

VOL 68 ISSUE 05 • MAY 2026

THE EDMONTON UNITARIAN

OFFICIAL NEWSLETTER OF THE UNITARIAN CHURCH OF EDMONTON

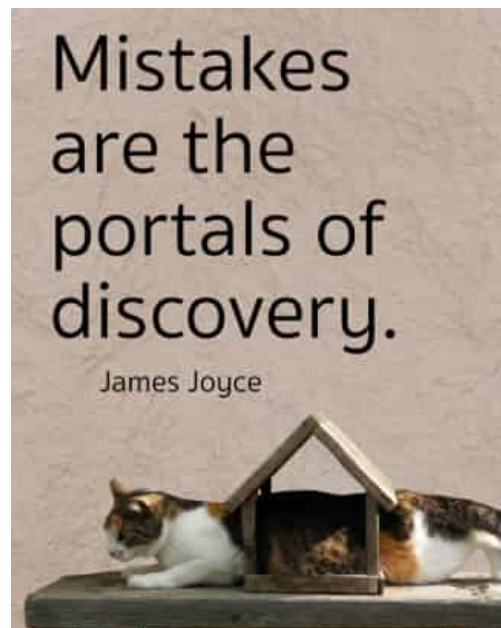
WELCOME TO AWAKENING CURIOSITY



May's Small Group Package:
[CLICK HERE](#)

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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.

May Services start at 10:30 am*

May 10 **Rev. Morrison**
Musical Guest: Tony Turner

Lift Up Your Voice

Please join Rev. Rosemary for this thoughtful and reflective service. Westwood Community will be joining us for this service. A wonderful way to get to know each other better! Tony Turner will be joining us to share his music! This will prove to be an enriching and soul soothing service.

Please stay afterward for a 'Finger Food' potluck!

May 17 **Rev. Morrison**
Let's Get Curious: Learning and Experiencing the Ancient Religion of Hinduism

Please join Rev. Rosemary as she concludes her monthly exploration of world religions. We will explore the seven tenets of Hinduism, along with other aspects of this ancient poly-theistic and body centered religion. This service will be full of interesting music, movement, and reflection. Come prepared to be curious and participate!

May 24 **Ilara Stefaniuk-Gaudet**
Pauline Atwood
Soul Matters

Soul Matters is a program that provides congregations with a spiritual based monthly theme. The theme for May is Awakening Curiosity.

The Soul Matters Small Group Ministry is a group that meets monthly to share their reflections based on the Soul Matters monthly package. It is spiritual exploration that enables us to delve deeper into the theme. On this Sunday, the Soul Matters team will use the resources provided in the monthly package.

May 31 **Rev. Morrison**
What's the Question Anyway?

This service will be full of questions to help us understand ourselves, the world around us, and what we are supposed to be doing here anyway.

A good place to start might be with this Annie Dillard quote: "Seem like we're just set down here, and don t nobody know why."

Come prepared to reflect and share.

***Church services are usually 60 to 75 minutes in length. Programming for children and youth are provided on the second, third and forth Sundays of the month.**



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>

Minister's May Reflection



There is a time for everything,
and a season for every activity under the heaven

Dear Members and Friends of the Unitarian Church of Edmonton,

As many of you have already heard, I will be leaving UCE at the end of this church year. During these past five years we have had many wonderful experiences, and we have learned and grown greatly together. I am proud of the work we have done, and I know that you will continue to flourish.

I am looking forward to many conversations with you over the next two months as I wind up my ministry here with you. Please reach out if you would like to have some time with me before I go. (rmorrison@uuma.org)

My plans for the next little while are to take some time here in Edmonton, and then my partner and I will be moving to Victoria. I plan on continuing working; however, I am not certain at this point exactly what that will look like.

Some may be asking, why now? Why resign when things are on an upswing? I think those are the times when it is best to have a change, the momentum you have built will carry you into an even better situation.

When a minister leaves a congregation, the protocol is for there to be a complete separation between the minister and the congregants. I will be implementing that at the end of August, so until then, feel free to reach out.

May brings us new green life, spring bulbs are shooting up, the branches are budding out with possibility, and now, new opportunity is just around the corner. May you be forever blessed.

In peace,
Rev. Rosemary

President's Ponderings: *Responding to Uncertainty*

The Times They Are A-Changin' says the 1964 Bob Dylan tune. They were, and they did, and they're doing it again (or still). The thing is the changes seem somehow crazier now, and the path ahead anything but clear. I don't need to go into the litany of concerns; we could all easily list them. What we could, and perhaps should, think about are ways to deal with the uncertainty that is so troubling.

I recently came across an article in The Guardian, by Dr. Hannah Critchlow, a British neuroscientist. She posits that "in a rapidly changing world, the ability to tolerate uncertainty may be one of our most important cognitive skills." She suggests we can shift from a mindset of doom to something more open to possibility by asking: what do I not yet know? This helps us balance tendencies to catastrophize at one end and be lulled into wishful thinking at the other.

Dr. Critchlow provides many useful thoughts on learning to live with doubt. One tip: "Spending time with people who are open-minded and reflective can shape how we respond to uncertainty." That sounds quite Unitarian to me. In fact, we did some of that reflective sharing in the April 19 Sunday service delivered by the Right Relations Team.

At one point in the service, we broke into small groups to share our responses to two questions, one of which was: "In uncertain times, what practices help you stay open to possibility rather than fear?"

The conversations were animated (as usual) and the responses wide-ranging. But many of them zeroed in on what I'd call the three Cs of conversation, connection and community. Here are just a few of the responses:

**Even with conflict, don't lose connection ** Sense of community and belonging ** Come to church, meet with like-minded people ** Community discussions about existential things ** Sharing the load **Helpful to brainstorm ideas for coping with fear ** Talk with people who are positive and see new potential **
Congregational conversations on big items **Invite speakers who might have different ideas

It seems people intuitively understand Dr. Critchlow's point around the benefits of talking about new ideas and practices to combat uncertainty overload. Maybe one thing we can be certain of is that having conversations with good-hearted people – our UCE community – makes a big difference. Let's think about how we can have more of them.

by Lynne Turvey

May Sharing Our Abundance: Youth Empowerment & Support Services

Our church community encourages all who gather here to grow in generosity of spirit and action. Each month, we share half of our unidentified cash offerings with an organization in the wider community.



Youth Empowerment and Support Services (YESS)' Youth Support Centre is a 24/7, single-point-of-access to immediate and low-barrier physical, mental, cultural, and emotional health supports and a safe place to stay for youth aged 15-21 who are experiencing crisis in the Edmonton Metro Area.

An Updated UCE Membership Directory Coming Soon!

Whether you're new friend or a long time member, if you would like to have your contact information published in the latest Membership Directory, please let the Church Administrator at chadmin@uce.ca. The directory also contains the contact information of the board, staff and committees and working groups.

The information in this directory is intended for church-related use only. To respect everyone's privacy, we ask that it not be shared outside our community or used for solicitation of any kind.

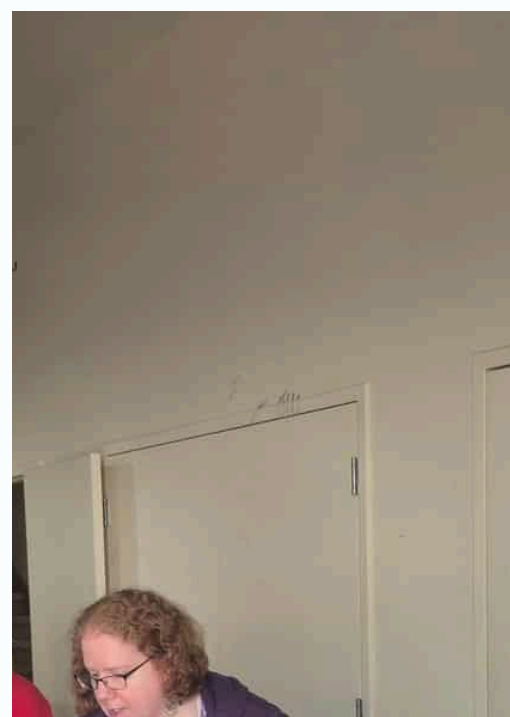
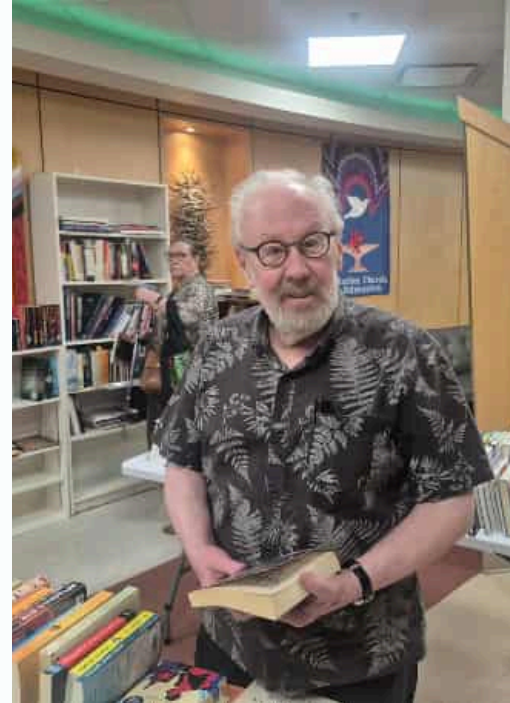


A Full House at the Chorealisis Cabaret

April 17, 2026



UCE Garage Sale 2026



UCE Garage Sale 2026



Second Sunday



Potluck

All are welcome!

May 10

Come for spiritual growth and stay for some nourishment as we build community together. May's potluck will hopefully be even easier as we are asking people to bring finger foods to share

We'd also welcome a few volunteers for a quick clean-up afterward to keep things running smoothly.

Capture UCE in Action!

The Communications and Marketing Team is working on a new website for UCE. We want to show what a welcoming, interesting, busy group we are at UCE and we need your help. Specifically, we need your PHOTOS.

- Attending the potluck? Take some photos!
- Hanging out with the walking group? Snap a pic or two.
- Feeling love in the community? Capture it with a click of your phone.

No special expertise or equipment is needed. Just you and your cell phone, catching our community in action. Email photos to chadmin@uce.ca (unless you have a lot, then please drop them off on a USB)

Want to Go for a Walk?



The walking group is continuing as weather permits, 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.

UUs on Tap! May 27 | 6 pm Three Vikings

Join Rev. Rosemary for a warm April gathering as early spring begins to show itself—a simple chance to connect with fellow UUs and nourish heart and spirit. We look forward to seeing you there!

10713 124 St NW



GROWING IN SPIRIT: A DEEP DIVE INTO THE UU PRINCIPLES

Come spend some time starting in February with our Minister Emeritus, Rev. Brian Kiely as he helps us get to know the Eight Principles of Unitarian Universalism. Through open conversation and shared reflection, he'll guide us in exploring how these principles can actually support us in our everyday choices and the way we move through the world.

ONLY TWO SESSIONS LEFT!
SESSION 4. THE SIXTH AND SEVENTH PRINCIPLES
PRINCIPLES
SESSION 5: THE EIGHT PRINCIPLE AND WRAP UP
DISCUSSION .



**SUNDAYS AFTER
CHURCH**

**17 May
7 June**

Bring a bag lunch!



REGISTER



Phone Number
780-454-8073



Email:
chadmin@uce.ca



**FOR MAY'S 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

The in-person group will meet on after Sunday service on May 31. For more information contact the coordinator: Pauline at 780-297-0522 or email: paulinematwood@gmail.com

Online Group

Our online Soul Matters is gathering on Sunday, May 31 at 7pm. Anyone who would like more information or the zoom info can email the online coordinator: Ilara. missg.alias11@gmail.com



Right Relations Reflections

Blooming

In a world that moves so fast,
the flowers stay slow.

They bloom when they're
ready, whispering only to
those who pause long enough
to listen.

Their message is simple, here
is beauty in patience, strength
in softness, and light in every
small beginning.

SHARON PENN

<https://www.uce.ca/healthy-relations-policies/>

Everything is Possible



Our future lies in the realm of possibility, propose thoughtful, caring communities. When nothing is left but ashes and misery, the seeds of hope wait for our attention.

There is no apocalypse here, only possibility of re-imagining and repairing what is broken. These things are sacred to the people of earth: the right to food, education, peace and safety.

Everything is possible, one step at a time- one person, two persons and so on, until great multitudes of ordinary people rise and call for justice. In this way, all things are possible.

- Audrey Brooks



CUC News

For the Latest News:
<https://cuc.ca/enews-april-2026/>

Events



RAMP! Reciprocal Annual Mentorship Program

May Session: Navigating Conflict with Guest Speakers, Necessary Trouble Collective

Sat | May 9 | 11 am MT

<https://cuc.ca/events/ramp-may-2026/1778331600/1778337000/>

Necessary Trouble Collective joins RAMP! as special guest speakers to explore how conflict can become a tool for problem-solving rather than division. This session builds practical skills for engaging disagreement with curiosity, expanding expression, and strengthening relationships– helping UU communities navigate tension in ways that deepen trust and collective capacity instead of causing rupture.

Rising Together: Unitarian Universalists of Colour: Wed | May 13 | 5:30 pm MT

<https://cuc.ca/events/rising-together>

Rising Together is a monthly virtual space for Black, Indigenous, and people of colour who are youth and young adult UU's across Canada. Hosted by the Dismantling Barriers Lead in young adult worship style where ritual is mixed with community building, these are regular sessions for connection held on the second Wednesday of every month from 7:30-9:00pm ET.

Dismantling Barriers: Boundaries Are My Love Language

Thurs | May 28 | 5 pm MT

<https://cuc.ca/events/dismantling-barriers>

This session will differ from our usual Dismantling Barriers events: rather than an informal conversation space, Camellia will lead a workshop she designed specifically for activists, community workers, and artists on navigating and sustaining healthy boundaries.



CUC Annual General Meeting, Saturday, May 23, 2026

<https://cuc.ca/events/cuc-annual-general-meeting-2026/1779541200/1779553800/>



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



Scammers may pose as UCE staff or members asking for gift cards or personal info. This is a scam.

UCE will never make such requests. Report suspicious messages to the church office.

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Head Teller	David Rae
Chorealis Choir	Gordon Ritchie, Karen Mills
Building and Grounds	Alan Boyle
Communications	Karen Mills

UCE EVENTS MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 10:30 am Service 11:45 UCE AGM	4	5	6	7 7 pm Last Choreal's Rehearsal of the season	8 10 am Walking Group 7 pm Beltaine Ritual	9
10 10:30 am Service <ul style="list-style-type: none"> • Second Sunday Potluck • Greeters Mtg 	11	12	13 1 pm Membership Meeting	14	15 10 am Walking Group	16
17 10:30 am Service <ul style="list-style-type: none"> • Growing in Spirit 	18	19	20 7:15 Board Meeting (on Zoom)	21	22 10 am Walking Group	23
24 10:30 am Service	25	26	27 6 pm UUs On Tap @ Three Vikings	28	29 10 am Walking Group 6 pm Soul Matters Movie Night	30
31 10:30 am Service <ul style="list-style-type: none"> • Soul Matters Grp 7 pm Soul Matters (on Zoom)						