, spirituality and well-being.

**August 11**

**Neurodivergence and Community**

**Erica DeNeve and Eryn Straube**

Not so very long ago it was commonly believed that people on the autism spectrum didn't understand feelings like compassion and empathy. It was believed that people with ADHD really lacked willpower and maybe were a little lazy too. Pretty much any flavour of neurodiversity was met with either a medication or a treatment promising to make these folks (usually kids) "normal". Normal is a dryer setting. What neurodivergent people need, what we all need, is community. Join us to explore what inclusive community would look like.

**August 18**

**Net-Zero Emissions by 2050**

**Andrew Mills**

The Net-Zero Emissions Accountability Act of 2021 has the goal of reducing emissions to zero by 2050. What do we mean by net-zero and how will we get there? What can you do to help reduce your personal emissions? I will review the status of this and other initiatives to see how we are doing on climate change.

**August 25**

**My Favourite Things**

**Susan Ruttan**

We will share some of our favourite things, big and small, things that bring us joy. Favourite birthday, holiday, food – maybe "raindrops on roses and whiskers on kittens", as Julie Andrews sang long ago in The Sound of Music.

## **Homecoming, Sunday, September 8 (in person and online)**

On September 8 UCE will be celebrating 'Homecoming' complete with a water communion. Here's your part: while you're out and about this summer, collect a sample of water from your favourite lake, stream, cove, hotel, or river and bring it with you to the service on the 8th. Don't worry if you forget, there will be symbolic water for you, and also opportunity for online participants to feel included in this celebration of summer respite.

# Summer's Ministerial Reflections



Things have been unseasonably cool this spring outside, but not so inside our Unitarian Church of Edmonton. I have been so impressed with all our folks that have stepped up to make things happen on Sunday mornings and beyond. I can't thank you enough.

Did you know that we now have a Membership Team? There are four of us on that team, we could use at least two more so that I can hand this team off to capable hands.

There is also now a Pastoral Care Team. There is more about that separately in this newsletter. These folks can assist in all manner of pastoral care needs including hospital visits. They are all already competent in this area, and are going through UUA pastoral care team training over the summer. We are very lucky indeed to have these wonderful folks volunteering in this capacity.

There have also been some exciting initiatives over the year to get interesting and fun things going. Movie night, Trans potluck, labyrinth walks, to name just a few. Look for more things happening in the next church year that UCE folks are initiating and coordinating. We have so many talented and creative people in this congregation!

As we wind down this church year, I would like to once again thank everyone who; participated, attended, created, cooked or made coffee, set up chairs, took down chairs, was on the tech team, led services, worked the garage sale, and everything else under the sun! Thank you from the bottom of my heart.

As I take a break I will begin to plan for next year, do some studying, have some fun, visit with friends and family, and come back refreshed and ready to be once again amazed by the wonderful leaders at the Unitarian Church of Edmonton.

See you in September at Homecoming Service,

In peace,  
Rev. Rosemary



## Introducing UCE's Pastoral Care Team

We are a new team here at UCE. Our mandate is to respond to the Pastoral Care needs of the congregation. The team members are: Chantal Blanshard, Carol Hutchings, Gloria Krenbrenk, Alec Moorji, and Rev. Rosemary Morrison. Gloria Krenbrenk's primary role will continue as coordinator of the Caring Connections Project, there is no change in this role other than Gloria is now part of this team and has our support. Alec, Carol, Chantal, and Rev. Rosemary are able to respond to most pastoral care needs, be it a visit at home or hospital or simply offering a listening ear.

The exciting part is that this team will be on call while Rev. Rosemary is away on vacation and study leave. To access this team there is an easy way to do this. Simply go to our website, click on Contact Us, and on that page is a button to make a request to the pastoral care team. All members of the team will be alerted. Here is the link to the correct page: <https://www.uce.ca/contact-us/>

On this page you will find these words: The Pastoral Care Team provides practical, spiritual and emotional assistance and support to members, friends and staff of UCE. We take this heart, and want everyone to know that we care and that our services are for everyone.

We feel privileged to serve UCE in this special way.

Sincerely,  
Alec, Carol, Chantal, Gloria, and Rev. Rosemary

## Alternatives for our Zoom Community

Are you looking to connect with a online community and enrich your spiritual journey over the summer while UCE volunteers take a much needed break? We invite you to check out the online services at the Unitarian Universalist Church in Fort Collins. Their community is blessed with exceptional ministers, including Sean Neil-Barron, who brings insight and compassion. Here are the details you need to join: <https://foothillsuu.org/sunday/>

We understand that some of our sister congregations in Calgary and Saskatoon have different summer schedules. If you're in Calgary, please note that services are currently in person only. Saskatoon is not meeting at all over the summer.

Additionally, you are welcome to join the Vancouver Unitarians' online service, streaming live via YouTube at 10:00 am MT (11:00 am Pacific). Here's the link to their service: [Vancouver Unitarians Online Service](#)

Whether you're seeking solace, community, or simply a moment of reflection, we encourage you to join an online service this summer and we will see you again on September 8th.





# Summer News

## SHARING OUR ABUNDANCE:



<https://www.ceasenow.org>

The mission of Boyle Street Community Services is to end chronic homelessness. Our vision is to see that all people grow healthier through involvement in strong, accepting and respectful communities.

## JULY

Works in cooperation with community, government, and law enforcement to help sexually exploited and trafficked persons heal and renew their lives.

## AUGUST



## Trans/Queer Potluck



The UCE is hosting a monthly potluck support group for trans and queer folx to gather in community and support each other. Held the fourth Sunday of every month directly after the church service (around 11:30 am) in the large Classroom. All trans and queer folx are welcome including minors (with parental consent under 15), and any questioning individuals too. Lack of resources will not be a barrier, there will always be food to share, join us!

Don't Forget About  
Soul Matters!

## ADULT EDUCATION OPPORTUNITY

Consider joining Soul Matters for ideas, insights and self-growth. Upcoming themes include the intriguing concepts of Invitation, Deep Listening, and Repair. Starting in September.



Soul Matters



# SAVE THE DATE!

[HTTPS://WWW.CHILDHAVEN.CA](https://www.childhaven.ca)

**SUNDAY | OCTOBER | 6 | 1 PM**

## **CHILD HAVEN INTERNATIONAL LUNCH (AFTER THE SERVICE)**

Child Haven is a charitable organization begun 39 years ago by former Unitarian Minister Fred & Bonnie Cappuccino who began by adopting 19 children from around the world. In realizing a greater need for child support they initiated the creation of homes, hiring local staff to clothe, feed, educate and care for them. Today Child Haven International cares for over 1300 children in nine homes in India, Bangladesh and Nepal.

The luncheon at UCE will encompass the sale and auction of items from Nepal, India and Bangladesh. Also most welcome are local donations of items or services such as cabin stays, massage, etc.

Please contact Sylvia Galbraith at [sgal249@gmail.com](mailto:sgal249@gmail.com) or 780-455- 6741 to offer your item(s) and make arrangements.

Further information is available by contacting any members of the organizing committee including Sylvia Krogh, Jan McMillan, Donna Hamar, Maureen Day and Edwina Madill.

# 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).



# 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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## **People Finder**

UCE Board: [board@uce.ca](mailto:board@uce.ca)  
President: Lynne Turvey  
Vice President: vacant  
Treasurer, Finance Committee Chair: Andrew Mills [andrew@misc.ca](mailto:andrew@misc.ca)  
Secretary: Susan Ruttan  
Trustees: Marilyn Gaa, Gerard Hayduk, Wendy Smith, Art Breier  
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