

THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

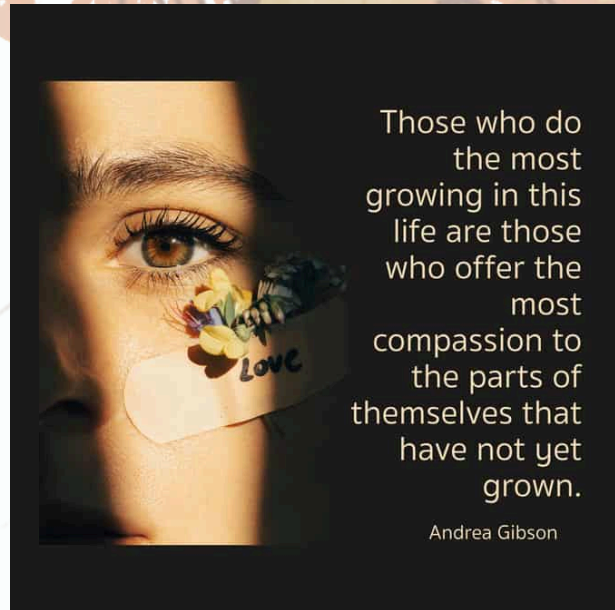
WELCOME TO THE MONTH OF CULTIVATING COMPASSION



October Small Group Package:
[CLICK HERE](#)

THIS ISSUE:

Sunday Services	pg. 2
Minister's Poem	pg. 3
Minister's Reflection	pg. 4
Church Business - Board Update	pg. 5
Governance	pg. 6
Sharing Our Abundance	pg. 7
OWL	pg. 8
R.R. Reflections	pg. 9
Soul Matters	pg. 10
Religion on Tap	pg. 11
More Events	pg. 12
Wills Week	pg. 13
CUC Events	pg. 14
Pastoral Care	pg. 15
Shaping Our Community	pg. 16
Principles & Sources	pg. 17
Socials & Listen Wi-Fi	pg. 18
People Finder	pg. 19
Scam Alert	pg. 19
Calendar	pg. 20



Those who do
the most
growing in this
life are those
who offer the
most
compassion to
the parts of
themselves that
have not yet
grown.

Andrea Gibson

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.



October Services, 10:30 am

Overview: *This month's theme 'Cultivating Compassion,' brings to the forefront that 'Compassion' needs to be cultivated and given the right ingredients in order to grow.*

One of these ingredients is 'Gratitude,' and as an act of gratitude for our abundance, please bring donations for the Edmonton Foodbank on Thanksgiving Sunday, October 12th.

Compassion has many facets. We will explore many of the faces of 'Cultivating Compassion' as we progress through the month.



Oct 5

Chorealis

We Lay Down Our Burdens

We don't have to impress or convince or win over...

We don't have to be anything but who we are....

Join Chorealis as we feel held in the comfort of our community and discover new compassion for ourselves and others.

Oct 19

**Reverend Anne Barker,
CUC Congregational Life Lead &
Transitional Executive Director**

Where Spaghetti Meets Spirit

Our congregations, our cultures, our communities, our world ... all are in the midst of profound transition. We are being challenged to innovate, to try on small experiments, to toss ideas like spaghetti against the wall to see what sticks. How do we bring the spirit of our UU faith into this process? How can it help us to collectively imagine, to discern our next right actions, and to meet the challenges of global and personal uncertainty?

Anne's Bio Link

Oct 12

Rev. Morrison

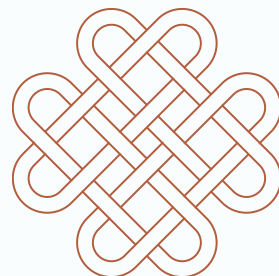
When Turkeys Fly: Doing the Impossible With Gratitude

Please bring a non perishable item for Edmonton's Food Bank

Oct 26

Rev. Morrison

Celebrating Samhain: Honouring Our Ancestors and Ourselves



**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=VVB1VWF5ZUd0UGU1ZXQ5U
GVxb0tXQT09](https://zoom.us/j/97779453314?pwd=VVB1VWF5ZUd0UGU1ZXQ5UGVxb0tXQT09)**

Minister's October Reflection

Letting Go - New Beginnings

Watch and learn from the trees,
as their leaves die.
They do not suffer in silence,
Instead, 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 this 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 the promise of new life in the
spring.

Minister's October Reflection



This is indeed the season of new beginnings. An exciting new church year has begun here at UCE! I've had initial meetings with many of the teams that are already up and running. In fact, many of the teams continued to meet over the summer.

Fall is my favourite time of the year; the crispness of the morning air contrasts so sharply with the warmth of the afternoon sun. Walking along the ravines and river trails is spectacular this time of year with the fall colours emerging, the busy-ness of the squirrels, and the crunch underfoot of the fallen leaves.

What can we learn from this season of letting go and new beginnings, as we explore our monthly theme of compassion? One thing that comes to my mind is that now, more than ever, we need to be aware that we are all simultaneously going through times of grief and loss, joy and renewal, and above all struggle and confusion. As we move forward, let's remember to be kind and compassion to one another, grateful for our abundance, and most importantly, deeply loving and forgiving to ourselves.

Books I'm reading this month:

- **Beyond Welcome: Building Communities of Love**, edited by Linnea Nelson. Skinner House Books (2022)
- **Impassioned: A Guide to Progressive Preaching**, Lucas Hergert. Skinner House Books. (2025)
- **Active Hope: How to Face the Mess We're in with Unexpected Resilience & Creative Power** (Revised Edition), Joanna Macy and Chris Johnstone. New World Library. (2012)
- **On the Brink of Everything: Grace, Gravity, and Getting Old**, Parker J. Palmer. (audiobook) Berrett-Koehler Publishers, Inc. (2018)

Church Business

by Lynne Turvey

Board Update

Your Board of Trustees held its annual planning retreat on September 14, following the Sunday service. Gathering in person was a real bonus, as most of our meetings are on Zoom. Sitting across the table from one another has a very different energy than looking across a screen of faces.

2025/26 Board Goals

The board's oversight of church finances and operations is guided by UCE's vision and mission, which helps to focus on goals and objectives. Reflecting on last year's achievements and challenges led to the decision to keep those goals, continuing to support and build on the successes of the Membership Team, Communications and Marketing Team, and Governance Advisory Team, as well as so many other volunteer groups. A fourth goal was added. The board goals for 2025/26 are:

- To enhance financial sustainability by supporting increased fundraising initiatives
- To advance membership growth by encouraging opportunities for engagement and hospitality
- To revitalize both internal and external communication and marketing of UCE's many positive attributes
- To begin work on medium- to long-term planning starting with a five-year horizon and annual milestones

Fundraisers

The first goal of increased fundraising has been given a kick start by Governance Advisory Team members Brandie Moller-Reid and Karen Mills, who have volunteered to organize a 50/50 raffle this fall. I have also heard that Chorealis will host another cabaret in the new year. You will hear more about both fundraisers, I'm sure.

It is essential that more fundraisers be undertaken to replace the revenue that the garage sale has provided for the past 20-some years. It is highly unlikely that a garage sale will be held in the spring as the energy and time required by organizers is becoming increasingly difficult to sustain.

So bring your enthusiasm and support to a vibrant UCE community!

Governance

You Talk. We listen.

Over the past months, we have engaged in consultations, both in survey form and in small groups to hear your ideas going forward with a revitalized UCE. At the end of June, there was a session called “From the Outside, Looking In,” and we brainstormed around imagining UCE as a person .

Here is what we learned:

- Many propose changing the name “church” to a more community friendly name, like “Centre” for example. This is an action already been undertaken by several UU congregations. This concept will be explored further through ongoing research and continued dialogue.
- Enhancing the church’s exterior has been a recurring suggestion, consistently highlighted in community feedback. While this idea is frequently raised, it carries significant budgetary considerations.
- You mentioned greeters could play a more impactful role and be more helpful to new visitors (think of tours, etc.) This has been passed to the Membership Team who are managing this.
- There were requests for an “elevator speech” to help describe who we are. This is in progress and you will hear more about this soon.
- There’s been steady feedback encouraging more regular social gatherings at UCE. In response, we’ve planned potlucks and a Pancake Sunday to help bring people together. Westwood will receive a special invitation to join us. Be sure to check the newsletter for all the details.

From your feedback, four key qualities describing the UCE emerged: we are/aspire to be open-minded, loving, grounded and alive.

Thank you for your participation in requests for feedback which helps improve our two-way communication and build a stronger UCE into the long term.

Louise Charach, Chair of the Governance Advisory Team.

Membership

Name Tags



**Expiry Date for Old
Name Tags:
October 31, 2025**

Now that the new cabinet and name tags are in place, it's time to clean out the old ones.

But wait! Do you have a name tag you'd like to hold on to? Perhaps you have one of the rare embroidered ones, or one that was hand lettered by a favourite person? If you do, please pick it up by the end of the month.

Any old name tags remaining after October 31 will be discarded.

Sharing Our Abundance October: Camp fYrefly

Camp fYrefly is a leadership retreat for queer and trans youth ages 14 - 24. In a fun and social environment, campers develop skills that will positively impact their lives, homes, schools, and communities. Camp Fyrefly supports queer youth by offering life-saving resources and skills. [camp fYrefly](http://camp.fYrefly).



Support the UCE Food Bank Depot — Bag Donations Welcome



Food Bank clients often don't have enough bags to carry their groceries home. If you have extra cloth, paper, or plastic bags, please drop them off in (or beside) the Food Bank closet, located in Keeler Hall near the exit.

Thanks from Sylvia Krogh



Information Update

OWL – Learning at Every Age

**SEXUALITY, INTIMACY, AND RELATIONSHIPS MATTER
AT EVERY STAGE OF LIFE.**

Due to unavoidable circumstances, the first of UCE's OWL (Our Whole Lives) programming has been postponed. Older Adult training will happen at a later date. The next facilitator training takes place soon, after completion Kindergarten to grade 4 classes will commence. Stay tuned. We apologize for any inconvenience.

OWL is an inclusive, comprehensive, age-appropriate sexuality education. Led by volunteer facilitators who complete 15+ hours of training, OWL blends learning, reflection, and community in a trans- and queer-inclusive space. Whether you missed this education earlier or simply want to revisit it, you're welcome—no church membership required.

Right Relations Reflections



If your compassion
does not include
yourself, it is
incomplete.

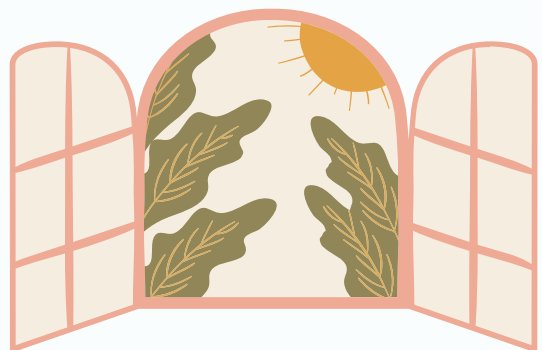
Jack Kornfield

Some tips for how to look after yourself



- Pick a class or an exercise routine
- Spend time in nature
- Practice gratitude

- Leave the past behind and face forward
- Learn to accept love from family and friends when they offer it



October's theme:
**Cultivating
Compassion**



**OCTOBER SMALL
GROUP PACKAGE:
[CLICK HERE](#)**

The Soul Matters Small Groups Program is a small, welcoming group that meets monthly for two hours to explore life, faith, and meaning. Each session centers on a monthly theme, with spiritual practices, reflection questions, and resources that inspire growth and deepen everyday faith.

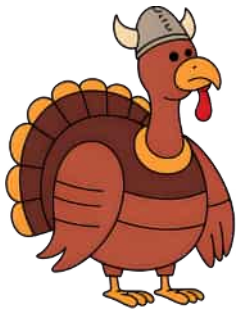
In Person Group Coordinator: Pauline
paulinematwood@gmail.com
or 780-297-0522 The in-person group meets the last Sunday of the month after Sunday service

Online Group Coordinator: Ilara
missg.alias11@gmail.com

**October
Movie:
Friday,
the 24th**

**Soul Matters
Question:**

What do you need to do to stay tender and compassionate in the face of our consistently cruel political culture that wants you to go numb?



Religion on Tap

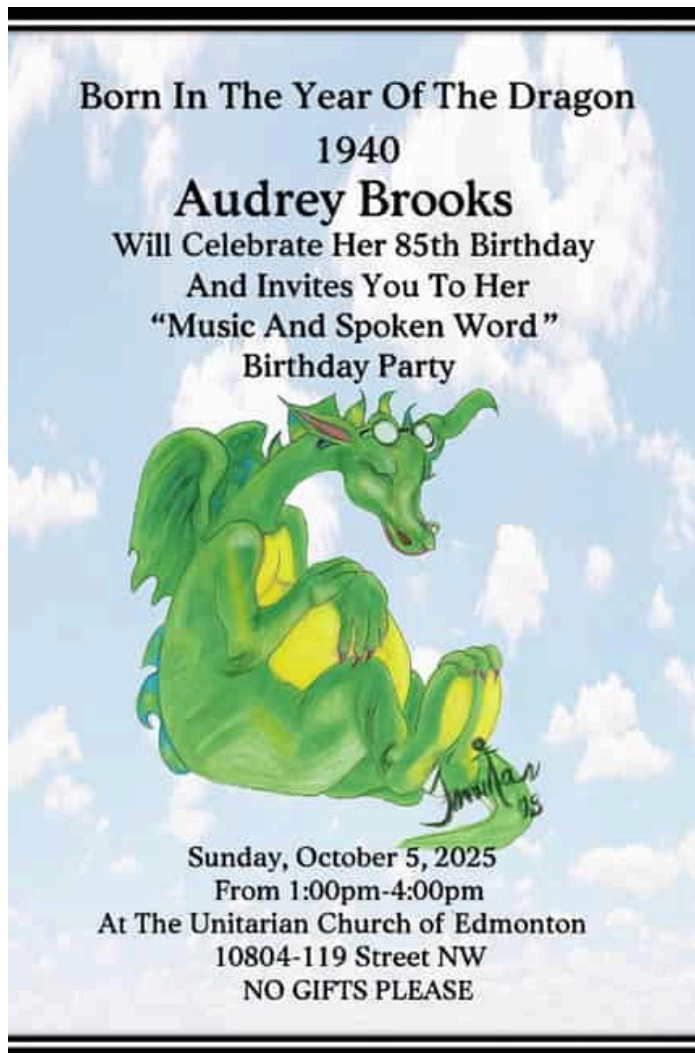
Wed | Oct 29 | 6 PM

Join Rev. Rosemary for our monthly gathering. We'll enjoy autumnal fare, share in community, and celebrate the season when harvest abundance, flickering candles, and a touch of Halloween magic remind us of the cycles of nature. Come savor the spirit of October together!

Three Vikings
10713 124 St



October Community Building



How Good Is Your Potluck Game?



Sunday, October 19, after the service, stay and visit with Rev. Anne Barker and the rest of the congregation. Our hospitality team, Clinton and Maria Ouderkirk will be coordinating the event, so they will be providing information and updates.

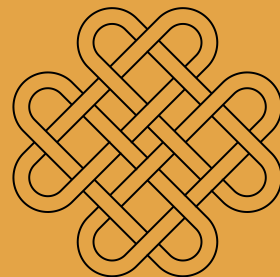
Want to Go for a Walk?

The walking group will continue in the fall, every Friday morning. We mostly do "out and back" walks and separate into faster and slower walkers, so you can walk at your own pace and distance. Contact Jon Littlefield at jon.littlefield@yahoo.com to be added to the email list.

Samhain Ritual

Friday | Oct 31

7:00 pm @ UCE



Wills Week 2025

October 6 - 19



Each October, the Edmonton Community Foundation offers FREE sessions to help you plan for the future. Expert wills and estate lawyers volunteer to bring their knowledge to informative seminars for the lay-person.

This year there are 14 information sessions – some are in-person and others are live, on-line

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.

- MONDAY, OCTOBER 6 | 10:00 - 11:30 AM, Central Lions Seniors Association
- MONDAY, OCTOBER 6 | 6:30 - 8:00 PM Webinar – register today via links on ECF website.
- TUESDAY, OCTOBER 7 | 2:00 - 3:30 PM, Millwoods Seniors and Multicultural Centre (2610 Hewes Way)
- MERCREDI 8 Octobre 12 h a 13 h 30 - Webinar EN FRANCAIS - inscrivez-vous a l'avance sur ECF website
- THURSDAY, OCTOBER 9 | 2:00 - 3:30 PM, Central Lions Seniors Association

Full details via the ECF web-link below, including sessions on these additional topics:

- Estate Administration 101
- Claims Against the Estate
- Estate Taxes
- Succession and Estate Planning for Entrepreneurs
- Wills and Estates Q&A

<https://ecf.ca/learning/wills-week/>

UCE's Endowment Trustees encourage you to take a look at these opportunities.

—Jan McMillan, John Turvey & Ruth Merriott



CUC OCTOBER EVENTS

[Latest eNews Link](#)

Rising Together: Unitarian Universalists of Colour

Wednesday, Oct 8 | 5:30 pm MT (2 hours)

Read more: [click here](#)

Congregational Conversations: What Happens When We Disagree? (2 sessions)

Wednesday, Oct 22 | 11:00 am MT, Oct 25 | 11:00 am

Read more: [click here](#)

Connect and Deepen: QUESTION

Sunday, Oct 26 | 2:00 pm MT (90 minutes)

Read more: [click here](#)

COMING
IN
NOVEMBER





Pastoral Care: Come Join Us!

The Pastoral Care Team could use some some volunteers to act as connectors for any of the following:

- Transporter
- Nourisher
- Visitor
- Handihelps

Contact your Caring Connections Dispatcher Gloria Krenbrenk at 780-668-9166 gkrenbrenk@gmail.com or use the Pastoral Care request form on the UCE website.

"I acted and, behold, service was joy"

Rabindranath Tagore



Could You Use Some Help?

If you're going through a tough time or just need someone to talk to, please don't hesitate to reach out. We're here to support you with care, a listening ear or a ride — whatever you need. You're not alone, and we'd be honored to walk alongside you!

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.

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.

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 Renamed Listen Wi-Fi

Listen Wi-Fi is a service to replace our aging FM radios.

First time user

Step 1: Connect to UCE wifi on your mobile device

- In WiFi settings select UCE
- Type in Password:

Step 2: Download Listen WiFi App (from app store)

Step 3: Tap on Listen WiFi app on your device

Step 4: Select venue - UCE

Step 5: Adjust volume on your device



Returning user

Step 1: Connect to UCE wifi on your mobile device

- In WiFi settings select UCE
- Type in password if it has not been saved

Step 2: Tap on the Listen WiFi app

Step 3: Select venue - UCE

Step 4: Adjust volume on your device



Please be aware that scammers sometimes impersonate ministers, staff, or fellow members by email, text, or phone. They may ask you to purchase gift cards or share personal information. This is a scam.

UCE Staff and Board will never ask for gift cards or sensitive information in this way. If you receive a suspicious message, do not respond. Instead, contact the church office to verify.

Thank you for staying alert and helping keep our community safe.

**THE EDMONTON UNITARIAN IS PUBLISHED MONTHLY
BY THE UNITARIAN CHURCH OF EDMONTON**

Volume 67 No. 09

10804 - 119 Street NW, Edmonton, AB T5H 3P2

E-Mail: chadmin@uce.ca

Website: <https://www.uce.ca>

PEOPLE FINDER

UCE Board	boad@uce.ca
President	Lynne Turvey
Vice President	Sue Lynch
Treasurer, Finance Ctte Chair	Andrew Mills, andrew@misc.ca
Trustees	Gerard Hayduk, Wendy Smith and Declan Kiely
Minister	Rev. Rosemary Morrison, rmorrison@uuma.org
Church Office	Janet Polkovsky, chadmin@uce.ca
Head Teller	David Rea`
Chorealis Choir	Gordon Ritchie, Karen Mills
Building and Grounds	Alan Boyle

UCE Oct 2025

SUN	MON	TUES	WED	THUR	FRI	SAT
			1	2 7 - 9 pm Chorealis	3 10 am Walking Group	4
5 10:30 am Service Audrey's Birthday Party	6	7 10:00 am Communications & Marketing mtg	8 10:00 am Membership mtg	9 7 - 9 pm Chorealis	10 10 am Walking Group	11
12 10:30 am Service	13	14	15 7:15 pm on Zoom Board Meeting	16 7 - 9 pm Chorealis	17 10 am Walking Group	18
19 10:30 am Service Potluck After Service	20	21	22	23 7 - 9 pm Chorealis	24 10 am Walking Group 6 pm Soul Matters Movie Night	25
26 10:30 am Service	27	28	29 6 pm @ Three Vikings Religion on Tap	30 7 - 9 pm Chorealis	31 10 am Walking Group 7 pm Samhain Ritual	