

VOL. 65 ISSUE 09 • OCTOBER 2024

THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

LIVING LOVE THROUGH THE PRACTICE OF DEEP LISTENING



October's Package

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Our listening
creates sanctuary
for the homeless
parts within the
other person.

Rachel Naomi Remen



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

Oct 6

Be Still, Look Up and Listen

Chorealis

“How will you know what wondrous beauty the night beholds until you look up and listen?” asks one of our songs. How much in life are we missing by not taking the time to be still and listen deeply? Howard Thurman wrote, “The streets of our minds seethe with endless traffic; our spirits resound with clashings, with noisy silences, while something deep within hungers and thirsts for the still moment and the resting lull. The questions persist: what are we doing with our lives?—what are the motives that order our days?” Let’s take time to listen together and seek answers to these questions.

Oct 13

With Thanksgiving: Listening with Deep Gratitude

Rev. Morrison

In this Thanksgiving service we will explore how gratitude can bring joy and meaning to our lives. This service will be full of opportunities to sing, share, and of course listen!

Oct 20

Welcome Back, Brian

Rev. Kiely

“Mom Always said, Don’t Get Old”

We are delighted to announce the return of Rev. Brian Kiely to our congregation in the honored role of Minister Emeritus. After years of dedicated service and leadership, we now celebrate his continued presence and wisdom in this special capacity. Please join us for a meaningful service and reception as we welcome Rev. Kiely back to our community.

Oct 27

Listen to the (Spooky) Story: A Family Friendly Service

Rev. Morrison

They say that this time of year the veil between this world and the next is thin. Have you had an experience with this thin veil? Do you have any real and personal ghost stories? The Samhain service will delve into some stories that might make you shiver!

Oct 27

To Listen Deeply to Each Other

Rev. Morrison

Rev. Rosemary will be leading this quiet meditative service and will be in person only. There will be poetry, music, candles, to help us listen and share deeply.



We look forward to seeing you all on Zoom from the comfort of your own environs. Please use this link:
<https://zoom.us/j/97779453314?pwd=VVB1VWF5ZUd0UGU1ZXQ5UGVxb0tXQT09>

October's Ministerial Reflections



I recently made a trip into the mountains for a family gathering. I was, as I am every year, astounded by the beauty my eyes beheld. This time of year, whether we are in the mountains or within the Edmonton city limits, we are treated with a display of colour as the trees prepare for winter. I find it interesting this liminal or in-between time is when the leaves and trees go all out in splendor.

I wonder what we can learn from the trees, especially in this month of exploring the theme of deep listening. I like the idea that even though change is scary, it can also be where beauty is hiding. The leaves are going to let go and fall to the ground pretty soon, leaving us with a different view to enjoy over the next several months. This act is necessary for the next stage to come into being. If we learn from the trees, it's necessary to let go of things, and just like the trees, it will make room for new life, new growth, and new beginnings.

We are reminded every moment we step outside our homes or look out of our windows that nothing stays the same, nature is always in flux. The same is of course true of us as human beings whether alone or in community, we too are always in flux. The tricky part is figuring out what we need to hang onto, what we need to let go of, how we want to be in this world, and what we wish our impact to be.

In this month of exploring deep listening, let's first listen to ourselves. Let's dig deep with wonder and curiosity and ask of ourselves what it is we need to let go of to become our best selves. Also, what does The Unitarian Church of Edmonton need to explore and discover to become its best self? Each day, month, season, and year we have a chance to review and reflect, and then start over, do a course correction, or stay on track. Let's move mindfully forward personally and collectively through this time of beauty and change.

Let's listen deeply to ourselves and to one another!

In peace,
Rev. Rosemary

Church Business

Board Highlights by Lynne Turvey

Fall seemed to arrive slowly, but your Board of Trustees ramped up quickly for the year ahead. We met on a Saturday afternoon in September to reconnect as a team and refresh our aspirations as the governing body.

The planning retreat brought out many perspectives on the challenges and opportunities for our UCE community. In the end, three overarching goals emerged:

- Enhance financial sustainability by supporting increased fundraising initiatives
- Advance membership growth by encouraging opportunities for engagement and hospitality
- Revitalize both internal and external communication and marketing of UCE's many positive attributes

Along with UCE's vision and mission, these three goals will guide board discussions and decisions.

This is not just the work of the board, though. The congregation is encouraged and, indeed, expected to play an active role in realizing these ambitious goals. And so many of you do contribute your time and talents! Thank you for your continued support.

As in any endeavour, good communication is crucial. I'm happy to report that a new Communications and Marketing team has been created and will hold its first meeting in October. I know you will be hearing much more about this in the weeks ahead.

Your Board of Trustees:

Lynne Turvey, president; Andrew Mills, treasurer; Susan Ruttan, secretary; Brandie Moller-Reid, past-president; trustees Marilyn Gaa, Gerard Hayduk, Art Breier, Wendy Smith

Join our Food Bank Team!



Each Wednesday evening, our church transforms into a bustling Food Bank depot, serving about 30 families in need. We need three dedicated volunteers each week to check in clients, assist with food distribution, and manage setup and cleanup.

Volunteers work from 5 pm to 7:30 pm. If you're interested in being on a call list to help out, please email Susan Ruttan at ruttans@shaw.ca. It's a fulfilling way to support our community and make a real difference in people's lives.

Church Business

Year-End Financial Results

2023/2024

by Andrew Mills

On Sept 17th we received the church's 2023/2024 year-end financial results from our Accountant. For the year ending on June 30th, 2024, we posted a modest deficit of \$6,735. That's pretty good since we had planned on a deficit of \$20,798. Most of the reason for the smaller deficit was that our DRE left early in the year and that position was not re-filled.

The financial "lowlights" of last year were that we spent about \$168,000 on the Freeze-up and the new roof. We received \$40,879 from insurance and used \$78,377 of Casino money but that still depleted our reserves. At the end of the year our reserves were \$18,787, which includes \$9,210 that we received from the "Raise the Roof" campaign. Thank you, "Raise the Roof" contributors!

Curiously, this significant capital spending had little effect on the overall net worth of the church. This was due in a large part to the \$50,000 endowment bequest we received from the estate of Bonnie Sharplin. Thank you so much to Bonnie for remembering the church in her will. At the end of June the church's endowment fund was \$100,535.

A pretty good result for 2023/2024 (considering!). These year-end results will be reviewed again at the AGM in May. Thank you to everyone who stayed within their budgets, and who helped put together next year's balanced budget. I will post the year-end report from our accountant on the bulletin board beside the work room for those interested.

Church Security: Security Codes

Beginning the week of October 18, the "General User" 4 digit code will no longer work on the security panel. Every key holder needs to contact the church office for their new code assignation. Please call Janet at 780-454-8073 starting the week of October 12 to arrange for your new code.

Thank you for your help!



TAKE A BOW!

In 2021, The Governance Implementation Team completed two reports with recommendations to address Governance Issues at UCE, from Bylaws to Policies to Financial Practices. A recent report card showed that all recommendations (26 of them) have been completed with four items in progress. The actions were accomplished because of the dedication of volunteers, committed to ensuring the best UCE we can be, based on high standards and best practices.

Some examples of work to date include:

- * Set the foundation for a strategic plan with mission, vision and covenant of Right Relations
- * Developed a comprehensive HR manual
- * Reviewed Health and safety needs to pave the way for next steps

In the works:

- * Completion of UCE Organizational guide with information from A to Z.
- * Completion of a Finance Manual
- * Consultation around three policies based on your feedback

Thank you to all for your contribution to these results and to the upcoming work of the church. Amazing what teamwork can do!

Thank you all!
Louise Charach, Chair



Child Haven International



East Indian Lunch

Silent & Live Auction and Bazaar
12:30 pm | Sunday | Oct. 6, 2024
at the Unitarian Church of Edmonton
10804 - 119 Street

In Support of over a thousand women and children in India, Bangladesh, Nepal and Tibet



Advance Adult Tickets: \$50 | After Sept 15: \$65

Under 12 - \$20 | Under 5 - free

cheques payable to Child Haven International

etransfers: fred@childhaven.ca

**For more information or to
purchase tickets, please
contact Sylvia Krogh @
780-454-6216**



LIFE LONG SPIRITUAL GROWTH AT UCE



Welcome to the Practice of
Deep Listening

Join old and new friends with
Soul Matters as we unbundle
profound topics and what they
mean to us personally and to
our lives as UUs.

October's Package: [HERE](#)

WRITING AS SELF-REVELATION BEGINNING WEDNESDAY, OCT 9 AT 7:30 (EVERY 2 WEEKS FOLLOWING) CLASSROOM 2 @ UCE

with Dave Fekete, revdrfelete@gmail.com

Suggested Donation: \$21

To read Rev. Fekete's full article, click [here](#)



AND AT WESTWOOD



Celebrate Samhain with Us

**Celebrate Samhain with Cassie and
friends at Westwood at 7pm on
Thursday 31st October.**

This will be a more intimate version
of our usual ritual and you're
invited to bring mementos, poems
or reflections of loved ones who've
passed on.

"Cakes and Ale" to follow.



UUS ON TAP

WED | OCT 30 | 6 PM

THREE VIKINGS

**NOW ON THE LAST WEDNESDAY OF THE MONTH
COME AND CATCH UP WITH EVERYONE'S NEWS**

10713 - 124 STREET



Wills Week October 7 - 9

<https://www.ecfoundation.org/initiatives/wills-week/>

Does your will capture your wishes and directions when you will not be able to say them? Why is that important anyway? Edmonton Community Foundation arranges a series of free seminars conducted by qualified estate lawyers. UCE's Endowment Trustees (Jan McMillan, John Turvey & Ruth Merriott) encourage you to take advantage of these.

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 3 in-person sessions and 2 webinars:

MONDAY, OCTOBER 7 | 10:00 - 11:30 AM, ONLINE – register today via links on ECF website.

MONDAY, OCTOBER 7 | 6:00 - 8:00 PM, Northgate Lions Recreation Centre, 7524 – 139 Av NW, Edmonton

WEDNESDAY, OCTOBER 9 | 12:00 - 1:30 PM, IN FRENCH, ONLINE - register today via links on ECF website

WEDNESDAY, OCTOBER 9 | 2:00 - 3:30 PM, Lifestyle Options (200 Falconer Court)

WEDNESDAY, OCTOBER 9 | 6:30 - 8:00 PM, Millwoods Seniors and Multicultural Centre (2610 Hewes Way)

Check out

Other Wills Week sessions include:

- “Estate Administration 101”
- “Special topics: Estate Planning and Family Law Considerations”
- “Death and Taxes”
- “Giving Back Through Your Estate”
- “Name that Feud”

CUC Events

Deciding Together, Saturday, October 5 – 11:00 am MT

The Decision Making Exploration Team is inviting your input on how the CUC makes decisions nationally at Annual General Meetings (AGMs).



Rising Together: Unitarian Universalists of Col Rising Together: Unitarian Universalists of Colour, Wedne sday, October 9, 2024 – 5:30 pm MT

Black folks, Indigenous folks and people of colour (BIPOC) are often in the minority in Unitarian Universalists congregations and communities. Gathering together with others who share similar identities and experiences can reduce isolation and support us in getting our spiritual needs met. Rising Together is the place where we can find each other!



Connect and Deepen Saturday Oct 26, 2024: 2:00 pm MT

When you think about Connecting, what comes to mind? What does being a UU have to add? How's it going for you? What do you need?
Host: Anne Barker



Congregational Conversations: TBD, Wednesday, Oct 30 – 11:00 am MT

The “CUC Congregational Conversations Series” will continue this year. Congregational leaders have shared timely themes – so we’ve scheduled many, but not all, of our fall topics.



REGISTER TO BE A PART OF THE EVENT!

CANADIAN UNITARIAN COUNCIL CO-LAB

EXPERIENCES OF TRANSFORMATION

AN ONLINE EVENT!

Nov
1-3
2024

November 1: 7-9pm ET
November 1: 10-12pm ET
November 2: 12:30-6:30pm ET
November 3: 1-2:30 pm ET
November 3: 3:30-4:30 pm ET





Pastoral Care

The newly minted Pastoral Care Team was active this summer at the UCE, offering practical, spiritual, and emotional support to our congregation. Members and friends were helped with housing, visiting and messages of care.

The team is ready to continue this fall!

How We Help:



Meal Deliveries: For those recovering and unable to cook.



Transportation: For rides to church.



Friendly Visits: For those in senior residences or with mobility issues.



We can also send caring cards upon request.

For assistance:

Contact Gloria Krenbrenk our Caring Connections Dispatcher at 780-668-9166 or at ucecares@uce.com.

To contact the whole team **anytime**, there is an easy way to do this. Simply go to our website, <https://www.uce.ca/contact-us/> and click on the pastoral care link.

Rev. Rosemary, Carol Hutchings, Alec Moorji and Gloria Krenbrenk

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

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Vice President: vacant
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Secretary: Susan Ruttan
Trustees: Marilyn Gaa, Gerard Hayduk, Wendy Smith and Art Breier
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

OCTOBER

2024

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	1	2	3	4	5
				7:30 Chorealis Rehearsal		
6	7	8	9	10	11	12
10:30 am Sunday Service			7:30 Writing as Revelation			
13	14	15	16	17	18	19
10:30 am Sunday Service			7:15 UCE Board Meeting	7:30 Chorealis Rehearsal		
20	21	22	23	24	25	26
10:30 am Sunday Service			7:30 Writing as Revelation	7:30 Chorealis Rehearsal		
27	28	29	30	31	1	2
10:30 am Sunday Service			6:00 UUs on Tap @ 3 Vikings	7:30 Chorealis Rehearsal		